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Highway to Hill

HIGHWAY TO HILL

The road to the Hill, like another, better-known road, is paved with good intentions. Most freshmen don't plan on gaining the dreaded "Freshman 15" — pounds picked up by not eating right, not exercising and not dealing well with stress. They also don't plan on the variety of problems, large and small, that college presents. This special section of the Herald gives some travel tips for the trip and points out some of the bigger potholes on the Highway to Hill. See you at the races.

Group therapy

Getting involved with people around you is one way to survive the first time away from home... Page 3

Piggy banks

Places to put the money from Mom and Dad..... Page 4

Reading aids

Western has libraries for any purpose..... Page 7

Roommate roulette

Communication is the key to living with someone you've never met..... Page 7

Getting religion

Religious groups offer spiritual and social functions..... Page 8

Going the distance

Long-distance calls that aren't collect..... Page 9

Dirty laundry

Where to go to keep those whites white..... Page 9

Rookie runners

Freshman class office election information..... Page 9

Stressed out

Planning work and fun is one way to beat the stress monster..... Page 10

Night Moves

Don't walk alone at night on campus..... Page 12

Running on empty

When the tummy grumbles campus food spots will fill you up..... Page 12

Get well soon

Feeling sick? Here's where to go..... Page 13

Too much going on

Join one of dozens of groups on campus for fun, work or study..... Page 14

Cash in hand

The check is in the mail and you can cash it at two campus locations..... Page 15

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Adjusting to college takes time, patience

By DANA ALBRECHT

Standing under a tree near McLean Hall Friday, Cathy Clark and Gail McCoy studied a schedule card and glanced curiously at Grise Hall.

The two freshmen were trying to find their classes and avoid the lonely-freshmen-sitting-in-their-room syndrome, which can dash the confidence of many freshmen and send them packing.

But Clark of Lexington and McCoy of Drakesboro are determined to stick around, although they have had their weak moments.

McCoy arrived Wednesday when dorms first opened, and things were fine — until her parents left. "I said, 'I'm not going to cry,' and then the tears came," she said. "It really hits you when you go to bed. It did for me."

But that afternoon, "I went out and met up with some girls."

When sitting on the steps at the fine arts center Thursday, she saw Clark walk by and began talking to her. Now the two are buddies and a bit more optimistic about being away from home.

"When you first get here, you sit in the room by yourself and wait for someone to come to you," Clark said, laughing. "Once you meet somebody, one person is all it takes" to get started.

For many freshmen, finding

that one person may be difficult when thrust into an environment flooded with strange faces.

"A temptation for many freshmen is to give up too quickly," said Dr. Richard Greer, director of Western's Counseling Services Center. "Give all of your experiences a second chance."

Howard Bailey, dean of Student Life, agreed. "College is not for everyone, but I don't think kids who go home the first week are giving it a chance," he said. "We will lose some who refuse to attempt to cope."

Bailey said he remembered a freshman last year who didn't really try to meet others and whose mother spent almost every night with her. "By the first day of classes, she already decided that she didn't like going to college," he said.

Dave Parrott, Residence Life director, said his office, resident assistants and dorm directors try to help freshmen fit in by setting up activities.

Freshmen should take advantage of those activities or become involved in a club to meet people.

"It's really important for freshmen to find some group and identify with it," Greer said.

But many freshmen may meet someone to the left, right and maybe across the hall from them and go no further, Bailey said.



Photo by Rob Hatcher

JAMMIN' — Students thrash wildly to Nervous Melvin and the Mistakes, who played in Garrett Ballroom Thursday night.

Although they want to be looked on as adults, they feel lost, Parrott said, especially those who knew everyone in high school.

"They go from being big fish in a little pond to being little fish in a big pond," Parrott said.

Many freshmen go to colleges with some of their high school friends. But those friends become "false crutches," Bailey said. "Freshmen need to broaden their perimeters and expand beyond their peer group."

Becoming independent adults

and having a successful college life means staying away from home as much as possible, Greer said.

Many freshmen complain there is nothing to do here. But "adults learn to entertain themselves," he said. "Children have to be entertained."

Bailey said he "remembers his problems as a 17-year-old freshman here in 1966. Being about six hours away from his Middlesboro home in eastern Kentucky didn't help matters."

"I was young, black and in a whole new environment," said Bailey, whose first trip home was at Thanksgiving. "I was frightened."

If freshmen look around, they will find others just as frightened as they are, Parrott said. Plugging in with upperclassmen and learning "the tricks" to college survival from them is a good idea.

Freshmen should also "be aware that going away from home is as difficult for parents as it is for them," Greer said. "Be sensitive."



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Students get special rates on checking, Quest cards

By DAVID HALL

Instead of writing home for money, students may want to open a local bank account.

American National Bank and Trust has a student account that has a \$2.50 monthly service charge and unlimited use of the bank's automated tellers. Customers may write 10 checks a month without a charge, and each additional check is 20 cents. No minimum balance is required.

Hours are 8:30 a.m. to 4 p.m. weekdays and 8:30 a.m. to 5:30 p.m. Friday. The Scottsville Road branch is open until 6 p.m. Friday. For more information call 781-6111.

Most student customers of Citizens National Bank of Bowling Green use the Money Saver Account, which has a \$2.50 monthly service charge and use of a Quest card. Customers may write up to 10 checks a month without a charge. Each additional check costs 15 cents. Quest withdrawals do not count as checks, and the service comes free.

The regular checking account has a \$4 monthly service charge unless the balance stays above \$1,000, in which case there is no charge.

The bank is open 8:30 a.m. to 4 p.m. weekdays and 8:30 a.m. to 5:30 p.m. Fridays. The drive-in banking windows open at 8 a.m. For more information call 781-3000.

The Cumberland Federal Savings Bank has an efficiency account that many students choose. A minimum starting balance of \$100 is required. Checks are 15 cents each, and the service charge is \$1.50 per month.

Another type of account — the check plus account — is a combination of a savings and a checking account. The required opening balance is \$300, with \$200 to be held in savings and \$100 for checking.

A third account, called the regular checking account, has a required opening balance of \$100. With a \$300 average daily balance there is no service charge. Otherwise the charge is \$5. Checks are extra. A Quest card is given.

The bank's hours are 8:30 a.m. to 4 p.m. Monday to Thursday and 8:30 a.m. to 5 p.m. Friday. For more information call 843-3255.

First Federal Savings and Loan Association has a checking account that requires a \$100 minimum to open. There is no charge for 20 checks a month, but each additional check during a month costs 10 cents.

A variety of savings accounts are available, including passbook, certificates and thrift master.

Its hours are 8:30 a.m. to 4 p.m. Monday through Thursday and 8:30 a.m. to 4:30 p.m. Friday. For more information call 782-2790.

Bowling Green Bank and Trust Co. has two checking accounts that are recommended for students. The Club Account has a \$5 monthly service charge, free checks, travelers checks, cashiers checks, money orders and a \$1,000 accidental death insurance policy. A money card is included.

The personal checking account has a \$4 monthly service charge. Both accounts require a \$100 minimum balance and have overdraft protection and no limit on the number of checks that can be written.

The bank is open from 9 a.m. to 4 p.m.



Photo by Joseph A. Garcia

TUNE UP — Elite players in The Big Red Band warm up in front of the fine arts center before the Heritage Bowl Saturday.

Monday to Thursday and 5 p.m. Friday. The drive-in at the Eastland branch is open 7 a.m. to 7 p.m. For more information call 782-1000.

Students must belong to the Western Kentucky Credit Union to use its services. There is a \$5 membership fee and \$5 balance should be kept. Customers must pay for the cost of printing checks, \$11 for 200.

The monthly service charge is \$2, and

the account earns interest (5 percent annual) if the balance remains at \$100 or higher. The credit union belongs to the Quest network, and a Quest card can be bought for \$3. Automatic overdraft protection is provided.

The campus branch in Garrett Center is open from 7:45 a.m. to 3:30 p.m. Monday to Friday. The Campbell Lane branch is open from 9 a.m. to 5 p.m. weekdays and 9 a.m. to 1 p.m. Saturday. For more information call 745-2411.

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| August 26 | 9:00 a.m. - 5:00 p.m. |
| August 28 - 31 | 7:30 a.m. - 4:30 p.m. |
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HOW ABOUT A DATE

Here are some phone numbers that may be helpful.

Tomorrow

- Last day to add a first bi-term course or drop a first bi-term class without a grade.

Friday

- Last day to register for a full program.

Monday

- Last day to add a course or drop a course without a grade.
- Last day to change audit to credit.

Sept. 4

- No classes.

Sept. 5

- Fee payment begins.

Sept. 15

- Last day to drop a first bi-term course.

Oct. 12, 13

- First bi-term final exams.

Oct. 16

- Last day to drop a course with a "W."
- Last day to change credit to audit.
- Second bi-term classes begin.

Oct. 18

- Last day to add a second bi-term class or drop a second bi-term class without a grade.

Nov. 10

- Last day to drop a second bi-term class with a "W."
- Last for undergraduates to remove an incomplete grade from the spring or summer semesters.

Dec. 11

- Final exams begin.

Dec. 15

- Last day graduate students may remove an "I" from the Fall 1988 semester.

Tight classes make drop/add difficult

Herald staff report

Registering late and dropping and adding classes will be difficult for students this year, because few openings were left by the large number of students who pre-registered, Registrar Freida Eggleton said.

People wanting to register late should report to the registrar's office on the second floor of Wetherby, she said. They will be charged \$10. Students can register late from 8 a.m. to 4 p.m. through Friday.

Students should also go to the registrar's office to drop and add classes. Monday is the last day to add or drop a class without a

grade. Each student is charged \$2 per change.

Drop/add cards are available in the registrar's office. Students must report to the department of the class they are dropping or adding to obtain instructors' signatures and departmental stamps to drop or add a class.

Eggleton pointed out that students had the chance to pre-register, drop or add before July 31 at no charge. The fees' purposes are to discourage students from registering, dropping and adding at the last minute, she said.

Eight temporary workers were hired to handle the load caused by students registering late. The fees offset that expense, she said.

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Catch the Spirit



Respect may stop roomie wars

By ANGELA GARRETT

The unknown roommate could be the most dreaded prospect of a new school year.

Horror stories about the woman who blared her music loud enough for the entire floor to hear or the man who didn't do his laundry for two months and left pizza boxes lying around to collect mold keep new dorm dwellers wondering, "Will we get along?" and "What if we don't?"

Lisa King, a Brandenburg junior and resident assistant in Central Hall, said learning to live together involves sacrifice.

"You're going to have to give up some things to get along," she said, adding that communication is an important part of living with a roommate.

"If they aren't getting along I'd talk to them individually," King said. "Then I'd have them talk to each other."

"A lot of times they get mad and don't try to talk it out."

One newcomer who isn't worried about her roommate is Sarah Sprinkle, a freshman from Newburgh, Ind. She knew her roommate in high school.

"We were friends," she said, "but we didn't run around together."

Because of that, Sprinkle doesn't foresee roomie wars.

"She's really easygoing," Sprinkle said. "She's not really picky."

For those who think the person they've been forced to share their space with is too picky, Dr. Arne Goetting, a sociology professor,

recommended compromise and respect.

"Regardless of how you feel, you have to respect the other person," she said. "That takes extra effort if you don't like the other person."

Goetting suggested treating the living arrangement as a job in which you have to get along with co-workers, even if you don't like them personally.

"The job doesn't get done unless you cooperate," she said. "It's very inefficient to have negative feelings. It saps energy that could go toward your studies."

Respect for a roommate is the bottom line.

"After all," King said, "they paid for their side of the room just like you did."

Libraries have more than books

By GINA KINZLOW

Having trouble finding enough sources for a research paper?

Try one of the campus libraries.

Helm-Cravens Library and the three specialized libraries have many aids to assist students, said Sally Ann Strickler, head of Library Public Services.

The Educational Resources Center in Page Hall has 12,000 books for education courses, said Becky Leavy, supervisor of the Educational Resources Center.

Leavy said the ERC has 40,000 juvenile books for the non-traditional students to take home to their children, and a variety of non-book media such as globes, maps, filmstrips, videotapes and computer software.

If a term paper topic relates to science, or revolves around Kentucky, the Science Library in the center wing of Thompson Complex and the Kentucky Library in the Kentucky Building have more than just books.

Riley Handy, head of Special

Collections at the Kentucky Building and Museum, said the library has photographs, RPM records, maps and sheet music dating back to the 1820s.

To locate materials faster, the libraries have three computer databases.

A database, ERIC or educational resources information center, is in the reference room and the Educational Resources Center.

"It saves you time," Strickler said, and "gives you one more place to look other than the Reader's Guide."

One database similar to ERIC is AGRICOLA, a bibliographical searching aid in the sciences, which is located in the science library.

Another such database, in the reference room, the science library and the educational resource center is INFOTRAC, a general index that houses information on many topics.

"They're so simple," Strickler said. "It's user-friendly — meaning you and I can learn it fast."

Here are hours for campus libraries:

■ Helm-Cravens Library — 8 a.m. to 10 p.m. Monday through Thursday, 8 a.m. to 5 p.m. Friday, 10 a.m. to 5 p.m. Saturday and 1 p.m. to 10 p.m. Sunday.

■ Science Library — 7:45 a.m. to 10 p.m. Monday through Wednesday, 7:45 a.m. to 5:30 p.m. Thursday and Friday, 9 a.m. to 5:30 p.m. Saturday and 1 p.m. to 5:30 p.m. Sunday.

■ ERC — 7:45 a.m. to 8 p.m. Monday through Thursday, 7:45 a.m. to 5:30 p.m. Friday, 1 p.m. to 5:30 p.m. Sunday and all day Saturday.

■ Kentucky Library — 8 a.m. to 4:30 p.m. Monday through Friday and 9 a.m. to 4:30 p.m. Saturday. The Kentucky Library is closed Sunday.

The Kentucky Museum Galleries are open from 9:30 a.m. to 4 p.m. Tuesday through Saturday and from 1 p.m. to 4:30 p.m. on Sunday. The Kentucky Museum Galleries are closed Mondays.

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5 p.m. Thursday, August 24... Cookout in the Park (Lampkin Park, Shelter #2)

8 p.m. Friday, August 25... Pizza Party & Open Stage (Catacombs-Back of Newman Center Under Red Stairs)

9 p.m. Sunday, August 27 (After Mass)... Spaghetti Dinner (Free Meal in Meeting Room)

8 p.m. Wednesday, August 30... Newman Club Meeting (Newman Center Library)

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10 a.m. Sunday

8 p.m. Sunday

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Getting religion

Groups on, off campus serve religious needs

By JOHN MARTIN

Three campus religious organizations, five denominational groups and several local churches are available to meet the spiritual and social needs of Western students.

The biggest non-denominational religious organization on campus is the Fellowship of Christian Athletes, which meets each Thursday at 7:30 p.m. in the West Hall Cellar and has annual fall and spring retreats. More information on FCA is available from president Joey Schuffett at 842-6861 or faculty sponsor Ray Rose at 745-6036.

Campus Crusade for Christ is another group whose members have varied church backgrounds. Meetings are Tuesday nights at 7 in West Hall Cellar. A prayer group meets Wednesdays at 7 a.m. in the university center. Campus director Thomas W. Weakley's office is at 835 East 10th St. and his number is 782-3466.

Christian Student Fellowship holds a worship service each Sunday at 10 a.m. at its campus house at 250 East 14th St. FOCUS is a gathering of praise, song and Bible study each Tuesday at 7 p.m. For more information call Christian Student Fellowship call Steve Stovall at the campus house, 781-2188.

Various Christian student centers and local churches offer opportunities for students interested in a particular denomination. The Newman Center, for Catholic students, is located on the corner of 14th and College streets. Mass is held every Saturday at 5 p.m., Sunday at 10 a.m. and 8 p.m. and Monday, Tuesday and Wednesday at 6:30 p.m. Call the Rev. Ray Goetz at 843-3638 for further information.

Wednesday night discussion groups and a September retreat highlight the fall schedule at the Wesley Foundation, the United Methodist campus center at 1355 College St., headed by Dr. Dean Meadows.

Self-understanding, relationships and other topics relating to Christian growth will be the themes for the Wednesday night gatherings, which begin with

supper at 6:30. The Wesley Foundation has two Sunday services, morning worship at 11 and a sing-n-celebrate gathering at 7:30 p.m.

The Church of Christ student center at 1536 Chestnut St. is directed by Tim Curtis. A time of songs, Bible study and fellowship is held every Tuesday at 8 p.m. A fall retreat will be held Aug. 25-27. The group also participates in activities and services at Greenwood Park Church of Christ. For more information call the student center at 843-1814.

The Episcopal Student Fellowship, led by the Rev. Ken Chumbley, will be holding two regular Sunday gatherings beginning in September. A fall retreat will be held with the diocese of Lexington. Most Episcopal Student Fellowship events will be held at the Christ Episcopal Church, 1215 State St. Call Rev. Chumbley for more information, 782-9121.

For Lutheran students, the Evangelical Lutheran Church of America is attempting to begin a student organization. Interested students should phone the Rev. Ken Witt of the Holy Apostles Lutheran Church at 781-6737.

Bowling Green area churches also welcome the attendance of Western students. State Street United Methodist Church is located on the corner of State and 11th streets, and its pastors are Dr. Don Davis and the Rev. Ted Burke. In addition to 10 a.m. worship there is a special Sunday school class for college students beginning at 9 a.m.

First Baptist Church has the largest membership of any church in Bowling Green. Services are held at 11 a.m. and 6:30 p.m. Sunday, with a prayer service each Wednesday at 7 p.m. First Baptist is located on the corner of 12th and Chestnut streets, and its pastors are the Rev. Richard Bridges and the Rev. Jeff Story.

The Presbyterian Church, on the corner of 10th and State streets, has two Sunday morning worship services, at 8:30 and 11. Dr. Allen McSween is minister and Dr. David Kivett is associate minister. The First Christian Church, also on the corner of State and 11th Streets, has 10:45 a.m. Sunday worship, and its pastor is the Rev. Reed Carter.

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The Herald.

Students picking up tab for AT&T phone service

By DRESDEN WALL

Students aren't forced to have their parents pick up the tab for their long-distance phone calls, thanks to a service offered by AT&T since last year.

The American Telephone and Telegraph College and University Systems (ACUS) service allows students who live on campus to set up their own long distance account and receive monthly bills at their campus or home address.

Students can sign up for the service throughout the school year by calling AT&T's toll-free number at 1-800-445-6063. There is no sign-up fee for the service, which is activated within 24 hours after AT&T is notified.

After signing up for the service, students receive a card embossed with a Personal Security Code (PSC), which can only be used from a campus phone.

Students must pay the full balance at the end of each month. Roommates don't have to divide up the phone bill because the codes allow AT&T to tell who

made each call and thus send individual bills.

Those who fail to pay by the due date or who exceed a \$50 credit limit will have their PSC de-activated and a late fee charged to their account when applicable.

ACUS rates are competitive with the direct dial rates, said Kathy Krabb, an ACUS representative. Evening rates run 5 p.m. to 11 p.m., Sunday through Friday. Night and weekend rates run 11 p.m. to 8 a.m., Sunday through Friday and all day Saturday.

For example, a call to a Tennessee city 140 miles from Bowling Green costs 44.2 cents per minute during the day, she said. But, the evening rate is 16.2 cents per minute and the weekend rate is 12.6 cents per minute.

ACUS is a voluntary service that was offered for the first time during the 1988-89 school year. Students can still make long distance calls by using calling cards from other phone companies or by dialing collect.



Photo by Steve Smart

"IT'S JUST A STEP TO THE LEFT . . ." — Chris Buchanan does the Time Warp with JoAnne Wimpelberg (far left) and a friend while watching "The Rocky Horror Picture Show" Saturday night on the university center lawn. Buchanan, a freshman from Nashville, Tenn., said he has seen the film more than 60 times.

Clothes come clean at local laundromats

By THAVIS GREEN

It's the second week of school — dirty shirts lie scattered on the floor, sweat socks huddle in the corner and there are no clean towels.

Laundry isn't on the minds of most new students as they move in and meet new people, but if room and dad's laundry room isn't close enough, problems can arise.

Bowling Green has a variety of laundries to choose from, from those that offer just the basics to ones that border on night clubs. The fancier the place, the higher the price.

The campus laundry is the closest place for dorm residents to do their laundry. It is located in

the parking structure and offers prices of 50 cents per washer load and 25 cents per dryer cycle.

The Plaza Wisby Washy offers the cheapest off-campus facilities, aside from mom. It is located in the Plaza Shopping Center on 31-W Bypass and offers prices of 50 cents per regular washer load, \$1 for a double load and \$1.25 for a triple load. Dryers are available for a quarter.

Other laundries include Suds Are Us at 2718 Scottsville Road, White Cloud Laundromat at 1339 Laurel Ave., and Mall S&P and Suds in Bowling Green Mall on Nashville Road. Average prices are 75 cents per regular load and 25 cents per dryer cycle.

For students who don't want to

do their own laundry, several places have a drop-off service.

Drop-off service is available with prices per pound or per load. Average prices are 30 cents per pound with student-supplied detergent and 35 cents without. Prices by the load vary from 95 cents at the Plaza Wisby Washy to \$3 at Suds Are Us.

Most laundries provide the user with a place to sit and perhaps read or study while the washers run. Suds Are Us offers a bar and grill for student's with alcoholic drinks for students over 21 and regular drinks for those under age and a color cable TV for everyone to pass the time.

Dates for freshman elections approaching

Herald staff report

The filing period for freshman elections is Sept. 5 through 11.

Freshmen wishing to file for the positions of class president or vice president or a representative post may pick up applications at the Associated Student Government

office, university center Room 119 during office hours.

To qualify for candidacy, applicants must be full- or part-time student and must be in good standing with the university, said Amos Gott, student government president.

Candidate certification meet-

ings, where campaign rules and regulations are reviewed, are Sept. 12 at 4:15 p.m. and Sept. 13 at 3 p.m. Candidates may not campaign until they have attended a certification meeting.

The primary election is Sept. 19, and the general election is Sept. 26.



Welcome Episcopal Students!

You're invited to participate in the Episcopal Student Fellowship. ESF meets throughout the semester for worship, food and fellowship, classes and discussion groups, films, retreats and much more!

And join us this Sunday at Christ Episcopal Church for worship. Until September 10, our services are at 8 a.m. and 10 a.m.

Come grow in Christ as a member of ESF.

Episcopal Student Fellowship
Christ Episcopal Church
1215 State St. (next to the public library)
The Rev. Ken Chumbley
Episcopal Chaplain

Welcome Back Western Students Daily News

College life can be an exciting change for a student what with classes, dorm life, new friends, parties and sports functions. Among all this activity, though, it's always nice to keep up with local news, sports, plus your favorite comic strips and columns that you don't want to miss.

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Be informed. Read the Herald.



Photo illustration by Jeanie Adams

"Coke, Fritos and pizza with no exercise can stress one out," says psychology professor Patty Randolph.

Stress comes with the territory

By ANN SCHLAGENHAUF

Denise Smith sat comfortably in a Central Hall lobby chair. "I'm having a ball, having fun," said the Scottsville freshman. "It's going pretty well. I'm getting along fine. I'm really enjoying it."

But she said she has some adjusting to do. "It's a big adjustment, going away from home."

Like thousands of other new students, she will have to adapt to college life — and that can mean stress.

West Hall resident assistant Michelle Wood, who is starting her fourth semester as an r.a., suggests getting out of the room to deal with stress.

"As long as they (freshmen) know other people and socialize, it cuts down on the stress," she said.

The problem isn't unique, she said. Wood estimated that 60 to 70 percent of freshmen deal with stress.

Symptoms include sleeping a lot, especially during the day, bad eating habits, missing classes and an apathetic attitude, she said.

"They just look stressed," Wood said.

Psychology professor Patty Randolph said that "99.9 percent" of freshmen encounter stress. "We all get stressed in our own way," she said.

The biggest source for freshmen is having to "regulate and organize every aspect of their own

life for the first time," she said. A positive attitude is the most effective stress-beater, she said. "My favorite maxim is at every given moment everyone, including me, is doing the best job they can," she said. That cuts down on irritability from problems one can't control, such as bookstore lines.

Planning activities is important, Randolph said. A student's schedule should include classes, study time, social activities, exercise and time to eat, sleep and be alone.

Randolph suggested a semester-in-a-glance plan, with social weekends, term papers and tests scheduled to anticipate crunches ahead of time.

Having priorities is necessary, she said. Whether a student's goals are good grades, more education, meeting Mr. or Ms. Right or socializing, ranking priorities "helps you keep your perspective."

For freshmen, "it's very tempt-

ing to party every night," she said, especially while trying to make friends and adjust to college.

Turning down a social invitation doesn't mean the end of social life, Randolph said. "People who like them will come around again."

Exercise and healthy eating are very important, she said. "Coke, Fritos and pizza with no exercise can stress one out." She recommended keeping fruits available to snack on.

If stress catches up with a student, Randolph recommended writing about worries in a journal. That helps produce solutions.

Relaxation tapes, available at bookstores, can help, she said.

If students need more help, the university counseling center is free, and resident assistants and dorm directors are trained to help deal with stress problems.

South Hall resident assistant Valerie Curry said she tries to get stress-ridden freshmen to meet other people. And having been a freshman herself, she knows what it's like, she said.

"You know it's not that simple," Curry said. "You know how they feel."

Randolph said organization skills and preparations for stress learned as a freshman can help later.

"Setting up good habits early is important."

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Financial help still available

By TRAVIS GREEN

Paying fees can be hard on the checkbook for students, but help is out there.

Lee Watkins, student financial aid director, said it isn't too late to apply for financial aid for the fall semester.

"However, at this late date, if a student completes the application," Watkins said, "it could be late October before they could receive any disbursements."

Students who can't pay their fees can expect little help at the university level.

"The university has very limited resources (for short-term loans), and that is for emergencies only."

Watkins said there are very few exceptions on the policy of not giving short-term loans and that the financial aid office decides if the situation warrants a loan to be given.

However, some students may be eligible to defer the fees until their aid comes in.

"We do everything we can to assist those folks," Watkins said.

Many students have already gone through the financial aid

“
At this late date, if a student completes the application, it could be late October before they could receive any disbursements.
”

Lee Watkins

process and will receive help this fall. "As of Aug. 11 we have processed 11,438 awards totaling \$16,327,399, compared to the 9,981 awards processed up to the same date last year."

Dates to pick up aid money vary depending upon the type of award granted.

Stafford Loans (Guaranteed Student Loans) are loans which students can receive from their hometown banks at a lower interest rate than normal. Those loans could be picked up in the financial

aid office in Room 313 of Wetherby Administration Building starting yesterday if the bank had sent the check to the office for disbursement.

He said late applications and bank operations may delay the arrival of some checks.

"Some of the bigger banks give loans to several different students from different schools, and all those schools have different starting dates," Watkins said. "So the bank may just pick out a day to send the checks out."

Perkins Loans, Pell Grants, state grants, supplemental grants or scholarships may be picked up during fee payment from Sept. 5 through Sept. 11 in the Garrett Ballroom, Watkins said.

Nearly 75 percent of the aid is awarded during fee payment, with 25 percent left to be awarded later, he said.

A verification process may cause some aid to arrive late, as well, he said.

"The government picks out about 30 percent (of the applications) nationally to go through verification, and that may delay the award," Watkins said.



Photo by John Russell

BIG BANG — Owensboro freshman Jon Braden pounded out a tune on his base drum while concentrating intently on the notes of a musical score during a Big Red Band percussion section practice session outside the fine arts center last Tuesday in preparation for their first marching performance.

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The College Heights Herald. The news and then some.

Food Services offers variety, many locations

by JAMIE LAWSON

An ominous grumble interrupts your 1 p.m. class. It's your stomach reminding you it's empty, but your refrigerator is empty too. So where do you go?

Western has seven places for students to go to when they're hungry. Students can pay cash or use a Super Card II.

The cafeteria in the university center is open Monday to Friday from 10:45 a.m. to 7 p.m., Saturday from 7 a.m. to 7 p.m. and Sunday from 8 a.m. to 7 p.m.

The grill in the university center is open Monday to Friday from 7 a.m. to 2 p.m. Its Pastry Shop sells homemade cookies, cakes, pies and also serves ice cream, banana splits, sundaes and shakes. It's open Monday to Friday from 10:30 a.m. to 7 p.m.

The Unicorn Pizza Company located in Gilbert Hall offers homemade pizza with free on-campus delivery, submarine sandwiches and a salad bar. Students can also buy groceries here. Hours are 11 a.m. to midnight Monday to Thursday, 11 a.m. to 4 p.m. Friday, and 5:30 a.m. to midnight Sunday.

The Pick-Up Grocery on the first floor of Pearce-Ford Tower is open from 10 a.m. to 9 p.m. Monday to Thursday, 10 a.m. to 6 p.m. on Friday and 1 p.m. to 9 p.m. on Sunday.

The Top of the Tower restaurant is on Pearce-Ford Tower's 17th floor, and it's open from 5:30 a.m. to midnight Sunday through Thursday.

Students can order anything from nachos to non-alcoholic daiquiris at Niteclass in the basement of the university center. It is open from 7 p.m. to 11 p.m. Monday to Thursday and 7 p.m. to 1 a.m. Friday and Saturday.

Hilltopper Inn, located on Garrett Center's ground floor, offers cafeteria and grill service, a salad bar and a self-service ice cream machine. Hours are 7 a.m. to 2 p.m. Monday to Friday.

Super Cards can be purchased from 8:30 a.m. to 6 p.m. Monday to Friday until August 25 at the University Food Service office in room 119 of the university center. A minimum deposit of \$30 is required to open an account.

Students depositing \$250 or more will receive credit bonuses. Deposits of \$250 to \$349 will receive a 7 percent bonus, deposits of \$350 to \$449 will receive 6 percent, deposits of \$450 to \$549 will receive 8 percent, and deposits of \$550 and more will receive 0 percent.

All Super Cards issued before July 1, 1989, must be replaced because a new system has been installed. There is no charge for the replacement cards.

Got a story idea?
Call the Herald
at 745-2655

Escort service helps keep students safe

By LAURA HOWARD

Students walking alone on campus at night need to dial 745-3333 to ensure a safe trip home.

The Student Escort Service was established in 1981 to provide free protection to women who were alone on campus after dark, said Paul Bunch, director of Public Safety.

Since that time, however, it has developed into a service that serves men and women, alone or otherwise, who would like an escort, Bunch said.

The service will be operating by Wednesday. It will be manned by volunteers whose backgrounds and police records have been investigated to ensure that the escort is a responsible, qualified individual, Bunch said.

"We want to be sure that the individuals in the service are appropriate," he said.

Student escorts are recruited at the beginning of every semester, Bunch said. This year's recruitment will begin next week. Volunteers can sign up at the Public Safety office in the parking struc-

ture.

Bunch said he is not sure how many students will be working as escorts this semester, but at the end of last semester 30 students were volunteering their services.

The escort service works in two shifts. Each shift has a dispatcher who takes the incoming escort request calls and radios them to the escorts, who are on foot or are in escort trucks, Bunch said.

After a request for an escort is made, one will arrive soon, depending on how busy a particular night is, Bunch said.

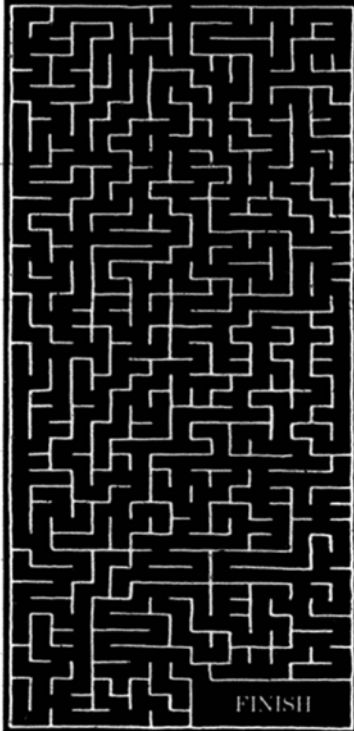
"The time it takes to receive an escort depends," he said. "We have had nights when we received 30 or 38 calls."

Escorts can be recognized by their red caps and jackets.

Calls made to the escort service after midnight will be diverted to the university police service, who will come in patrol cars to offer escorts, Bunch said.

"It's not a taxi service," he said. "It's something that is there for the benefit of everyone on campus."

Their way.

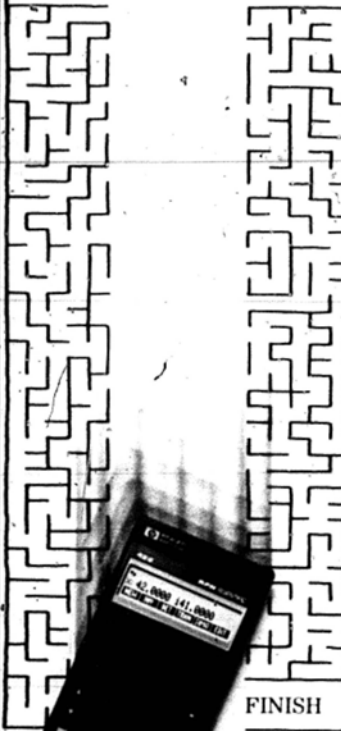


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PACKARD



Photo by Rex Perry

HANGING OUT — Leaning out their 11th floor dorm room window Friday, Bobby Fisher, a freshman from Chandler, Ind., and Paris sophomore Steve McWhorter chat. Pearce-Ford Tower windows, normally locked, were opened during last week's power outage.

Campus post office delivers

By KARLA TURNER

It's the end of the first week of school, and you still haven't sent the letter you promised to mail to Mom. Don't worry, because the campus post office is guaranteed to deliver.

The College Heights Post Office in Room 124 of the university center is open weekdays from 7:30 a.m. to 4 p.m.

Along with the basics such as stamps and regular mail delivery, Western's post office also offers special services such as express,

certified and insured mail, said Anthony Bowles, postal supervisor. Letters and packages to other countries can also be mailed there.

Express mail can get letters to most locations by the next day if it is brought to the post office by 12:45 p.m.

U.S. mail is delivered Monday through Saturday to students' mailboxes at each dorm. Campus mail — letters sent from one Western building to another — is delivered only on weekdays.

Off-campus students who don't have a campus mailbox can rent

one from Western's post office for \$10 for the school year or \$7.50 for six months. There is 24-hour access to the boxes.

Students can also purchase money orders at the campus post office. There is a 75-cent fee for money orders of \$35 or less; \$1 is charged for ones more than \$35.

Students should remember to give friends and family a complete dorm address — including full name, room number and dorm, Western Kentucky University, Bowling Green, Ky., 42101.

Get well soon with health service

Herald staff report

Students feeling under the weather can get medical help at the Student Health Service.

Dr. Philip Turner, seven nurses, a nurse practitioner, a pharmacist, a lab technician and an X-ray technician work in the clinic in the Academic Complex.

The \$5 office fee does not include any lab or pharmaceutical

charges. The fee can be paid by the student or billed home.

Visits are by appointment only, but students without an appointment can stop by and talk to any of the nurses on duty. Hours are 8 a.m. to 4:30 p.m., Monday through Friday.

Bowling Green also has two hospitals. HCA Greenview Hospital at 1801 Ashley Circle and The Medical Center at 250 Park St. offer 24-hour, physician-staffed

emergency departments.

Bowling Green also has several clinics: Bowling Green Warren County Primary Care Center, 1133 Adams St., has a 24-hour answering service at 781-2490; Graves-Gilbert Clinic, 1109 State St., open from 8 a.m. to 5 p.m. weekdays and 8 a.m. to noon Saturdays, and Urgentcare, 2940 Scottsville Road, open from 9 a.m. to 9 p.m. every day.



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Don't be bored — sign up

By S. KAYE SUMMERS

Squash

This can have two meanings on campus — if those extra pounds gained by eating Mom's fried squash and other home-cooked goodies over the summer make the climb uphill a little steeper, squash is only one physical activity offered to Western students.

Whether it's swimming, walking, playing or watching, "There's not one student who shouldn't be able to do something," said Debby Cherywak, director of intramural recreation.

Western offers 29 departmental clubs, more than 15 general organizations, 24 honor societies, two language honoraries and 27 professional societies. Just open last year's campus phonebook to page 10.

There's no excuse for not becoming involved on campus physically or socially, she said.

"People who develop a sense of belonging are more likely to stay in school," said Scott Taylor, director of student activities and organizations.

From archery to weights, the realms of informal and intramural fitness are unlimited not only indoors at Diddle Arena, but out.

Daily recreation facility hours are 6 p.m. to 10 p.m. Weekend hours are Saturday from 8 a.m. to 10 p.m. and Sunday from 10 a.m. to 10 p.m.

Football is not just for men anymore. Registration for men's and women's flag football tournaments has already begun. Registration at Room 148, Diddle Arena, ends Sept. 5.

Physical fitness also extends into many of the clubs on campus.

The Western Flyers Cycling Club and the Western Barbenders offer more than a speech followed by cookies and punch when they meet.

Sailing, water polo and snow skiing are also registered with the 21 sport clubs registered with Western. For more information contact the Rec-Line at 745-2006.

More than information, many department clubs give motivation and an opportunity to become involved in their major. A trip to a law school and speaking with other lawyers are plans for the Pre-Law Club.

In his navy blazer and a tie with Big Reds waving red towels, Eddie Smith is hard to miss since he became a Spirit Master last September.

Since the Elizabethtown senior became one of Western's 22 Spirit Masters, he has given campus tours for orientation, hosted campus receptions — including former President Ronald Reagan's visit — and visited high schools.

"I really love Western," Smith said. In orientations for freshmen and to anyone he recommends becoming involved because "it makes college much more enjoyable."

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No. 18 — Greenwood Square
Scottsville Rd. and Cave Mill Rd.

No. 34 — Northgate
Shopping Center

No. 6 — Collett Cove
Shopping Center

No. 32 — Western Gateway
Shopping Center

No. 44 — Fairview Plaza
Shopping Center

No. 46 — 485 Glen Lily Road



Photo by John Russell

RUG TRAFFICKING — Jeff Lancaster, a junior from Hendersonville, Tenn., peddles carpets for dorm rooms in the parking lot near Pearce-Ford Tower last Wednesday. The carpets were scraps from his mom and dad's store.

Renters take heed of these utility tips

Herald staff report

Renting a house or an apartment may be a step toward independence for some students. Here's a few things first-time renters should remember to make their new abodes a true home-away-from-home.

Getting utility service is as easy as making a few phone calls.

Bowling Green Municipal Utilities provides some of the necessities. A \$50 deposit is

required for electricity and a \$15 deposit is needed for water, sewer and sanitation service.

Students needing these services should call the utility's electric division at 782-1200 and the water and sewer division at 782-1220.

To get telephone service, students should call South Central Bell at 1-557-6500 to get information about services and rates.

Students who want their MTV and 30 other basic cable channels

should go to the Storor Cable Communications office on Double Springs Road to make an appointment for installation.

Basic cable service costs \$17.25 a month. Several premium channels — HBO, Showtime, the Movie Channel or the Disney Channel — can be added to the service. The first premium channel subscribed to costs \$10.95; adding more premium channels costs \$6.95 per month each.

Two campus offices cash student checks

Herald staff report

It's 4 p.m. on a Friday afternoon, and you have no cash for that weekend bash. Don't panic. You still have 15 minutes to hustle up the Hill.

Employees in the cashier's office of Wetherby Administration Building and the ticket office of the university center will cash students' personal checks of \$40 or less.

Students must show their class schedule card and a piece of

identification featuring a photograph of themselves to have a check cashed. After students pay their tuition and other fees, only a Western student ID is required.

The office on the first floor of Wetherby honors Western paychecks as well as personal ones. It is open from 8:15 a.m. to 4:15 p.m. Monday through Friday.

The ticket office in the university center cashes personal checks from 11 a.m. to 2 p.m. Monday to Friday.



15% OFF
Back to School
Special

1101 Chestnut St.
Must Have Valid ID

BALLOON-A-GRAM
COMPANY

Nick Wilkins
Owner Operator

843-4174

Expires
9-30-89

WE GOT YOUR NUMBER

Here are some phone numbers that may be helpful.

| | | | |
|---|-------|--|---------|
| Academic Advising..... | 5065 | Health Services..... | 5641 |
| Academic Counseling and Retention..... | 2793 | Helm-Cravens Library..... | 3951 |
| Admissions..... | 2551 | Housing..... | 4359 |
| Alumni Affairs..... | 4395 | Independent Study..... | 4158 |
| Associated Student Government..... | 4354 | Institutional Research..... | 3250 |
| Audiovisual Services..... | 3754 | Kentucky Museum..... | 2597 |
| Bookstore..... | 2468 | Laundry and Shuttle Bus..... | 2931 |
| Career Planning and Placement..... | 2691 | Lost and Found..... | 245* |
| Cashier's office..... | 2244 | Off-campus information..... | 9-1-411 |
| College of Business Administration..... | 3893 | Ogden College..... | 4448 |
| College of Education..... | 4662 | Physical Plant..... | 3256 |
| College Heights Foundation..... | 4597 | Post office..... | 3093 |
| Community College..... | 5371 | Potter College..... | 2344* |
| Continuing Education..... | 4137 | President's Office..... | 4346 |
| Counseling Services..... | 3159 | Public Safety (campus police)..... | 2548 |
| Educational Resources Center..... | 4552 | Recreation..... | 5216 |
| Educational Television..... | 2153 | Registrar..... | 3351 |
| Emergency..... | 9-911 | Science Library..... | 3958 |
| Financial Aid..... | 2756 | University center..... | 2456 |
| Food Services..... | 2416 | University center board..... | 5807 |
| Garrett Center..... | 3357 | Herald, Talleman..... | 2653 |
| Graduate College..... | 2446 | Vice president for Academic Affairs..... | 2296 |
| Hardin Planetarium..... | 4044 | Vice president for Business Affairs..... | 2242 |
| | | Vice president for Student Affairs..... | 5429 |

Take a step up
in the food
chain. Read...

The
Herald

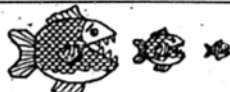


Photo
843-1305



CDS #7

Pharmacy
842-5661

corner of Broadway
and the By-Pass

**REMODELING
STOCK REDUCTION SALE
GOING ON NOW!**

**50% to 75%
OFF**

ALL PHOTO EQUIPMENT
ALSO PROCESSING
EQUIPMENT, FILM,
BATTERIES, & FILTERS.
* ALL SALES FINAL



Binoculars



Flasher



Lens



Camera Bags

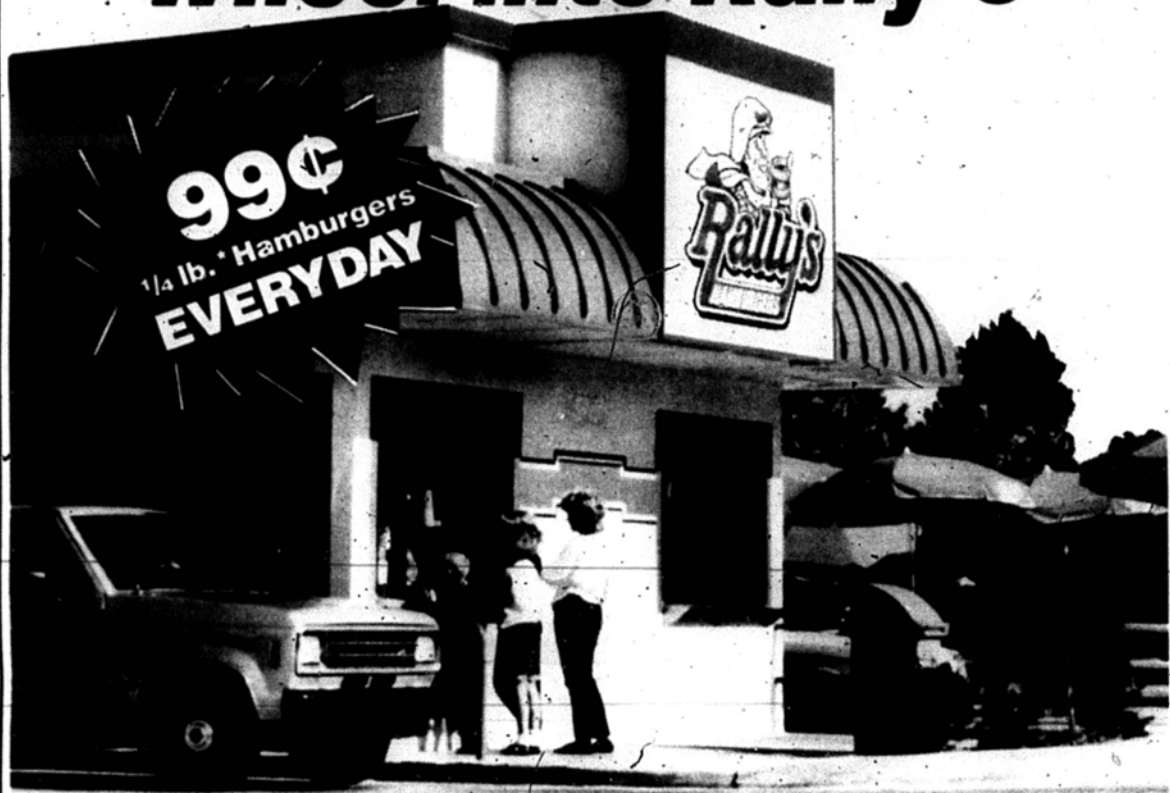
**30% OFF
ENTIRE STOCK**

INCLUDES COUGH & COLD,
COSMETICS, AND OTHER
HEALTH NEEDS.

* DOES NOT INCLUDE PRESCRIPTIONS

Wheel into Rally's

99¢
1/4 lb. * Hamburgers
EVERYDAY



... when you're on the go!

MEAL COMBO \$1.89

Full 1/4 lb. * burger, small french fries, 16 oz. soft drink

Not good in combination with any other offer. * Cheese and tax extra. Limit one per coupon. Valid thru 9-15-89.

*net weight before cooking

chh



You don't need a lot of dough!

CHICKEN COMBO \$2.19

Chicken sandwich, small french fries, 16 oz. soft drink

Not good in combination with any other offer. Cheese and tax extra. Limit one per coupon. Valid thru 9-15-89.

chh



You don't need a lot of dough!



1901 Russellville Rd.
Western Gateway
Shopping Center