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SGA proposes new constitution

Students to voice opinion in referendum

By C.J. FRYER
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Students at Northern Kentucky University will have the opportunity to vote on proposed changes to the Student Government Association constitution during a student refer-

endum Jan. 19.

The student senate approved the constitutional changes at its Nov. 29 meeting in a 17-2 vote. If the changes receive a majority vote in the student referendum, they will then go before the Board of Regents for final approval at its Jan. 26 meeting.

According to SGA President Andy Hixson, the proposed

constitution is a more "solid" version of SGA's current constitution.

"(The proposed constitution) clarifies certain processes where there were a lot of gray areas in the last one," Hixson said. "There are no real profound changes."

These "gray areas" were brought into the spotlight dur-

ing the SGA presidential election last spring.

When Hixson was elected last April, the SGA election committee disputed the results with university officials, claiming Hixson did not meet eligibility requirements based on its interpretation of the current constitution. The administration had announced Hixson as the winner while the election committee said it would not recognize votes for Hixson and

declared his opponent, Eric Fegan, the new president.

The Board of Regents, which holds final authority over actions of SGA, later announced that it would not consider revoking the election results and concurred with the administration's decision that Hixson rightfully won.

"You don't realize that a document's flawed until something like that happens," Hixson said. "Anybody off the street should

be able to pick up your constitution and make an interpretation on a matter. It should be clean cut, no problem. The original that we're going under is not like that."

Some senators claimed that Dean of Students Kent Kelso, SGA's adviser, overstepped his boundaries during the election controversy. According to Hixson, the proposed constitution more clearly lays out the

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Tsunami death toll of children rises

By TIM JOHNSON
Knight Ridder Newspapers

BANDA ACEH, Indonesia — Relief workers are finding fewer children in camps for tsunami refugees than they'd hoped and fear that children make up an even greater percentage of the dead than was estimated earlier.

"You just don't see the little kids in the camps; babies, infants and toddlers," said Christine Knudsen, a senior officer for Save the Children, a nonprofit worldwide advocacy and relief group. "Let's hope we're wrong. But that's the trend right now."

Hard numbers are difficult to come by. Relief workers originally estimated that children made up 3 of every 10 people killed when an earthquake triggered a tsunami that swept the coasts of 12 countries Dec. 26. But as relief workers canvass camps in Indonesia — the hardest-hit country — to tally the number of children, they're beginning to reassess their first estimates.

"In all the camps, the number of children is low," said Frederic Sizaret, a child-protection officer with the United Nations Children's Fund, better known as UNICEF.

Relief workers hope for a more accurate picture of the child death toll later this month, when schools reopen and they

can compare this year's enrollment with last year's.

Anecdotal evidence and other early signs lead them to think that children — especially very young ones — couldn't escape the battering pressure of the tsunami.

"Only the strongest survived in this disaster," Sizaret said. Experts originally calculated that children comprised about 30 percent of victims because that's their relative proportion in the general population. Knudsen said. When relief officials first arrived in Indonesia, they thought they'd find thousands of children either orphaned or missing one of their parents, and many lost children being cared for by other adults.

So far, however, UNICEF and other agencies that are working with minors have found only 400 cases of "separated" children, a term for anyone younger than 18 who's separated from both parents or from customary caregivers, Sizaret said.

"The number of separated and unaccompanied children is not as high as we feared," said Shantha Bloemen, a spokeswoman for UNICEF.

"One speculation is that it is because so many children were killed."

Workers in Aceh province have collected 84,637 bodies so far, with as many as 132,000

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KRT Campus

Mardian surveys what is left of her Banda Aceh, Indonesia, neighborhood on Jan. 16. She lost 10 family members in the tsunami disaster.

Colleges donate funds

By SARAH LOMAN
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Amy Ehrenleit / Photographer

Collection buckets for tsunami relief are set up at various locations on campus, such as the NKU Bookstore.

Northern Kentucky University, along with Xavier University and the University of Cincinnati, are involved in a team effort to collect money for the tsunami relief fund.

The primary donations from NKU are going to be from donation jars that will be set up all over campus, run by student organization volunteers to collect.

The goal is for everyone, students and staff to donate one dollar, making the monetary goal somewhere around \$15,000.

Senior speech communica-

tions major Holly Caudill has been working with Dean of Students Kent Kelso and Director of Student Life, Betty Mulkey to kick off the campus donations.

"We did really well with volunteers during the basketball games last Tuesday and Thursday," Caudill said. "We raised about \$180 at the second one, and \$120 at the first."

"There was one student playing guitar with an open case to get donations that way, and the game announcer announced that we were there in case people didn't see us when they came in. It was a lot of fun."

Mulkey also feels that things are going well, especially when it comes to the student involve-

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Tsunami casualties

The government of Indonesia, the country worst hit by December's tsunami, now says that more than 200,000 people there died or are missing and likely to have died.

Estimated toll
As of Jan. 12

Indonesia:	78,395 confirmed dead;
	131,479 missing
Sri Lanka:	30,882 dead; more than 6,000 missing
India:	10,151 dead; 5,028 missing
Thailand:	5,291 dead; 3,345 missing
Somalia:	296 dead
Myanmar:	90 dead
Maldives:	82 dead
Malaysia:	88 dead
Bangladesh:	10 dead
Kenya:	1 dead

Speaker shares message of King

Durand honors life of Martin Luther King, Jr. with commemorative presentation

By SARAH LOMAN
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Dr. Martin Luther King, Jr.'s dream was revived Thursday, Jan. 13 thanks to a presentation by Dr. Henry Durand. Durand's presentation was both of the life of Dr. King and the message behind his life.

"Martin Luther King Day should not be just a day off, or even necessarily a day of celebration," Durand said. "It should be a day of deep reflection and meditation on the values that King stood for."

Durand himself was highly influenced by the life and the message of

Dr. King. He recalls King saying things like "Stand straight. Stand proud. A man can't ride your back unless it's bent."

Durand said that neither of his parents had more than a sixth grade education, but "King's words resonated with them and they resonated with me."

When King was killed in 1969, Durand became the first president of the Black Student Union at Denison University. He says that frequently the Union made the mistake that many people do.

"We tended to reduce King's essence to 'I have a dream.' We overlooked his growth period," Durand said.

King's growth period included his moving on in his speeches towards economics, mainly education and ending housing discrimination. He stayed true and never wavered in his Christian ethics and non-violent protest.

"If Dr. King was alive today, he would be 76 years old, and he would support the search for equal opportunity education," said Durand. "Some mistake the meaning of equal opportunity education. It means that every student should have the opportunity to maximize their education regardless of their ability to pay."

At times, Durand travels and speaks to high school students about continu-



Nicole Jones / Photo Editor

Dr. Henry Durand spoke to commemorate Dr. Martin Luther King, Jr. Jan. 13.

INSIDE



NKU students explain how tattoos can be more than just body art.

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campusreport

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campusbriefs

WNKU to cover presidential inauguration

Coverage of the 55th U.S. Presidential Inauguration will be provided by WNKU and National Public Radio Jan. 20 at 11:30 a.m.

The coverage will include the swearing in ceremony, the inaugural address, and the post-inaugural reports. NPR's Linda Wertheimer and White House correspondent Don Gonyea will host the coverage.

NPR reporters will be stationed around the capitol and the city talking with supporters, participants, and protesters.

On Jan. 19, from 2-4 p.m., WNKU will feature a special pre-inauguration broadcast.

NKU to accept Lucas papers

Northern Kentucky University will be accepting the congressional papers of former U.S. Representative Ken Lucas on Saturday during a formal ceremony. The event will take place at 8 p.m. on the third floor of Stealy Library.

"In recognition of his 23 years as a regent at NKU, 13 of those as chairman, Congressman Lucas has the singular honor of having a building named after him, the Lucas Administrative Center," NKU said in a statement Jan. 7.

Hoxworth to host blood drive

The first Northern

Kentucky blood drive of the year will be on Feb. 1. There will be free unbreakable NKU water bottles, and entry in a raffle for a Jillian's Party Pak for all those who donate.

There is a new registration process and those who register will be given priority. Contact the Office of Student Life with any questions, otherwise sign up at www.hoxworth.org/nku.

Students invited to explore the United Kingdom

Dean of Education Dr. Elaine Jarchow and NKU Director of University Partnerships Dr. Jon Draud are leading an exploration of the United Kingdom from June 6 to 21.

NKU students are invited to join them to visit a variety of schools and learn about education and school governance in the UK, to discuss common concerns, to increase understanding of history and culture in the UK, and to complete a global education project using the UK as a case study for a classroom.

The study will be worth three graduate credits. Practicing teachers, guidance counselors and school administrators are also invited to participate.

The cost of the trip is \$2,395 and includes lodging, breakfast and ground transportation.

More details and the cost are available at www.advancement.nku.edu.

King

Continued from page one

ing their educations, and will ask them what they want to be when they grow up. "They say that they want to be a basketball player, because they see that as a way to riches. Education is the way."

Durand says that some are waiting to hit the lottery.

"You have a better chance of getting struck by lightning twice than you do of hitting the lottery," Durand said.

Durand then went on to urge students in the audience to continue with their educations and to graduate.

"Students are obligated to maximize their education opportunities. It makes a difference of about \$20,000 per year. Graduate schools add about another \$20,000 on average."

"Those of you who don't attain your bachelor's degree, you're robbing your community," Durand said. "It's a way to give back."

Durand also urged students to help each other. "Students now have a number of serious responsibilities. You need to mentor the new and incoming students. It is difficult to make the adjustment from high school culture to college culture; and that's what it is, a different culture. Help students understand."

"This is college. We expect you to think."

Dr. Durand's lecture was titled "Reviving the Dream: Educational Equity as a 21st Century Imperative."

Dr. Henry J. Durand is the associate vice provost for undergraduate education and is the executive director for the Center for Academic Development Services (CADS) at the State University of New York at Buffalo.

policebeat

The following reports were filed with the Northern Kentucky University Police Department between Jan. 11 and 17.

Tuesday, Jan. 11

4:00 p.m. Subject reported damage to personal property in Norse Hall during winter break.

4:39 p.m. Subject reported falling from a wheelchair after running over broken sidewalk between the University Center and Nunn Hall on Jan. 6. Medical attention was sought on Jan. 7.

10:29 p.m. Subject arrested from Commonwealth Hall, possession of marijuana. Subject transported to Campbell County Detention Center for lodging.

10:54 p.m. Medical response to Norse Hall, subject transported to St. Luke East for further evaluation and treatment.

Wednesday, Jan. 12

12:58 p.m. Cell phone reported stolen or missing on Jan. 11.

1:44 p.m. Found credit card in the Administration Center. Officers were unable to locate the owner, card secured in the DPS room.

1:44 p.m. Theft reported of a 2005 NKU parking permit while vehicle was parked off campus. Subject referred to the Parking Office for a replacement.

4:46 p.m. Kentucky State Citation issued for expired registration on University Drive.

7:20 p.m. Kentucky State Citation issued for speeding on Nunn Drive.

8:12 p.m. Kentucky State Citation issued for speeding on Nunn Drive.

Thursday, Jan. 13

1:17 a.m. Kentucky State Citation issued for operating a motor vehicle with a suspended license. A verbal warning was given to the driver for driving wrong direction on a one-way street.

3:00 p.m. Theft reported from the BEP Center. Textbook from the restroom reported missing, under investigation.

3:08 p.m. Accident reported on Kenton Drive. No injuries reported, both vehicles remained in service.

Friday, Jan. 14

8:43 a.m. Roommate dispute in Kentucky Hall reported involving personal property. Under investigation.

11:11 a.m. Theft reported from a vehicle in lot F, 2005 NKU parking permit. Under investigation.

1:02 p.m. Complaint received by

reserved parking space owner. Owner arrived as vehicle was being towed, paid the show-up fee and moved the vehicle.

3:17 p.m. University keys reported missing from Landrum Hall. Subject referred to Physical Plant to change locks and reissue keys.

3:46 p.m. Kentucky State Citation issued for expired registration, no insurance.

4:30 p.m. Kentucky State Citation issued for expired registration on University Drive.

4:42 p.m. Kentucky State Citation issued for expired registration, failure to produce an insurance card, failure to notify DOT of address change.

Saturday, Jan. 15

2:28 p.m. Theft reported from parking lot U; missing registration plate.

6:23 p.m. Kentucky State Citation issued for expired registration, failure to produce an insurance card on Campbell Drive.

6:38 p.m. Verbal warning for speeding and Kentucky State Citation issued for no insurance to a driver on Nunn Drive.

Sunday, Jan. 16

10:36 p.m. Subject arrested in Meadowview Apartments on warrant of flagrant non-support, supplying false information. Also issued a Kentucky State Citation for no license and perjury.

10:36 p.m. Subject arrested in Meadowview Apartments, hindering prosecution/apprehension. Also issued a Kentucky State Citation for possession of a controlled substance.

Monday, Jan. 17

No reports.

CO-OP STUDENT SPOTLIGHT

NKU CAREER DEVELOPMENT CENTER * UC 230 * ACCESS.NKU.EDU/CO-OP



Nick (right) supervising manager, Dave Pizzo at the NKU Fidelity Investments call center

NICK BENDER JUNIOR FINANCE MAJOR CO-OP: FIDELITY INVESTMENTS

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Stop by the Career Development Center in UC 230 or call 859.572.5680 for more information.

Interested candidates can also apply via the web at www.fidelity.com/jobs. The NKU position is listed as "0402214 - Customer Service Representative (NKU)."

NKU campus recreation

WHERE THE ACTION IS!



Do You Like to Ski?

Join a group of NKU students, Faculty, & Staff on an Outdoor Adventure ski trip to Perfect North Slopes. The cost will be \$50 and includes 8 hours of skiing/snowboarding, ski rental, lift ticket, and free lessons for beginners. If you have your own equipment, there is a discounted rate. **Guests are welcome!**

DATE & TIME: Saturday, Jan. 29th from 12-8pm

TRANSPORTATION: Free! Meet at the CRC at 10am.

HOW TO REGISTER: Sign up and pay at the front desk of the CRC before Friday, Jan. 21st at 8pm

Questions? Call Jeremy at 572-6570 or email at chipmanje@nku.edu

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Tougher driver's licensing saves lives

 BY FRANK GRYE
 Knight Ridder Newspapers

WASHINGTON — A teenager's senseless death on a Florida interstate nine years ago sparked driver's license changes nationwide that are saving hundreds of young people's lives and averting thousands of crashes.

The new approach makes teens wait longer to obtain unrestricted licenses and requires more adult supervision of novice drivers. It also keeps young passengers out of the cars of teens who are learning to drive and reduces night driving.

The changes "always made a lot of sense," said Allan Williams, the chief scientist at the Insurance Institute for Highway Safety in Arlington, Va., a research and communications group. But state lawmakers rejected them as unfair for years. As the Los Angeles Times put it in a 1983 editorial, "It is contrary to the nature of teenagers to be home from a date by midnight."

So until Tiffany Accardi, 16, of DeBary, Fla., plowed the 1992 Pontiac Sunbird her father had bought her into an oncoming Honda sedan on I-95 near Titusville on Labor Day 1995, state lawmakers ignored some hair-raising findings about young drivers.

Among them:

- Drivers ages 16 and 17 have nearly double the crash risk at night as the daytime risk for any age group. Their risk is nearly three times that for drivers 18 and 19.

- Newly licensed drivers have more than double the crash risk that they'll have after they've been driving for six months.

- The crash risk at night is three times the daytime risk for 16- and 17-year-olds.

- The crash risk soars when 16- and 17-year-old drivers ride with unsupervised teen passengers. With three passengers, for

example, the crash risk quintuples compared with when teens drive alone.

The odds haven't changed much. Lawmakers in New Zealand in 1987 and then in Australia and Canada found ways to keep young drivers out of high-risk situations. They relied on U.S. teen-driving research that's been around since the 1970s.

Since 1996, when Florida toughened its standards, all but three U.S. states — Kansas, Montana and Wyoming — have imposed new limits, which are lifted in stages as drivers gain experience.

Nationwide, the tougher laws are producing heartening numbers: Fatalities and injury-causing wrecks fell 32 percent among Michigan's youngest drivers, compared with the years before the new restrictions went in effect. North Carolina's fell 28 percent, Ohio's 24 percent, California's 17 percent and Florida's 11 percent.

Outcomes vary from state to state largely because their laws vary. But it's clear that to toughen the rule, the more lives saved. North Carolina, which bans unsupervised driving after 9 p.m. for initial and intermediate permit-holders — most of them 16 — cut their night crashes nearly in half. Florida's curbs, which kick in at 11 p.m. for 16-year-olds and 1 a.m. for 17-year-olds, cut their night crashes 17 percent.

Compliance remains a concern, however, especially for young male drivers. Police rarely enforce the new curbs except when they're incidental to accidents or other violations.

How many lives are being saved can only be estimated, because most states haven't figured it out. California's 1990 restrictions averted roughly 400 fatal or severe-injury crashes in the next two years, according to one study. Ohio saved some 30 lives a year, according to another.

er study. Michigan averted roughly 2,000 fatal and nonfatal injury crashes a year among 16-year-olds, according to a third.

Williams, of the Insurance Institute for Highway Safety, put the number of lives saved to date at something like 1,000, crashes with injuries, in the tens of thousands.

He and other experts can't explain, however, why Florida's lawmakers, who'd rejected tougher licensing three times, suddenly got behind what Williams calls "one of the strongest public health movements ever seen in North America."

Williams even wrote a paper about this "mystery." There was no change in the size of the problem, he noted, and no research breakthrough. There were no federal sticks or carrots, not even any big parental organizations such as Mothers Against Drunk Driving, to push it.

The catalyst was Florida teen Tiffany Accardi, who'd earned an A in driver's education at Deltona High School. She'd gotten her license "driving around a buncha ones in a parking lot," as her aunt, Diane Zeidwig of Deland, Fla., put it. Accardi, with two months of licensed driving experience, had three teen passengers with her in the Sunbird on I-95. She'd fought with her boyfriend, according to Zeidwig, and witnesses estimated that she was driving 90 miles per hour when she crossed the interstate's median strip.

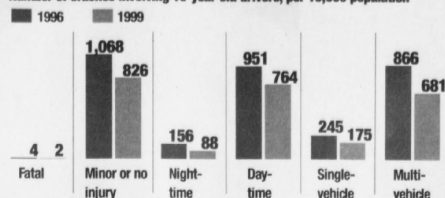
The crash killed five: three teens — Tiffany and two of her passengers — plus a father from Miami in the other car and his son, age 4.

Zeidwig and Accardi's parents moved quickly. Amid intense state media coverage of the carnage, they persuaded a state legislator, Republican Rep. Earl Ziebarth, to back a license-toughening

New rules, fewer teen wrecks

These changes in highway accidents were recorded after North Carolina tightened its restrictions* on teen drivers in 1997.

Number of crashes involving 16-year-old drivers, per 10,000 population



*Source: Highway Safety Research Center at University of North Carolina-Chapel Hill
 Graphic: Helen Lee McComas

© 2005 KRT

bill.

Despite the American Civil Liberties Union's threat of a lawsuit ("The government has no right telling people they can't be in a car after a given hour," it stated), the bill passed, and the indifference of then-Gov. Lawton Chiles, whose mail ran 15 to 1 against passage, lawmakers approved the Accardi family's measure.

It passed by voice vote at 15:22 a.m. on May 4, 1996, eight minutes before the 60-day legislative session ended.

Terry Moore, Ziebarth's legislative aide at that time, recalled that Lt. Gov. Toni Jennings of Orlando, then the chairwoman of the Florida Senate Rules Committee, included the measure in a package of quickly approved final-hour bills as a tribute to Republican state Sen. Malcolm Beard, the retiring chairman of the Transportation Committee.

After Florida acted, four other states followed that year, eight in 1997, 12 in 1998, 11 in

1999 and so on.

According to David Preusser, the president of PRG Inc. of Trumbull, Conn., a leading teen driver-safety consultant, "It was like a dam had broken."

Tiffany's father, Roger Accardi, 59, a pharmacist, and his sister Zeidwig, a marriage and family therapist, share a theory about why the dam broke.

Before telling her version of it, Zeidwig, who holds a master's degree in counseling, described herself as "a very practical person" and "not a devout Catholic, though I go to church." She said she hadn't had paranormal experiences before or after the one she was about to describe.

Zeidwig said she was sitting on her brother's couch, both of them in tears, depressed and sliding into deeper depression, on the afternoon after Tiffany's death.

Suddenly, "a bolt of light came out of the fireplace and hit me in the chest," Zeidwig said.

"I jumped up and said, 'We've got to do something!'" Zeidwig's brother doesn't recall seeing the light, but Roger Accardi said "something jolted her" and that their license-toughening campaign was born in that moment.

Accardi and his sister, who didn't participate in other states' campaigns, were surprised to find the Florida drive so effortless. "People were coming to us to ask what they could do," Zeidwig said. "It just rolled."

Accardi's theory about the effortless campaign is this: "It was to a large degree, they were orchestrated by my daughter."

Zeidwig agrees. Tiffany had been an animal rights activist, a human rights activist and an environmentalist, she said. Saving young drivers' lives would have been in Tiffany's line of work.

Feb. 16, Tiffany was running the show and telling me what to do," Zeidwig said.

Constitution

Continued from page one

adviser's role in SGA.

Sen. Michael Tobertga abstained from voting on the new constitution because he said it fails to empower students.

"It's taking away power from the students and giving too much to the administration," Tobertga said. "The administration wanted to ensure that there was some documentation that they had authority... to step in and basically control the students."

"We can't be treated like children, and that's exactly what this document is doing."

Hixson said that's simply not the case.

The administration is not sitting around you. "What can we do to Student Government?"

That's not happening," Hixson said. "Some people in SGA create that 'hey, the administration is not to get us' (sentiment) for this government behind them. This administration is so pro-SGA."

This is SGA's second attempt in the past year to change its constitution. University officials deemed SGA's last proposed constitution a "flawed document" and while it was approved by the student senate and the student body, NKU President James Votrubec recommended sending the document back to SGA and the Board of Regents' July 21 meeting.

Last year's proposed constitution included governance by the Student Activities Programming Board and the Residential Housing

Association, as part of an idea of "shared governance," a policy of increased collaboration between SGA and other student organizations.

Many critics of the document claimed that it gave SGA disproportionate control over these organizations.

Hixson said the SGA's fall retreat that proposed the constitution — one that was "completely different from the previously proposed version — was a bad idea."

Hixson said the constitution for the year. He created a constitution committee at the

beginning of last semester to draft a new document. The committee consisted of Executive Vice President Jeff Iker, Sen. Tobertga, Sen. Ben Harrison and Sen. Josiah Brock.

The committee created a new constitution that dropped the idea of "shared governance."

"Other student organizations are completely left out of it," Hixson said. "There's nothing about power control at all. We need to have control of what we already have with this new document. Some people in

SGA want it to have more power. I won't, which might sound weird."

If you need a document to give you power, then you're doing something wrong. Your leverage should come from... being a team player."

Hixson said that the only way SGA should take over control of other organizations and their funds is if there is a student initiative for the action, not an SGA initiative.

Voter turnouts in SGA elections are historically low, and many senators predict this referendum will be no exception.

"There's the anxiety that numbers are going to be down because of the control off of (winter) break," like this," Hixson said, "but we need to

get it done now so it can go before the board for the January meeting. Once the board passes that constitution, then we can structure our (spring) election in April."

"If you have 50 people (votes), I'd be surprised," Tobertga said.

The election will take place online between 7:30 a.m. and 10 p.m. Students can vote on or off campus.

at <http://elections.nku.edu/sga>.

The current and proposed constitutions can be viewed at <http://www.nku.edu/sga>.

Students who have any questions regarding the proposed changes to the constitution are urged to contact SGA at (859) 572-5149.

Tsunami

Continued from page one



The Asian tsunami reduced parts of Banda Aceh, Indonesia, to rubble.

more people missing, most of whom, three weeks after the tsunami, aren't expected to be found alive. Officials haven't said how many of these are children.

Banda Aceh, the capital of Aceh and ground zero in tsunami-lashed northern Sumatra, is plastered with posters of missing children. A local newspaper, Serambi Indonesia, publishes a page and a half of advertisements daily for missing people, almost all of them children.

"Yoga. Where are you, my son?" a woman's poster reads with three bright pictures of a smiling lad, stuck to a pillar plastered with other posters outside a Red Cross disaster center. It described a 7-year-old boy, Muhammad Rizka Yoga, with an unusual birthmark on his neck.

"A lot of the people missing are most presumably dead. But in a situation like this you try to do everything you can," Red Cross spokesman Bernt Apeland said.

The counterparts to the "missing" posters are just inside the center. There, on a bulletin board, are the "I am Alive!" lists. Compiled by the International Committee of the Red Cross, they contain

more than 400 names of children and adults who want to advertise that they survived the tsunami.

Last week, the lists paid off when a man came in and identified a 9-year-old boy, Maimun, as his nephew. The boy was reunited with his 18-year-old brother, Apeland said.

While reuniting children with relatives is a goal of several relief groups, so is helping children overcome the trauma of losing family, home and friends. At a small mosque in the outlying city district of Langgubog, Save the Children counselors offer paper, crayons and building blocks to create what they call a "safe play area." The area resounds with the boisterous shouts of some 70 kids.

"One of the most important things in a disaster situation after (children) go through a traumatic experience is for them to come into a normal routine," said Elisabeth Bakke, a Swedish expert from Save the Children.

She added that it was vital for children to play and to return to school as quickly as possible.

Relief

Continued from page one

ment. "The student organizations have willingly stepped up; it seems like people really want to be on board for this," she said.

Kelso announced there will be a competition among student organizations to see who can collect the most for the relief effort.

The winner will receive a \$250 grant and a pizza party. Those interested should contact the Office of Student Life.

The Office of the Department of Theatre and Dance, Ken Jones also decided to coordinate a relief effort for the entire department.

The theatre department will be putting on a "variety show" which they are playfully calling "Bridge over Troubled Waters."

The show will be put on Jan. 19 in Corbett Theatre at 7:30 p.m. "We're not charging for tickets. You pay what you want."

Afterwards there will be

desserts, and the ticket money will be donated to the Red Cross.

Donations from NKU will be shared equally between all of the government-approved groups that are assisting in the relief efforts.

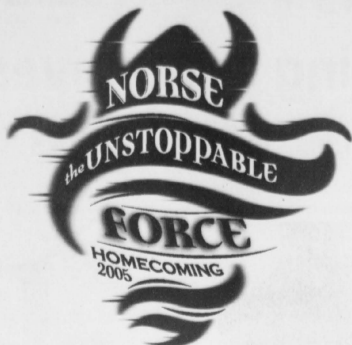
The donations will continue until Jan. 3, and then on Feb. 10, at the UC-X game.

The presidents of all three universities will be at the ceremony.

Betty Mulkey, respective schools, along with international students from all countries affected by the tsunami, carrying that country's flag.

The tsunami, which hit southeast Asia Dec. 26, was the result of a massive earthquake, which struck in the middle of the Indian Ocean and was responsible for the deaths of about 145,000 people.

The earthquake measured a 9.0 on the Richter scale.



HOMECOMING 2005 SCHEDULE OF EVENTS

date	time	event	location
2/4 Friday	12 pm	Banner, window, and department decorating begins	UC lobby, UC & NC windows, departments
2/4 Friday	12 pm	Black and Gold Day – free food! <u>Sponsored by SGA</u>	UC Lobby
2/6 Sunday	12 – 4 pm	Norse Day	Newport on the Levee
2/6 Sunday	6 pm	Superbowl Party <u>Sponsored by RAs</u>	University Suites Lobby
2/7 Monday	12 pm	Banner, window, and department decorating judged	UC lobby, UC & NC windows, departments
2/7 Monday	7 pm	Talent Show <u>sponsored by APB</u>	Otto Budig Theater
2/8 Tuesday	8 pm	NKU Freestyle Battle <u>sponsored by APB</u>	Otto Budig Theater
2/9 Wednesday	10:30 am – 2:30 pm	Bets for Bucks and Digital Caricatures <u>sponsored by APB</u>	UC Lobby and Cafeteria
2/9 Wednesday	1 pm	NKU Homecoming guest speaker Dr. Stephen Boyd and reception	Otto Budig Theater
2/9 Wednesday	9:00 pm	Yell Like Hell, Duke/ Duchess announced	Albright Health Center
2/10 Thursday	7:30 pm	Up 'til Dawn VIP dinner	Jillian's
2/10 Thursday	9 pm – 2 am	Homecoming Celebration and King/ Queen Courts announced with <u>transportation provided by APB</u>	Jillian's
2/11 Friday	All Day!	Black and Gold Spirit Day	(wear your school spirit!)
2/11 Friday	12 pm	Free Food Friday and Knowledge Bowl <u>sponsored by APB</u>	UC Lobby
1/31 Saturday	4 pm	Alumni Chili Cook-off	Regents Sidewalk
2/12 Saturday	5:30 pm	Norse Women vs. Bellarmine (Prince/ Princess announced at halftime)	Regents Hall
2/12 Saturday	7:45 pm	Norse Men vs. Bellarmine	Regents Hall
2/12 Saturday	Halftime of game	Crowning of King & Queen and organization winners announced	Regents Hall

NEW float decorating contest

- Each organization will be provided with a 34" steel Radio Flyer Wagon to decorate.
- Completed floats need to be in U.C. Lobby by noon on Monday, February 7, 2005. Also, a small slip of paper needs to be attached to the float with the name of the sponsoring organization.
- The floats will be displayed throughout Homecoming week. The winner will be determined by how much money the float collects for St. Jude Children's Research.
- The float winner will be announced at the Women's Homecoming Game on Saturday February 12, 2005. A representative from each organization must be present at this game to potentially receive their prize.
- All organizations are responsible for taking their wagon with them after the game.

guidelines:

- Must incorporate the Homecoming Theme
- No living beings/animals on float
- Must be in good and reasonable taste



NEWPORT[®]
ON THE LEVEE
A WORLD AWAY FROM THE EVERYDAY

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Tattoos make their mark on students

By AMY EHREITER
Features Editor
ehreiter@nku.edu

From a rebellious statement in the 1960s, to a common addition to the body today, tattoos have become an art of their own.

Tattoos were first adopted by rock stars in the 1970s, and later in the 1980s, tattoos were accepted by a broader, mainstream audience. Today, they can be seen not only on rock stars, but also on athletes, movie stars, singers, models and many other public figures.

Students at Northern Kentucky University have also assumed this art form, adorning their bodies with pictures out of books, images with symbolic meaning and even tattoos in memory of lost love ones.

"I spent about an hour trying to figure out what I wanted," freshman Jerad Burris said of his tribal back piece that spans between his shoulder blades.

His back piece is one of four tattoos he has acquired since his 18th birthday. He also has a small tribal arm band, his initials on his forearm and a Chinese character meaning "to drink" on his neck – which spawns a lot of conversation, he said.

Tattoos are not only something to add design to Burris' body; the initials on his forearm have become a family tradition.

"My brother has his, I have mine and my sister is going to get her

(initials done)," Burris said. Of all of his tattoos, the one on his back is his favorite.

"The one on my back hurt really bad," Burris said. The tattooing process involves an ink-filled needle penetrating the skin repeatedly.

Though the process sounds painful, certain places on the body don't hurt at all, while other places produce a high level of pain.

Some of the most painful places on the body to tattoo are the genitals, sternum, ribs, hands, wrists, feet, ankles, lower back, neck and head.

Despite the pain, some students decided to get tattoos in these regions.

Laura Gauck, a freshman criminal justice major, had a lower back piece done on her 17th birthday. "It wouldn't look good anywhere else," she said of her tribal design with a heart and a rose.

Many students compared the pain of a tattoo to getting a shot, a repeated bee sting or needles dragging across the skin.

Since people have different pain tolerances, different places on the body may hurt more than others. People who have undergone major surgery or women who have given birth may think tattooing isn't painful at all.

Karen Lunn, a senior marketing major, insisted the tattoo on her

lower back didn't hurt. "It was just annoying. I could carry on a conversation the entire time."

According to Rebecca Campbell, a senior anthropology and business administration major, "part of the reason you get it done is for the pain."

Campbell plans on getting "sleeves," a term for covering a person's entire arm with tattoos, much like an actual shirt sleeve would. So far, she has one on her ankle and back and three on her right forearm.

"I don't like sporadic tattoos everywhere," Campbell said. "I like them all to be kind of cohesively pooled together."

Along with considering the pain of getting inked, many other things should be considered before getting a tattoo.

The location of the tattoo is important. For women, any area on the stomach or hip is susceptible to stretching from pregnancy.

Also consider the future when it comes to choosing a tattoo. Will it hinder any job opportunities? Will I like this design in 10 years?

Mike Ketteler, an undeclared sophomore, doesn't regret his tattoo – he wants more.

"I want them to be meaningful," Ketteler said.

Currently, he has praying hands with a banner on his bicep. Written on the banner are his brother's initials and his grandfather's initials – both died within months of each other.

Whether they have a strong personal meaning or are picked out of a book, tattoos represent something about the person they decorate.

Although a mainstream art, tattooing should still be taken seriously. The design is a permanent part of a person's body.

"They're addictive," Ketteler said. "You'll get more."



Once the tattoo is complete, it is up to the individual how good the art will look.

The care during the healing time is the most important. A person's physical condition, age, diet, medication and amount of alcohol consumption are all deciding factors of how fast they will heal after getting a tattoo.

With proper care, a tattoo generally starts to look good after two weeks.

- After leaving the tattoo shop, leave the art covered for two to 12 hours, touching the tattoo as little as possible.

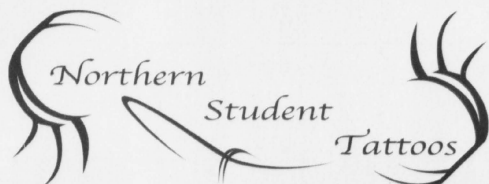
- Remove the bandage by wetting the gauze in the shower. Do not re-bandage.

- Wash the tattoo with a mild antibacterial soap and water and pat dry.

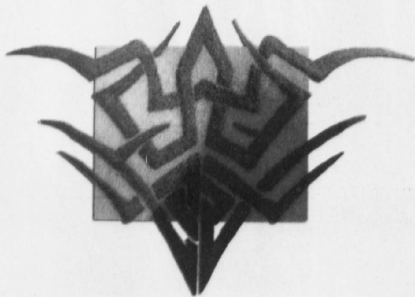
- With clean hands, apply a light coat of antibiotic ointment at least three times a day to keep tattoo from drying out.

- After five days stop using ointment and use non-greasy, fragrance-free lotion to keep the tattoo moisturized. Within seven to ten days it should stop feeling tender.

For further instructions, ask the tattoo artist for a printout concerning long term care.



- Rebecca Campbell
- senior
- anthropology and business administration major
- Location of tattoo pictured: right forearm
- Longest tattoo time: four hours
- All of her tattoos relate to her astrological sign or birth
- First tattooed by a friend at age 15
- "I'm into color, I'm not into the black and white pieces."



- Jerad Burris
- freshman
- undeclared
- Location of tattoo pictured: between shoulder blades
- First tattooed on 18th birthday
- Tattooing time: two and a half hours
- Cost of tattoo: \$200



- Mike Ketteler
- sophomore
- undeclared
- Location of tattoo pictured: right bicep
- First tattooed at age 19
- "It's my grandpa's initials and my brother's initials. I was real close to both of them."



- Karen Lunn
- senior
- marketing major
- Location of tattoo pictured: lower back
- Her tattoo was designed by two friends
- Tattooed at separate times, collective cost: \$180
- Length of tattooing: two hours
- "People in my high school were surprised when I got the tattoo because I was so quiet."



- Stephanie Rust
- freshman
- undeclared
- Tattooing time: hour and a half
- Cost of tattoo: \$150
- No personal meaning
- Location of tattoo pictured: between shoulder blades
- "I picked two tattoos off the internet and had them drawn together."

To see other NKU students' tattoos, visit
www.thenortherner.com to view the complete slideshow.

campuscalendar

wednesday

- ECOS meeting at noon in UC 232.
- ECOS chili supper at 7 p.m. in SC 207.
- Required Homecoming Team meeting at 12:45 to 8:30 p.m. in UC 303 for participating student organizations.
- Freshman Service Leadership Committee meeting at 2 p.m. in UC 111.
- Women's Empowerment meeting at 4 p.m. in UC 107.

thursday

- Women's Basketball vs. St. Joseph at 5:30 p.m. in Regents Hall.
- Men's Basketball vs. St. Joseph at 7:45 p.m. in Regents Hall.

friday

- Special performance of "Coconut Therapy" by guest artist Quara Alegria Hudes, directed by Daryl Harris. Show begins at 8 p.m. in the Blackbox Theatre.

To place an event contact Regan Coomer at 859-572-5859

saturday

- Performance of "Coconut Therapy" at 8 p.m. in the Blackbox Theatre.
- Women's Basketball vs. Wisconsin-Parkside at 1 p.m. in Regents Hall.
- Men's Basketball vs. Wisconsin-Parkside at 3:15 p.m. in Regents Hall.

sunday

- "Five on Five" Basketball League begins in Albright Health Center.

monday

- Tryouts for Homecoming Homegrown Talent Show from 4 to 6 p.m. in the Budig Theatre.

tuesday

- Tryouts for Homecoming Homegrown Talent Show from 4 to 6 p.m. in the Budig Theatre.
- Women's Basketball vs. Spalding at 7 p.m. in Regents Hall.

northernlife

Faculty art on display

BY KRISTIN KOESTER

Art Reporter
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Welcoming visitors to the art gallery is a massive painting of a woman within nature.

Her feet curve to grip the large boulder from which she peers down. Behind her, a brilliant sun glows with a golden sheen that warms the gallery. She is a radiant, pale-skinned figure made up of gentle, wide brush strokes.

The art department faculty and staff begin every spring semester by opening the art gallery featuring their own work.

Twenty-two members of the art department have their most recent work on display.

Kevin Booher has been teaching in the art department for 30 years, and his skill, as well as knowledge of many types of materials, is evident in this painting.

He has combined acrylic and oil paint and 22-karat gold leaf on cotton canvas primed with rabbit skin glue. He applied traditional painting techniques going back centuries.

Booher regards this painting as his "love poem to nature and the human form and all their wonders and beauty."

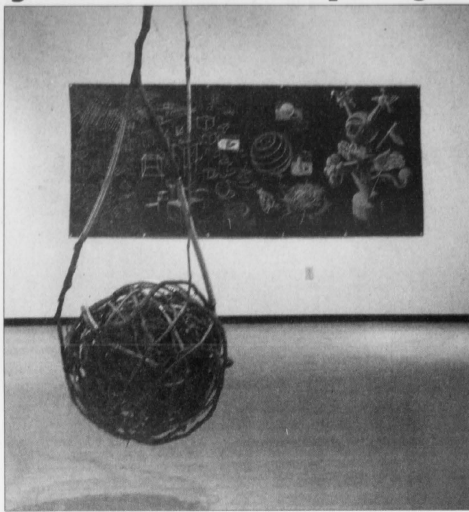
Painter and assistant professor of painting Kevin Muenste's paintings are incredible realistic renderings of nature.

He is capable of fooling the eye with his steady hand and use of oil paint to believe the images are photographs. If someone looks closely, they will see his works are perfectly depictions of a natural environment.

Muenste often sits outside and observes a location for many hours while painting and sketching. He also takes photos of an area at different times of day to see what composition is the most interesting to paint.

Along with his paintings, he has presented two pieces of art that are fleeting moments in time. "Cloudstudy" and "Mistover River," both of which were painted in 20 minutes.

Muenste is influenced by the Ash Can School of artists, especially Robert Henri who said, "Paint when the idea possesses you."



Nicole Jones / Photo editor

Sculpting professor Steven Finke spent nearly 15 hours using stainless steel hoses and wild grape vines to create his piece "Wild Grape Vines."

Beside Muenste's work in the gallery, there are two photos of Ireland in October by Barry Anderson, the Assistant Dean of the College of Arts as well as professor of photography.

Anderson's photos capture landscapes that appear to be on the verge of turmoil or have just past through such a time. Anderson has also been with the department for 30 years.

Ceramic, turquoise leaf forms are also mounted on the gallery wall. Cheryl Pannabecker's "Leaves" give the appearance they are floating in air. They seem to be caught in the act of drifting. The art looks like vessels waiting for their cargo.

Professor Richard Fruth's

pieces, made of wood and bronze, create surreal moments in miniature landscapes.

Steven Finke, a sculpting professor, used wild grape vines and stainless steel hoses and spent 15 hours to create a sphere that is suspended from the ceiling titled "Wild Grape Vine."

Alternatively, Laura Hollis, a part-time faculty member, presents the viewer with art that is purely based on the foundations of drawing.

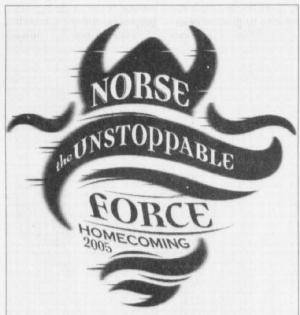
Hollis took a large piece of black vinyl and silver marker and laid out an entire drawing.

Hollis' art was also included in the Freedom Center Show in August and past faculty art shows.

The exhibit will be on display until Feb. 3 in the art gallery. It is open Monday through Friday from 9 a.m. to 9 p.m.

The small gallery, where artists are usually spotlighted, is under construction due to a leak in the roof during winter break. The water settling on the tongue and groove flooring transformed it into tongue and curve flooring.

Tobias Brauer and Julie Mader-Meersman's artwork, two professors whose art originally was scheduled to be on display in the small gallery, are now in the large gallery along with the faculty and staff show because of a leaking roof in the small gallery.



Homecoming elections near

By AMY EHREITER

Features Editor
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Northern Kentucky University students will vote for their peers Jan. 25 and 26 to determine this year's Homecoming court.

Fifty-two candidates will be narrowed down to four: king, queen, duke and duchess. "Noting is similar to the SGA election," Gabe Cronon, Internal Public Relations Chair for the 2005 Homecoming Committee, said.

Students can go to www.elections.nku.edu to vote for the candidates. They can choose up to three students in each category.

Pictures and brief biographies of the candidates are on display in the main lobby of the University Center and are available on the Web at www.thenortherner.com.

According to Cronon, the competition "this year isn't based on popularity."

"I think that these candidates, every one of them, are exceptional students on this campus," Cronon said. "To make it to the final contest,

they not only had to meet academic standards, but they also had to go through a pretty rigorous interview process and write essays."

Cronon believes this Homecoming will be different from past years, beginning with the theme "Norse the Unstoppable Force."

"The Unstoppable Force is about everything that the university has become and is becoming," Cronon said. "It emphasizes the growth and exciting future of the university."

A new event has been added to the list of affairs occurring during Homecoming. This year, a celebration is scheduled for 9 p.m. at Jillian's in Covington. Feb. 10 to announce the final king and queen candidates.

Students should plan to attend the game, the king and queen announcements, but also the duke and duchess announcement, which will occur at the "Well like Hell" pep-rally Feb. 9, in Regents Hall, Cronon said.

Events featured in last year's Homecoming are also scheduled, such as the freestyle battle and home-grown talent show.



Above: Ben Thammann will be performing his solo, acoustic rock at Cincypunk Fest III. Photo contributed by Ben Thammann.

Below: Jay Hays of indie rock band Abigail will be appearing at Cincypunk Fest for the third time. Photo contributed by Abigail.

By RICH SHIVENER

Staff Writer
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Seven Northern Kentucky University students will be supporting a youth organization by doing what they love best—play rock 'n' roll.

Fifteen bands will perform at the Cincypunk Fest III Jan. 14 at The Southgate House on three stages: the parlour, the ballroom and the lounge.

Out of the 15 bands playing, five have members are NKU students.

Abigail, a three-piece indie rock band consisting of Thomas Ryan, Jay Hays and Nick Thayer, is playing Cincypunk Fest for the third time.

The band Margin of Error featuring Matt Stanton, a liberal arts senior, is an old-school punk band.

This will be his second time playing Cincypunk Fest but with a new band.

Moving East, an acoustic rock quartet, features Ian Bolender, a junior marketing major.

Playing solo is Ben Thammann, a senior majoring in art education, who is an acoustic artist. This will be Thammann's third time playing Cincypunk Fest.

Jeff Snyder, a junior radio television major and the bassist for The Gravity Car, said he hopes The band will be "opened up to a crowd that we have never played for."

Two students are responsible

for Cincypunk Fest. Adam Rosing, a senior journalism major, has hosted Cincypunk Fest for the past three years. He also runs cincypunk.net, a Web site that promotes and is a gathering ground for fans in Cincinnati.

Co-hosting the event with Rosing is Ian O'Hara, a sophomore publications major.

"This will be a culmination of some of the best bands in Cincinnati and northern Kentucky so there's no reason why you shouldn't be there," O'Hara said.

Cincypunk Fest will feature an eclectic mix of music including indie rock, acoustic rock, punk rock and rock 'n' roll.

Other bands performing include Area Arcadia, Thistle, Junior Revolution, Earwig, Mint 6 Ten and The Culling Sound. With the exception of the Columbus band Earwig, all of the bands are from Cincinnati and northern Kentucky.

Cincypunk Fest III starts at 8 p.m. and lasts until about 1:30 a.m. Admission is \$6 for ages 18 and up and \$5 for 21 and up.

The proceeds from the concert will be donated to Lighthouse Youth Services, which, according to their Web site, "is a comprehensive youth and family services organization that provides a wide range of programs including emergency shelter, residential treatment, foster care, juvenile corrections, transitional living services for older homeless youths, and in-home service for families in crisis."

Nbrief

Cincypunk Fest III

Date: Friday, Jan 14

Time: 8 p.m.-1:30 a.m.

Admission: \$6 for 18s, \$5 for 21+

Info: southgatehouse.com
(859) 431-2201

Flies in the Pine Tar

Yet Another Randy Moss Rant

After having witnessed the Randy Moss fiasco in Green Bay and the ensuing reactions by various media outlets, I realized that it was both overblown and indicative of what is wrong with American professional sports today.

Moss is a tremendously gifted wide receiver, able to perform remarkable feats of skill with sheer natural ability. He is also a spoiled, disrespectful, overpaid child who apparently has never been convinced that his boorish celebrations and off-field antics are simply stupid at best.

The problem is not that simulating a moaning and wiping one's hind-end on the goal post never struck Moss as vulgar, the two ignorant (or, for that, but that many fans would excuse such behavior by being dismissive because of his level of skill).

Let us not forget that a couple of years ago Randy Moss had a criminal case against him for a hit and run after he ran over a meter maid (suspended sentence), and a possession of a firearm charge (slap on the wrist). Does anyone tell this kid to go to his room and think about what he did? Ever? No, not as much as he can beat a cornbread out of the field. That's a sick reality, in a fan friendly world.

I don't know why I'm surprised anymore, this kind of thing has been going on for years. It seems as if any jerk that gets a first down or makes a tackle starts dancing around like he just cured cancer. Calm down, you did your job. The problem with the bad sportsmanship that permeates the NFL — and the NBA for that matter — is that the players are not allowed to self-regulate. In Major League Baseball, for instance, if a batter hits a home run and "shows up" the pitcher, there is a very strong chance that the batter will get drilled in the back with the next pitch he sees.

Baseball is far from perfect, but if self-regulates on the field. The last time I saw football take care of business like that was when Terrell Owens did his Jesus pose in the middle of the Dallas Star and a bi-lab-sided by Emmitt Smith for his lack of respect. I liked seeing another player stand up for integrity and pride, even if it was Emmitt Smith.

The bottom line here is that professional athletes are entertainers by acting a certain way. Yes, they are role models, as long as pop-culture shows them out their throats. Yes, they have a responsibility to be respectful to the fans as long as fans are buying tickets and ultimately paying salaries. To the fans, fans can be antagonistic, and they need to be checked for some of the insults that they hurl, but never by the athletes themselves.

The shame is that more and more players act like Moss every day, because he gets the Sportcenter highlight, obscuring the value of strong character and class that the majority of professional athletes have.

Matthew Daniels is the Assistant Sports Editor for The Northerner. You can e-mail Matthew at matthewdaniels@fane.net.

norseports Norse pull off close victory

HIGHLAND HEIGHTS, Ky. — Mike Kelsey is moving up the Northern Kentucky University all-time scoring list in a hurry.

Kelsey poured in a game-high 21 points Jan. 13 as NKU held off Bellarmine, 85-79, in Regents Hall. It marked the third consecutive game Kelsey scored at least 20 points, and the senior guard moved into 13th place on the NKU all-time scoring list with 1,327 career points.

Kelsey passed both Greg Phelia and Brenden Stowers with his 21-point performance, which included four three-point field goals. He is now just three points away from passing Ryan Schrand (1,329 points) for 12th place on the NKU list.

Pat Cary finished with 17 points for NKU, which improved to 8-7 overall, 4-5 in the Great Lakes Valley Conference. The Norse held off a late Bellarmine rally and averaged an early-season 64.60 setback to the Knights.

"It was important because we saw our first home game back after the break. We built a lead, and they made a charge when we didn't play very well offensively for a couple minutes," NKU head coach Dave Bezold said.

"We missed a lot of free throws at the end that would have helped hold the lead and given us a comfort level, but we held on and won, which is the most important thing."

NKU built an 80-65 lead with 5:23 remaining when Courtney Ferguson drained a three-point shot, but Bellarmine followed with a 14-1 spurt to make it a game.

After Marcus Flynn hit a short jumper to bring Bellarmine within 81-79 with 2:35 seconds left in the game, Kevin Reinhardt took a pass from Derek Smith and converted a layup to extend NKU's lead to 83-79. Kelsey sealed the victory for NKU by making a pair of free

throws.

Reinhardt finished with 14 points, while Smith had 10 points and 10 rebounds. NKU shot 63.3 percent from the field in the first half and finished at 49.2 percent clip.

Harrison Morton had nine points and six rebounds, while Ferguson — playing in his first game for NKU — finished with seven points, three rebounds and two assists. Sean Rowland dished out a team-leading six assists for the Norse.

Bezold was pleased with Ferguson's first outing as a member of the team.

"What he is going to do is allow us to defend a quick guard, a quick scoring guard like we saw tonight," Bezold said. "I don't know if (Matt Miller) scored with Courtney on him. I think he might have had a three when Courtney helped him when he shouldn't have, but he hasn't played in a year and a half so we'll take it."

Matt Pait led Bellarmine with 20 points, and Flynn added 17 points. Miller scored 16 points for the Knights, who scored 10-for-20 shooting from three-point range to stay in the game.

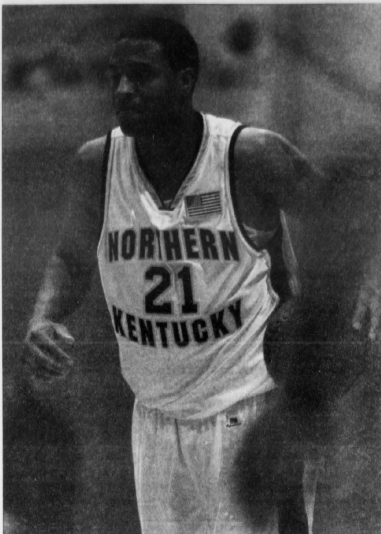
Miller scored 12 points before half-time, but he was held to four points in the second half.

"I know he's pretty fast, so I didn't want to get real close to him," Ferguson said of Miller. "Coach wanted me to get real close to him, but I didn't want to get too close because I thought I might just be an easy bucket. I just wanted to stop him from getting the jump shots and try and take him out of his offense."

NKU has now beaten Bellarmine three times in the past 21 meetings. The Knights dropped to 7-7 overall, 2-6 in the GLVC.

The Norse will host Saint Joseph's Jan. 20 at 7:45 p.m. in Regents Hall.

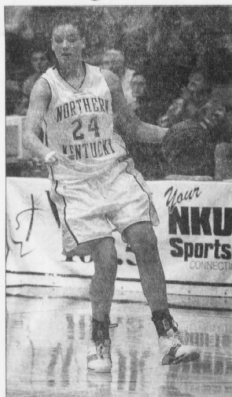
*Article by Sports Information



Blue I Photographer

Harrison Morton had 9 points and 6 rebounds in the Norse win.

Lady Norse overcome Bellarmine



Blue I Photographer

Karyn Creager's defensive effort was a major factor in the women's win over Bellarmine.

HIGHLAND HEIGHTS, Ky. — At the moment, women's basketball team in the Great Lakes Valley Conference is playing better than Northern Kentucky University.

The Norse women continued their mid-season roll Jan. 13 with a 56-53 victory over 18th-ranked Bellarmine in Regents Hall. Connie Myers finished with 19 points and seven rebounds as NKU improved to 8-7 overall, 6-3 in the GLVC.

NKU has won eight of its last 10 games after starting the season 0-5. The Norse also averaged an early-season 77.66 setback to Bellarmine, which dropped to 12-3 overall, 6-2 in the GLVC.

"It was a big, huge win," said NKU head coach Nancy Winstel, who picked up her 50th career victory. "Bellarmine is such a good team and such a fine program. They are so good offensively and to hold them to a little over 50 points, that's tremendous."

"We didn't shoot great. We didn't play great, but we did what we had to do to win the ball game. We missed some shots, but they did too. We hung in there, and it was good enough."

Myers scored 10 points in the first half as NKU built a 30-22 lead at the break. The Norse controlled the tempo against the high-scoring Knights, who entered the game aver-

aging nearly 80 points per contest. NKU led by as many as 11 points in the second half and held off a late Bellarmine rally. Karmen Graham, who finished with seven points and nine rebounds, drained a three-point shot with 3:14 remaining in the game that gave NKU a 54-48 lead.

Ashley Elmore made the first of two free throws with 5:33 seconds left to bring Bellarmine within 56-53. Elmore, however, missed the second free throw and NKU ran out the clock before the Knights could foul.

Sophomore Karyn Creager helped control Bellarmine point guard Princess Wimsatt much of the game with tight defense. Earlier this season during a 77-66 loss to the Knights at Louisville, Ky., Wimsatt had scored 17 of her 23 points in the second half to spark Bellarmine's win.

It was a different story Thursday, even though the senior point guard Bellarmine with 13 points and seven assists. The 5-foot-11 Creager, however, appeared to bother the 5-4 Wimsatt defensively with her height and long arms.

As a result, Wimsatt was unable to penetrate into the lane and never controlled the tempo as she did in the earlier game at Louisville.

"Our goal was to keep on Princess. She is one of the quickest players in the conference, and her game is dri-

ving and dishing out to the three-point shooters," Creager said. "I was playing my hardest to keep her in front and not let her penetrate in there."

Myers said containing Wimsatt was a key to the NKU victory.

"We practiced on it (stopping Wimsatt) all week," Myers said. "We had (NKU head athletic trainer) Kris Stickley imitating her, and he did a real good job. Our guards tried to stay in front of her instead of running beside her and letting her get that extra step."

Freshman center Angela Healy added 10 points off the bench for NKU, which shot 43.8 percent from the field. Another Norse freshman, guard Nicole Chiodi, scored a pair of key baskets in the first half.

Elmore scored 12 points and grabbed eight rebounds for Bellarmine, while teammate Lynne Johnson finished with 10 points and nine rebounds. The Knights, however, made just 56.3 percent of their free throws and committed 18 turnovers.

NKU now leads the all-time series with Bellarmine by a 40-23 margin. NKU will play host to Saint Joseph's College at 5:30 p.m. Jan. 20 in Regents Hall.

*Article by Sports Information

hotseat



with John Rasp

In this week's Hot Seat, John interviews Jordan Stowers. Jordan is a senior guard on the Norse basketball team.

John Rasp: If you were to play to your brother Brenden (a former NKU star) one-on-one, who would win?

Jordan Stowers: I definitely would. He's been away for a while and it would be a good game. But, playing each other growing up a lot, I have his moves down so I would definitely win.

JR: When are you going to dunk?
JS: Probably, never. Maybe if they decide to lower the rims a little bit.

JR: Right now, the men have the same record as the women. Which team will have more wins this year?

JS: We definitely will. I hope the best for the women's team but we're struggling right now. We started on fire, then hit a slump. Hopefully, this is our slump that most teams get through and we can hopefully run off eight or nine in a row.

JR: Fact or Fiction: The NKU commercial that has you making a three pointer is the only one you ever made.

JS: Unfortunately it's not. I made one or two more than that. They probably only had two or three to pick from.

JR: Which NBA player would you say you most play like?

JS: I don't know about NBA player, but for a college player Ed Cota from North Carolina was always one of my favorite players. He was more of a point guard that passed the ball and got other people the shots.

JR: Fact or Fiction: You will have more assists this year than shots taken.

JS: That is definitely a fact. I probably have maybe 20 shots this year and I'll probably shoot the ball 40 times this year.

JR: Why don't you shoot the ball much?

JS: I don't know. Coach has been getting on me about not shooting but I just try to get other people the ball. I have Kelsey and Pardon who are good shooters and try to get people the ball inside.

JR: Any superstitions?

JS: It's not really a superstition,



Blue I Photographer

Jordan Stowers, Norse point guard, leads the team with 54 assists.

but I have a couple of CD's that I listen to before a game and when I listen to them and I play good I usually listen to them in the same order with the same songs.

JR: I don't think I've ever seen you get really fired up during a game. When were you the most fired up during a game?

JS: Most fired up during a

game would probably be during my sophomore year when we were playing Lewis in the Conference championship and we were down 14-1. With nine minutes left we went on getting us back into the game and every one went crazy then.

VOTE Today on proposed SGA Constitution

Vote Jan. 19

**Norse Commons,
University Center,
and Online.**

**Constitution available
for viewing at
studenthome.nku.edu/~sga**

NKU TSUNAMI RELIEF EFFORT

NKU has teamed up with the University of Cincinnati and Xavier University to raise money to aid the recent tragedy in Southeast Asia. We are asking for the help of all student organizations as well as the entire student body. Our goal is to have every student, faculty and staff member donate at least one dollar.

So how can you help?

The Dean of Students has announced a competition for student organizations. The organization that raises the most money for the NKU Tsunami Relief Fund will receive a \$250 grant and a Pizza Party for one of their upcoming meetings. If your organization is interested in participating please notify the Office of Student Life as to the details (what, when and where) of your activity. All money collected (coins must be rolled) should be brought to Student Life, UC 10 by 4 p.m. on Jan. 31.

Donation jars will be located at all food retail locations including the cafeteria, Starbucks, Jazzman's, Burger King/Chick-fil-A and the BEP cart.

On Tuesday, Jan. 11, we need volunteers to collect donations at the NKU men's basketball game. We will also need volunteers at the women's basketball game at 5:30 p.m. on Thursday, Jan. 13 and the men's game at 7:45 p.m. Volunteers should arrive at Regents Hall 15 minutes early in order to set up a table. Contact Holly Caudill if you can help!

Residence Hall students: University Housing and RHA will be coordinating a competition in the Residence Halls.

Student Government Association will have donation tables in Landrum and the International Student Union will have a table in the University Center Lobby M-F January 17-28. Other organizations that would like to set up tables should contact the Office of Student Life for available locations.

Please encourage your members to donate anything they can!

We will be collecting donations in Student Life until Jan. 31.
Make a difference! Sign up today!
Thank You!

For more information, contact Holly Caudill in the Office of Student Life
(859)572-6514
caudillgrote@nku.edu.

NKU Recreation Center reaches new heights



www.nku.edu/~camprec



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campus **recreation**

WHERE THE ACTION IS!

CRC revamps, adds Outdoor Adventures

By Randy Winterod

Is there anyone out there brave enough to jump from an airplane or rock climb at Red River Gorge? Is anyone at all daring enough to walk on high ropes with nothing below but the unforgiving ground? Is there any person out there who is fearless enough that they are willing to traverse white water rapids or cut paths down mountains on a pair of snow skis? How about anyone looking to make new friends and challenge themselves physically and mentally at the same time? If "yes" was the answer to any of these questions NKU's Department of Campus Recreation has just what you've been searching for.

The Campus Recreation's Outdoor Adventure program offers students, faculty, staff and alumni the opportunity to participate in all these thrilling activities. For the 2004-2005 school years, Campus Recreation has five planned trips. Three of these trips have already taken place. Skydiving, rock climbing, and the high ropes course have already been conquered and enjoyed by many students. However, it's not too late to sign for the last two exciting trips planned for this year. On January 29th there is trip to Perfect North Slopes for a fun filled day of snow skiing or snow boarding.

"We need 10 or more people to sign to sign up for this trip to make it a success," says Jill Kleiser, Assistant Director of Recreation. Kleiser adds that, "these trips through the Outdoor Adventure Program are considerably cheaper than if

students planned them by themselves and students are permitted to bring guests outside the University if they want."

While skiing and snowboarding will be a blast, it appears campus recreation has saved

waters, but it could also be a tremendous way for to build camaraderie amongst fellow students.

"You get to meet people you wouldn't normally meet. The people I met had a lot of the

exists to provide outdoor recreational experiences that emphasize skill acquisition, safety, positive group dynamics, environmental awareness and fun. These quality experiences are fostered through small groups

Adventure Program to plan, the folks at the Recreation Center are open to suggestions.

"Get involved and let us know if you have any suggestions for trips you would like to see offered in the future," said Kleiser.

In the meantime, it's not too late to register to go skiing or rafting. All currently enrolled students, faculty, staff and alumni of NKU may participate in the Outdoor Adventure Program. Each participant in any particular event is also allowed to bring one guest from outside the University if desired. Registration for these programs is on first come first served basis. Spots will be reserved only with full payment and completion of required paperwork. The paperwork consists of a health information form, trip agreement form, release of liability, and current copy of your health care insurance card.

The cost for these trips is minimal and in almost all instances the specific outfitter for each trip will supply required equipment at no additional cost. For most trips students are required to supply his or her meals. On multi-day trips the food is purchased by the group and the cost is divided equally.

For further information or to sign up for an adventure please call Jill Kleiser, Assistant Director of Recreational Programs at 859-572-5728 or Jeremy Chipman, Coordinator of Recreational Programs at 859-572-6570. Or log onto the Campus Recreation website at www.nku.edu/~camprec/



Photo by CRC

The Campus Recreation center gives student the opportunity to go whitewater rafting, skiing and as pictured above, skydiving.

the best for last. On April 1st there is trip planned to New River, WV for a weekend of white water rafting and camping. Kleiser says that, "we will drive to West Virginia on Friday Afternoon. Camp Friday Night, go rafting for 8 hours on Saturday, camp on Saturday night and return Sunday morning."

This could be a great opportunity for students to challenge themselves physically by paddling through the dangerous

same interests as me," said NKU sophomore R.P. Proctor about Campus Recreation's skydiving trip. Proctor went on to say that his experience with The Outdoor Adventure Program was, "Unique, awesome and I would definitely recommend other students to give it a try!"

New friendships are just one of the many goals of the outdoor adventure program. "The Northern Kentucky University Outdoor Adventure Program

of people on single to multi-day trips. Whether it is by land, water or snow, we hope you will take a day or more to slip away with us on an adventure in the outdoors," says the Recreation Center's website.

Rest assured that even though there are only two trips left for this year Campus recreation will continue the Outdoor Adventure program for the 2005-2006 school years. If students have ideas for trips that they would like the Outdoor

Meet
the
CRC
Staff



Sue Roth



Steve Tribble



Jeremy Chipman



Jill Kleiser



Sarah Daugherty



Jennifer Hilvert



Diana Schneider

New center provides variety of new programs

By **Tonya Kendall**

The new additions made to the Northern Kentucky University campus recreation center this past fall have expanded the opportunities for the aquatics, fitness and special events programs.

The campus recreation center has always provided a range of programs for NKU students to enjoy. Thanks to the new additions, the students now have more to enjoy.

Sarah Daugherty, the coordinator for aquatics, fitness and special events, has worked at the CRC since July 2003. The new additions have made her more excited about the opportunities her fitness programs can now offer.

"We are thrilled to have everything open. People make comments about how great the new facility looks and how good they feel about it," Daugherty said. "They are recommending it to others, and that's great."

The CRC offers many different programs to promote fitness on campus. They have many traditional programs such as step aerobics and kick boxing. The AB explosion class is very popular among students. The new face-lift to the multi-purpose room has allowed students to take advantage of other programs such as Pilate's.

The multi-purpose room now has wall-to-wall mir-



Photo by Nick Eads

The fitness center offers brand new equipment to meet the needs of various exercise styles

rors and hard wood floors. Students can come to enjoy various aerobic programs, such as yoga. The room, which is offset near the basketball courts, offers a quiet environment to enjoy yoga. It is also equipped with a full sound system for fitness and academic classes. Daugherty wants the students to know that there are many more programs they have

to offer, including ones that are not in progress yet.

"We have a hard time getting our fitness programs out to the students," Daugherty said. "I would love to hear what the students want."

In addition to fitness programs, the CRC prides itself on the many special events that it offers to students. The Turkey Trot, a

special event that occurred in the fall, helps students enjoy fitness with the added benefit of prizes. This spring, the CRC is offering the Bunny Hop. They are both one mile events, and all students have to do is predict how long it will take them to run or walk a mile. There will be free prizes. The CRC and Daugherty provides these events to help

get students involved.

"We are trying to get out there more as a team," Daugherty said. "We go to RA training, University 101 classes, and fraternity and sorority meetings. We go anywhere we are wanted for anyone to spread the campus rec. message, and we love to give away free stuff."

The CRC is also adding a new special event to allow students the chance to get involved. If students don't want to participate in an organized run or walk, they have the option of joining "Study Break." This new program is flexible enough to help students meet their fitness goals around their schedule. For every 30 workouts students will do, they will receive a prize. There will be a monthly newsletter for the students and weekly fitness and wellness tips. The students will also keep journals. This program will offer weigh-ins at the beginning and end of the program to allow students to see the results of their progress.

The most known of Daugherty's programs is the aquatics program. Although the new additions did not give a face-lift to the pool, there are many things the aquatics program does to benefit the CRC and the students.

The aquatics program
See, New Center pg 5

Hilvert exercises her fitness skills to aid students

By Debbie Boaz

The Campus Recreation Center would not be able to function properly as a whole without one very important person. Her name is Jennifer Hilvert and she is the Facility Manager of the CRC. Jennifer has been doing this job for four years now and says that her favorite thing about it is working with the students.

Jennifer's job consists of many different things. She handles the scheduling for all the CRC and ORC, staffing the facility, student development, organizing maintenance and cleaning the facility, processing memberships and everything else that goes with managing a building.

Jennifer is very excited about the updates being made to the CRC. She said that the weight room is going to be a wonderful addition to the facility.

Jennifer then said, "We have always had the small Nautilus room, which is housed all of the weight machines and most of the cardiovascular machines. With the expanded weight room, we will have plenty of space. With the opening of the new weight room, we will have new weight equipment- Cybex Eagle, Hammer Strength, Free Weights, Cardiovascular equipment, and two new stretching machines. In addition to the fitness equipment, elevated televisions and a new stereo system have been installed. All together the fitness room will have a fresh new look and an inviting atmosphere for all our guests."

When I asked Jennifer why students should take advantage of the opportunities provided at the CRC, she said, "They have a FREE membership! Each student can access the CRC

with their student ID (All-Card)." Jennifer also told me that it is convenient for them to utilize the CRC while on campus- before, after or in between



Photo: www.nku.edu
Jennifer Hilvert, facility manager at the CRC

classes.

Jennifer herself uses the equipment in the CRC and said that faculty and staff have a free membership to the facility as well through their All-Card.

For students that have never used the CRC before, Jennifer urges them to come in and

check it out. Jennifer thinks that the new students will be impressed with the facility in general. The CRC staff provides tours of the facility, brochures on all their programs, assistance with the equipment use, answers to many questions, and in some cases, some free stuff. Jennifer said, "Campus Recreation is where the action is!"

For the students that have used the CRC before, I wanted to know what Jennifer thought would be their favorite new addition or update. She said, "NKU students have been asking for Free Weights for as long as I can remember. Many of our students work out at other Fitness Centers because of that fact. I think that the addition of free weights in our new weight room will be their favorite addition."

Jennifer has done many addi-

tional things for students who live on campus to get them into the CRC. Her department sponsors and co-sponsors many events on campus. Some of these are Rock-n-Jock, Late Night at the Rec, The Wellness Fair and Homecoming Pep Rallies.

Another thing that they do for students that live on campus, and all of their members is they are open all week. Early morning during the week at six-thirty a.m., late night during the week at ten p.m. and they are also open on Saturday and Sunday. Also, when classes are not in session or the university is acknowledging a holiday, the CRC is open.

The last thing that Jennifer said was, "Students should definitely take advantage of all the things that NKU has to offer. The CRC is just one piece of the NKU puzzle."

New fitness classes, schedule add variety to CRC line-up

By Lauren Lingle

There is time for fitness in everyone's life, and Campus Recreation strives to provide great programs for all students to stay healthy and fit. The Campus Recreation Center has several opportunities for students just like you to buff it up, tone it down or just have fun! Yes, that's right, working out is fun and rewarding at the same time.

Bored with the same old fit-

ness machines? Want to make some new friends and add a little excitement to your workouts? Each semester the CRC offers group fitness classes FREE for students. Group fitness instructors motivate, reduce tension and stress, and increase energy levels in their participants. Fitness classes are a fun alternative to working out! Classes are offered on various days and at assorted times. Group classes are

designed to offer fitness conditioning, cardiovascular training, and mind/body instruction for all fitness levels. Participants are encouraged to work out at their own level and to monitor their intensity throughout each class. Spring group fitness classes are listed below. All fitness classes range about one hour in length. To attend these classes, you are encouraged to register; however walk-ins are welcome. Stop by the CRC or

go online to <http://www.nku.edu/~camprec/fitness> for more information.

Spring Group Fitness Classes

Check out the free Fitness Taste-Test Classes January 10-22 (schedule available at <http://www.nku.edu/~camprec/fitness>) . . . and then, spring registration begins Tuesday, January 18, 2005 and classes run January 24 - April 23. (No fitness classes during the week of Spring Break.)

Class Schedule Spring 2004

Kickboxing
Monday/Thursday @ 6:00PM
Saturday @ 10:30PM

Step Aerobics
Tuesday @ 6:30PM
Thursday @ 5PM

Six-Pack Abs
Monday @ 5:30PM
Saturday @ 10:00AM

Shallow Water Fitness
Monday/Wednesday @ 5:30PM

Deep-Water Fitness
Tuesday/Thursday @ 5:30PM

Cardio Blast
Wednesday @ 5:30PM

Group Fitness Classes with a fee \$5 students/\$15 non-students. Classes run January 24 - March 28 (no class during Spring Break)

Yoga:
Mondays at Noon - beginner
Tuesdays at 5PM - beginner
Wednesdays at Noon - continuing

Pilates:
Date & Time -- TBA

Course Descriptions

Kickboxing - This martial arts based program incorporates kickboxing, calisthenics, self-defense, and other martial arts movements into one spectacular class! Instructors teach the basic movements and techniques you need to know, and then add intensity and movement as you progress.

Step Aerobics - This dynamic exercise program involves stepping up, down, around and over an adjustable platform. Combinations and variations are

added to challenge you both mentally and physically.

Six-Pack Abs - This 30-minute class is devoted to toning and strengthening the muscles by using correct form and paying special attention to body alignment. This class will incorporate hand weights, floor workouts, squats and muscle specific exercises.

Shallow Water Fitness - Experience an intense, power packed workout designed to keep

you physically challenged. This is a no impact class that works on stretching, toning, and condition your entire body.

Deep-Water Fitness - Come join us for a dynamic total-body deep-water workout. Classes emphasize good body mechanics, endurance, training, stretching, breathing, and stress management.

Cardio Blast - Cardio blast will consist of a half hour of different kinds of Cardio (running, jump

ing jacks, jump rope, kickboxing) and 45 minutes of strengthening (squats, chest, back, triceps, lunges, biceps and shoulders), ending with abs and stretching.

Yoga - This class is designed to introduce basic yoga postures, breathing and relaxation techniques. It allows participants to practice physical postures and breathing techniques to unite the body to the mind, helping open a pathway to physical health, emotional stability and mental balance. Offered as beginning or continuing.

Special Edition

January 19 2005

**Spring Intramural
Events and Leagues
Entry Deadlines**

**5 on 5 Basketball
League**

Tuesday, January 18th

Wally Ball League

Tuesday, January 25th

**Free Throw & 3 Point
Shoot-out**

Thursday, February 10

Hot Shot Contest

Thursday, February 10

**Outdoor Soccer
League**

Tuesday, March 29th

Softball League

Tuesday, March 29th

Tennis League

Tuesday, March 29th

Home Run Derby

Thursday, April 14

**2 Person Golf
Scramble**

Wednesday, April 6th

2 on 2 Sand Volleyball

Tuesday, April 12th

**Flag Football
Tournament**

Tuesday, April 12th

**Summer Events and
Leagues Entry
Deadlines**

**3 on 3 Basketball
League**

Wednesday, June 9th

4 on 4 Sand Volleyball

Wednesday, June 9th

**Tennis (Singles)
League**

Wednesday, June 9th

Club sports, a varsity alternative

By Anna Knierim

Did you ever wish there is a way for you to practice and compete in some of your favorite sports without being on NKU's varsity teams? Well now with the help of the Campus Recreation Club Sports Program and Student Life you can.

The Campus Recreational Club Sports Program's goal is "to get all the clubs onboard, get them practice times and space," says Jeremy Chipman Coordinator of Recreational Programs. "We also want to set up competitions with other universities' club sports programs and possible funding."

This fall was the first semester for the Club Sports Program here at NKU, but many of the Clubs that are on campus have been around for a while now. "What Campus Rec wants to do is start getting all the Student Organizations that would fall under Club Sports, signed up with the Campus Recreation Club Sport Program," Chipman says.

THE BASICS

How many people do you need to start a club team? You will need at least 10 students to be considered an

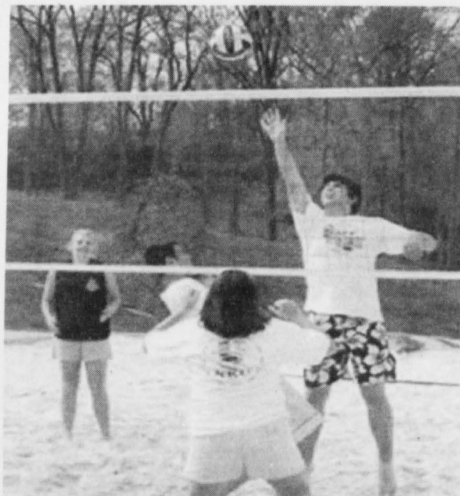


Photo: www.nku.edu

NKU club sports give students the opportunity to participate in campus recreation.

organization or club. Plus, you also need to be cleared through the Student Life Office before you can get standing with the Campus Rec Center.

How many clubs are there right now? The Campus Recreation Center is currently working with 12 different clubs.

What kind of clubs are there to join? There are clubs for both individual and team sports. The clubs already organized are: the

Volleyball Club, the Table Tennis Club, Scuba Club, Skeet and Trap Club, Norse Dance Team, Fencing Club, Taekwondo Club, Dodgeball Club, Lacrosse Team, Rugby Team, Moonbuggy Racing Team, And the Swim Club. "Had I known about the Taekwondo Club I would have joined a long time ago," James Duckworth, Senior Political Science major.

How often do teams compete? "It's totally up to the

individual club", Chipman says. Competitions sometimes cost money, so it usually comes down to how much each club can afford. "Typically clubs can afford 2 or 3 outside competitions each year," Chipman continues. But with fundraising events and funding help from Student Life and the Campus Recreation Club Sports Program teams can possibly participate in more events.

What if the sport you are looking for does not exist? Find at least nine more people with interest in that same sport. Talk to the Student Life Office and start an organization or club yourself. Then go talk to the helpful people over at the Campus Recreation Center.

For more information about what else the Campus Recreation Center has to offer check out the new website, http://www.nku.edu/~camprec/club_sports.htm.

For information directly related to Campus Recreation Club Sports Program contact Jeremy Chipman via email at chipmanje@nku.edu or telephone at 859-572-6570.

New Center

Continued from page 3

offers many programs for students and families. There is a comprehensive swimming class. This program offers swimming lessons for children as young as 6 months. There is no maximum age to participate in this program. Adult swim lessons are offered to teach stu-

dents and others how to swim. The Red Cross provides clinics to help swimmers perfect their strokes. This spring, the CRC is also offering a family swim class. Unlike other aquatic classes, this class will be family focused and include games.

The aquatics program is constantly changing to make the program safer and more beneficial for students. Last summer, the American Red Cross made

changes to the safety issues involved with swimming. These changes have led the CRC to offer team and individual training programs for lifeguards. Lifeguards train five times each semester to build on their skills. The American Red Cross, YMCA, or Ellis and Associates certify all the lifeguards.

Daugherty believes the CRC and her programs offer more to

students than additional well-ness opportunities. It offers many opportunities for students to get involved and to get to know other students.

"I think the Campus Recreation Center that we have here can offer students an additional part of their academic career," Daugherty said. "It offers students the benefits of meeting new people and establishing good health for free."

Health Center to offer wellness classes

By Katrina Robke

The Department of Campus Recreation at Northern Kentucky University is proud to present wellness programs, located in the Albright Health Center. Activities include daytime lunch & learn classes, also evening programs for students, office ergonomics, stress management and more. There are also presentations on body image, dieting and nutrition tips. After all, wellness is traditionally seen as not only physical, but social, emotional, intellectual, occupational and spiritual stability. All classes are designed to focus on one or more of these dimensions of wellness.

The lunch & learn presentations vary year-to-year. Last year, a men's health lunch & learn was held during September, which is National Prostate Health Month, and focused on prostate health. A women's health lunch & learn is being held this January, which is Cervical Cancer Awareness Month. It is focused on Breast, Cervical and Ovarian health. "We collaborate a lot with the Northern Kentucky Health Department, as well as the UK Cooperative Extension," said Megan Cermak, the Campus Recreation Wellness Coordinator. There are



Photo: www.nku.edu

The CRC staff is readily available to help you with your fitness and activity needs.

also lunch & learn presentations throughout the rest of the year which concentrate on different health issues, one topic used last year was "Caring for Loved Ones with Alzheimer's". Presentation topics each year are different, depending on the current health issues.

One program, which is limited to faculty and staff, is Chair Massages. Several times during the year a Massage Therapist will visit the university, and \$13 provides a 15 minute chair massage, helping faculty and staff de-stress (since they have to put up with students all year long.).

The Wellness office, in conjunction with the CRC Fitness program, also offers Pilates, Beginning

Yoga and Continuing Yoga classes for faculty, staff and students. Pilates and Yoga are similar in that both focus on the premise of proper breathing, essential to the end result of the techniques. These techniques focus on relaxation, breathing and proper body technique to open a pathway to physical health and emotional stability.

There are also special programs offered throughout the year. These include, but are not limited to: Weight Watchers, a 12 week stop smoking program, Hoxworth blood drives, CPR and first aid classes (once a semester), alcohol awareness programs, wellness screenings, nutrition and exercise counseling sessions,

and special evening programs such as "Financial Planning for College Students" and the "Take Back the Night" march, which raised awareness about sexual assault and domestic violence.

Every year there is also a wellness fair held on campus. Last year, approximately 80 different vendors from throughout the community joined together to bring this event to Northern.

"People can attend to have their blood pressure, cholesterol, vision and hearing checked, or just learn about different health and wellness resources throughout the community," said Cermak. In past years, there has also been flu shot sign-ups and mobile mammograms,

which are sponsored by St. Elizabeth Medical Center.

The Wellness Center also offers one on one consultation from the wellness staff on stress management, office ergonomics and fitness/nutrition (\$5 for students and \$15 for non-students for a one hour exercise prescription or nutrition consultation). Appointments are available by calling the Wellness Office at 859-572-5684 or stopping by the Campus Recreation Center in the Albright Health Center, Monday through Friday from 8:15 a.m. to 4:30 p.m.

Students, faculty and staff and encouraged to take advantage of these great programs, whether for individuals, student organizations or departments on campus. If something needs to be addressed and there is not currently an event scheduled, call Megan Cermak at 859-572-5684 for information on future events, "If I cannot present the issue myself, I will find someone within the community that can," said Cermak.

For more information
please visit
www.nku.edu/~camprec/

email at
camprec@nku.edu or,
callt 859-573-5197.

A new year means new beginnings

By Chris Elfers

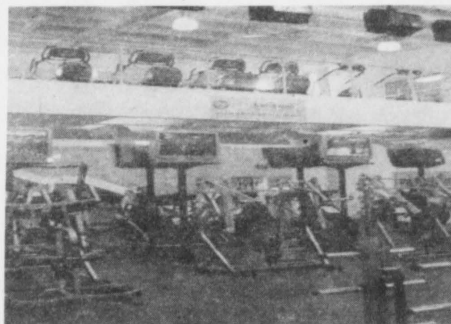
January is a month of change and new beginnings. This year is no exception. Millions of people have made New Year's resolutions in hopes of changing some behavior. A new political term will begin with four more years of unpredictable economic and foreign actions. At NKU, the Campus Recreation Center's new weight room is finalized, ready for students to utilize.

The new Campus Recreation Center weight room has been designed to fulfill the needs and wants of all students, while attracting a larger percentage of student users. The workout facilities have expanded to a larger two-story room on the first floor of the Albright Health Center.

The new facility strives to display the CRC's vision of embodying excellence, leadership, diversity and partnership. However, CRC workers realize that the true test

of success for the new facilities lies in the participation of students. In the past many students ignored NKU's weight room because it either was too small or failed to have free weights. Students choose to pay local gym costs instead of the free alternative of working-out at school. To accomplish the vision the new facility tries to appeal to all students, those who workout regularly, occasionally, and even those students who have never stepped into an exercise facility.

The room is spacious, brighter and more welcoming than the previous aesthetically drab facility. The first floor of the weight room includes plate-loaded and free weights along with Cybex weights and eight TVs. The second floor includes are trainers, elliptical machines, bicycles, five TVs and a large window for students to observe the action inside from the halls. The room has been painted



The CRC provide state-of-the-art fitness equipment to help accomplish that new year's resolution.

Photo by Nick Eads

with inviting colors of cream, yellow and light blue. A new sound system has been installed, so that from every inch of the room one can be engulfed with sound.

While the room's facelift is the focal point of the facility, the new equipment from Cybex and the introduction of free weights cannot be disregarded. Cybex is an international distributor and manufacturer of state-

of-the-art cardiovascular and strength training equipment. According to their website Cybex has been a leader in exercise equipment for 27 years because they design their machines with regards to biomechanics and ergonomics or body positioning.

In fulfilling other wants of students the CRC's website at www.nku.edu/~camprec has a comprehensive list of offerings available in the

new facility. The website has also been renovated, and it provides a sound forum for all the services and activities and activities the Campus Recreation Department hosts.

The Campus Recreation Center has been under construction and changes since April of 2004 and was finalized in December. After the room was redesigned there were three phases of new equipment arrival stretching 13 weeks. An SGA bill approved the funding for the renovation project.

Whether you're trying to fulfill a New Year's resolution or relieving stress from bad political endeavors from the new Campus Recreation Center can be your Mecca. Even if 2005 may or may not be your year of change, the exponential and aesthetic growth of the Campus Recreation Center is undeniable. This year Campus Recreation manifests their tagline proving at NKU they are "Where The Action Is!"



The Campus Recreation Center provides many ways to have fun and stay in shape.

It's up to you to explore!

Jan. 19, 2005



campus **recreation**

WHERE THE ACTION IS!

Outdoor Adventure

Downhill Skiing/ Snowboarding

@ Perfect North Slopes, Jan. 29

White Water Rafting

@ New River, WV, April 1—3

Wellness

Daytime & Evening Specials

Weight Watchers Tues. @ Noon

CPR Saturday: Feb. 5th @ 9am

Nutritional Counseling

Stress Management

Fitness

Step Aerobics

Kickboxing

Six-Pack Abs

Shallow & Deep Water Fitness

Cardio Blast

Yoga

Pilates

Free Weight Wednesdays

Personal Trainers

Intramurals

Basketball

Wallyball

Softball

Soccer

Tennis

Golf

Flag Football

Sand Volleyball

For more information, questions, or registration call us at 572-5197 or check out

www.nku.edu/~camprec