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Grand jury report blasts board

BY JULIE GRUNDY AND
CHRIS POYNTER

The Board of Regents has acted irresponsibly and caused a "great damage to Western," and it's time to move on, the grand jury reported Tuesday.

After two days of testimony from nine people — most of whom were regents — and two days of preparing the 12-page report, the grand jury investigating the controversy at Western found that:

◆ Chairman Joe Iracane and Vice Chairwoman Patsy Judd

knew President Thomas Meredith received \$2,000 monthly for entertainment expenses. In their "Time Line of Events" presented to the grand jury, Iracane and Judd suggested they weren't aware of the money, but the grand jury said Iracane and Judd did know and it backed the claim with a letter from a former regent that authorized the increase and two letters from former regents that reminded them of the increase.

◆ The board's hiring of former Gov. Louie Nunn to lead an

audit of 11 university accounts was improper and unnecessary. The report stated that only a certified public accountant, not an attorney, can conduct an audit. The argument that Nunn was hired to act as a mediator among those involved in the controversy was "absurd."

◆ There was no reason why the audit should have been delayed, because the lawsuit only questioned Nunn's hiring, not the audit.

◆ Regents should have confi-

SEE JURY, PAGE 6

◆ The grand jury

◆ Returned no criminal indictments, saying that would not be in Western's best interest. The grand jury did, however, say "there were serious misrepresentations made."

◆ Did not accept that Patsy Judd and Joe Iracane said they had "no recollection as to their receiving information" on an internal investigation of Classic Katering.

◆ Said that the hiring of former Gov. Louie Nunn using state money was not "prudent or responsible."

◆ Said the public audit has not been finished because of inaction of the majority of the Board of Regents.

◆ Recommended that the board take a vote of confidence about Meredith and get any problems out in the open and address them.



Robin Cornett/Herald

Getting in a little bit of gossip, Lisa Holt, a sophomore from Franklin, Tenn., intently listens to Cincinnati junior Deron Saylor while visiting him in his Pearce-Ford Tower room.

Men's, women's dorms different

BY NIKITA STEWART

There are some things you'll find in a men's dorm that you'll never find in a women's dorm, McLean Hall custodian Glenda Lightfoot said.

Tobacco juice and egg shells, for example.

"When we cleaned men's dorms during the summer, we had to use scrapers and putty knives."

She said kitchens in men's dorms are the hardest rooms to clean. She said the men leave grease on the stove and other things. "And the bathrooms smelled rank."

Women are just cleaner than men, she said.

Colby Allen, a Schneider Hall resident assistant, said men can be as clean as women, but they aren't.

"They don't care how clean it is because they know they don't have to clean it," the Louisville junior said.

Allen, who was an RA in North Hall last semester, said male residents would urinate in the showers.

"You just don't see that in female halls," he said. "I don't know why

DORM LIFE AT WESTERN

some of us do things like that."

Nashville junior Lisa Greenfield said men don't respect the public areas of dorms as much as women.

"The stairwells are filthy," the Poland Hall resident said. "And there's that locker-room odor."

Allen and other RAs agreed that men do not respect the dorms. Most female dorms have bulletin boards and name tags on doors while male dorms don't.

"Guys rip and tear it down," Allen said. "It's in their nature."

Louisville junior Russell Jackson said guys just don't like the "nice and

cute, neatly made name tags."

Jackson said name tags are unnecessary because it's a matter of common sense. "You should know who's in the room before you go in," the Pearce-Ford Tower resident said.

Cherry Stewart, a McLean RA, said males may see the signs as threats to their masculinity. They also aren't as decorative with their rooms as females are, the Radcliff senior said.

Dave Parrott, Residence Life director, said men and women see living space differently.

"Women view their rooms as apartments," he said. "Men see their rooms as somewhere to put their stuff."

"And men aren't any messier than women. They're just not as neat." Neatness is a degree of cleanliness that men usually don't reach, he said.

Allen agreed. He said men just want to be able to find things easily. "Women have to be spic and span."

SEE DORMS, PAGE 3

◆ Health issues

MEASLES: School dodges outbreak

BY LEE KOGER

This year some Western students may bring back a less-than-desirable souvenir from Spring Break — measles.

Several universities across the country, including the universities of Louisville and Kentucky, have already reported outbreaks of the highly contagious disease, which can lead to serious complications.

The fact that this most recent outbreak is occurring so close to many schools' Spring Breaks, when students will be mingling with students from other schools, concerns Kevin Charles, Student Health Service director.

"If we go a couple of weeks after Spring Break, we'll be in better shape," Charles said. "but there's still no guarantee that Western will escape a measles outbreak of its own."

Charles recommends that students take the time to get a second measles immunization before heading off on Spring Break.

That advice is echoed by several health agencies, including the national Centers for Disease Control, the American College of Health Associ-

SEE MEASLES, PAGE 3

Comedian lashes out at audience

BY JASON WHITELY

Comedian Elon Gold gave a stand-up performance at Nite Class Tuesday night that some students thought was offensive.

Despite the cold weather, 47 students turned out for a few laughs but got more than they bargained for when the New York City comic began insulting them.

The free performance was sponsored by the University Center Board.

Moments after Gold's routine began, an international student walked in and was insulted about being late.

Gold, who was paid \$1,400 for his 50-minute performance, made fun of the way the student looked and his inability to understand English.

Moments later Gold asked a student in the back of the room what his major was and the student replied, "...gynecology, so I can help people like you."

SEE COMEDIAN, PAGE 3

Opinion

Regents need to get serious

♦ Our view/editorials

The Warren County grand jury has issued a scathing report blasting the actions of the Board of Regents. The jury made some good points even though the entire report was clouded by Frank St. Charles' position as foreman of the jury.

St. Charles sent a letter to Board Chairman Joe Iracane last month saying that "the actions of the Western Kentucky University Board of Regents, under your direction, are appalling" and that Iracane has continued to embarrass Western.

Because his leadership tainted the whole process, St. Charles should have voluntarily stepped down from his position. One reason no indictments were handed down might be because it would have been too hard for them to stand up in court because of St. Charles' bias.

Still, the regents need to read the report, get serious and react as if they have been given more than just a slap on the wrist.

There are a few things that would help the board now that this controversy is nearing an end.

♦The audit needs to be finished as soon as possible. The accounting firm of Arthur Andersen started the audit this week, and they should complete the audit with all possible speed and release the findings to the public.

♦The grand jury's report backed up what Warren Circuit Court Judge Thomas Lewis and Attorney General Chris Gorman have said — the hiring of former Gov. Louie Nunn to supervise an audit was illegal. The regents shouldn't appeal Lewis' decision. An appeal would continue the controversy and waste more time and money.

♦The board needs to be more open with the university and the media. Regents are public officials. They are to act in the best interest of their universities. They should conduct all business honestly and out in the open — no more "hidden agendas."

Part of the problem with Nunn's hiring was that the board used an illegally called closed session to hire him the first time. If board members have problems with university activities or administrators, they should deal with them openly, fairly and consistently.

♦The board needs some new blood. The grand jury suggests that leadership should change periodically — at least every four years. This, coupled with the new law that has established a committee to recommend people to the governor to become board members, should ensure that the boards will consist only of members who are sincere in their hopes to better the schools.

Even though there weren't any indictments, this experience should serve as a reminder for the regents to serve with the university's best interests in mind, not their own.



♦ Your view/letters to the editor

Sleeping around involves risk of AIDS

I must tell Ms. Kelton (Feb. 25) that I do know how tragic it is when a friend or relative dies after contracting AIDS. My aunt's brother died after developing AIDS a few years ago, and it was very hard on the family.

However, the question I keep asking myself is, "Do people

really realize how serious AIDS is?" Our society makes AIDS and the whole area of sex look like a game. I am convinced that it is not.

As for our AIDS "hero" Magic Johnson, he is as good as dead. Because of his behavior, Johnson has sacrificed his life, career and family. I cannot think of anything more tragic than that.

I have to agree with Mr. Miller that if people are going to sleep around, they must be prepared to face the consequences. I am by no means telling anyone how to live his or her life, I just wonder if sacrificing your life, career, and family is worth the risk.

Ellen Reitmeyer
Louisville freshman

♦ Policies/letters to the editor.

Philosophy

The Opinion page is for the expression of ideas, both yours and ours.

Our opinion takes the form of editorials and staff columns.

Your opinions can be expressed in letters to the editor. Letters to the editor can be submitted to the Herald office at Garrett Conference Center, Room 109, from 9 a.m. to 5 p.m. Monday through Friday.

Writers are generally limited to two letters per semester. Letters must be typed or neatly written, with the writer's name,

hometown, phone number and grade classification or job title. Letters submitted should be less than 250 words in length. The Herald reserves the right to edit letters for style and length.

Because of space limitations we can't promise every letter will appear. Timely letters and those submitted first will be given priority.

If discussion on a topic becomes redundant, the Herald will stop printing letters that offer little new to the debate.

The deadline for letters is 4 p.m. Sunday for Tuesday's

paper and 4 p.m. Tuesday for Thursday's paper.

Story Ideas

If you know of any interesting events on or around campus, let us know. Call 745-2655.

Advertising

Display and classified advertising can be placed Monday through Friday during office hours. The advertising deadline is 4 p.m. Sunday for Tuesday's paper and 4 p.m. Tuesday for Thursday's paper. The phone number is 745-6287.

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JURY: 'We served for the public, not for anyone else'

CONTINUED FROM FRONT PAGE

dence in Meredith; if they question his acts, they should ask him directly instead of working behind closed doors.

"Insinuations do not need to be hidden in the thin veil of a public audit of accounts," the report said.

♦ Regent terms on the board should be limited.

"Testimony reveals how little some regents know about the responsibilities in setting the policies of a major university," the report said. "A vast amount of power can be obtained solely by the length of one's service on the board."

Regents' reactions to the report are mixed.

"It's a new observation of an old problem," Regent Monnie Hankins said. "It's the rationale I already had with the problem."

Although Hankins is glad the investigation is finished, he said he doubts it will heal the rift between board factions.

Judd said she was disappointed that the grand jury

got involved in the controversy but is pleased that it approves of the audit.

Student Regent Heather Palmien and Regent Fred Travis both declined to comment because they said they hadn't read the report. Iracane could not be reached for comment. Regent Danny Butler declined comment.

Iracane, Judd and Palmien testified before the grand jury.

After reviewing the report, Gov. Brereton Jones will realize that "there is as much politics played in the board room at Western as there is in Frankfort," said Commonwealth's Attorney Steve Wilson.

The question of politics within the grand jury itself arose

when the Herald reported that jury foreman Frank St. Charles III blasted Iracane in a letter he wrote the day after being called for grand jury duty. St. Charles, however, said that he wrote the letter before the grand jury decided to investigate the controversy at Western.

The letter said Iracane was embarrassing Western and his actions were demeaning to the university.

Jurors said St. Charles' views didn't sway them.

"We served for the public, not for anyone else, not for the foreman," Juror Angela Drane said.

Meanwhile, Arthur Andersen accounting firm representatives were on campus Tuesday to begin the audit.

"I'm not sure at this point where this all will lead," said auditor Dave Calzi. "Our role is to look at the facts as we see them."

Calzi said he isn't sure how long the audit will take.



Patsy Judd

God has said, "Never will I leave you; never will I forsake you." Hebrews 13:5
-Christian Faculty & Staff Fellowship



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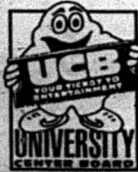
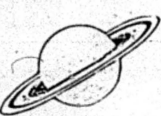
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Love,

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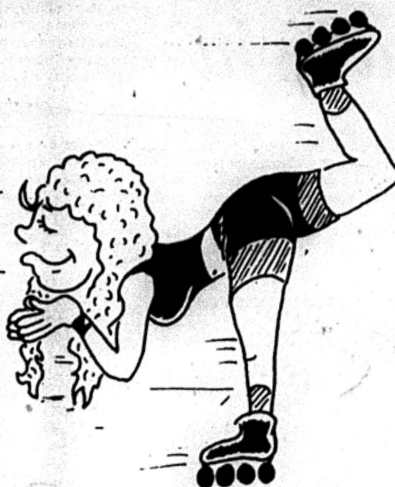
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Diversions

BLADE RUNNER



Skating out of control down a hill on Rollerblades can be hazardous to one's health, but sophomore Patty Sorrentino of Buffalo, N.Y., and freshman Jenny Swank of Edon, Ohio, say they enjoy it.

"I like it better than swimming and running," Swank said. "You're getting a lot of exercise, but you're not conscious about it."

Wheel fun

The two began Rollerblading together about a month ago. They'll go out in nice weather to skate around campus.

"We've had a lot of people saying that they wanted to borrow ours," Swank said. "It looks like fun."

Rollerblading is a combination of roller-skating and ice skating. The skates have wheels in the middle, with a stopper in the back.

"If you're used to roller-skating," Sor-

rentino said, "it's completely backwards."

Rollerblading picking up speed

Rollerblading has been popular at the beaches of California and Florida, but has just now made an impact in Bowling Green. Mike Gonzalez, Nat's Outdoor Sports manager, said that with the onset of spring, Rollerblades are hot items.

"It's picking up," he said. "We've sold twice as many this year as we did last year."

The equipment can be expensive. A pair of Rollerblades costs from \$150 to \$300. Other equipment may be necessary to protect from injury: wrist protectors and knee pads, for example.

Although there aren't many Rollerbladers at Western yet, the sport is becoming popular on many college campuses. At Ball State in Muncie, Ind., where Swank attended before transferring to Western, she said the

sport was fairly common.

"Most people who Rollerblade do it on a beach," Swank said. "But, of course, we're not on a beach."

A hill of a long way down

So now the two are trying it on campus.

"We did pretty well on the parking structure, where it's flat," Sorrentino said.

Going down the hill is another matter.

"When we came down," Swank said, "we both ran into the same bush."

"You have to go down really slow. If you don't, you'll either hit the steps, hit a tree or fall down the ramp."

"If you're going fast and you wreck, you're really going to hurt yourself."

The two plan to continue their trials.

"We're going to work on going down the stupid hill really fast," Sorrentino said. "The ultimate goal is College Street."



STORY: KENNETH SCHOTT

ART: CHRIS TUCKER

Hip happenings

◆ MOVIES

DUC Theater

No movie due to Spring Break

Greenwood Six Theatre

Father of the Bride, PG, 7:15 and 9:15 p.m.

Fried Green Tomatoes, PG-13, 7 and 9:30 p.m.

The Hand That Rocks the Cradle, R, 7:30 and 9:45 p.m.

Medicine Man, PG-13, 7:15 and 9:15 p.m.

Wayne's World, PG-13, 7 and 9 p.m.

Radio Flyer, PG-13, 7 and 9:30 p.m.

Martin Twin Theatre

Tonight

The Last Boy Scout, R, 7:15 and 9:15 p.m.

My Girl, PG, 7 and 9 p.m.

Tomorrow through March 19

Freejack, R, 7:15 and 9:15 p.m.

Kuffs, PG-13, 7 and 9 p.m.

Plaza Six Theatre

Beauty and the Beast, G, 7:05 p.m.

Final Analysis, R, 7 and 9:30 p.m.

Memoirs of an Inside Man, PG-13, 7:15 and 9:15 p.m.

Once Upon a Crime, PG, 7 and 9 p.m.

Prince of Tides, R, 7 and 9:30 p.m.

Shining Through, R, 9 p.m.

Stop or My Mom Will Shoot, PG-13, 7:15 and 9:15 p.m.

◆ LIVE MUSIC

Louisville

March 19

Metallica, 8 p.m., Freedom Hall, \$19.50

Nashville

March 20

Clarence "Gatemouth" Brown with Gate's Express and the Dirty Dozen Brass Band, 9 p.m., 328 Performance Hall, 21 and over, \$7.50 advance, \$10

April 3

Webb Wilder, 9 p.m., 328 Performance Hall, 18 and over, \$8 advance, \$10

◆ TELEVISION

March 17

"Unforgettable, With Love: Natalie Cole Sings the Songs of Nat King Cole," 8 p.m., KET

◆ RAPID REVIEW

What did you think of the last book you read?

"(Born to Coach) It's an autobiography on Rick Pitino, and being a basketball coach myself, I found it really interesting. It's a real-life, in-depth look at Pitino and his coaching with the New York Knicks."

—Greg Horn, graduate assistant basketball coach

Sports

Toppers hope to be NIT selection

◆ Western finished 21-10, its first 20-win season since the 1986-87 campaign

BY BRIAN DAUGHERTY

A tournament game in Cleveland may have had a significant effect on Western's postseason chances.

It was Monday night in Cleveland that Mid-Continent Conference Tournament favorite Wisconsin-Green Bay was upset by Eastern Illinois in the semifinals.

"Wisconsin-Green Bay was a shoe-in for the NCAAs, and they lost last night (Monday)," Coach Ralph Willard said. "So all of a sudden they're in the NIT."

Willard used that upset as an example of how much Western's chances to get a bid to the National Invitational Tournament could be affected.

The 32-team NIT field will be selected and announced Sunday night, after the 64-team NCAA Tournament field is announced.

Western is being considered as an NIT selection, Willard said. But he doesn't know if the Toppers will get in.

The Hilltoppers were last in the NIT in 1982, when they lost at Purdue.

NIT qualifications

He said factors involved in the NIT selection include:

- Overall record.
- Reputation of the school's program.
- Average home attendance.
- How a team finished a season.
- Representation from all areas of the country.

Other than attendance, Willard thinks Western meets the criteria well.



John Simpson/Herald

A disappointed Ralph Willard answers questions Saturday night following his team's 74-60 loss to Louisiana Tech in the Sun Belt Conference Tournament semifinals. The Hilltoppers hope to receive a bid to the National Invitational Tournament.

NIT or no NIT, season was a good one

BILLOXI, Miss. — If Coach E.A. Diddle were alive today, he'd probably look at Ralph Willard and smile.

He'd smile because he would know that Western men's basketball — the team that he coached to national prominence — is on the rebound.

Willard has just completed his second year here boasting a 21-10 season — the first 20-win season since 1986-87. That record could increase if Western gets a bid to the National Invitational Tournament.

Coach Willard, you deserve a cookie.

Willard has taken a program that Kentucky Coach Rick Pitino called "practically dead" when Willard arrived and has shown that where there is determination there is victory.

Last season was the time for

are slowly beginning to check out "that little school in Bowling Green, Kentucky."

Here are some comments about Western I overheard this season:

• "I really like that Western team and that coach of theirs. They're looking good." — a South Alabama fan after Western beat the team in the Sun Belt tournament last weekend.

• "I never realized it, but Western has a good team. Willard's really turned them around." — a Kentucky fan after Western lost to the Wildcats by 10 points.

Although Western hasn't played many outstanding teams this year, the team's record has gained it exposure. The defeat of North Carolina State over Christmas to win the Chaminade Aloha Tournament opened some eyes.

The win over Sun Belt leader Louisiana Tech in February also caught a few glimpses.

Although Western will be losing two outstanding players next year, seniors Jack Jennings and Harold Thompson, they'll make up for it with the bench and recruits.

Look for Darrin Horn to get more playing time and become a key player. Watch for Darius Hall to be the leader, both teamwise and spiritwise. Transfer Greg Glass won't get to play until the spring semester but should have a good showing. Mark Bell and Patrick Butts will again be key guards.

Bryan Brown should continue to improve and Lorenzo Lockett's height will pay off defensively.

Next year will be an exciting time for Western basketball. Watch for the Toppers to be on top.



Chris Poynter Commentary

Willard to get his feet wet. This season has been a time of transition.

Basketball coaches and fans

TENNIS: Lone-star trip ahead

BY CHRIS IRVINE

The men's tennis team travels to Texas this weekend for five matches. Although the matches will extend well into Spring Break, it won't be all work and no play.

The team will play its first three matches in Beaumont. Its first match is against Texas Christian on Saturday. The Toppers play Texas Lutheran Sunday and Cornell Monday.

Western travels to Houston on Tuesday to play San Jacinto, then returns to Beaumont to face Texas-San Antonio Thursday.

Between matches the team plans to enjoy the sun.

"We're going to see an NEA game, the Seattle SuperSonics versus the Houston Rockets," Coach Jody Bingham said. "We'll also visit the Gulf of Mexico near Galveston."

Yesterday's home match

◆ Women

will face

Sun Belt foes

during Spring

Break.

against Belmont was canceled because of the weather. It has been rescheduled for 9 a.m. on April 5 in Nashville.

Women's tennis

The women's team plays three Sun Belt Conference foes in Louisiana. Monday, they'll play at New Orleans. On Wednesday they travel to Lafayette to meet Southwestern Louisiana. The team takes on Louisiana Tech on March 19 in Ruston. They face Arkansas-Little Rock March 20 and Memphis State March 21, both on the road.



Chuck Wing/Herald

Senior Lady Topper Kim Pehlke looks downcourt during a game earlier this season. See special section in this issue.

Toppers to face biggest challenge of young season

◆ Western will play South Alabama in a three-game series

BY TOM BATTERS

Western will host Eastern Kentucky at 2 p.m. today at Denes Field to make up the game that was postponed Tuesday by wet, cold weather.

Senior Steve Marr is likely to be the starting pitcher, Coach Joel Murrie said.

Western opens the Sun Belt Conference season this weekend at South Alabama. The teams play a doubleheader Saturday and a single game Sunday in

Mobile, Ala.

"The Jaguars are picked in all the preseason polls to win the conference and have lived up to their expectations so far," Murrie said. "They are one of the toughest teams that we will face all year."

South Alabama Coach Steve Kittrell said his team has the potential to be one of the finest the school has ever had.

"We are returning much of last year's team and have our two top pitchers back," he said. "Western Kentucky is always a well coached team, though, and will be a test for us."

Senior right-hander John Lieber (12-5, 2.74 ERA in 1991) of

South Alabama is a preseason All-American.

"The deciding factor will be for our pitchers to throw strikes and fielders to make the routine plays," Murrie said. "The Jaguars will take advantage of walks and errors."

South Alabama (11-2) has lost to nationally prominent programs Eastern Michigan and Oklahoma. Western goes into the game with a 6-3 record.

◆ At 2:30 p.m. Tuesday, Western returns to Denes Field to face Vanderbilt. After a visit to Austin Peay Wednesday, the Tops return to conference play, taking on Jacksonville March 20-22 at Denes Field.

◆ Track

Dollman, Dennehy to run in NCAA meet

BY JEFF NATIONS

Two Western runners will be vying for All-American status this weekend at the NCAA Indoor Track and Field Championships in Indianapolis.

Junior Sean Dollman of Johannesburg, South Africa, will run in the 5,000 meters for the Toppers. His qualifying time ranked ninth in the field of 10. Only the top six finishers will be

named All-Americans.

Breeda Dennehy, a senior from County Cork, Ireland, will compete in the 3,000-meter run. Her qualifying time was 12th in the field of 15.

Coach Curtiss Long said that although the indoor events aren't either runner's strong point, he thinks they'll have an excellent shot at making All-American.

Intramural Basketball Championships

Semifinals

Fab Five 79
Net Express 35

Pi Kappa Alpha-A 37
Kappa Alpha Psi 32

Finals

Fab Five 54
Pi Kappa Alpha-A 42

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Thanks for the memories
of such a wonderful
Spring Formal and the
honor of being chosen
Sweetheart.
You guys are Love,
great! Debbie
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Congratulations
Melinda
on being named
ΣΧ Derby
Darling
The Brothers of
Phi Delta Theta
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APPLE Tips

A Planned Program for Life Enrichment

How's Your Laugh Life?

"We don't laugh because we're happy, we're happy because we laugh." - William James
Humor is good medicine - it can actually help keep you in good health. Build humor into your life by:

- ✓ LOOK FOR HUMOR. Try to see the amusing side of any situation. Laugh at least 10X every day.
- ✓ LAUGH WHEN YOU ARE LOW. The simple act of laughing relieves stress and anxiety; you'll feel better in spite of yourself.
- ✓ ENCOURAGE LAUGHTER IN OTHERS. Humor is contagious. Make someone else laugh, and he/she may return the favor!
- ✓ KEEP A HUMOR FIRST AID KIT. Stock up on things that always make you laugh - cartoons, favorite jokes, comedy tapes, old pictures; apply them to emotional "scrapes" and "bruises."
- ✓ AVOID DEGRADING AND PUT-DOWN HUMOR. Laugh with other people, not at them. Always be ready to laugh at yourself.

Source: HealthStyles, Univ. of Illinois, Nov/Dec '90.

The Fiber Solution

Did you know that there are two types of dietary fiber? **Insoluble fiber** helps prevent constipation and may protect against colon cancer; it is found in large quantities in whole wheat, especially wheat bran. **Soluble fiber** may help lower blood cholesterol, especially low density lipoproteins (LDL's); large amounts are in oats, barley, rice bran, and beans. Both kinds occur in fruits and vegetables.



In demonstration of its continuing commitment to health promotion, The Medical Center at Bowling Green is pleased to co-sponsor these health tips with the APPLE Health Promotion Program of the Student Health Service, 139 Academic Complex • 745-6438/5033

A Stimulating Idea

Just varying your daily routine in tiny ways (try a new activity; take a different route to classes) can stimulate creativity. New activities cause new neurons to fire and exercise different parts of the brain.

Source: AgeLess: Living Younger Longer, by Ben Douglas

Winners and Losers

A **Winner** knows what to fight for, and what to compromise on;

A **Loser** compromises on what he/she shouldn't, and fights for what isn't worth fighting about.

A **Winner** makes commitments.

A **Loser** makes promises.

A **Winner** says, "Let's find out;"

A **Loser** says, "Nobody knows."

A **Winner** would rather blame him/herself than others, but doesn't waste much time on any kind of blame;

A **Loser** blames "politics," "fate," or "favoritism" for problems.

A **Winner** takes a big problem and separates it into smaller parts that can be more easily solved;

A **Loser** takes a lot of little problems and rolls them all together until they are unsolvable.

A **Winner** keeps his/her equilibrium, whether winning or losing;

A **Loser** becomes bitter when he/she's behind, and careless when ahead.

Source: *Winners & Losers*, by Sydney J. Harris

"If you don't start, it's certain you'll never arrive."

- Hope Health Letter



"Ask
APPLEtonia"

Q: How can I prevent lower back pain?

A: Some 22 million Americans suffer from back discomfort every year. Fortunately, most back pain can be effectively self-managed. First, consult with a physician to eliminate organic causes, such as a tumor, gynecological problems in women, or prostrate problems in men. A period of back rest is usually recommended for an acute episode, followed by self-care measures. For prevention, apply self-care methods continuously. Major causes of back pain are:

Poor muscle tone: Strong abdominal and lower back muscles are the foundation of back self-care. Perform regular specific exercises to strengthen these muscles: pelvic tilts, bent-knee half-sit-ups, bent-knee lifts, cat curls; also do sports/exercise.

Poor posture: Good posture and proper back support when seated is essential for a pain free back. Stand or sit with head upright, shoulder squared, chest lifted upward, stomach muscles tightened, and pelvis tilted slightly forward.

Improper lifting: Never lift by bending at the waist; bend knees and lift with the thigh muscles.

Overdoing exercise: Always do warm up and cool down stretches when exercising; start slowly.

Stress: Tense muscles are easily strained; practice deep breathing or relaxation techniques.

Excess weight puts undue strain on the lower back.

Manuscripts gives glimpse of real life

◆ *The Kentucky Library displays artifacts from furniture to baby toys*

BY ANGELA BRYAN

Sue Lynn McGuire goes to work every day not knowing what to expect. She may cry over the death of a soldier, learn a new way to cure a headache or find herself climbing up an unsteady ladder to retrieve lost love letters from an attic.

McGuire is a librarian in the manuscripts department at the Kentucky Library.

"I don't ever dread going to work in the morning," McGuire said. "I love what I do because I live through so many different times."

The collections in the manuscripts department were begun about 50 years ago, McGuire said. She said that Gabriel Robertson, a former history professor at Western, refused to give students an A unless they brought in some type of manuscript to add to the collection she had started.

She and other professors collected materials and convinced then-president Henry Hardin Cherry to build the Kentucky Building to house them. The building was completed in 1939.

The collections are primarily gifts of people in southcentral Kentucky, McGuire said. They are unpublished works of people mainly related to the Bowling Green area dating as far back as the 1700s.

The department contains more than three million manuscripts, McGuire said of those, the South Union Shakers Collection is probably the most famous, but no collection can be called the most valuable because what's valuable to one researcher

"We try to cover the whole gamut of society."

— **Sue Lynn McGuire**
librarian

may be less important to another.

The Kentucky Library contains the manuscripts department, which houses all unpublished works; published works are kept in the library. The Kentucky Museum displays artifacts ranging from furniture to baby toys.

Although there are many works of famous people such as senators, representatives and poets, most of the collections in the manuscripts department are comprised of the lives of common people.

"We try to cover the whole gamut of society," McGuire said.

The Persian Gulf War produced more than 500 letters and cassette tapes that have been added to the collections. During wartime people write more because they are separated from loved ones and unsure of their fate, she said.

McGuire said she is concerned with students not using the manuscripts as they should. People who do make use of the collections are usually people doing research or retired people researching their genealogy.

Nancy Baird, the Kentucky Building's specialist in Kentucky

history, requires students in her Western Civilization and Kentucky History classes to use the collections to help turn them onto history.

Most universities have libraries like the Kentucky Library but don't let undergraduates use them, Baird said. "If you can't use them, what's the use? It's a crime not to let them use it."

Baird said she drops notes in her colleagues' mailboxes to get them to encourage students to use the manuscripts more often. Their information would not only benefit history students but other classes such as sociology, psychology and home economics.

Bowling Green senior Lillian Pace used the manuscripts for an assignment in Baird's class.

Pace said she enjoyed using the materials. "There's so much material there that you have to pinch yourself and say 'time to stop reading and start writing.'"

"I have learned so much from using them," she said. She plans to go back later to read them just for pleasure.

Baird's class even inspired Pace to give some of her own manuscripts to the department. A scrapbook dating from 1933-1940 and a diary she kept during the '40s are now part of the manuscripts department.

Baird even teaches her Kentucky History class inside the Kentucky Building to make the materials more accessible to her students, she said. She often pulls down a box of old government documents or letters and lets the students pour over them.

"If I can make one student just half as excited as I am over the collections, it's worth it," Baird said.

Classifieds

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◆ Personals

Here's hoping that everyone has a safe and fun filled Spring Break. From the College Heights Herald staff.

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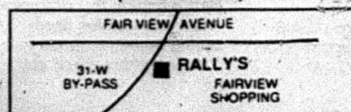
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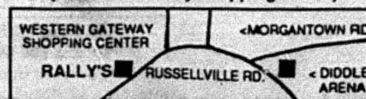


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