

THE NORTHERNER

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In Brief:

NEWS

PARKING CHANGES: Recent additions and subtractions to parking lots and roads at NKU—such as speed bumps, stop signs, a new lot and construction on a new parking garage—are due to safety reasons.

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FEATURES



Ron Gallagher

SMASHING GOOD FUN: Freshfuzion will take place on Sept. 9 this year. Ron Gallagher will be the feature presenter. Read more to find out what activities are planned this year.

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SPORTS



WINNING TENNIS: The NKU women's tennis team started the season 3-0 against GILVC opponents Kentucky Wesleyan, Southern Indiana and Indiana of Purdue-Fort Wayne.

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STUDY ABROAD:

Do you want to widen your horizons and learn more about multiculturalism? If so, you might want to consider the CCSA or the Alternative Spring Break Program this year.

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WEBSITE OF THE WEEK

GREAT THEATRE:

For today's shows, tips for ticket discounts and a season schedule with performance dates, times, and background info visit Playhouse in the Park's website at www.cincyplay.com/.

TODAY'S FORECAST

High 88
Low 62
Partly Cloudy



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Competition increasing as professors age

This is the third in a series of articles exploring funding issues at Northern Kentucky University. This week examines one area that the school is especially underfunded in, faculty compensation, and what that could mean to the future of the university.

By Forrest Berkshire
Special Projects Editor

Northern Kentucky University could be losing over one hundred full-time faculty over the next decade, according to Dr. Gary Graff, director of the Office of Institutional Research.

"With college faculty there is no age limit on retirement," Graff said. However, he said that most professors tend to retire between the ages of 62 and 65.

"Higher education, along with not-for-profit research, have access to one of the best retirement plans in the country," Graff said, citing that as one reason most professors retire once they are eligible

for Social Security.

By the year 2000, NKU will have 18 full-time professors between 62 and 65 years of age. This is based on a count of tenured and tenure track faculty in 1998 by the Office of Institutional Research.

By the year 2010, that number will rise to 103, nearly a third of the total full-time professors teaching here today.

With 31 percent of the faculty 55 years of age or older, many will most likely be retiring over the next ten years. NKU reflects the national demographics of faculty ages nationwide.

Nationally, over 26 percent of faculty teaching in higher education are 55 years of age or older, according to a survey by University of California at Los Angeles as reported in the Chronicle of Higher Education.

According to a 1991 study on faculty retirement projections beyond 1994 by the Center for the Study of Higher Education at

Pennsylvania State University, one main aspect of their findings was, "The number of faculty retirements in 2002-03 are likely to be between 24 and 44 percent higher than the number of retirements in 1987-88."

In his annual State of the University Address President James Votruba spoke of the rising competition NKU will be facing from these vacancies.

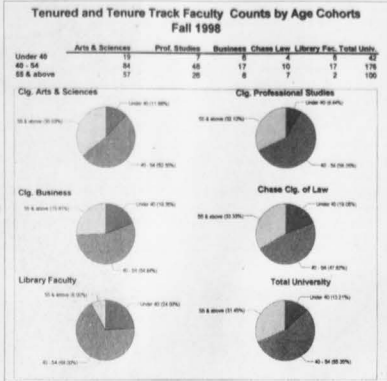
"Competition among universities is more intense than ever," Votruba said.

"Our ability to recruit and retain the best faculty is dependent upon our ability to offer salaries that are competitive in the national market," he said.

Dr. Russell Proctor said that he believes salaries are important for recruiting, but that there are many other factors that bring teachers to NKU.

"I doubt many people are in higher education for the money," he said.

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Office of Institutional Research

According to this graph, over 31 percent of professors at Northern Kentucky University will be eligible for retirement in the next ten years. These figures are based on fall semester, 1998.

Free Pops at NKU

By Kelly Sudzina
Executive Editor

The third concert, in the free Concerts In the Parks series, presented by the Cincinnati Pops Orchestra was performed on the Northern Kentucky University soccer field Sept. 2.

This is the 30th year for the Concerts in the Parks series. "They're immensely popular concerts," said Rosemary Weathers, public relations manager for the Cincinnati Pops Orchestra. "We do a lot of things to go out into the community."

"One thing a lot of people don't realize is that it's the Cincinnati Symphony, but we're playing the Pops," said Richard Jensen, one of two section percussionists for the Cincinnati Symphony Orchestra and also the percussion faculty at NKU.

"The Symphony and the Pops are the same people, it's just depends on what we do at work that day."

Jensen said performing a concert outside can be very different from playing indoors.

"It all depends on the weather. If it's real hot, humid, a lot of bugs, it's a pain. On a nice night like this, it's great," Jensen said.

They actually have to play a little more quietly in the tent than they would if they were indoors. "It gets pretty loud inside the tent," Jensen said. "Not too much, but we back it off a little bit."

"They take a lot of care to make the orchestra

very carefully. We have a full-time sound man on staff," Jensen said. Halfway out in the audience is a tent where the sound man adjusts the levels.

Also on all the music stands, the players have clips to hold the music down in case it is a windy day. This can be difficult at times because some of the music is played very fast and involves a lot of rapid page turns. "We were saying earlier today, 'boy if we have to use those clips it's going to be really hard.' So it's challenging," Jensen said.

The orchestra members had a break during August. Their first rehearsal after their break was on Aug. 31 in the morning and they played their first Concert in the Parks series later that night. "It's all music that we've played before at one time or another," Jensen said. "When we play in the parks, if we play classical music it's usually well known music."

The first half of the concert featured several variations of themes from *Romeo and Juliet* leading to a selection from Bernstein's *West Side Story* and Warbeck's Themes from *Shakespeare in Love*.

Guest soloists Ana Rodriguez, soprano, and David Fischer, tenor, also sang during some of the program.

"Ana was in the Cincinnati Opera Outreach this summer. She sang with us in a concert we did in June at Forest Park. So we've worked with her before," said Heather Stingle, who

See POPS, Page 2



Kelly Sudzina/The Northerner

The first practice for the Concerts In the Parks series was the same day as their first concert.



Kelly Sudzina/The Northerner

Maestro Erich Kunzel directs the Cincinnati Pops Orchestra in the *Romeo and Juliet Overture-Fantasy* by Tchaikovsky on Sept. 2.

'One-stop' shop delayed, quality promised

By Susan Schumacher
Staff Reporter

Wasting your days away, waiting in long lines will hopefully no longer be an issue with Northern Kentucky University's plan for a 'one-stop enrollment service center' for the year 2000.

The plans for a welcome center and an enrollment center to be placed on the third floor of the Lucas Administrative Center building have been delayed due to problems, such as upgrading the student information systems and

many staff turnovers, according to Dr. Mark Shanley, vice president for student affairs and enrollment management. Dr. Shanley said, "Quality control is imperative." He would prefer the system be turned on at its best performance so we are "immediately rewarded," rather the system be turned on prematurely and not work, he said.

Concerning the proper staffing for the new welcome center, Dr. Shanley stated that "we have not yet moved toward cross-training." The remote system must be in

place and 100 percent ready before anyone would be able to be trained on it to serve the purpose for financial, bursar, and registration assistance.

The physical space is also an issue for the welcome center, because all three places would be in one. This is why the idea of not only having the convenience of one stop, but to lessen the crowd, offer telephone and web-based access available as well.

Lisa Klosterman, a junior marketing major expressed how frustrating it was to wait in long lines.

She would definitely register online, if possible. "It would save me the hassle of making unnecessary trips to school, and without a doubt, save me a lot of time."

The concern with the telephone and web-based access is the privacy factor. According to Dr. Shanley each student will be given a personal identification number, which no one will have access to, as well as security student identification number.

Although the welcome center is a project in the making for NKU, other universities are

already experiencing online registration. Elizabeth Spencer, executive vice president of student government, said she has friends from universities, such as University of Kentucky and Miami University that register online and get their revised schedule back the same day they turn it in. Spencer commented, "It will take an effort to keep things updated, but it will save time for the advisors and the students from having to make extra trips to their advisors for required signatures."

See DEBT COLLECTION, Page 2

From Page 1

The real issue, he said, is recruiting and

An increase of \$1.65 million would be needed just to bring full-time professor salaries into the competitive range, according to a memorandum from the Office of Curriculum and Assessment to Gerald Hunter, director of the budget. An additional \$158,000 would be needed for

Additionally, NKU must also raise the pay of part-time faculty. According to his

The next article in this continuing series will examine how tuition affects student choice of college, and get some student response to what it will mean to them if tuition is substantially raised.

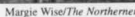
From Page 1

The Kentucky State Auditor's Office included in the report that the increase in the unpaid accounts could be due to the 21 percent increase in tuition cost since 1994.

An undergraduate in-state student at Kentucky State University pays \$2,723 per semester while an in-state student at NKU

The report indicates that these uncollected debts deprive public universities of the opportunity to earn interest income and receive payment discounts. This translates into a loss by Kentucky universities of \$1 million annually. This money could have

"We're going to spend more time in the problem schools," Tobe said.



Getting in and out of the parking lots has become less convenient for students since access to some of the busiest ones has been blocked due to safety reasons.

Jimmy Ferguson
Staff Reporter

The problem, according to Combs, was the long stretches on Kenton Drive which allowed vehicles to attain a high speed. Unlike Nunn Drive, there are only a few pedestrian cross-

The reason for the lights are due to complaints by staff and students saying they have a hard time seeing oncoming traffic when trying to pull out or pulling into the roads, he said.

From Page 1

"You feel like you're part of the orchestra because you're sitting so close," said Ben Neltner, an audience member from Ft. Mitchell. "I always stop for this week. To be underneath the stars like this and to be able to feel this is wonderful."



Students take time to get chow from the UC food court between classes.

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In the midst of the construction and blacktopping an accident was reported. The accident, due mostly to misunderstood flagman instructions, involved only two cars. The car in front backed up as the other car preceded into the intersection. Both cars were acting on what they interpreted as the flagman's approval. Only moderate damage was caused to the second car, while the first suffered no damage.

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Travel abroad this year

By Margie Wise
Managing Editor

Throughout his Visions, Values and Voices meetings President James Votruba has consistently maintained the importance of diversity in a society which is increasingly becoming more global. According to his State of the University Address this year, multiculturalism will continue to be a focus in Northern Kentucky University's future.

As NKU students, faculty or staff members we all have a unique chance to experience that multiculturalism. In the past year I have had the amazing opportunities to go to Mexico City over spring break and spend a month in London over the summer. I did this through NKU's Cooperative Center for Study Abroad and the Alternative Spring Break Program.

In order to truly live the concept of Votruba's ideals, everyone needs to take advantage of programs like these, and the beginning of the semester is the best time start thinking about it. For example, this year's Alternative Spring Break program is going to have its first meeting soon.

By participating in these programs not only can you expand your knowledge about yourself and others, but your concept of the world as well. Multiculturalism is not just about making sure that there is a diverse body of students or an inclusive curriculum. It is also about ensuring that students have a knowledge and respect for cultures outside of their own. What better way to do this than by immersing yourself in another culture?

While traveling abroad I learned things, saw things and felt things that I never would have known otherwise. I now have some incredible life-memories, as well as a greater understanding of other cultures. Let me share some of those memories with you.

The nicest people I ever met were in Ireland. I was traveling in Dublin with four other people. We were headed on our way back to where we were staying. It was the middle of the night. It was cold. It was raining, and we missed the last train. We had no

idea how we were going to get home.

The five of us were standing pitifully outside the train station unable to hail a cab when help appeared. A couple in their 20s were leaving the station and came over to see if we needed assistance. We explained our situation and told her that we couldn't seem to get any of the cabs to stop.

The girl said that we had to be at a designated taxi-stop before they would pull over for us. She also told us not to worry. Her father was a cab driver and she could call him on her cellular phone. So she called her dad and he came and picked us up and took us back to our Bed and Breakfast. She went out of her way to help complete strangers, and I would have never had that experience if I hadn't gone.

In England it is considered bad etiquette to ask for separate checks. Their whole concept of service is different. They expect you to spend

the whole evening in the pub, so they won't bring your check unless you ask for it. And, yes, the beer is warm. You just get used to it.

Shakespeare's Globe Theater is built almost exactly to the specifications of his time. The building is held together by wooded pegs and has a thatched roof. Some changes were required, however. The theater is equipped with a sprinkler system (a good idea since the old one burned down twice). The chance to be a "groundling" is exciting but exhausting. You have to stand the entire time. *Antony and Cleopatra* lasts over three hours!

In Mexico City the cars have ID numbers which force some of them to be shut down on certain days each week. They do this in order to control the pollution problem. On the days their cars don't run commuters have to use cabs or public transit to get around.

It is exactly these minor delays and learning of cultural differences which make traveling so worthwhile.

But the more traveling I do, the more I learn how minute those differences are. It was the contemporary poet Maya Angelou who said, "We are more alike, my friends, than we are unlike." And the sooner we experience that, the quicker we're on our way to being a truly multicultural university.



Margie Wise/The Northern
Here we are trying to hail a cab in Ireland in the rain. Maybe things didn't go as planned, but it was still a memorable experience.



Margie Wise/The Northern
I stood right up against the stage at The Globe.



Online book competition?

Buying books online an issue at other colleges

(U-WIRE) PITTSBURGH — What can't you buy online nowadays? The Internet covered the basic goods early on: clothes, food, cars, etc. And recently, auction sites such as E-Bay have made even the most obscure items — vintage lunch boxes, the complete "North and South," Sudden Impact compact discs, etc. — available to the highest bidder.

Now we can even cyberpurchase our textbooks — but not necessarily all of them, mind you.

The prices are cheaper, but you have to pay for shipping. Online textbook sellers offer used books, but you can't see how marked up they are. With so many problems inherent to online book buying, it hardly seems worth the hassle, but take a look at the plus side. Commuter students don't need to haul their way to campus just to

buy books. In our Welcome Back issue, we printed a column about the hassles of The Book Center. There are no hard-to-find shelves and no long cashier lines on the Internet.

So you've got up sides and down sides to this whole issue. What's most important about this new book buying technology is that it's yet another option for students. We already have three bookstores on campus competing for our business, and now we have a whole other slew of them online doing just the same.

The more business we give the online retailers, the better the services and rates of our local stores will become. If we then flock to them, online booksellers will up their standards and lower their prices in accord. It's a model of the basic principle underlying our

economy: supply and demand. The proliferation of online retailers has put a lot of pressure on small, local businesses. It's a shame that so many consumers swarm not only superstores such as Barnes and Noble Bookstores and Wal-Mart, but their web pages as well. The result is a lot of "mom and pop shops" losing business.

But local textbook stores aren't necessarily mom and pop shops. And these guys are the same people that sell you an Astronomy book for 60 bucks and kindly offer to buy it back for \$5, if they offer to buy it back at all.

Why not put a little pressure on local textbook retailers by looking for books elsewhere? Maybe then their buy-back policies will change as nicely as their prices will drop.

NORTH POLL

What could be done to improve the quality of NKU's campus?

Rebekah Griphover

Underclerk
Burlington, Ky.
"I want more choices for majors."



Zack Wilkins
Business Management
Villa Hills

"The best thing they could do is improve the parking situation. For example, I don't think we should have to pay to park in that new garage."

Wende Abernathy

Social Work
Cincinnati
"They need to improve interracial and gender relations between students and faculty."



Kevin Sketch

Theatre
Four Mitchell
"I have one word: foliage. Meaning ivy on the buildings and walks."

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Freshmen fused at NKU celebration Thursday

By Jeffrey Williams
Features Editor

By Nicole Sweeney
Staff Reporter

Attention Northern Kentucky University students! A long-haired man smashing watermelons with a giant sledgehammer arrives on campus Thurs. Sept. 9. His name is Ron Gallagher, billed as "Gallagher II: The Living Sequel" and he is the showcase performer in the Freshfusion celebration.

The celebration begins with the freshmen meeting at Regents Hall at 4:30 p.m. and continues throughout the day with food, games and giveaways. The celebration ends when the group Denial plays their last set and packs up the band at 10:00 p.m.

All NKU students, faculty and staff are invited to attend the annual event. The celebration is organized to help incoming freshmen meet people and get to know what organizations are available to them on campus.

Angel Chichester, a director for traditional events in the Office Of Student Life said, "Freshfusion is in its fifth year. It's fun and it helps all NKU students by enabling freshmen to get acquainted with our campus and allowing upperclassmen to mentor newcomers."

She said students also discover activities they were unaware of taking place around campus.

Sophomore Travis French said he went to Freshfusion last year as part of the University 101 class.

"It was a great event," said French. "It brought out all the organizations I'm a part of now."

French said Freshfusion also eased some of the tension of being two hours from home.

"I met a lot of people," French said.

"I even saw the president of the university in the middle of everything doing the 'Electric Slide' in his black suit. It let me know he is involved with the organizations on campus and that he cares."

Sophomore Elizabeth Dennemann said she transferred to NKU from Xavier University this semester.

Dennemann said she heard about last years Freshfusion from a friend.

"He is very shy and he said it helped him get to know some people on campus. Freshfusion is a wonderful idea. They didn't have anything like that at Xavier," she said.

Tiffany Mayse the Activities Programming Coordinator said, "We want freshmen to find a niche, people they can be comfortable with. There is nothing to feel apprehensive about. This is a relaxed social setting."

Mayse said she expects Freshfusion

to be an exceptional event this year. She said Gallagher II is the original Gallagher's younger brother and he is carrying the traditional act into this generation.

Mayse said some of the comedian's reviews were outstanding and NKU could afford to bring him on campus without charging students admission.

Mayse said the inflatable games were also a big hit with the students last year and some of the games will return for this year's event.

She said the climbing wall will be replaced by a 'Bungee Run' because the wall took too much time and required too many people to operate. During the Bungee Run students are attached to a bungee cord, they run down an inflatable runway, then they are pulled back like a sling-shot.

Chichester said Freshfusion is free entertainment and the only event that brings all University 101 classes together. She said there will be a picnic with hamburgers, hot dogs, soft drinks, side dishes supplied by Food Services, big inflatable games, a television raffle, a band and a comedian.

Mayse said more than 800 people attended Freshfusion last year. All the food and activities are sponsored by The Activities Programming Board, Office of Student Life, various campus organizations, and The Freshfusion Committee.

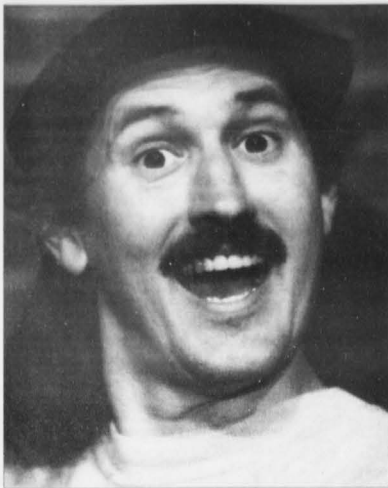


Photo Contributed

Ron Gallagher: "Gallagher II: The Living Sequel" mugs it up for the camera at one of his many national performances.

Freshfusion at a Glance

4:30 p.m. Freshmen meet at Regents Hall.

5 p.m. Welcome from Dr. Votruba and Chris Boggs at Regents Hall.

5:15 p.m. Group motivation activities with Doug Rabe and Todd Kerns at Regents Hall.

6 p.m. Picnic on the U.C. plaza begins.

6:30 p.m. Greek step show by African American Organizations.

7 p.m. Inflatable games begin on the U.C. plaza.

7 p.m. Gallagher II comedy performance.

8 p.m. Denial performance on the U.C. plaza

Campus Calendar

Thursday, September 9:

- Blood drive: 9:30 a.m. to 11:30 a.m. and 12:45 p.m. to 3:30 p.m. U.C. ballroom
- "Lecture: "Decoding Dangerous Dating Dilemmas" Noon U.C. Theater
- Fashion show: "Closing Da Gaps" 7:20 p.m. U.C. Theater

Monday, September 13:

- Survivors support group: 3 p.m. to 4 p.m. U.C. 232

Tuesday, September 14:

- African American Organization Day: 11:30 a.m. - 1 p.m. Free food

Wednesday, September 15:

- Free spaghetti dinner: 5 p.m. to 6:30 p.m. Catholic Newman Center

Thursday, September 16:

- The Lost Cause meeting: 3 p.m. U.C. 116

Freshfusion 1998

File Photos

Left: Students participated in icebreaker activities at the 1998 Freshfusion celebration to get to know each other better.

Below: Students had fun last year with inflatable games.



"Much Ado About Nothing" in Eden Park

By James Proffitt
Staff Reporter

"Hey nonny nonny," the Shakespearean classic *Much Ado About Nothing* is playing in the Marx Theatre at the Playhouse in the Park from Sept. 7 through Oct. 8.

The play was described as Shakespeare's greatest romantic comedy by Producing Artistic Director at the

Playhouse in the Park, Ed Stern.

Much Ado About Nothing offers many new twists for people familiar with the play, as well as the original comedic dialogue for those unfamiliar with the play.

Playhouse Director of Public Relations Peter Robinson said, that while all the dialogue would remain intact, there would be changes in the setting. The original play had Sicily as a setting while

the Playhouse version will be set in an American park. Robinson said, that the park setting would not be unlike the park surrounding the playhouse.

Robinson said both versions immediately follow a war. The version that the playhouse will be putting on will be after World War I. Stern said he thinks the 20th century really began for the U.S. after World War I.

"As we are coming to the end of the century, it would be good to look back to where it really began," said Stern.

According to Stern, the production of *Much Ado About Nothing* will be one of the largest the playhouse has done in years.

It will feature props like a 3,000 gallon pond that will be on-stage, a six-foot war monument, and an old-fashioned drinking

fountain. There will also be about 60 costumes used to garb the 21 person cast.

The playhouse offers a package for full-time students for \$50 that includes a ticket to *Much Ado About Nothing*, *The Glass Menagerie* (Oct. 19 - Nov. 19), *The Last Night of Ballyhoo* (Jan. 16 - Feb. 18), *The Beauty Queen of Leenane* (Feb. 27 - Mar. 31), and *A Little Night Music* (Apr. 16 - May 19).

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Goddard wins Professor of the Year Award

By Chris Heydari
Staff Reporter

Perilou Goddard has been named the 1999 professor of the year, in her tenth year at Northern Kentucky University.

Goddard was nominated for the award by the chair of the psychology department Dr. George Goedel because of her exemplary record of accomplishments and her abilities.

Goedel said, "Her performance and effectiveness as a teacher is outstanding, and reflects a dedication to provide a quality educational experience for all of her students."

He said Goddard consistently received extremely high course-instructor evaluations from students in all of her classes.

Goddard is a professor of psychology, as well as a licensed clinical psychologist.

Goddard said she prefers teaching rather than a formal practice.

"In practice, I had a hard time leaving patients problems at the office," said Goddard.

Goddard completed a two year post-doctoral research at the Center for Alcohol and Addiction Studies before coming to NKU.

Since arriving at NKU Goddard has developed several new courses for the department. One course about British and American approaches to psychotherapy was later selected to be taught in London.

Goddard has taught and lectured in classes for practicing psychologists, as well as other mental health professionals.

In the following years, Goddard traveled to London on several occasions to teach her course and other psychology and psychotherapy courses.

Goddard is currently teaching a course on drug policy, is scheduled to teach another course entitled "Writing in Psychology."

Goddard said it is not enough to

simply attend class and try really hard, students also have to make the grade.

Professor of the year is not Goddard's first award. In 1994 she received the Dr. Charles Baron Award. The award is given to those who involve themselves in the community and make a difference through their work.

In 1995, Goddard received the Outstanding Junior Faculty award for her career efforts.

Goddard said she is very excited to receive the professor of the year award.

"It means so much being chosen out of a place where most everybody is outstanding," she said.

In her limited spare time, Goddard said she enjoys golfing with her husband who is also in the teaching profession.

"In short," said Goedel, "If one assigns Perilou a task, you can bet the ranch that it will be completed on time and in a most professional manner."



Rick Amburgey/The Northern
Dr. Perilou Goddard accepts Aug. 25 the Professor of the Year Award from Interim Provost Rogers Redding while her peers applaud at the State of the University Address.

Identifying and dealing with Stress: "Know what is important"

By Chris Barlow
Staff Reporter

Stress is a factor in every college student's life but the ability to recognize it and deal with it effectively is what determines whether or not stress has adverse effects.

"Stress is the physical or emotional wear and tear coming from real or imagined problems," said Dr. George Manning, professor of psychology at Northern Kentucky University. Manning's newest book, *Stress: Living and Working in a Changing World*, identifies and examines types and sources of stress. The book then maps out ways to guard against stress through exercises and anecdotes.

Manning said there are three types of real or imagined problems: pressures, conflicts and frustrations.

"There are pressure periods for everyone where there is too much to do and not enough time in which to do it. For college students, those periods are often mid-terms and finals," said Manning.

"Conflicts can be internal or external," he said. "Internal conflicts can include choosing a major and balancing home, work and school. External conflicts might be conflicts with those around you, such as students or teachers."

Manning said students typically have goals, and if sufficient progress isn't made towards them the result is frustration.

Brandon Nevil, a junior biology major

from Erlanger, Ky., said he experiences all three problems but prioritizes tasks to keep a handle on things.

"I want to make A's, but that's hard to do with work, which has its own pressures, and a car [payment]," Nevil said.

He said not having time to study is the big problem, and he often has to study after work staying up late and sleeping less.

Manning said that a lack of goals or unclear goals can also be frustrating.

Christina Maloney, a sophomore from Lawrenceburg, Ind. working two part-time jobs, has not declared a major.

Maloney said, "I don't really get stressed out, I just do whatever I've got to do. It is frustrating though. I sometimes wonder, What am I spending all this money for?"

Manning believes going to school purposefully would be an asset in cases like Maloney's and he encourages students with undeclared majors to thoroughly explore and discover what is offered.

Manning said that everyone is unique in their signs of stress but there are some common signs to look for. He said forgetfulness, misplacing things, little accidents, apathy, headaches, backaches, tension in the neck, emotional displacement and taking frustrations out on friends and family, are all warning signs of stress.

The first line of defense in dealing with stress is knowing what is important, said Manning.

"Feel in control. Prioritize your activities in line with your values. If you do this,

your top few priorities will count for your well-being.

He said, "Keep a positive attitude. Don't deny reality, but realize the power of mind over body. Maintain perspective; keep the little things little. Tend to caring relationships. Know that love can heal, that hate can harm. Loving relationships don't just happen."

Manning wrote *Stress: Living and Working in a Changing World* with Kent Curtis, NKU professor of organizational studies and leadership development, and Steve McMillen, director of executive development and performance improvement at Hillenbrand Industries, Inc. The book is required text for the personal adjustment psychology course.

Students unite against sweatshops

By Josh Kinnman
Copy Editor

In 1995 Thai slaves were found working 22 hours a day under threats of physical violence inside a barbed-wired compound in El Monte, CA., according to National Mobilization Against Sweatshops (NMASS).

Organizations are popping up across the United States to raise awareness of existing sweatshops, nationally and internationally.

A sweatshop meets the following criteria: child labor, forced labor, exposure to dangerous or life threatening working conditions, illegal hours and wages, physical punishment or humiliation for mistakes and trying to bargain collectively.

According to *Ethical Consumer Magazine*, Sweatshops exist because retailers can manufacture their goods overseas to avoid higher costs of labor in this country.

United Students Against

Sweatshops (USASS) recently formed a chapter at Northern Kentucky University to raise awareness on campus.

"Often a majority of the clothes you are wearing were made in one of these factories," said Stephanie Stern, a junior political science major and member of USASS.

Stern said USASS's goal concerns campus apparel, which includes athletic uniforms and bookstore clothing, that can be summarized as follows: full disclosure of factories that make the apparel, assurance that workers who make the clothes are getting a fair wage and independent monitoring of the factories.

Stern said that nearly 25 people were present for the last meeting of USASS which does not have a hierarchy of leadership. This helps to place responsibility on each member to function collectively.

Stern said, "We are here to mobilize and educate people."

Stern said the group is sponsor-

ing campus events to raise awareness.

Stern said the group plans to have speakers, street theatre, and a knit-in (similar to a sit-in).

In efforts to raise further awareness, Stern said the group hopes to welcome a speaker from Sai-pai to discuss the current state of sweat shops in that nation.

Stern said her interest in the group was ignited during a political conference she attended in Washington, D.C.

Stern said the conference fired her up to the cause.

"We are a student labor movement," Stern said when asked to describe her group.

Four years later, those Thai workers received a \$1.2 million settlement.

Many of the workers have sent money home so family members will not have to work in similar conditions, she said.

Some Thai workers were forced to work up to six years under illegal conditions in California.

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Campus Recreation Activities Thru Oct. 4, 1999-Team Activities

Activities	Entry Date	Play Begins
Softball: Co-rec tournament	Sept. 9	Sept. 14
Flag Football: Co-rec league	Sept. 10	Sept. 19
Soccer: Men's League	Sept. 10	Sept. 20
Soccer: Women's League	Sept. 10	Sept. 20
Soccer: Men's League	Sept. 10	Sept. 22
Soccer: Women's League	Sept. 10	Sept. 22
Volleyball: Co-rec league	Sept. 24	Oct. 3
Volleyball: University 101 Tournament	Sept. 17	Sept. 26
Volleyball: Men's League	Oct. 4	Oct. 12
Volleyball: Women's League	Oct. 4	Oct. 12

Campus recreation offers alternatives, experience

Tim Banks
Sports Editor

For many, playing intercollegiate athletics is not an option. Reasons vary from not having the time to participate to just not having the athletic skill.

For some college students, the urge to compete is too much to ignore. The sheer joy of competing among peers is enough to help them through the sweat and pain.

For students who want to play sports and have a chance to compete at whatever level they're comfortable with, there is a place for them on campus.

Northern Kentucky University's campus recreation caters to those who are looking for an alternative to the rigors of intercollegiate athletics.

"You're not really playing for anything except for pride," said, sophomore computer science major Kenny Bauman. "You're just out there having fun, competing with and against friends."

According to activities manager Dan Henry, about half of the traditional students participate in intramural athletics. "We have about 2400 men, 1700 women and 3000 co-recreational, some of which are duplicates, which mean they play more than one sport," Henry said. Henry went on to say that intramurals deal with more students than does the intercollegiate athletic department.

There is an array of sports available to the students of NKU. According to Henry, various activities take place during different times of the year. "We try to be seasonal, when it's [fall] we're doing

football, soccer and volleyball and then in the spring we come back with basketball, volleyball, and softball."

Other activities are offered through the campus recreational department. According to Henry, the aerobics department is running a kick boxing program. "We get more female participation there, it's not just for women, it's open but we get more women than men."

Campus recreation offers more than just the sports listed in the activities calendar. According to Henry all students need do is come to the campus recreation department with interest and they get it going. The request, however should not be outlandish.

Playing in the games is only part of the intramural experience. According to Henry, the campus recreation department employs 70-85 students over the course of a year.

These jobs include officials and scorekeepers.

"The officials are a great teaching tool because they help the less experienced officials keep the game running smoothly." According to Henry these jobs are paid positions with the scorekeepers making around \$5.50 and the officials earning up to \$12.

One concern with Henry is the lack of student interest. "What we hear a lot is that there is nothing to do on campus, but if you look we have something being offered except for Friday and Saturday."

If students are interested in intramural sports contact the campus recreation department at 572-5197. Any sports not yet available can be added.

Women's Tennis starts season all aces

By Bruce Reller
Assistant Sports Editor

The Northern Kentucky University women's tennis team started out its season on a winning note this past weekend.

NKU played its first game at home against Great Lakes Valley Conference opponent Kentucky Wesleyan on Friday, Sept. 3.

The Norse won its matches against Wesleyan 9-0 as sophomore Jamie O'Hara led the way for NKU winning her singles match against Mary Pfeifer by a score of 6-0, 6-2. O'Hara also won her doubles match with teammate Claudia Ruehl by defeating Pfeifer and Beth Merchant 8-3.

Senior Nikki Thompson and sophomore Christina Dausch also won their doubles match against Cathy Chelgren and Mel Jones by a score of 8-0.

NKU returned on Saturday to play two home games against its Great Lakes Valley Conference opponents, Southern Indiana and Indiana of Purdue-Fort Wayne.

First NKU played Southern Indiana in the morning as NKU continued its winning streak by beating Indiana. O'Hara led the way for the Norse by winning singles competition against Emily Benzinger by a score of 6-0, 6-1.

O'Hara won her doubles match with Ruehl by beating Benzinger and Jamie Carie of Southern Indiana 8-1.

Lauren Spears won her singles match against Carie by a score of 6-3, 6-3, and Thompson and Dausch won doubles competition by beating Kelly Sergesketter and Kristy Hite of Southern Indiana, 9-8. Nikki and Christian won the tie breaker in the match 8-6.

The Norse next played IPFW on Saturday afternoon. NKU kept its overall and GLVC record perfect by defeating IPFW 9-0.

Sophomore Amity Chapman led the way for the Norse by winning

singles competition over Meyer of IPFW, 6-0, 6-0. Chapman and Thompson won its doubles match against Pape and George by a score of 8-2.

Spears and Freshman Dylan Lower also won their doubles match against Fisher and Meyer of IPFW by a score of 9-7.

The Norse are now 3-0 on the season and have not lost a single match in singles or doubles competition.

NKU is also 3-0 to start GLVC competition. Jamie O'Hara talked about how great it feels to be undefeated in GLVC play in singles and doubles competition since last season.

"I'm excited," exclaimed O'Hara, "I've been working hard to keep my game up."

According to the team, everyone played their hardest and was aggressive during the season opening games.

"We were consistent and aggressive today," said Assistant Coach Linda Stafford, "We had a hard game plan from the first point. We took care of business."

"Everybody played real well," added O'Hara, "(NKU) played their hardest. They didn't put their heads down."

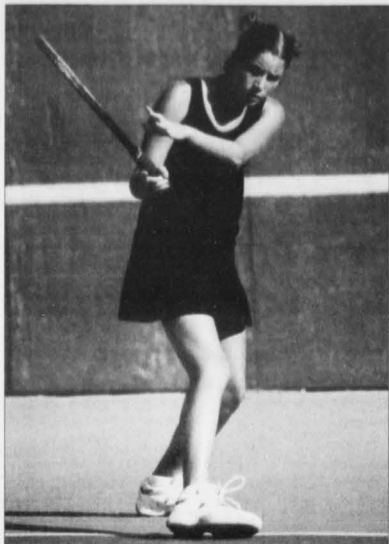
Starting the tennis season 3-0, especially in GLVC play is a big confidence booster for the team.

"It improves our confidence," said O'Hara, "We know we can beat anybody."

As NKU keeps winning GLVC games, the non-conference games are going to get tougher, especially on the road. However, the tennis team feels that it needs to keep practicing and work on what it has been doing against its GLVC foes.

"We need to go out and work at what we practice on," explained Stafford, "We need to work on when things we work on when we play conference games. We need to pick up a good win."

The Norse also needs to work on



Service winner: Sophomore Lauren Spears is one factor in the continued success of NKU's women's tennis team.

cooperation on the next road trip according to one NKU tennis player.

"We need to work together," said O'Hara, "Everybody needs to get along."

Junior Joceline McQueen, is playing for the first time with the Norse this season. She is a big asset for the program and gives more variety to choose from for the tennis matches.

"It is really good to have her on our team," stated Stafford, "She gives us a little more depth and a lit-

tle more variety to choose from."

McQueen has already started strong for the Norse by winning all three of her singles matches this past Friday and Saturday against Great Lakes Valley Conference competition.

The team will next play on the road for three games. It takes on Sinclair College on Tuesday, Sept. 7. Also, it plays at St. Joseph's College on Friday, Sept. 10 at 3 p.m. and the Norse play at Lewis College on Saturday, Sept. 11 at 9 a.m.

1999-2000 NKU Women's tennis roster

Nikki Thompson
Claudia Ruehl
Joceline McQueen
Christina Dausch
Jamie O'Hara

senior
junior
junior
sophomore
sophomore

Lauren Spears
Amity Chapman
Dylan Lower

sophomore
sophomore
freshman

Head Coach: Dave Bezold

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The Northerner Athlete of the Week



Photos by Jeff McCurry

Betsy Moore

Moore opened the season blazing. After finishing last season with 16 goals and 12 assists, last year's GLVC Freshman of the Year is picking up exactly where she left off. Through the seasons first four games she has seven goals. Moore added two goals on Sunday in a 2-0 win over Minnesota State.

News'n'Notes

Volleyball & Cross Country

Women's Volleyball:

The NKU women's volleyball team has continued their winning ways by upsetting the No. 3 and No. 4 teams in the country on Saturday.

NKU played fourth-ranked North Dakota State in the early match winning the last three sets after dropping the first two.

In the second match the Norse dropped only one set to third ranked Tampa.

The weekend sweep improves NKU's record to 5-0 this year. All the wins have come without starter Jenni Long.

The Norse return home Wednesday to face Thomas More before heading out to Indiana for a tournament, and are back home Sept. 15. NKU is currently ranked No. 8 in the nation.

Sunday the Norse dispatched of North Florida in three sets. The win improves NKU to 6-0 this season. Conference play begins Sept. 17 against Missouri-St. Louis.



Jeff McCurry/The Northerner

NKU's volleyball and cross-country teams were away from home this weekend, however all the teams had successful road trips.

Men's and Women's Cross Country:

The NKU men's cross country team finished in first place Saturday at the Bellarmine Invitational.

Bellermine finished second with Centre wrapping up third. NKU's top finisher was Brian Alessandro who came in 9th place.

The women's cross country team came in third at the invitational finishing behind Bellermine and Centre. NKU's top finisher was Tabatha Smith who came in seventh place.

Women's Soccer stays hot

By Bruce Reller
Assistant Sports Editor

The 21st-ranked Northern Kentucky University women's soccer team continued to rack up wins this season.

On Wednesday, Sept. 1, NKU hosted 18th ranked Mercyhurst College at the Town and Country Sports Complex in Wilder, Ky.

The Norse scored early in the first half as sophomore Tricia Ruark scored a goal from a corner-kick 13 minutes into the game to give NKU a 1-0 lead.

"I was pumped," said Ruark, "it was my first goal."

Sophomore Betsy Moore scored a fast break goal for NKU with 1:21 to go in the half. Moore's goal gave the Norse a 2-0 halftime lead.

The second half was a defensive battle between the two ranked teams. Only one more goal was scored.

That goal was scored by NKU with 21:23 left in the second half. On an assist by freshman Kristen Noakes, Moore poked in a goal to give the Norse a 3-0 lead.

That was Moore's second goal of the game, and fifth goal of the season.

NKU won by the final score of 3-0 to go to 2-0 on the season.

Sophomore goalie Lauren Piening recorded her first shutout of the season for the Norse.

"We rely on defense; we can't do without it," quoted Piening, "We work well together and play a solid game of defense," Piening said.

"We lost to them last year," Ruark explained, "We wanted to

play hard, get revenge and beat them."

The Moore's play was another key factor in the victory for the Norse on Wednesday.

"Betsy is a phenomenal player," stated Assistant Coach Adam Meier, "She can really turn a game around; she can control a game. I'm glad she is on our side."

The NKU women's soccer team has played many non-conference opponents to start the season. Once Great Lakes Valley Conference tournament comes around, the team feels there is need for improvement before the conference games start.

"We need to improve on our team defense," explained Meier, "We really need to come together as a team. We need to integrate our freshman."

"We need to keep improving with each game," said Piening, "We have a really young team. We need to keep playing more competitively."

The Norse next went on the road to play two teams, Truman State and Minnesota State, in Indianapolis, Ind., on Saturday and Sunday.

On Saturday, NKU took on Truman State College as the Norse pulled off a shutout over them 1-0.

Senior Lindsay Smith scored the only goal NKU would need and Noakes had the assist in the win.

Also, goalkeeper Piening recorded her second shutout of the season for the Norse.

The win left NKU at 3-0 on the season with a game Sunday at Indianapolis versus Minnesota State.

Sunday's action saw the Norse



Jeff McCurry/The Northerner

Eyes on the prize: Sophomore Tricia Ruark helps her team focus on winning, and to reach the next level.

improve their overall record to 4-0 behind goalie Piening's third shutout of the season in three straight games.

Moore provided the offense for NKU with two goals on Sunday, giving her seven on the season. She had 16 last year.

NKU will be on the road for their next two games, playing at Wheeling Jesuit and at Morehead State.

The Norse return home Sept. 18 to begin play inside the GLVC conference against Missouri-St. Louis and Sept. 19 versus Quincy.

Women's Soccer schedule through Sept. 25

Saturday	Sept. 11	at Wheeling Jesuit	1p.m.
Wednesday	Sept. 15	at Morehead State	5 p.m.
Saturday	Sept. 18	Missouri-St. Louis	12:30 p.m.
Sunday	Sept. 19	Quincy	12:30 p.m.
Saturday	Sept. 25	at St. Joseph's	1:30 p.m.

Transition into golf different than expected

By Dan Sullivan
Staff Reporter

College golfers making the jump from high school teams are in for a challenge.

The main obstacles are tougher competition, a more rigorous practice schedule and more pressure caused by fewer, and therefore more important, matches.

"In high school we had three matches a week. Now we have four tournaments all fall,"

Freshman Mickey Fritz said.

Going from a high school to a college golf team often translates into a change in roles, according to sophomore Tommy Leone.

"I was Most Valuable Player four years in a row in high school. Now practically everybody on our team was MVP in high school," Leone said.

"You lose a lot of the pressure as a senior in high school," Fritz said. "Then in college, you start at the bottom again."

Greater competition exists not only on the team itself, but also in the opposition, according to Leone.

"In high school, we knew of some bad teams, and we kind of

took it easy against them. Now the competition is greater, and we can't let up at all," Leone said.

For some, the pressure can translate into poor play, even in practices, according to junior Greg Siebel.

"We haven't had a tournament yet, and I have still been putting too much pressure on myself to play well in practice," Siebel said. "I'm just now beginning to settle down and play well."

The rigors of playing and practicing 18 holes instead of nine also takes its toll, according to Fritz.

"It's a lot more than people realize, both physically and mentally," Fritz said.

"It's not only twice as much walking and swinging as I was used to in high school, but also I have to concentrate twice as hard for twice as long. There is no break," Fritz said.

"Now practically everybody on our team was an MVP in high school"

-Tommy Leone

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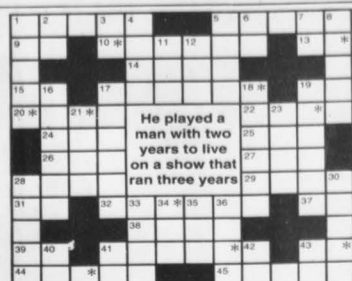
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TV-CHALLENGE



The identity of the featured celebrity is found within the answers in the puzzle. In order to take the TV Challenge, unscramble the letters noted with asterisks within the puzzle.

- ACROSS**
1. Eloquent of It's Like, You Know
 5. The ___; '83-'87 adventure series
 9. Prefix for mind or enforce
 10. Features for Doug E. Doug and Victor French
 13. Jamie, to Mabel
 14. O'Hara's home
 15. These Walls Could Talk; '96 Cher TV movie
 17. Title role in a sitcom
 19. ___ Follies (1987-89)
 20. Israel's ___ Strip
 22. Blaine; 1957 Rory Calhoun film
 24. 11 Down service
 25. Otis on The Andy Griffith Show, for one
 26. Don's family
 27. Prefix for cycle or angle
 28. Role in the '54 film 20,000 Leagues Under the Sea
 29. Holiday and Sheraton Surgeon's spot, for short
 32. ___ Fell
 33. ___ Lucky; 1951 Jan Murray quiz show
 38. ___ for Two (1992-93)
 39. ___ 101 (1988-89)
 41. One with a talk show
 44. Just ___ Old Sweet Song; '76 TV movie
 45. 1961-66 Don DeFore sitcom
 46. Walker or Reagan



HOROSCOPE

By C.C. Clark - eTVData Features Syndicate

September 5 - September 11, 1999



Aries (March 21 - April 20)

Relationships are puzzling at times. Try not to be too pushy, and let others make their own decisions. You can't always control everything.



Taurus (April 21 - May 20)

There's no time like the present to begin a new health regimen. While you are taking care of your body, don't forget your spirit.



Gemini (May 21 - June 20)

Postpone making big decisions for now. You'll have a better idea of how things should go in the very near future.



Cancer (June 21 - July 20)

Is there a reason you've been feeling so cranky? It may be a bit more serious than a lack of sleep. Check with your doctor.



Leo (July 21 - Aug. 21)

Throw an impromptu party for friends and celebrate life. A loved one is full of excuses, but the decision to let him or her off the hook is up to you.



Virgo (Aug. 22 - Sept. 22)

Spiritual studies should be at the top of your list. Use your intellect to inspire others. Involve yourself in creative projects.



Libra (Sept. 23 - Oct. 22)

Think carefully before making any decisions about your financial future. Spruce up your resume and get ready for a new opportunity.



Scorpio (Oct. 23 - Nov. 22)

You may be suffering from foot-in-mouth disease. The best thing to do is hold your tongue and make amends when necessary.



Sagittarius (Nov. 23 - Dec. 20)

A project may seem overwhelming if you try to tackle it all at once. Try breaking it up into mini-steps and take it slowly.



Capricorn (Dec. 21 - Jan. 19)

Investigate alternative medical treatments for a nagging problem. Brace yourself for a duel of wits with someone close.



Aquarius (Jan. 20 - Feb. 18)

Look over your financial records carefully. A professional adviser may be able to help you find some loopholes.



Pisces (Feb. 19 - March 20)

Romance is in the air, but you won't finish an important project if you don't make time for it. A friend shares exciting plans.

Born this week:

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|----------------------------------|---------------------------|
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| Sept. 6 - Jane Curtin | Sept. 10 - Amy Irving |
| Sept. 7 - Julie Kavner | Sept. 11 - Earl Holliman, |
| Sept. 8 - Jonathan Taylor Thomas | Kristy McNichol |

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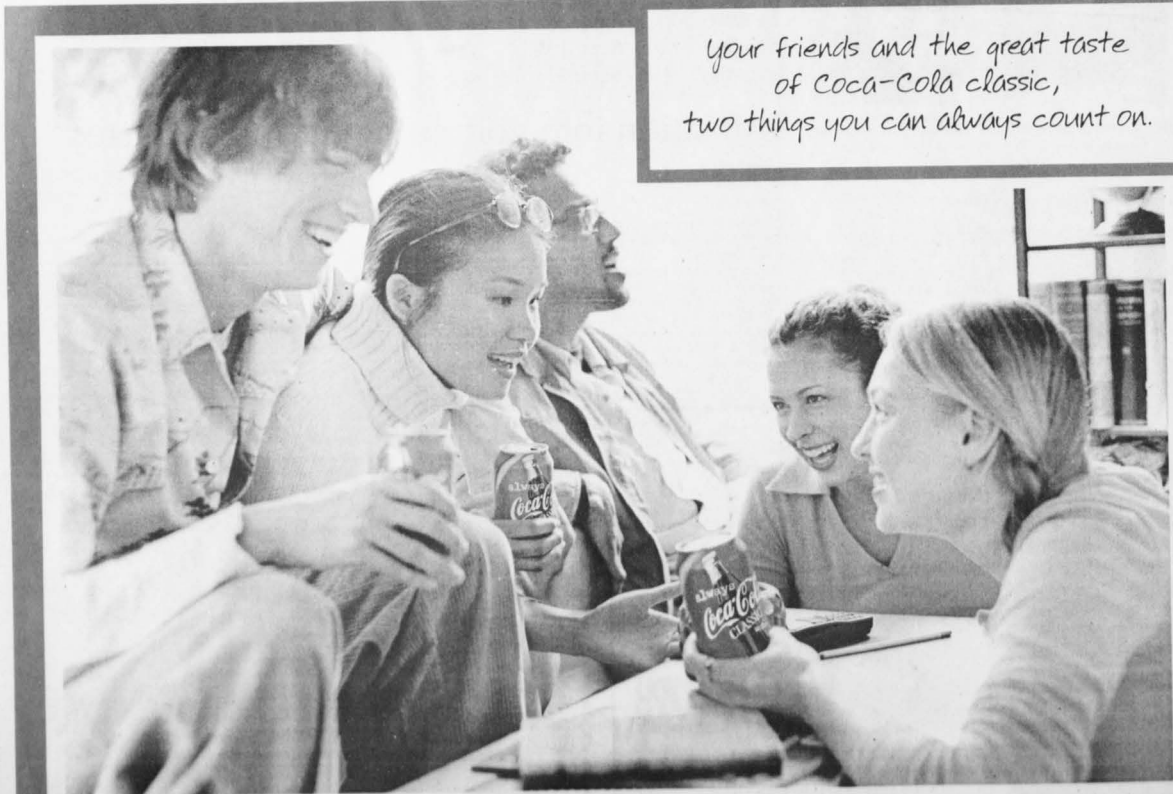
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