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DIVERSIONS

LOOKING
FOR THE
LIGHT

Page 13

College
Heights

Herald

Western Kentucky University ♦ Bowling Green, Kentucky

Volume 73, Number 33

Student
numbers
stagnant

BY CHARLIE LANTER

Things were different at Western in 1978.

The football team had a one-win season, while the men's basketball team won the Ohio Valley Conference and upset Syracuse in the NCAA Tournament.

Dorm residents had to keep their "door ajar" if a member of the opposite sex was in their rooms.

And California Gov. Ronald Reagan came to Bowling Green that year as part of a presidential campaign that would give Republicans control of the White House for 12 years.

But while a lot has changed about Western, other things, particularly the number of students, have remained the same.

According to the Talisman yearbook, Western's 1978 enrollment was about 13,000, a figure that has seen little change over the past 20 years.

There were 14,613 students at Western in fall 1996. This number has actually been dropping for the last five years.

Debie Jordan, associate director of admissions, said the university isn't to blame for stagnant enrollment figures.

"It's pretty much because the number of Kentucky high school graduates has dropped," Jordan said.

Jordan said the quality of secondary education in Kentucky has had the biggest effect on enrollment, especially since about 72 percent of the fall 1996 student body attended high school in the state.

President Gary Ransdell isn't convinced.

"There are sufficient numbers out there if we enhance our recruitment," he said.

Luther Hughes, associate vice

WESTERN



Photo by Kurt Fattier

Bowling Green senior Jimmy Fisher catches air between the fine arts center and Grise Hall yesterday afternoon. Bowling Green received five inches of snow.

Snowfall doesn't interrupt life on Hill

BY LEIGH ANN MOORE

A winter storm that dumped more than a foot of snow on some parts of eastern Kentucky and Tennessee was not enough to close classes today at Western.

All courses on campus are being held at their regularly scheduled times, said Facilities Management Director Mark Struss.

According to the National Weather Service out of Louisville, Bowling Green received five inches of snow. Schools in more than 50 Kentucky counties, including War-

ren, were closed.

The storm, which forecasters say is the strongest of the season, has been blamed for at least seven deaths in the Southeast.

Struss said that despite the amount of snow that had fallen, the university had the resources to keep things under control.

He said Facilities Management employees came to work before their normal shift began to spread salt

on walkways, parking lots and roadways.

"As soon as our regular shift began, we sent people out with snow shovels to clear off sidewalks and steps," he said.

Struss and campus police Chief Horace Johnson confer with each other on potential risks when weather conditions are bad. They then make a recommendation to General Counsel Deborah Wilkins, and it works

its way up to the president. Struss said.

"It takes a pretty severe situation for us to close," he said. January 1996 was the last time school was canceled, and then only for one day, he said.

"The real factor that affects our decision is if conditions are so bad, it would be a hazard for faculty and staff to come in," he said.

According to the National Weather Service, today's highs are expected to be between 33 and 40 degrees. Though there is a chance of snow flurries, there should not be much more accumulation.

◆ This weekend should bring warmer temperatures and melting snow, according to forecasts.

see page 2

SEE NUMBERS, PAGE 9

Pastor shares strength with community

BY SHANNON BACK

Energy flowed through the Rev. Ron Whitlock like water through a new pipe Sunday as he fed the gospel to his congregation at Trinity Full Gospel Baptist Church.

"Come thee who are thirsty," he began.

These words bounced from Whitlock to each of the hungry 53 church members, as his warm smile started a chain reaction and the men, women and children raised their arms and sang, receiving nourishment.

Whitlock has been the pastor at Trinity since 1990. He is a businessman, former president and current member of the Bowling Green chapter of the National Association for the Advancement of Colored People and serves on the Human Rights Commission. He's known as a man of God, a community leader, a father of four and a reformer. His friends and family say it's

BLACK HISTORY MONTH



his eternal energy that pumps change into people.

"He's a great leader," said Hermon Wafford, who has attended Trinity for the past six years. "He's one of the best things that's happened to this church."

On the first day of Black History Month, Whitlock's sermon, titled "Don't go to Sleep," seemed fitting after the congregation discussed the month's events and urged everyone to participate.

"I'd like to see the day come when we don't have a 'Black His-

tory' Month," Whitlock said after the service. "It's terrible to have a 'black' or 'white' anything. Regardless of race, everyone should know their history."

Whitlock says every American should know facts such as: The first black senator was Frederick Douglass; blacks were freed in America by the 13th Amendment; the first Black History Week was celebrated in February 1926; and that black men made contributions to many historical inventions, including the telephone and the space shuttle.

Whitlock said he truly believes the words of Martin Luther King Jr.: "A man who won't die for something is not fit to live." The 43-year-old pastor reminds himself of it every time he decides whether to stand up for something or sit back. And because of it, he's been faced with death more than once.

SEE PASTOR, PAGE 6



Alyse Preston/Herald

During Sunday service the Rev. Ron Whitlock introduces new member Lashannon Easton to Trinity Full Gospel Baptist Church.

Opinions differ on radon's risks

By Leigh Ann Moore

Students and faculty across campus have many questions when it comes to the potential risks of radon.

Studies on the matter have come up with mixed results, and much of the professional world remains divided on how much of a risk is associated with the colorless, odorless gas.

The Iowa Radon Lung Cancer Study being conducted by the University of Iowa may at last solve the puzzle, project director Bill Field said.

While Field could not yet release the results of the Department of Preventive Medicine and Environmental Health study, he said high levels of radon should be taken seriously.

"If levels are 60 or higher, there is little doubt that there's cause for concern," he said.

Field said in his opinion, rooms with levels of 60 or higher should be corrected within a month.

Although people are naturally exposed to 100 millirems of radiation per year, at a radon level of 4 pCi/L that number doubles, he said.

"If you are getting 200 at a level of 4 pCi/L, you can imagine what you're getting at 60," he said.

Field said the amount of time people spend in their homes, or dorm rooms, affects how much radiation they are exposed to.

"If you spend 15 minutes in a room with a high level, it is not going to have much effect," he said.

Western chemistry professor Earl Pearson, however, said that even exposure to high radon levels is comparable to the amount of radiation our own bodies produce naturally in the form of carbon-14. In "The Radon Scare in Perspective," a paper that Pearson wrote regarding the radon issue, he calculated and compared the radiation emitted from carbon-14 and radon.

"The end result is that the C-14 inside our bodies should produce about the same effect as our exposure to 100 pCi/L of radon," he said.

The danger does not come from radon itself, Field said, but from the radon decay

products, or radon progeny. Those radon progeny attach themselves to solid particles in the air and are taken into the lungs when a person inhales. These, he said, get trapped in the lungs.

Radon is an issue of concern in Iowa, where average radon concentration is higher than any other state, Field said. Most of the homes included in the study had radon levels below 30 pCi/L.

"In the homes where we found levels of 60 or 70 pCi/L, we felt it was not likely to tell people about those levels," he said.

The Environmental Protection Agency has become active in keeping citizens informed about the hazards of radon. The EPA has also established action levels to encourage home owners and businesses to reduce radon concentrations.

Pearson is concerned about the method the EPA uses in setting its action levels and determining the number of deaths associated with radon-induced lung cancer.

"The EPA uses the linear extrapolation method to estimate the effects of low-dose exposure," he said.

The linear extrapolation method assumes that, if the exposure were one-tenth as much, one-tenth as many cancers would result, Pearson said.

"This method is easy to apply and logical to the uninitiated," he said.

Field said the EPA's numbers are derived from cancer cases in miners who were exposed to high concentrations of radon. He said, however, he feels these numbers are a fairly accurate representation of radon effects in the general population.

"We know beyond a doubt that at high levels radon causes cancer," he said. "We also know for sure that radon gives people their greatest exposure to radiation."

Field said the results of Iowa's study on radon and lung cancer should stand on its own in finally answering many of the questions about the risks of radon exposure.

"I think there's little doubt there's a cause for concern about the high levels at your school," he said.

"The end result is that the C-14 inside our bodies should produce about the same effect as our exposure to 100 pCi/L of radon."

— Earl Pearson
chemistry professor

Parents upset they weren't notified of radon tests, results

By Leigh Ann Moore

When Whitley freshman Tiffany King was told by the university that she needed to move out of her Zacharias Hall dorm room because of the high levels of radon there, she called her parents and left a partial message so they would know where she was.

"It concerned me that nobody from the university called us," Kimberly King, Tiffany's mother, said.

"Even though she is 18, she is still our child, and it would have been appreciated if someone from the university would have let us know," she said.

Hearing about the university's recent radon test results has left many parents wondering just how responsible the university is for letting them know about the radon testing.

"I have a son who lived in Bowling Green, and to sell his home he had to test for radon and lower the levels," said Mike Bunner, whose other son lives in Zacharias.

Bunner said most home owners let potential buyers know about radon levels, and he thinks the university should also let students know.

"Somewhere they need to state the risk," he said. "Then if a student feels uncomfortable living in that situation, they shouldn't have to."

King said that now that the university has tested for radon, it needs to keep students informed of the results of these and future tests. And, as a parent of a student living on campus, King said she feels she also has a right to know what radon levels are and what is being done to reduce them.

Other parents said they feel the same way. "I think they should notify parents with at least a letter, telling what was tested and what levels are where students live," said Debbie Offutt, the mother of Madisonville junior Andrea Offutt.











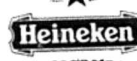





Radon levels and its potential dangers are not mentioned in the university's housing policy. University Relations Coordinator Bob Skipper said he "didn't know" whether any information about radon would be added, and Housing Director Kit Tolbert could not be reached for comment.

Radon facts

- ◆ Radon comes from the decay of uranium found in nearly all soils.
 - ◆ It's measured in picocuries per liter (pCi/L). A picocurie is equal to 2.22 radioactive decays per minute. The EPA recommends action if the level is more than 4 picocuries per liter.
 - ◆ It is estimated that 7,000 to 30,000 Americans die each year from radon-induced lung cancer.
 - ◆ Scientists estimate that nearly one out of every 15 homes in America has radon.
 - ◆ Fifty-five percent of our exposure to natural sources of radiation usually comes from radon.
 - ◆ The reason radon is harmful is because when it decays, products are inhaled into a person's lungs and emit alpha particles, which can damage the lining of the bronchi. When this happens, the cells of lungs are damaged, subsequently increasing the risk of lung cancer.
 - ◆ Radon varies dramatically from day to day, week to week, and season to season. Thus, the Minnesota Radon Project suggests measuring over a period of a year or more and using the average to make decisions about what should be done to reduce radon exposure.
 - ◆ For a person living in a space that averages 4 pCi/L, the lifetime risk of getting lung cancer that is related to radon exposure is about 1 chance in 250 for a nonsmoker, 1 chance in 100 for an ex-smoker, and 3 chances in 100 for a smoker.
- Source: Environmental Protection Agency and the Minnesota Radon Project
— Leigh Ann Moore

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Opinion

Better use for fee revenue than SGA

Western students should feel lucky. They have such an enlightened Student Government Association, that it knows how to spend our money better than we do.

At least that's the reasoning of SGA President Keith Coffman, who proposed that the \$5 fee which was supposed to be used for building a new intramural

• The issue: SGA president Keith Coffman wants the \$5 intramural fee to be redirected to increase SGA's budget.

• Our view: This is a selfish idea on the part of SGA. The fee revenue could be better spent on more important student concerns.

it's in our best interest to give SGA a \$125,000 increase in its budget, more than three times that of the current budget.

This has been the never-ending fee. From 1990 to 1994 it went toward the Preston Health and Activities Center. Then the university found another use for it.

Rather than being dropped, it was redirected toward the new field, which

still hasn't been built. Now SGA has another wild idea on how to spend the money.

"Students support keeping the fee," Coffman said at Friday's Board of Regents meeting.

He seems to believe that the new money will allow SGA to bring big name entertainers flocking to perform on campus.

If SGA really believes this, it's setting itself up for a big disappointment, and setting the students up to pay yet another useless fee.

If SGA really wants to raise student fees, it should put the money toward something that is really important to students: dorm maintenance.

Regent Burns Mercer asked how Coffman could speak for the entire student body.

We would like to have asked the same thing.

But this question was swiftly answered by President Gary Ransdell who said that this wouldn't be "taxation without representation. It's representation coming to us asking for the money."

Representation of the student body or of SGA?

Student government is supposed to be the voice of the students, not a club that pushes for a fee increase to go into its own budget.



This idea is ridiculous and selfish. The fee was supposed to end in 1998, so make no mistake about it, this is just a backdoor way of raising student fees, while calling it an extension. And the student regent is leading the charge.

The fee proposal will go to the bud-

get committee. We hope it will show enough good sense to do what is right by either eliminating the fee, or by keeping priorities straight and putting it to good use.

As for Coffman, thanks, but no thanks. Most students feel just fine representing their own wallets.

♦ Letters to the editor

Radon no cause for alarm from students

I would like to expand on my comments which were quoted in the front page article "Radon: university planning to solve problems," published Thursday, Jan 29.

I am concerned that students are being terrified about exposure to radon.

I met with a Herald reporter to put the radon scare in perspective.

I gave her a copy of a paper I have prepared for publication in the professional literature.

The paper compares the "biological damage" expected from

exposure to 100 pCi/L of radon to the "biological damage" derived from the natural radioactive carbon atoms (carbon-14) which are distributed throughout our bodies.

Carbon-14 is found in every living organism and is used for radiocarbon dating of artifacts.

The results are that C-14 atoms in our bodies produce 1,340 disintegrations per second, while 100 pCi/L of radon results in only 3.7 disintegrations per second.

When the differences in the energies and the relative biological effect of radiation produced by C-14 and radon are taken into account, the "biological damage" is almost exactly the same

How to reach us

The Herald encourages all readers to call in, whether to complain, to tip us on story ideas or to tell us how we could service the university better.

News.....6011
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Anyone wanting to come by the office can find us at 122 Garrett Center. Staff applications are also available. We can also be reached at herald@hku.edu

The paper also notes that the "natural background" radiation we all receive is about nine times that because of C-14 (or

100 pCi/L of radon).

The Environmental Protection Agency sets the permitted 24-hour exposure of the general public at three times the natural background.

When these considerations are taken into account, there should be little cause for alarm.

I did explain to the reporter that radon decays to other radioactive isotopes, which are metallic solids and eventually settle as radioactive dust.

Unlike radon, a gas which is expelled with the next breath, radioactive dust may become trapped in the lungs long enough to produce the long-term, low-level radiation which may induce cancer.

Radon is an indicator that

other, more dangerous radiation may be in the vicinity.

I did also explain that the same procedures used to mitigate the radon will protect against the more dangerous radioactive dust which might be present.

I also noted that usually the cost of providing more ventilation or plastic liners for crawl spaces is low.

While I do not believe that radon is itself a cause for concern, I do feel that adding any unnecessary ionizing radiation exposure is unwise.

Earl Pearson,
chemistry professor

SEE LETTERS, PAGE 5

People poll

♦ Would you be willing to pay \$5 in student fees to increase SGA's budget?



"No, since my mother graduated from Western, I've seen SGA turn into a circus."

Roger Barton,
Bowling Green veteran upward bound



"I can handle it, but only if they promise to get something done."

Jim Sears,
Bowling Green senior



"No, we already pay too much."

Nadacia Washington,
Louisville freshman



"I think SGA is doing good things for campus. It would be worth \$5."

Mike Bass,
Bowling Green senior



"Yeah, SGA gets stuff done for students."

Jacob Jordan,
Bowling Green freshman

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Forum

Aging bad? New wonders come with years

Someone in my family is turning 50 tomorrow. Sorry, Mom. I gave it away.

Usually when people realize that they have been alive for half a century, they begin to get depressed. People wishing them "Happy Birthday" jokingly wear black arm straps, not making the new 50-year-old person any more tolerable of the day. The birthday boys or girls tend to begin feeling out of prime, collecting dust. They get the feeling that age has taken its toll.

But wait a minute. Has anyone ever thought that turning 50 is a good thing? I would give anything to have lived the past 50 years.

Think about being alive for 50 years — so much history has filled the world since 1948. My mother has had the chance to live through the beginnings of television and then its coloriza-

tion. Those turning 50 lived through one of the greatest presidencies of all time, the Kennedy administration, as well as its darkest hours in November 1963.

These 50-year-olds also saw

John F. Kennedy's dream come true in 1969, when astronauts made that famous moonwalk. And while it was an unpopular period in American history, they experienced the Vietnam War and all its tragedy. Who could forget about that president elected in 1968? Richard Nixon helped end the conflict in Vietnam, only to fall into a conflict of his own. My mother actually got to watch the

unfolding of the Watergate scandal. She heard Nixon say, "I am not a crook." She watched as he resigned. And those trying to blow out 50 candles on the birthday cake this year saw President

Gerald Ford tumble down those Air Force One steps.

So, in short, you're lucky, Mom.

Now for the second half of the story. It's a tale about a woman who has done everything to make sure her family lives a happy life. She's worked several jobs at once throughout her life. Just so her two sons could have food on the table and clothes on their backs.

She has hugged her children when they have done something wrong, instead of punishing them. She's packed many lunches over the years and made many last-minute calls to find a baby-sitter when snow canceled school. And she still tells her kids, who are now all grown up, to be careful whenever they walk out the door.

This is my mother's story and a thanks from her youngest son. Thank you for raising me the way you did — with dignity, respect and a faith that at any time family will always be there. You are the perfect model of a mother, one who would do anything for her children. A mother who has rewarded good reports cards by putting them on the refrigerator and given words of encouragement when the grades weren't so good. One who has always been

there to remedy illness with a warm bowl of soup and a spoonful of Triaminic Plus. To this day, she's never been wrong.

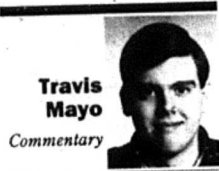
In a world of diminishing values, it's good to know such caregivers exist.

And without you living those 50 years, I wouldn't exist. Neither would my big brother. There's another great thing about those short 50 years.

So tomorrow, when you're feeling down about turning 50, look up. And don't worry. I won't be wearing a black arm band, because after 50 years there's still so much life to live. That goes for everyone turning 50.

By the way, ignore those sarcastic looks I give you when you tell me to be careful, Mom. I'll always listen.

Editor's note: Travis Mayo is a junior print journalism major from Mayville.



Travis Mayo
Commentary

23 more days of empowerment left

Day 5 from paradise: 23 more days of Black History Month, 23 more days of blacks in a rare spotlight, 23 more days of glory, 23 more days until it's back to reality, 23 more days...

This season is for a reason. In a country that has to name a month or week or day it is, it gets difficult to determine whether something is worthy of such distinction. If you missed it, last week was Men's Week on this campus, which should mean this week is Women's Week. No word on whether next week will be Transsexual Week.

Anyway, in this I did something-seemingly moment-in-time mentality of America, sits Black History Month, notes above those worthless celebrations. February is the best of months, especially if you're black. At least, we have this one month, which just happens to be the shortest one of the year. You get the feeling that someone slipped its founder, Carter G. Woodson, a few bucks to make it that way. But let's not be picky.

This is a happy time. All this month people will peacefully assemble in theaters and gymnasiums across the country to get a dose of education and empowerment. This medicine temporarily heals the pain of racism and prejudice. Still, there are people who wonder why this month exists. They call it a racist month because there is no White History Month or any other race's history month.

Yadda, yadda, yadda. It's the same as that talk of there being a BET (Black Entertainment Television) but no WET (White Entertainment Television). Quick response in slang. This is our month. Don't play-hate.

Slang's meaning: Don't be mad because blacks are getting a few crumbs in this meat-and-potato country.

This forthcoming statement is either a cliché or maybe a black's desperate cry to naysayers, but when we say, "black history is everyone's history," we mean it.

So many contributions have been made by blacks, and most go unnoticed. We have gone from slaves whose masters viewed us as farces to forces in American society. This is a month, to reflect on those achievements, to share them with those who don't know about them and to give all Americans inspiration. Inspiration to say we started wrong, so let's finish strong. To say if blacks went from physically enslaved to historically engraved, there is hope for our confused, misguided souls.

Black History Month is fun — and funny — too. Blacks walk around smiling. It's like an unofficial sin to be in a bad mood this month. So many plans for the improvement of the world are made. History gets you to thinking. You can look at past successes and failures and put together an idea of dynamic proportions. It's like writing a paper after you've researched the topic thoroughly, deciphered every detail, as opposed to pecking at the keyboard oblivious of what you're doing. A guide is a beautiful thing.

So here we are in the midst of something special. Let's do this up right. That charge is for all races.

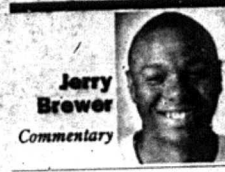
I know a group of black people can be intimidating to a non-black person, but that's life or, in some blacks' cases, that's class. There are almost 1,000 blacks on this campus and so few find their way into your classrooms.

Well, you'll know where to find us this month — at the closest empowerment program. Everyone together, agreeing, knowing that God's grace has brought us here. Isn't that a good feeling?

That feeling tugs at the heart. That feeling is good for the soul.

That feeling lasts for 23 more days.

Editor's note: Jerry Brewer is a sophomore print journalism major from Paducah.



Jerry Brewer
Commentary

OPRAH IS NOT GUILTY!
(AND SHE'S A VEGETARIAN.)

DEFENSE

"BY" GRADU

ATTORNEY MAD COW MAKES HIS OPENING STATEMENT IN OPRAH'S DEFENSE...

♦ Letters

CONTINUED FROM PAGE 4

Help control pet population

The old saying, "It's raining cats and dogs" has never been more true. According to statistics from animal welfare organizations, 10 to 12 million dogs and cats are put to death every year at animal shelters and pounds across the country. Most are young and healthy. In addition, there are millions of feral cats across the country and a great number of stray dogs as well.

None of these animals had a choice about being brought into this world. They are here because of irresponsible people who refuse to spay and neuter their companion animals. They are here because these animals run loose and produce litters of unwanted puppies and kittens. Many of the animals are starved, diseased, run over, shot at and lead a generally miserable existence. The shelters are so overcrowded that the animals you take there are unlikely to find a home.

Humane organizations around the country celebrate February as Prevent a Litter month and Feb. 24 as Spay Day, but you don't have to wait until this time of year to spay or neuter. Veterinarians have traditionally waited until a puppy or kitten was six months old to do these procedures, but many now will do these surgeries even earlier.

In addition, these procedures lead to healthier, less aggressive animals. Spaying and neutering is the greatest gift you can give your companion animal.

Vicki Sharer, Accounts and Fiscal Services accounts payable associate

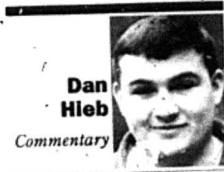
List of media's favorite things

Given the current glut of coverage about presidential sexcapades, I think now's as good a time as any to fess up about what stories are like the Sound of Music to journalists' ears.

Murders and crashes and sordid sex scandals. Hobos, tornadoes and leaders in shambles.

Slack-witted pundits who wail in slaeze. These are a few of my favorite things.

O.J., Lewinsky, Clinton with his pants down, bad British nannies and fires



Dan Hieb
Commentary

around town, death and destruction and rampant disease. These are a few of my favorite things.

Weirdoes on Springer — you

know, all that white trash, some famous princess who (Died in a car crash.

Any crud not worth a real hill of beans, these are a few of my favorite things.

When real issues take the forefront, when the news ain't bad I simply remember my favorite things.

and then I don't feel so bad, (apologies to Rodgers and Hammerstein)

Editor's note: Dan Hieb is a senior print journalism major from Louisville.

PASTOR: Racial unity should be everyone's goal

CONTINUED FROM FRONT PAGE

"I've rubbed the wrong people the wrong way," he said. "I've done things that called attention to myself."

The owner of a local telephone repair company he advocates the hiring of more blacks in prominent occupations and positions such as city and county government and local banks. In 1992, he pressed city government to open a community center and a park on Center Street. And he is urging community leaders to support the Landlord Tenant Act, which could increase renters' rights in Bowling Green.

These kinds of reforms have caught Whitlock in a web of misfortune. When he was NAACP president, he received a package in the mail that police said was a possible pipe bomb. A few days before, he had received threatening phone calls.

"It turned out to be a box of pencils," he said, chuckling. "I almost opened it, but something told me not to. It really made me realize how these threats could be real."

But Whitlock didn't slow down. He said he will continue to challenge Bowling Green's government and Western, where he is taking classes in religion and history.

"If they kill Ron Whitlock, they won't kill the dream," he said. "If I died tomorrow, this church would go right on. That's important to me."

Trinity hasn't been immune to the political controversies, but Whitlock's wife, Sharon, said the experiences have made the church stronger.

In 1994 the church was kicked out of the Kentucky Baptist organization because it licensed a woman to preach. For nearly a year, the church was nameless, belonging to no religious affiliation, before

"If I died tomorrow, this church would go right on. That's important to me."

— Ron Whitlock
pastor

becoming a Full Gospel Baptist church.

Sharon Whitlock, a Western professor and a minister herself, said her husband earned respect when he took a stand for the four women ministers in his congregation.

"Even though it caused controversy, he wouldn't back down," she said. "We lost a lot of members because they didn't agree, but the ones who stayed were fully supportive."

Whitlock says faith is the key to happiness — not only in reli-

gion, but in dealing with people. He visits the Warren County Regional Jail monthly and says if only one inmate takes his sermons to heart, the time will be well spent.

"Sometimes you feel like you're not doing any good because you see the same people," he said. "It gets disheartening."

But then you see a change in a person's life, and that makes it all worthwhile.

"I see more black men in jail than were in church this Sunday," he said. "Not just black men, but all men. It saddens me that they're not at home with their children."

Whitlock says he wants blacks and whites to use Black History Month as a time to get back to the basics and shed the skin he calls "false racism."

"I'm not saying racism doesn't exist because I work every day to end it," he said. "But you have to be smaller

than what you hide behind. People have to quit blaming each other. It's like Christians wanting the devil to be out of the way so we can live. It's this attitude that needs to stop."

The Trinity congregation says Whitlock teaches this message every day — through his sermons and through his actions.

"I like the way he is with all people," said Carolyn McDaniels, a Trinity church member. "He really reaches out to the community."

Whitlock said he dreams of the day when Americans won't have to be reminded of their history. A day when blacks and whites worship together and racism doesn't interfere.

But until this day comes, Whitlock will continue to preach God's message. He will continue to help feed the gospel to the world.

Until this day comes, he says. "Come thee who are thirsty."

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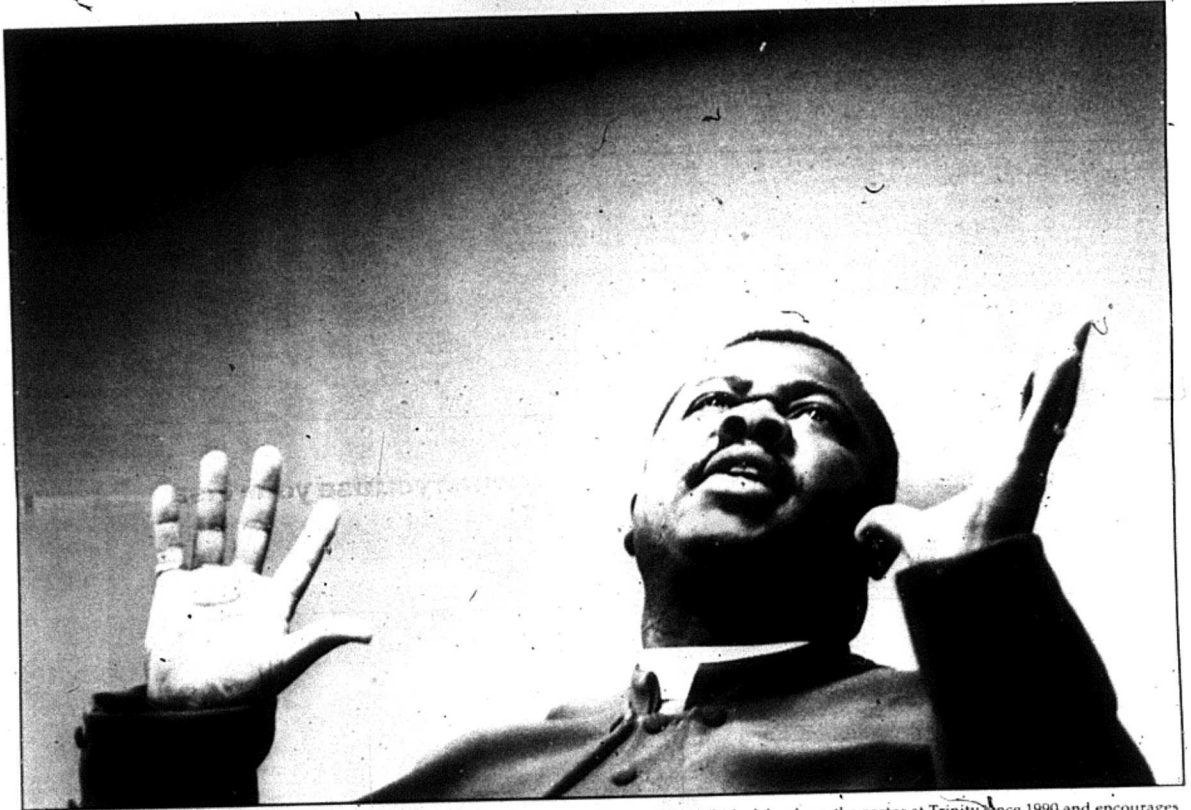
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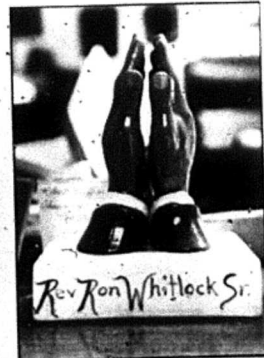
Before Sunday service at Trinity Full Gospel Baptist Church, the Rev. Ron Whitlock heads a prayer group with his 8-year-old son Robert and wife Sharon (right) along with other ministers of the church.



On the first day of Black History Month, Whitlock tells his congregation "Don't go to sleep." Whitlock has been the pastor at Trinity since 1990 and encourages his members to be active in the Bowling Green community.



Whitlock tells former Trinity member Renee Curry how much she has been missed since she moved to Eminence.



"I'd like to see the day come when we don't have a 'black history' month," Whitlock said. "Regardless of race, everyone should know their history."

Financial news

Save early, win in the end

By Dan Hieb

Someone once asked Albert Einstein what the most powerful force in the universe was. After a moment's pause, Einstein cracked a smile and responded, "Compounding interest."

While the concept surely doesn't guide the stars, compounding interest can make a huge difference in saving for retirement. And those who start investing early should have a great financial advantage by the time they're wearing plaid golf pants and pampering their grandchildren.

◆ If you invest \$1,000 in stocks now, it will be worth more than \$70,000 in 42 years.

every seven years. For example, \$1,000 invested now would be worth \$2,037 in 2005. After 42 years, that initial \$1,000 investment would have grown to \$71,482.45.

"It's in those latter years that it really starts to accumulate," Wolfe said. "It really points up the importance of starting early. If you waited just seven years to start, you'd have half as much money when you retire."

Unfortunately, without a little savvy, the government will slow the growth of investments by taxing the interest received. How is this annual tax avoided? An IRA.

What's an IRA?

IRA stands for individual retirement account. An IRA is part of the tax code which allows people to hide away up to \$2,000 per year in their choice of designated investments. The advantage of investing through an IRA is that the government can't touch the money. The trade-off? Account owners can't touch the money either, until they turn 59 1/2 or unless they're using it to buy a house or pay for college. If they withdraw the money early, they face a 10 percent penalty.

There are two types of IRAs. The traditional IRA allows people with incomes less than \$30,090 to deduct the entire investment before paying taxes. But when they're finally ready to start withdrawing, they will have to pay taxes.

The main advantage of the second type of IRA, the Roth IRA, is that when the money is finally withdrawn, it's tax free. The downside is that investing in

the Roth IRA isn't tax deductible.

Wolfe said the Roth IRA is probably the best choice for most students.

"Right after you graduate, you probably won't be making a whole lot of money, so tax deductions won't save you a whole lot of money," he said.

Keris Simpson, vice president and trust officer at Bowling Green Bank & Trust Co., suggests students invest in mutual funds through IRAs. But he also adds that once students enter the work force, they should take a look at the retirement plan offered by their employers.

"Many employers will let you put away like seven percent of your earnings," he said. "Then they'll match that with a three and a half percent investment. You end up making 50 percent before you even start."

Simpson said that younger people seem to be more aware of the need to start investing early.

"Twenty years ago, most people coming out of college didn't even know what a mutual fund was," he said. "Now nine out of 10 people are aware of them."

Richard Jenkins is among the enlightened. He's not sure Social Security will be around by the time he retires.

"I wouldn't really rely on it anyway," he said.

Why not? The 19-year-old sophomore from Westmoreland, Tenn., has already begun investing in mutual funds, and he looks forward to the payoffs.

"You start early and just put in a little bit, and if you wait long enough, it'll turn into a lot."

Einstein would be proud.

Worried about taxes? Help is on the way

By Jennifer Englert

Last year on April 14, panic hit. Tax forms hadn't been touched because of another long stint of procrastination.

This year can be different with the help of VITA, VITA.

The Volunteer Income Tax Assistance program, is sponsored by the Internal Revenue Service and has been offered to students and staff at Western for about 10 years. Heading the program are senior-level accounting students.

Accounting Professor Joel Philhours said most of the students have taken Accounting 430 and are well-qualified for the program.

"We have a good turnout," he said. "We are kept busy."

Owensboro freshman Brian Payne said in the past his father, an accountant, had always filed his taxes for him, but that he would be interested in learning for himself.

"I can't have my dad do them forever," he said. "It is something that I need to do myself."

Because of areas not covered in course requirements, Philhours said the accounting students are not able to do taxes for businesses or those

who are not citizens of the United States.

The VITA program is a service that many students are unaware of, he said.

Paducah junior Tim Hatton said he had never heard of the program, but feels it is a valuable service.

"This would come in handy for a lot of students," he said. "They can just show up and have their taxes done for them. I wish that I had known about this sooner."

Philhours said the accounting students do this program as a public service and need the publicity.

"This gives accounting students hands-on experience," he said.

"We need people to come in."

The sessions will be held from 2-4 p.m. Tuesdays and Thursdays in Grise Hall, Room 528A. It will begin Tuesday and will run until April 9, with the exception of March 17 and 19.

Those interested should bring W-2s, 1999, and other documents showing income tax deductions, along with a copy of last year's tax return.

No appointments are necessary and the program is free.

"I can't have my dad do them forever. It is something that I need to do myself."

— Brian Payne
Owensboro freshman

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THE MICHIGAN STATE UNIVERSITY

NUMBERS: Growth on horizon?

CONTINUED FROM FRONT PAGE

president for Academic Affairs, gave another reason for Western's slow enrollment growth — money.

Hughes said there were students in the past who just couldn't afford to attend Western. He said he believes the federal government's 1997 Tax Reform Act and a state-funded merit scholarship program proposed by Gov. Paul Patton will change that.

Under the 1997 Tax Reform Act, freshmen and sophomores receive a federal income tax credit for tuition payments made after Jan. 1, 1998.

The proposed merit scholarship program would give Kentucky high school students money for college based on grades and entrance exam performance.

"This eliminates in anybody's mind the expression 'I cannot afford to go to college,'" Hughes said.

Hughes said eliminating cost as a factor helps Western. "We have so many good programs here," he said. "That gives us an advantage."

But no matter how many "good programs" Western has, don't expect any big jumps in enrollment any time soon.

House Bill 1, which deals with

Kentucky post-secondary education reform, eliminates enrollment as a factor in how much state money Western receives. Ransdell said this allows the university to emphasize quality instead of quantity.

"I want us to determine what is best for Western without worrying about how much money we're going to get," Ransdell said.

He said if Western raises its standards, more students will want to attend.

"I hope we can improve the quality of our freshman class and achieve modest growth in number by dramatically increasing our pool of applicants," Ransdell said.

The president feels that if Western has more students to pick from, the university can be more picky about who it does and does not allow in.

But what if standards are raised so high that many area high school students find they can't be accepted to the university?

Enter Western's Community College.

Hughes said the community college will play an important role in increasing the number of students by making Western more accessible.

"If (students) maybe didn't prepare themselves, or their

high school didn't prepare them for college, they still will have an opportunity to be a student here at Western through enrollment in the community college," Hughes said.

Ransdell said the community college makes the university more accessible while allowing Western to increase quality by raising admission standards.

A new strategic planning document is being developed by Provost Barbara Burch and Chief Financial Officer Ann Mead that will outline these new standards and plans for their implementation.

So how many students will Western have in another 20 years?

Ransdell said he couldn't guess about the year 2018, but said he'd like enrollment to increase by 500 to 1,000 students over the next five years.

Hughes' office has set a more short-term goal.

He said enrollment management is hoping to raise the number of new freshmen by 175 in fall of this year.

"That's a tough goal, and we may or may not reach it," Hughes said.

Hughes is relying on the new tax credits, merit scholarships and Western's reputation for achieving that goal.

Power of prayer provides strength for many believers

BY JENNIFER ENGLERT

Prayer. The word evokes an image of reverence and peace in the minds of most people. On a personal level, it takes on different meanings with each individual, but the truth is that prayer is something many people feel is beneficial.

Louisville freshman Laura Patterson said she believes that she benefits from prayer.

"I think it is important to have a relationship with a higher power," she said. "It gives me peace of mind and gives me the feeling that someone is on my side in hard times."

A prayer can be as simple as a word or two while walking from class to class. It can also be a long, detailed devotion. No matter what form prayer takes on, many believe it helps to keep life in balance.

The Rev. John Little of the Newman Center has a strong belief in the power of prayer. He said he feels it is important in our relationships with God and with our peers. He said just as a husband and wife must communicate and understand one another, so must we with God.

"Prayer is important in understanding who we are," Little said

Prayer is especially important for young people and those in college. Often, they are faced with stressful and difficult decisions. By taking a moment or two out of their busy schedules to say a prayer, they are given a chance to rejuvenate their minds and spirits.

Taylorville freshman Allison Jeffries is a member of the freshman leadership team at the Baptist Student Union. She prays at the beginning of each day.

"I pray to get a good start on my day," she said. "I put my life in God's hands. I say, 'Here is my life. Please help me to get through it.'"

Jeffries said she feels that when she is not praying as much, she is separated from God. This relates back to Little's belief that a healthy relationship must have communication.

"If I keep up my prayer, I feel full of life and faith," Jeffries said.

Prayer is especially important to those who are facing illness or death, and Little has seen prayer help him through some of the darkest avenues in his life.

"I have been critically injured and sick, and I've prayed for healing," he said. "I have seen family and friends die, and I've prayed for peace. I haven't felt good about myself, and God helped me through that as well."

Area code to change

By Dan Nier

Sorry, wrong number.

It's a chant Western students and Bowling Green residents may have to get used to in the near future thanks to a new telephone area code which is proposed for western Kentucky.

Telephone companies have proposed splitting the 502 area code because, according to BellSouth regional manager Howard Clark Jr., there simply aren't enough phone numbers left for new customers. Clark said new telephone numbers in the 502 area code are likely to be exhausted by July 1999.

The new area code is needed since many customers are using extra phone lines for pagers, cellular phones, fax machines and Internet connections.

The proposal to create a new area code is now being considered by the Kentucky Public Service Commission. KPSC Information Officer Marty Rhody said it's too soon to know what the new area code number will be or when it will be assigned.

Clark estimated six to nine months before the proposed area code is likely to become a reality. Louisville, as well as a narrow strip of land running through central Kentucky, will remain in the 502 area code, while Bowling Green, Owensboro and areas to the west are expected to fall within the new area code. Clark said there will be a grace period during which both the old and new area codes will work.



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Regent teaches teamwork, donates time to Western

By Shannon Back

When Peggy Loafman came to Western in 1966, she was a freshman cheerleader with dreams of becoming an elementary school teacher. When she graduated in 1971, her career took a different road and Loafman never taught in a classroom.

But her friends and family say the bank president and Western's Board of Regents chairwoman uses her teaching degree everyday. She teaches bank personnel to strive to do their jobs better, she teaches regents to work as a team, and she teaches her two sons to learn something new every day.

"She works hard at everything she does, and we think it's a very worthwhile cause," said her husband Gerald Loafman. "We can all learn from her dedication."

Loafman grew up in Taylorsville and was the first in her family to attend college. Her goal was to become educated and be able to compete with any man.

"Females in that time, if they went to college, most went to become a teacher or a nurse," she said. "I went to Western because my mentor, who was a nurse, had attended Western. I wanted to be like her."

But the closest she came to being a teacher was her senior year, when she did her student teaching at Warren High School.

Loafman held a part-time job as a teller at Trans Financial Bank while she went to school. After graduation, she decided to keep her job at the bank until a teaching position opened. Before she mailed the first resume, her boss offered her a full-time job.

"Teaching never came up again," she said. "The fact that I have a degree was more important

than what it was in." Since then, Loafman has come back to the classroom for real estate, banking and macroeconomic classes as she moved up the ladder at Trans Financial to her current position as Western Kentucky region president. She oversees 13 bank offices in seven communities.

In July 1992, she was offered a position on Western's Board of Regents, an invitation she credits to her connection with the community.



Peggy Loafman

"I was very surprised and very honored," Loafman said. "I didn't really know how the decision would affect my life. I've learned and changed a lot — I think for the better."

In June 1996 she was elected board chairwoman, making her the first woman to hold the position in Western's history. Although her term as chairwoman will end June 30, 1998, she will remain a regent until June 2001.

"It's been interesting," she said, recalling the highest points of her career. "That's how I'd describe it. It's added a lot of additional responsibilities, but it's made me a better person."

"I couldn't believe it when we had a presidential search. It was a new experience and it kept me busy. This job is like that."

Faculty Regent Ray Mendel said Loafman's greatest accomplishment as board chairwoman is getting the board mem-

bers involved. "The board has to work as a team," he said. "That's not to say we'll always have the same views, but we have to work together to accomplish something and she knows that."

Loafman's co-workers describe her as hardworking and professional, but her husband Gerald has a more personal story to tell. His is one of love and admiration.

Since they met 20 years ago at a Southcentral Telephone Co. Christmas party, Gerald and Peggy have been best friends. A farmer, he longed for his own land. He, Peggy and their two sons, Matthew and Adam, moved to a 600 acre beef cattle farm on Iron Bridge Road two years ago.

"We try to spend as much time as we can on the farm," he said. "We both do a lot of work on the farm in our spare time, and Peggy works just as hard as anybody."

Gerald said one Loafman tradition lies in holiday decorations. For each major holiday the family members decorate their front lawn using everyday farm materials.

Last Halloween, they built a pumpkin of round-hay bails and painted it orange. For Thanksgiving, they sculpted a turkey. In December the yard was lit by a hay ball Christmas tree with boxes as ornaments.

"We like to do something that makes people smile," he said, adding that many passersby stop to enjoy the scenery.

Gerald said his family has made many sacrifices since his wife joined the Board of Regents, but has gained as much as it has given.

"We think it's all worth it," he said. "Peggy thinks a lot of Western because she went to Western. She's worked very hard for the university."

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College Heights Herald

It doesn't take a genius to know where the news is!



Local company donates \$25,000

By Julie Street

Western has received a \$25,000 gift from Western Kentucky Gas to support a lecture series in the College of Business Administration.

There will be several lectures each year in places like Owensboro, Bowling Green, Shelbyville, Madisonville and Paducah.

John Paul Blair, Western's

director of development, said the speakers will benefit local businesses as much as the college.

"The lecture series is geared toward people in the community to attempt to build a relationship between WKU and other business people in these places," he said.

Each program will also feature a reception for Western's business alumni in the area of the lecture.

"We want to promote life-long learning and these series will allow us to do this," he said.

The money for the lecture series will be split up into five annual installments of \$5,000, beginning in the 1998 fiscal year.

"This will expose WKU and build meaningful relationships with the surrounding communities in those regions," Blair said.

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February 5, 1998

Western improving handicapped accessibility

BY KELLEY LYNN

Everybody has seen those blue signs dedicating parking spots for the handicapped and those aluminum graded ramps. But anyone who has ever trudged up the seemingly endless flights of stairs to get to the top of the Hill knows that making this campus accessible for the handicapped is a daunting task.

But Huda Melky, Americans with Disabilities Act coordinator, said that, considering the obstacles, Western is doing quite well.

"When you're on the Hill, it's impossible to be 100 percent accessible," she said. "But we are in compliance."

Melky said that while this law does make provisions for equal access, it does not mean that all buildings must immediately be refurbished to accommodate people with disabilities.

She said that all new public buildings and all renovations of preexisting buildings must be accessible, but old buildings not slated for renovations need not be immediately changed.

To comply with this law, a class can merely be moved from a non-accessible building to one that is accessible.

But moving classes is not the answer according to Bowling Green senior Mike Miller, a disabled student. He said that Western needs to take the initiative to make all buildings accessible.

"If a class is moved to another building, it may be better for me, but why should 30 people be inconvenienced because of one person?" he said.

Buildings are not the only things that must be made accessi-



Carrie Pratt/Herald

"The accessibility at Western is really good as far as accessibility to buildings goes and the only thing they need to improve on is bathrooms," Bowling Green senior Matt Davis said. On Jan. 30, Davis gets out of his car and into his wheelchair between Tate Page Hall and the Academic Complex.

ble for the handicapped. Parking lots must also be made more accessible for those people with special needs such as chair lifts.

According to Mike Southern, Disabled Student Services coordinator, Western has dedicated new parking spaces behind several buildings including Potter Hall

and has also enlarged many spaces around campus for chair lift users.

"I think we're doing some positive things in regard to our wheelchair users and our students on campus with disabilities," Southern said.

Miller agrees that Western is

improving but he said that much improvement still needs to be made in the area of accessible restrooms. Miller said that many restrooms labeled as accessible are simply not.

"Take the restroom downstairs," Miller said of the men's room on the first floor of Downing

University Center. "You can get in there, but unless there's someone there to open the door for you, you can't get out."

Miller said that many buildings have only one accessible restroom and it's usually in some obscure location. He also said that it usually takes him several uncomfortable days at the beginning of the semester to find them.

Bowling Green senior Matt Davis, a disabled student, is impressed with how well the university does in its ADA compliance.

"They're usually pretty swift about getting what the students need," he said. "There's always something that needs to be done but they're pretty good about getting to it."

Davis said that he has seen marked improvement in the university's response to such matters in the four years he has been at Western. He attributes much of that improvement to a revised manual, which created a clear plan in dealing with students needs and complaints.

"At first when the ADA was passed they didn't know where to begin," he said. "But now everybody pretty much knows their part. The procedure is there and everybody knows what to do."

Miller agrees that people know what to do, but because of a lack of experience in a wheelchair, changes are not necessarily done the best way. This lack of experience is one that Miller has offered to help change.

"I'd like for them to follow me for one day," he said. "I'll bring them chairs, really nice ones. They won't do it. I wish they would. It would be an eye-opening experience."

First deadline for research conference set for Feb. 20

The first deadline for the annual Sigma Xi Research Conference is Feb. 20.

Titles are due then, with the deadline for abstracts set for March 6.

The conference has expanded this year to include undergraduate and graduate research from all disciplines.

Participants may present original creative activities, including performance, recitations, displays of visual artwork and demonstrations of original teaching, therapy or marketing materials.

The conference will be April 4 at the Institute for Economic Development.

For information, contact Kinchel Doerner, biology assistant professor at 745-6000 or e-mail at kinchel.doerner@wku.edu.

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Freshman class may change

BY MOLLY HARPER

The freshmen of the fall of 1999 may have one less scheduling hassle to deal with during registration.

The Academic Council is working to combine the format of the fall freshman seminar and LME 101 to form one two-hour credit course designed to help freshmen develop college-level thinking skills and ease into the social scene.

Though the Academic Council agreed that there is a need for freshman seminar at Western, it had concerns about the program in its current state.

The Academic Council added five recommendations to the (freshman seminar) proposal. Academic Council Chairman Robert Dietle said, "The original proposal was somewhat vague, the academic council just clarified a few points."

One of those recommendations addressed the combination of LME 101 with the freshman

seminar. The Academic Council also approved a formal training program for seminar instructors. "There is already training in place," said Luther Hughes.

"These recommendations aren't really changes. The general education committee simply added them to improve the content of the course."

— Luther Hughes
associate vice president for Academic Affairs

associate vice president for Academic Affairs. "Next summer's training would involve listening to successful seminar instructors and developing a uniformity in content."

Dietle said the Academic Council also suggested an over-

sight committee to assure the course is accomplishing what it should.

This committee would be a central, nondepartmental organization to coordinate the seminars and the 80 to 90 instructors required to teach them. The committee would also evaluate the effectiveness of the course, select its required text, suggest additional text to be assigned by individual instructors, as well as recruit and train instructors.

Hughes emphasizes that there was nothing wrong with the freshman seminar last semester.

"These recommendations aren't really changes," Hughes said. "The general education committee simply added them to improve the content of the course."

"We have to remember that the intent of the course is to improve the retention rate and success of the students. Western's even with the national average for retention rates; but we want to be better than the average."

Deans will propose raise in testing fees

BY MOLLY HARPER

Testing out of a course might become a less attractive alternative to actually attending class.

According to Luther Hughes, associate vice president for Academic Affairs, the standard fee for taking departmental exams in place of classes has been \$10 per course since 1972.

In 1972, \$10 represented two-thirds of the hourly tuition. In the last twenty-five years, tuition has increased 480 percent, while the departmental exam fee has stayed the same. Meanwhile, the current price for taking the CLEP Subject Exam is \$43, and the price for an advanced placement exam is \$70.

The number of people taking the exams has also increased dramatically. Since 1994, the number of departmental exams

has increased from 259 to 318 per year.

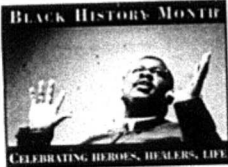
The Council of Academic Deans concluded that the exam fee wasn't cost efficient for the school.

"The general opinion was that we were giving away courses," Hughes said.

After the council examined testing fees at other colleges, such as the University of Kentucky (where, according to Hughes, fees can add up to \$100 per credit hour), the council concluded that \$25 per credit hour is a fair price for testing out of a course.

"Even with the increase, it's still a good deal for students, since it's less than one-third of the tuition rate," Hughes said.

The council recommended the fee increase to the Board of Regents after its December meeting. If approved, it will become effective next semester.



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Today
AFAM Coffeehouse (poetry readings, music, coffee, doughnuts, etc.) Niteclass at 8 p.m.

Feb. 17

Festival of the Arts throughout the morning on Downing University Center third floor

• Malcolm Smith (Master Classes) DUC, Room 310, beginning at 9 a.m.

• Lou Ann Crouther (facilitator) and MKU students and various readers (poetry) DUC room 310 beginning at 9 a.m.

• The Griot: Stories from the African American Experience AFAM & African Cooking Demonstration Video "African American Food and Foodways" DUC, Room 310 beginning at 9 a.m.

Feb. 18

Festival of the Arts throughout the evening on the second floor of DUC

• John Long "African American Religion in the Community" ATJ (Amazing Tones of Joy) WKU Gospel Group DUC, Room 226 at 6 p.m.

• Johnston Njoku "What We Mean When We Sing" performances by "313" and "Andrew Roles" DUC, Room 226 at 7 p.m.

Feb. 26

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spring break fever

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LOOKING FOR THE LIGHT



"STUDENTS NEED TO RECOGNIZE IF THESE ARE THE BLUES OR IF THEY SUFFER FROM SEASONAL AFFECTIVE DISORDER."

— Patti Collins, staff psychologist and outreach coordinator for Counseling Services

When days get shorter, the temperature gets lower and the sun is rarely seen, it's just a matter of time before it comes seeping back into everyone's thoughts.

The Blues.

Those Wintertime Blues — trapped inside. And with less to do, they can affect just about everyone. But there's hope for those who suffer the cold weather funk.

Andrew Dogelson, a physician at the Student Health Service, said most of us get the blues because of our changed winter routines.

"I think it's probably due to the confined condition we have in the winter," he said.

Beth Rush, head nurse at the Student Health Service, agrees.

"Many times we get trapped in our homes or at work because of the weather," she said. "When we get home in the evening, it's already dark."

And it's the lack of sunlight that has many people slugged with the winter blues.

Patti Collins, staff psychologist and outreach coordinator for Counseling Services, said humans need light.

"Sunlight affects a lot of animals, and humans are no exception," she said. "We wouldn't be human if we didn't feel it."

However, Collins said students must be careful not to write off depression as just wintertime blues. As a matter of fact, something more serious could be the problem.

"Students need to recognize if these are the blues or if they suffer from Seasonal Affective Disorder."

Seasonal Affective Disorder, or SAD, is a form of depression that is related to the lack of light.

According to The Medical News home page, SAD is characterized by repeated

cycles of depression in the fall and winter, while a happier mood is experienced in spring and summer. Some symptoms include:

- ◆Oversleeping — falling asleep as soon as the sun goes down in the evening or sleeping hours longer in the winter, yet still feeling tired when waking up.

- ◆Lack of energy — avoiding normal work or social activities, being unable to function at work, finding it difficult to concentrate, avoiding family and friends.

- ◆Carbohydrate craving — having an increased appetite, especially for carbohydrates, and gaining weight as a result.

- ◆Mood changes — becoming irritable, apathetic, depressed or even suicidal in extreme cases. May be followed by overactivity in spring, when winter depression ends.

- ◆Premenstrual symptoms — sometimes worse in winter.

In the Harvard Health Letter, February 1996, it was reported that SAD may even cause people to lose interest in sex and other pleasurable activities. It reported that about 10 million Americans complain of SAD, with more women affected than men. The lower grade of SAD, the winter blues, affects an additional 25 million people.

So what exactly causes SAD or wintertime blues? It's simple. How the brain reads light. It is believed that this condition is associated with changes in the production of a hormone called melatonin. This hormone is responsible for communicating signals from the internal clock of the body. The most established job of melatonin is to make one sleepy.

"Melatonin is a sleep-released hormone," Collins said. "We have more of it produced in the dark."

During the day, the body releases less of the hormone. But, during the night, more is released, making people feel drowsy. So in the winter, because the days are shorter, more melatonin is present in the body.

If SAD is a problem, there is a light at the end of the tunnel — literally. The latest form of treatment for SAD is light, or photo therapy. It is reported that when light hits the eye, chemical and electrical reactions are triggered which may reverse abnormalities in the brain-chemistry that are associated with light deficiency.

Donelson said all the studies he has read confirm that light therapy is a successful treatment.

"From what I have read, there is the theory that bright light can have a positive effect on the brain," he said.

Light therapy is common sense, Charles Lott, director of Student Health Service, said.

"All I know is what I have read, and it seems for some people it does have a tremendous effect," he said. "It makes sense, if people stay in an office without windows, it seems like the world is a dark and dreary place."

Light therapy was developed in the early '80s by researchers at the National Institute of Mental Health. According to an article in Primary Psychiatry, Sept./Oct. 1994, light therapy involves daily exposure to a specially designed light fixture which produces light many times brighter than ordinary room light.

SEE LIGHT, PAGE 14



Story by Scheri Smith



Art by Paige Harlow

LIGHT: Diet, exercise can help cure seasonal depression

CONTINUED FROM PAGE 13

ing. Most patients lose the blues with about 15 to 30 minutes of bright light per day.

If a vacation to the tropics is way out of the question, and there doesn't seem to be any relief of the winter blues in sight, there are things one can do.

Lott recommends that people look on the bright side.

"Keep busy, and always concentrate on the positive," he said. "There is also a great deal of joy in

helping others, so volunteer."

Rush said students should find other things to do in the winter.

"Students should get the proper rest and exercise," she said. "They also need to keep up with their studies and find distractions so you're not working all the time."

Donelson agrees that personal time may be a good remedy.

"I think for the winter blues, students need to have something to do for themselves," he said.

"Sometimes the goals we have are too great, we need to have little

things that we can look forward to each day."

The Medical News home page offers these tips for beating these chilly blues:

◆ Let the sun shine. Short days of winter reduce your access to sunlight. To counterbalance that, open your blinds, shades or curtains, and keep your house or apartment well lit.

◆ Nab the corner office. During the day, try to work near a window. If you're stuck in the middle of the workspace, take breaks near a win-

dow and try to leave your office at lunch for a midday walk.

◆ Keep moving. Regular exercise boosts your endorphins, the body's natural mood elevators. Be creative and make activity opportunities. Take the stairs instead of the elevator. Try to exercise outside. The added sunlight will boost your mood.

◆ Sidestep the sweets. Eat balanced, moderately portioned meals, and try not to go overboard with the sweets and starches. To satisfy sweet cravings, keep fresh fruits on hand.

◆ Eat your greens. B vitamins, found in whole grains, green vegetables, potatoes and beans, keep your immune system primed. They also help produce neurotransmitters in the brain, which moderate your moods. When your vitamin B supply is off, you're more likely to feel depressed, stressed, anxious and cranky. Now might be a good time for a vitamin supplement or more greens in your diet.

◆ Make personal time. Find time to do the things that give you joy. Make time in your schedule for yourself.



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◆ **Movie review**

'Expectations' only average

By **RYAN CRAIG**

If you were given the means to accomplish all you ever dreamed of, would that make you happy? It depends on how hard it is for your heart to break.

At least that's the situation Ethan Hawke's character Finn Bell is thrown into in the movie loosely based on the Charles Dickens' classic novel, "Great Expectations."

To understand this movie you have to break it down into four parts. The first is the beginning when an 8-year-old Finn is paid to play with the niece of the richest woman in Florida, Miss Nora Dinsmoor (Anne Bancroft). She's a crusty and galactically strange woman who was left at the alter 30 years earlier.

Dinsmoor uses Finn as a guinea pig for her niece Estella (Gwyneth Paltrow) to learn how to break a man's heart. Dinsmoor even warns Finn about the danger of falling in love with Estella.

"She'll only break your heart, it's a fact," she tells Finn on the first day he draws Estella's portrait. "And even though I guarantee you that the girl will only hurt terribly, you'll still pursue her. Ain't love grand?"

Finn, an orphan abandoned by

his sister and raised by her ex-boyfriend, also has a traumatic experience in which he is threatened by and helps an escaped prisoner, Lustig (Robert DeNiro).

The second part of the movie is when the Finn learns that despite Dinsmoor's warning, Finn does fall for Estella. She shatters Finn when, after spending every Saturday for 10 years with him, she leaves to study abroad.

"The ways of the rich, and all my longing which began that day, to paint for the rich, to have their freedom — to love Estella — the things I could never have," Finn tells himself the day after she leaves.

He is heartbroken and promises to give up on the "vices" of the rich. He stops painting and stops living. He is content to work on a fishing boat and wallow in his own self pity for the rest of his life.

That is, until his mysterious benefactor gives him the chance to fulfill all his dreams in New York.

This third part of the movie is where the plot gets bogged down in the love story.

With an unlimited bank roll, Finn becomes a famous artist and tries unsuccessfully to win the love of Estella until she tells him she's going to marry another man. Then, after a roll in the hay, she tells

Finn that it isn't her fault that she never will love a man.

"Let's say there was a girl, and from the time she was 10 she was taught to fear daylight," she tells him. "She was taught that it was her enemy, that it would hurt her. And then one day you ask her to go outside, and she won't. You can't be angry at her, can you?"

So she leaves to marry a man she doesn't love because he doesn't cause her to feel anything. Finn learns who his mysterious benefactor is and also learns that, despite being successful, he can't be happy without the one he loves.

The fourth part of this movie is sappy. So he returns home, years later, to the sleepy little town in Florida where he finds Estella and finally finds happiness.

This movie has wonderful actors and a good idea based on a classic story. There are plenty of problems, though. The writers get too caught up in the relationship between Finn and Estella. Also, the character development is shallow in places, especially Estella's. And the director Alfonso Cuarón must have a serious case of vertigo because the camera is always moving around. Frankly, the movie left me dizzy, like I just rode the now defunct Wabash Cannonball at Opryland.

All in all, I enjoyed the movie enough not to walk out, but not enough to see it again. Folks, wait on this movie and rent it on those nights that there are no copies of "Titanic" on the shelf.

Videos can cost big bucks when stolen

By **KELLEY LYNN**

Imagine paying \$116 to rent a movie "Inconceivable"

That's what Zach Wachler thought too, but it's what he had to pay when a rented videotape disappeared from the return counter at Blockbuster Video.

"Apparently somebody picked it up or took it out with their movies or something," he said. "I got this letter in the mail about three months later... they said I owed them because of a tape not getting returned."

The Bowling Green freshman said he returned the tape, on time, to the store. He said he placed it in the appropriate spot on the return counter, but he had no proof so the company turned the matter over to a collection agency who pursued him for the debt.

"I refused to pay it for a long time," he said. "But I was trying to get a loan and it was on my credit, so I finally ended up paying it."

While Blockbuster did not comment, Gary Wantland, manager of More Than Video on US 31W Bypass, said that these type of problems do occur although they

are extremely rare.

"We run a late file every day and we try to start calling when someone is two days late," he said. "Many times people are appreciative because they had forgotten it. It was in their trunk or something."

Wantland admitted that there are times when tapes do get returned and do not get credited to the person's account. In those

instances when the tapes are found all debts are erased.

But what happens when those tapes aren't found?

"It's kind of a touchy situation," Wantland said. "I'd like to take every body at their

word, but there's just too many people who will say they returned it when they didn't."


Wantland said if there's no proof, the person is responsible for the cost of the tape. Wantland insists, however, that these occurrences are rare, and that tapes generally show up.

Wachler and Wantland offered advice to renters. Double check tapes placed in the drop box and return the tapes themselves. Wachler said he now hands tapes directly to the clerk, an idea that Wantland strongly agrees with.

"I'd like to take every one at their word, but there's just too many people who will say they returned it when they didn't."

— **Gary Wantland**
Manager, More Than Video

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Sports

Brown's experiences add to Toppers

BY GEORGE ROBINSON

Walk into his office, take a quick glance over your left shoulder and you'll find out what Black History Month means.

On his 19-inch television set are stories collected over the years that men's associate head coach Ron Brown takes to heart every day. They're lessons he's learned and never forgets.

These are stories of blacks who've made it and blacks who've failed. They're stories of those who've made an impact in today's sports world.

These aren't the stories that say black athletes represent more than 80 percent of the playing field. These stories say things like, in 1990, only seven out of 107 Division-I college coaches had two black assistants.

These are stories like former

Washington Redskins quarterback Doug Williams who struggled to find a job just a year after becoming the first black quarterback to win the Super Bowl in 1987.

These are Ron Brown's stories. "Every one of these pieces have a point," Brown said. "They mean something to me. They keep me focused, and they keep me grounded because I know that tomorrow I might not be here."

It might not seem possible that this fast-talking, dark-skinned brother from the Bronx with an attitude that has transformed Hilltopper practices into a relaxed atmosphere couldn't be liked.

"Hey, read that," he said, pointing to a proverb on his wall. "Some are here for the position. I'm here to do the JOB. They don't necessarily have to like everything about me, but my job is to get these kids to be able to live life once they



Ron Brown

of the Mountaineers (1985-93), to Tallahassee, Fla. as head coach of Florida A&M (1993-1996), to Western's associate head coach has given Brown an uncanny ability to relate to all players.

"Ron's personality has been basically the same," said Pat Brown, his wife of 15 years. "That's what he's good at, relating

leave this campus."

Brown, in his 17 years of coaching, has been on all sides of the spectrum.

Moving from the Bronx to Morgantown, W.Va., as the assistant coach

to the players."

Brown's travels have led him to high profile athletes who have befriended the 44-year-old coach, who his wife describes as a devoted family man with a son and daughter.

With a smile of deep pride, Brown displays one of his many picture collages. Washington Wizards guard Rod Strickland, former University of Louisville and Houston Rockets forward Rodney McCray and prominent former NBA star Gus Williams are just some of the athletes in the photographs.

However, Brown's life didn't start out so successfully. "I grew up in the projects. Man, I know how tough it is out there to become a success," he said. "My parents didn't raise no fool, though, they prepared me for life." Brown's father worked two jobs

and was stabbed several times while owning his own cab. His mother also worked, leaving him, his two brothers and sister to get into mischief as kids in a big city. Fortunately, trouble seemed to steer somewhat clear of the Brown family.

"When I graduated from (Evander Childs) high school — seven days later, I got a job," he said. "I've never stopped working since then."

It was in college that Brown met Western coach Matt Kilcullen. Brown was attending John Jay College in New York while Kilcullen was at Lehman College across town.

"He still can't get his jump shot off on me," Kilcullen said. "He was as intense then as he is now, but transition comes easy to him."

SEE BROWN'S, PAGE 18

Tennis wants to ace Govs

BY SCOTT SISCO

The men's tennis team is heading south — to Tennessee at least.

The Hilltoppers (2-2) are heading to Clarksville to take on the Governors of Austin Peay at 11 a.m. Saturday.

The Toppers are coming off their first weekend of the spring season where they won two and lost two matches.

Coach Jeff True said Austin Peay is on about the same level as Eastern Kentucky, which Western lost to over the weekend.

He also said Austin Peay is playing about the same as it did last year.

Western played Austin Peay once last season, resulting in a 5-2 loss. The Toppers played that match without top-seed Andrew Kolessine, so this year's match is expected to be closer, True said.

Freshman Michael Lindskog and junior Beau Sparks lost to Austin Peay's No. 1 doubles team in the fall.

"The doubles point is very important to the outcome of the match on Saturday," Sparks said.

Lindskog said that he and Sparks have been improving and, together, are playing much better now.

"It's going to be fun, I think," Lindskog said.

The outcome of the match may depend on the No. 3 and No. 4 spots, which should be very close, Sparks said.

Freshmen Dan McElhenny and Christian Kaumanns play No. 3 and No. 4, respectively.

Eager to avenge last year's loss, the Toppers are ready to dismantle the Governors and get back above the 500 mark. "Everybody's pretty motivated to play Austin Peay because they beat us last year," Sparks said.

Saturday will be Austin Peay's first match of the spring season. The Governors were scheduled to play Kentucky yes

SEE ACE, PAGE 18



Barry Westerman/Herald

During practice yesterday morning at the Preston Health and Activities Center, Richmond sophomore Kicker Vincill, a freestyle swimmer, practices backstrokes.

Division II Oakland on tap for Western

BY JENNY CHRISTIAN

If meets aren't enough to make swimmers anxious, the thought of mom and dad watching might be on the minds of Western's swimming teams Saturday when they meet Oakland University for the first time on Parent's Day.

Oakland, who is in a two year transition period from Division II to Division I, has been a powerhouse in Division II for years. With both the men and women winning national championship meets several times, Western swimmers have their work cut out for them this weekend.

"We'll have to be at our best to beat them," coach Bill Powell said. "I just feel that we've got to do the little things. We've swum well in our close meets, but we haven't won."

Western's men have had a hard time pulling out close meets this season, something that used to happen all the

time. With a match-up as even as this, the Hilltoppers will have to dig into their bag of tricks for something that will give them the upper hand.

"At our level, Division I and Division II doesn't make

much difference," Powell said. "They are a mirror image of us. Our best time and their best time for the medley relay are exactly the same. They're a lot like us."

The similarities don't stop there. Both Western and Oakland have top spot swimmers as well as good depth. The only advantage Powell spoke of was their diving.

Pete Howland, Oakland's coach, isn't convinced how the meet will work out.

"I'm not really sure, to be

honest with you," Howland said. "I think the meet will be competitive."

Howland added that it is the first time these teams have met. Oakland will also be coming off a meet at the University of Cincinnati the day before. Their men's record stands at 2-2.

Western's women are hyped up after their last two meets, and have high hopes for

Saturday's meeting with Oakland. Powell said he first thought that this meet would be too tough for the Lady Toppers and they would chalk it up to good experience. After the performances the women have made lately, Powell's mind has changed.

"They are a mirror image of us. Our best time and their best time for the medley relay are exactly the same. They're a lot like us."

— Bill Powell
swimming coach

"I really feel that the way our girls have come on, we're going to give them a battle," Powell said.

Oakland's women's record is 0-4, and if that means anything, the Lady Tops may have the stuff to make it 0-5. Freshman J.P. Piloto, who has been a consistent contributor to the Lady Tops' efforts, said she feels that the time is right for the women's squad.

"Our last two meets have been really close," Piloto said. "We really came together as a team, and that has prepared us for Oakland."

Noting that Saturday is Parent's Day, Piloto said that the squad is both excited and nervous. After getting a taste of what it's like to be near the top, Western's women want more.

"We saw what we can do," Piloto said. "When we put our minds to it, we can do anything we want. This is just a starting point for us. We can't go anywhere but up."

Short trails provide endurance workouts

We rushed to the trailhead — darkness pressing at our backs, anticipation in our faces. There were only a few vehicles in the parking lot on this beautiful February day. After a few equipment checks, we were off.

A friend and I took off with 2 1/2 hours of light left for the five-mile trail. Our pace was quick as we set off for parts unknown to either of us.

The trail was located in Mammoth Cave National Park, off Houchens Ferry Road. The trail was called Wet Prong and consisted of a creek bottom covered in ancient hardwoods with several lots of pine.

It was the first time I was able to wear shorts this year. The trail is also open to horses, and the rutted path showed plenty of marks from the four-legged vehicles.

The easily followed path must have crossed the creek 20 times in a 2 1/2-mile stretch. Crossing the creek proved comical as we slipped and jumped from wet rock to wet rock.

My friend was lucky enough to stay dry. On the other hand, took a couple of nice foot-soakings. We ran into several other hikers — all were friendly and talkative, and all warned us to stay dry.

The sunset lit up the tops of the ridges and the valleys sank into darkness as we finished the last stretch. We paused, knowing that the day was almost complete. The babbling of the crystal creek in the background was a perfect

symphony for the sipping crimson sky.

The trail, called a loop trail, starts and stops at the same point. This provides a convenient route back to the parking lot without walking on the same trail twice.

Only traces of magenta caressed the horizon as we cleared the woods and stepped onto the access road across from the truck. A quick glance at the watch showed 5:15 p.m. We had made the five miles in two hours and 15 minutes.

This was a great trail for the beginner or advanced hiker looking for a good day hike. The grade was not too demanding but still provided the burn associated with a good workout.

I would recommend Wet Prong Trail to anyone interested in hiking. I would, however, recommend that you plan more than two hours for the trail. The guidebook recommends three hours for the hike, and if you are just starting, I would stick to it.

Remember the creek crossings and prepare your feet accordingly. I recommend wool socks with a liner of some sort. Polypropylene, Thermax or one of the other name brands that wick moisture will do fine. If you have Gore-tex boots, wear them. If they haven't been treated, use silicone or Snowseal to ensure waterproofing.

If you have any questions or comments, e-mail me at conk@buckeye.edu



GRASS ROOTS
Jed Conklin

BROWN'S: Tops travel to Texas

CONTINUED FROM PAGE 17

It was the transition from New York to Morgantown that opened Brown's eyes.

"I needed that," he said. "It's a different side of the world for me, coming from New York. I tell kids all the time to go places they've never been before. It broadens your culture. It makes you appreciate others and their differences."

From a city in West Virginia where the majority was white, to a college where 99 percent is black, an adjustment was needed when Brown moved to coach at Florida A&M.

Story No. 2 was born and filled with more teaching than he expected.

"Sometimes the players asked me how I could live in West Virginia," he said. "I told them the

world isn't all black. In New York you learn to live with Jews, Italians, Puerto Ricans — the whole ethnic community. You've got to interact with everybody or you'll be pigeon hooped."

Having maneuvered away from being cooped up in one job, Story No. 3 began this past July, when he was named the associate head coach at Western. Though the Toppers are struggling through a 7-13 season, his approach is still refreshing.

"He's done a terrific job," Kilcullen said. "Even through our tough times he's kept everyone's head up. You don't know how important that is. That's priceless."

In essence, Brown's stories have brought him full circle. His story is one of success, like Doug Williams, who will replace legendary college coach Eddie

Robinson at Grambling University in Louisiana.

"He (Williams) is not a black coach at an all-black college but a college coach at a prestigious institute."

"I'm a coach that happens to be black," Brown said.

"What does Black History Month mean to me? It means my story isn't finished yet."

"As long as my crew is still here," he said pointing to a family picture.

Tops on road tonight

Western will try to refocus its season and make use of a two-game win streak as it takes on Texas Pan-American at 7:05 p.m. tonight in Edinburg, Texas.

The Hilltoppers will then attempt to avenge a Jan. 3 loss to Southwest Louisiana at 7:05 p.m. in Saturday Lafayette, La.

ACE: Team works hard

CONTINUED FROM PAGE 17

terday, but the match was canceled because of snow.

In the meantime, Austin Peay assistant coach Angie McLean has the Governors mentally and physically prepared for the match with the Tops.

"I guess we'll just have to wait and see," McLean said.

As opposed to last year's team, youth has this year's Tops full of energy while practice has been more upbeat.

"I see the young guys working harder, and it makes me want to work harder," Sparks said.

True said he won't make any major changes in the singles or doubles lineups for Saturday.

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◆ Women's Basketball news

Ruston haunts Lady Toppers

BY JERRY BREWER

Louisiana Tech's Thomas Assembly Center is an 8,000-seat, women's basketball-loving beast that only likes ladies who wear the colors red and columbian blue.

Thomas doesn't like visitors, he calls them sacrifices. The last 44 times a unassuming guest came to Thomas' home in Ruston, La., the company went home wishing it wasn't invited.

No. 4 Louisiana Tech (17-3, 7-1) and No. 18 Western (18-6, 7-1) play for first place in the Sun Belt Conference at 7 p.m. Saturday in Thomas Assembly Center.

Perhaps it is the toughest challenge to date for the Lady Toppers. When La Tech plays at home, La Tech is the best team in America. The 44 consecutive wins — the nation's longest home winning streak — says so. Overall, the Lady Techsters' record at home is 222-14, a 941 winning percentage.

The Lady Toppers last won in Ruston on March 11, 1995, a 71-68 victory in the Sun Belt tournament finals. The Lady Toppers remain the last team to win on La Tech's home floor.

"You better believe it's a hard place to play," Western coach Steve Small said.

For Western, the road hasn't always been fun. Like many teams, Western's record at home this season (11-1) is much better than its road record (7-5). A win at Thomas Center could soothe the pain of road woes, silence the critics who say the Lady Toppers can't win away from home and put the team in that

coveted top-16 poll position as the NCAA Tournament nears.

"If we can win this game, it'll give us national recognition and respect," said senior center Leslie Johnson, who leads Western in scoring (17.1 points per game) and rebounding (8.7 rebounds per game). "Hopefully, we'll be confident going in. The important thing is for us to ever get past the idea that we're on a different floor and not let the crowd bother us, we'll win."

"I believe in my heart that this team is better than La Tech."

"I believe in my heart that this team is better than La Tech."

— Leslie Johnson
senior center

The Lady Toppers are focusing more on being ready to play the Lady Techsters mentally this week. They've already proven they are Tech's equal physically, with a thrilling 88-86 win against Tech at Diddle Arena two weeks ago.

"It's a challenge for us," said junior forward Kristi Hartley, who averages 5.5 points and 3.2 rebounds. "A win there would be a big step. I can't name a big road win in another team's arena that we've had. I don't know the reason why."

"It's a lot mental. At home, if we get behind, we never doubt that we'll come back. We get behind on the road, and it's like we're finished."

Small said the difference between Western's play at Diddle and at any other arena boils down to this: The Lady

Toppers are simply a more relaxed team at home. Small said traditionally Western has played well on neutral courts, in preseason or holiday tournaments, because the team was loose.

Case in point: a 69-63 win over No. 7 Texas Tech in Cancun, Mexico, in November. But road games have been different. The games seem more

important. The team plays tight.

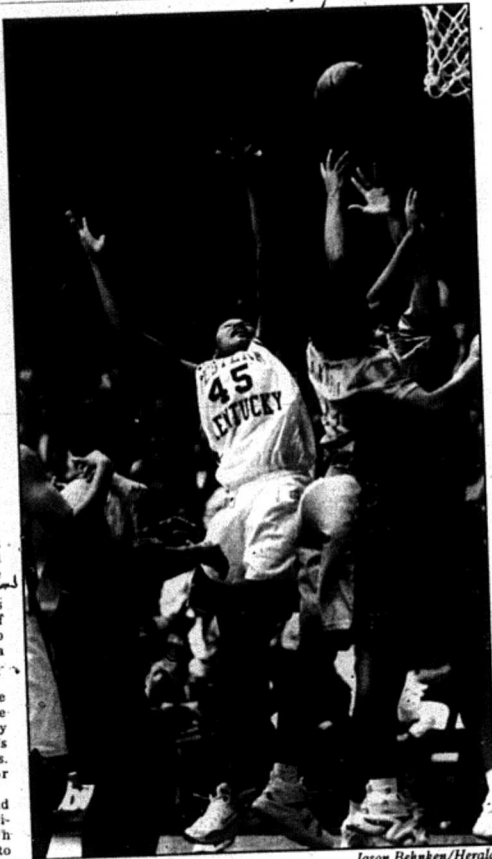
"You go into a strange atmosphere, and your heart's racing a mile a minute; you're not quite as confident."

Small said. "That's where the mental part comes in. You've got to come out with fire, grit and determination. You have to have an attitude like, 'Bring it on.'"

But while the Lady Toppers try to solve the mystique of Thomas Center, they'll also appreciate playing in such a true college basketball environment.

"Ruston's just like Diddle Arena," Small said. "They are going to be into it, and they appreciate good basketball... it's not that the fans are against us. They are just so much for Louisiana Tech."

"The fans — at Diddle and in Ruston — are really appreciating the Western-La Tech rivalry. They know it's going to be exciting and a war. And I guess the popcorn tastes better that night."



Jason Behnken/Herald
Freshman guard ShaRae Mansfield battles La Tech's Monica Maxwell.



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