

ETSU Accent

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The Faculty-Staff Newsletter of East Tennessee State University



The Buccaneer cheerleaders rally the crowd at ETSU at Kingsport during Pride Week 2002.

Accomplishments despite challenges provide one more reason for ETSU Pride

As we begin this year's celebration of ETSU Pride Week, the excitement of a new academic year abounds. This excitement is surely due to the many things we have to be proud of at ETSU!

Our exemplary faculty, staff and students continue to work together to achieve ETSU's goal of becoming the best regional university in the country. Despite the many economic challenges facing us, our university community has accomplished much during the past year. Here are a few highlights:

- ♦ The Eastman Chemical Co. Distinguished Chair of Business Leadership Endowment
- ♦ ETSU added several new degree programs – three doctorates in audiology, nursing and physical therapy; a Master of Social Work; and a Master of Education program in advanced studies in teaching and learning, with a concentration in early and middle childhood/literacy: reading-language arts through the Regents Online Degree Program. In addition, the College of Nursing and Mountain States Health

was established with a gift of \$1 million from the company to fund business leadership lectures by some of the world's most successful corporate executives.

Alliance began an accelerated B.S.N. program that helps students who already hold bachelor's degrees in other fields to complete a nursing degree in five semesters, and the Center for Appalachian Studies and Services established a new concentration in documentary studies within the Appalachian Studies minor, with courses focusing on how to obtain histories from the region's veterans for the Veterans History Project. Also, a minor in emergency/disaster response training began in the College of Public and Allied Health.

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ETSU and Johnson City received some unusual publicity on June 24. The vacationing Dr. Styron Harris, professor emeritus of English, worked that day's crossword puzzle by Eugene R. Puffenberger in *The Sun Times* of Myrtle Beach. Imagine his surprise when he saw the clue for 61 across — "East Tennessee State town!"

ETSU Accent, for and about university activities and employees, is published by News and Information Services in the Office of University Relations. News items for upcoming issues should be typed and double-spaced, and forwarded to Jennifer L. Hill, Coordinator, Box 70717, 300 Burgin E. Dossett Hall, telephone 439-5693, e-mail hill@mail.etsu.edu.

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Photographs by ETSU Photo Lab

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East Tennessee State University is a Tennessee Board of Regents institution. The TBR is the nation's sixth largest higher education system, governing 45 post-secondary educational institutions. The TBR system includes six universities, 13 two-year colleges and 26 technology centers, providing programs to over 180,000 students in 90 of Tennessee's 95 counties.

Accreditation

Commission on Colleges of the Southern Association of Colleges and Schools

East Tennessee State University is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools (1866 Southern Lane, Decatur, Ga., telephone number 404-679-4501) to award certificate, associate, bachelor's, master's, educational specialist, doctor of education, Ph.D. and M.D. degrees.

East Tennessee State University is fully in accord with the belief that educational and employment opportunities should be available to all eligible persons without regard to age, gender, color, race, religion, national origin, disability, veteran status or sexual orientation.

ETSU makes available to prospective students and employees the ETSU Security Information Report. This annual report includes campus crime statistics for the three most recent calendar years and various campus policies concerning law enforcement, the reporting of criminal activity, and crime prevention programs. The ETSU Security Information Report is available upon request from ETSU, Department of Public Safety, Box 70646, Johnson City, TN 37614-1702. The report can be accessed on the Internet at: http://www.etsu.edu/dps/security_report.htm.

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Reasons for ETSU Pride

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- ◆ The ETSU Arboretum earned Level IV certification – the highest level possible – by the state of Tennessee.
- ◆ ETSU's Child Study Center was selected as an Infant/Toddler Model Site for the state of Tennessee. In addition, the Center, along with the Little Buccaneers Student Child Care Center, received a Three Stars Rating from the Tennessee Department of Human Services.
- ◆ Former Gov. Don Sundquist announced an \$8 million federal grant for a visitor's center to be constructed at the Gray Fossil Site.
- ◆ ETSU became the first public institution in Tennessee to create its own research foundation.
- ◆ A new Center of Excellence for Children in State Custody was established in ETSU's James H. Quillen College of Medicine.
- ◆ The ETSU Innovation Laboratory opened in the former Marine Corps training center on West Market Street as a major business incubator for new and rising technology companies.
- ◆ The College of Nursing received \$1 million from the Centers for Disease Control and Prevention to develop a major diabetes intervention program with the Appalachian Hispanic community.
- ◆ The Commission on Colleges of the Southern Association of Colleges and Schools reaffirmed ETSU's accreditation for the maximum term of 10 years.
- ◆ The ETSU Cancer Center at Johnson City Medical Center became a member of the Vanderbilt-Ingram Cancer Center Affiliate Network, giving cancer patients in the Tri-Cities improved access to some of the most promising new therapies being investigated in clinical trials.
- ◆ The Buccaneer men's basketball team claimed the 2003 Southern Conference Championship with a 97-90 win over the University of Tennessee-Chattanooga, earning the team's first trip to the NCAA Tournament since 1992.
- ◆ In the 2004 "Best Graduate Schools" issue of *U.S. News & World Report*, the College of Medicine ranked number three in the nation for excellence in rural medicine education, 16th in family medicine training and tied for 17th in primary care.
- ◆ The Center for Appalachian Studies and Services co-produced the Appalachian music exhibition of "Appalachia: Heritage and Harmony," one portion of the 37th annual Smithsonian Folklife Festival in Washington, D.C.
- ◆ Despite being postponed due to around-the-clock NPR coverage of the war in Iraq, the spring on-air fund-raiser for WETS-FM (89.5) was the station's most successful campaign ever, pulling in over \$182,000 and exceeding the goal by more than \$7,400.
- ◆ The College of Business and College of Applied Science and Technology merged, forming the new College of Business and Technology.

"Thank you for the strong spirit of support and ETSU Pride you demonstrate each day, and thank you, too, for standing together during difficult times. We look forward to a productive and rewarding year at East Tennessee State University!"

— ETSU President Dr. Paul E. Stanton Jr.

Hear 'ETSU Voices' every Monday on WJCW

Tune in to "ETSU Voices" each Monday on WJCW-AM 910. The 25-minute show, featuring university people and programs, airs at 9:35 a.m. and is hosted by Fred Sauceman, executive assistant to the president for University Relations.



Pride Week Events

Elizabethton Twins ETSU Pride Game

Aug. 19, 7 p.m., Joe O'Brien Field

The Twins take on the Princeton Devil Rays. Free to anyone wearing ETSU apparel. Call Mike Maines, 547-6441.

ETSU Pride Night at the Bristol Motor Speedway

Aug. 20, 7 p.m.

The evening's events include the NASCAR Goody's Dash Series Pabst Blue Ribbon 150 and the NASCAR Craftsman Truck Series O'Reilly 200 presented by Valvoline MaxLife. The first 500 individuals presenting valid ETSU I.D. at Gate 2 on the North End of the BMS complex behind Turn One will receive complimentary admission (tickets are also available for \$25 each).

Call the Alumni Office, 439-4218.

Johnson City Cardinals ETSU Pride Game

Aug. 20, 7 p.m., Cardinal Park

The Cardinals take on the Burlington Indians. Sponsored by Coca-Cola. Free with ETSU I.D. Call Vance Spinks, 461-4866 (www.jccardinals.com).

Door Decorating Contest

Aug. 20, all day, ETSU campus

All university offices and departments are encouraged to show ETSU Pride by decorating their doors. Judging will take place Aug. 21. Call Karen Sullivan, 439-5641; Dr. Mark Steadman, 439-5322; or Alumni, 439-4218.



ETSU paleontologist Dr. Steven Wallace (left) discusses the findings at the Gray Fossil Site during the Appalachian Fair.



These area residents welcome new ETSU students with a variety of information about the campus and region on Move-In Day.

Move-In Day Welcome Stations

Aug. 21, 8 a.m.-1 p.m., east and west ends of campus

Individuals and organizations are invited to help new students move into their residence halls. Call Sandy Bennett, 461-1030, or Richard Lockner, 434-6224.

Tri-Cities Blue and Gold Day

Aug. 22

All ETSU faculty and staff, employees of regional businesses, and individuals throughout the area are encouraged to wear ETSU Pride T-shirts or other blue and gold apparel. Call Alumni, 439-4218.

ETSU Pride Day at the Appalachian Fair

Aug. 22

All fairgoers wearing ETSU Pride T-shirts or other ETSU apparel will receive \$1 off admission all day. Call Alumni, 439-4218.

Pirate Club Barbecue

Aug. 24, 5 p.m., Memorial Center

Tickets for this 14th annual event are \$10 for adults, \$5 for children ages 6-12 and free for children under 6. Call the Pirate Club, 439-8398.



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Pride Week Events

Kingsport Mets ETSU Pride Game

Aug. 25, 7 p.m., Hunter Wright Stadium

The K-Mets take on the Elizabethton Twins. Admission is free for anyone wearing ETSU apparel. Call 378-3744.

College of Nursing Welcome Fair and Showcase

Aug. 25, 10 a.m.-2 p.m., Lamb Hall lawn

Call Carolyn Merriman, 439-4262

Campus Ministries Back-to-School Bash

Aug. 25, 11 a.m.-10 p.m., Amphitheatre

Includes a concert by Switchfoot at 8 p.m. Contact Christi Courtney, 434-0286 or christi.courtney@uscm.org.

ETSU Pride Block Party

Aug. 26, 4:30-6:30 p.m., Walnut Street

This annual Block Party with free food and games for the whole family is sponsored by Firehouse Restaurant and State of Franklin Savings Bank. Participants may meet members of ETSU athletic teams and ETSU cheerleaders. The ETSU Pirate Club Dunkin' Booth features local personalities, with proceeds supporting ETSU athletics. In case of rain, the Block Party will be rescheduled for Aug. 29. Call Karen Smith, 232-4400, ext. 233, or Tracey Behrer, 929-7377.



Community Showcase

Aug. 27, 10:30 a.m.-1:30 p.m., Pedestrian Mall

Many area organizations and member businesses of the Johnson City/Jonesborough/Washington County Chamber of Commerce, which sponsors the showcase, will be on hand with giveaways for the campus community. Co-sponsored by the ETSU Alumni Association. Call Barbara Mentgen, 461-8000.

Welcome to ETSU Picnic

Aug. 28, 11 a.m.-3 p.m., Amphitheatre

The Panhellenic Council and Inter-Fraternity Council at ETSU sponsor this picnic, which includes free food, giveaways, music by local band Spank and fun activities like airbrush tattoos, balloon art, miniature golf, a dunking booth, and photos on a large, inflatable couch. Students, faculty and staff are welcome. Support is provided by SGA 606 Funding. Call Student Life and Leadership, 439-5675.



Veteran's History Project to benefit from Documentary Studies

The story of a veteran trapped in the nose of a crashing plane.... The story of a veteran who freed over 1,500 people from a concentration camp.... The story of a veteran who was the sole survivor of a ship torpedoed in the English Channel....

Do these stories from local World War II veterans interest you? If so, consider becoming involved in the Veteran's History Project (VHP) at East Tennessee State University.

Students can participate in the VHP by enrolling in the Concentration in Documentary Studies, part of ETSU's Appalachian Studies minor degree program, both co-sponsored by ETSU's Center for Appalachian Studies and Services (CASS) and the Department of Sociology and Anthropology.

Thomas Headley, a communications professor who is teaching a course in Documentary Studies at ETSU, pointed out the benefits for ETSU students involved in the VHP. Headley said that students participating in the VHP develop a deepened "appreciation of people who have fought and served their country in the various wars."

Students get interested and excited about the VHP by interviewing veterans and by recording their oral histories through Documentary Studies classes. They learn interviewing and interpersonal skills in order to document first-hand accounts of history.

Two ETSU students recounted their interviews with area veterans through the VHP. "The veterans are our history – they are the people who made this country what it is," said Janell Rowe. She described the vets' stories as "amazing" and "incredible."

"You never really know what war is until you've been there," said student Meaghan Smith. "I have gotten to hear stories about what war was like and how it affected these men's lives."

The U.S. Congress passed legislation to create the VHP on October 27, 2000. Congress saw the value of Americans' involvement in their own history through interviewing veterans. Congress also recognized the urgency of preserving wartime memories, given the fact that approximately 1,500 veterans die daily.

Two veterans from the ETSU area recently acknowledged the urgency of this preservation. Jim Bowman, a Korean War Veteran from Hawkins County, hoped his participation in the VHP would instill "pa-

triotism" and "love for country" in future generations.

Paul North, a Pearl Harbor survivor also from Hawkins County, seconded the importance of the VHP for generations to come. He hoped his participation in the project would educate future generations about American war history.

The VHP recognizes veterans as people who have served in war or in support of combat operations. It also honors citizens who were involved in home-front activities or who supported the armed services during wartime. Men and women of all ranks and branches of service voluntarily participate in the VHP. Veterans are honored from World War I and World War II, as well as from the Korean, Vietnam and Persian Gulf wars. Priority is given to more senior veterans from World War I, World War II and the Korean War.

CASS Interim Director Dr. Ted Olson stressed the importance of the VHP in expanding general awareness of the extensive role of Appalachian people in American military history.

Students from any major can be involved in the VHP. Students can choose one or more of the five Documentary Studies courses offered through CASS during the fall and spring semesters, 2003-2004. CASS and the Appalachian Studies minor, which is housed in the Department of Sociology and Anthropology, will sponsor the courses "Introduction to Appalachian Studies" and "Current Issues in Appalachian Studies." The Department of Communication will offer two classes: "Creating Plays from Oral Histories" and "Documenting Oral Histories on Video and Television." In addition, the Department of Sociology and Anthropology will coordinate a course entitled "Documenting Community Traditions."

VHP interviews and related documents gathered from the region will be preserved in The Archives of Appalachia at ETSU's Sherrod Library and at the Library of Congress in Washington, D.C.

For more information, call 439-5348 or visit <http://cass.etsu.edu>.

— Sarah Ingle, Graduate Assistant
Center for Appalachian Studies
and Services

Special Purple Heart presented on campus



Lt. Col. Craig E. Terry, (left) an ETSU Reserve Officers Training Corps (ROTC) graduate as well as current department chair and professor of Military Science, recently conducted a traditional ceremony for three Military Science graduates being commissioned into the U.S. Army as second lieutenants. Special speaker for the commissioning was retired Brig. Gen. Billy J. Stalcup, himself an ETSU ROTC alumnus with over 31 years of military service. After the commissioning, Stalcup presented a long-overdue Purple Heart to Arthur G. Branum Jr., who earned the award 34 years ago as Private Branum in Vietnam. Stalcup had assisted in locating the military award presented for "wounds received in action," after learning of Branum's long fruitless search for it since he was injured in "the Republic of Vietnam" on Aug. 19, 1969.

University Honors Program celebrates 10 years of excellence

In 1993, the ETSU Honors Scholars Program was initiated, with the arrival of the first class of 13 students on campus. The 10th class, composed of 20 outstanding scholars, is ready for the new academic year.

Admission to this special group is highly competitive and those chosen receive a full tuition scholarship, room and board, and a book allowance.

Although the majority of Honors Scholars are Tennessee residents, many have come from out-of-state and other countries, including Austria, Ethiopia, Russia, India and the Netherlands.

Graduates of the program attend medical school, pursue doctoral study at leading universities, study acting in nationally recognized programs and are successful in many other fields. During their time at ETSU, scholars have taken advantage of study-abroad opportunities and exchange programs in England, Australia, Spain and Scotland. They also hold key leadership positions in various organizations across the campus.

The 2003-2004 incoming freshmen have an entering average ACT score of 31 and a weighted high school grade point average of 4.03, with 14 of the students achieving a perfect 4.0 grade point average.



The ETSU Honors Scholars Class of 2007 enters the university this fall.

In addition to the original Honors Scholars Program, there are now 11 Honors-In-Discipline programs available to students in the various departments and colleges across the campus. Participants in these honors programs compete for a limited number of tuition scholarships or an out-of-state fee waiver.

All of the honors programs provide participating students an enhanced educational experience through unique and innovative coursework and research opportunities with ETSU faculty guidance. Graduates of these

programs are especially attractive to employers and are well prepared to advance into professional schools and graduate studies.

Dr. Jay Boland serves as director of the thriving University Honors Programs. Staunch support from ETSU President Dr. Paul E. Stanton Jr. and Provost Dr. Bert Bach has contributed to the success of the honors programs on this 10th anniversary and ensures a bright future.

— Carol Fox, Coordinator
University Relations

Restless legs syndrome and lifestyle changes are focus of study

An estimated 10 percent of the population experiences trouble getting a good night's sleep, all because of a common disorder known as restless legs syndrome. It is characterized by an unusual sensation that

leaves an uncontrollable urge to kick and move the legs throughout the night.

Though this is one of the most common causes of disrupted sleep, there are many unanswered questions about ways to treat

this problem effectively.

Researchers at ETSU's James H. Quillen College of Medicine are beginning a new study and are looking for volunteers in the region who believe they may have restless legs syndrome. The focus of the investigation is the effectiveness of various lifestyle modifications, such as exercise, diet, and weight loss, in improving symptoms.

"Restless legs syndrome is very prevalent but is also rarely diagnosed," said Dr. Max Bayard, residency program director with ETSU Family Medicine Associates. "Many people suffer from this but do not mention it to their physician because they don't realize it is a documented clinical problem.

"There have been as many as 30 different adjectives, such as 'aching, crawling, hurting, and painful,' used to describe the sensation these patients experience with restless legs syndrome. Though it most commonly occurs in the legs, the symptoms can

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Historic theatre benefits from talents of ETSU, Johnson City professionals

ETSU's Division of Theatre and the Johnson City acting community are well represented this summer at Barter Theatre in Abingdon, Va., a major equity regional theatre.

Bobby Funk, director of the Division, plays the role of Roger Sherman in Barter's play, "1776," while student Rick McVey plays Stephen Hawkins. Recent ETSU theatre graduate Amy Tallmadge is at Barter as a dresser.

Richard Major, a teacher at Milligan College, which works closely with ETSU's Division of Theatre, is in the Barter professional company. He portrays Lewis Morris in "1776," which continues through Aug. 23, and held the role of Cheswick in "One Flew Over the Cuckoo's Nest."

In addition, Johnson City native Karen Rowe is a stage manager and Eugene Wolf, a former member of The Road Company of Johnson City, plays Benjamin Franklin in "1776" and portrayed McMyrphy in "One Flew Over the Cuckoo's Nest."



Campus News Briefs

Paperbacks needed

The Sherrod Library is soliciting donations of paperback books for the READ/ETSU program, which puts used paperbacks in the hands of students and other library patrons with no check-out required. Books may be taken to the circulation desk or the Book Sale book drop at the rear of the library.

Jewell Friend Lecture

Dr. Charles S. "Ted" Olson has been named the recipient of the 2003-04 Jewell Friend Lecture Award in the College of Arts and Sciences.

As the award recipient, Olson will deliver the annual Jewell Friend Lecture to Arts and Sciences faculty during the college's annual fall faculty meeting on Wednesday, Aug. 20, at 1:30 p.m. in the Ball Hall Auditorium. Olson will speak on "The 1927 Bristol Recording Sessions: The Big Bang of Country Music."

Olson currently serves as interim director of ETSU's Center for Appalachian Studies and Services and as director of its Appalachian, Scottish and Irish Studies Program. He teaches courses in ETSU's Department of English and Master of Arts in Liberal Studies degree program and frequently performs Scottish and Irish ballads.

He is the author of several works, including *Blue Ridge Folklife*, part of the Folklife in the South Series published by the University Press of Mississippi. He edited *From the Mountain, From the Valley: New and Collected Poems*, a collection of the poetry of James Still, which was published by the University Press of Kentucky and named the Appalachian Book of the Year in 2002 by the Appalachian Writers Association.

The lectureship was established in the College of Arts and Sciences in 1988 by Dr. Jewell Friend during her tenure as dean of the college. Friend, who was also a professor of English before her retirement, "asked the Arts and Sciences Faculty Council (in 1986) to consider the idea of beginning the fall semester with a faculty speaker to 'set the professional tone for the academic year,'" according to current Interim Dean Dr.

Rebecca Pyles.

The speaker, chosen from nominations submitted by faculty, department chairs or members of the college's Education Affairs Committee, receives a \$100 honorarium and may lecture on a cross-disciplinary topic that is designed to "generate scholarly, academic interest."

For more information, call 439-5671.

Labor Day holiday

ETSU will be closed Monday, Sept. 1, in observance of the Labor Day holiday. Offices will reopen and classes will resume Tuesday, Sept. 2.

Pig Roast Picnic

A "Beginning of the Year" Pig Roast Picnic is planned by the College of Business and Technology and ROTC to welcome new and returning students.

The free picnic, which features food, games and information on opportunities offered by the college and the Army ROTC program, will take place Thursday, Aug. 28, at 2 p.m. in the courtyard of the Center for Physical Activity. Maj. Craig Campbell, assistant professor of Military Science, will be the speaker.

For more information, contact Maj. Tony Garman at 439-5291 or Darlene Cole at 439-4269.

Multicultural Expo

ETSU's Office of Multicultural Affairs will host the 2003 Multicultural Expo on Tuesday, Sept. 9, at 7 p.m. in the D.P. Culp Center ballroom.

The event introduces organizations, services and activities for students of color and features refreshments and fun activities.

For more information, call 439-4210.

Wesley Foundation Auction

The third annual Wesley Foundation Barbeque and Auction is planned for Saturday, Sept. 13, from 12:30-4:30 p.m. at the Wesley Foundation.

Barbeque and all the trimmings will be provided by John Abe Teague and the Rock

and Root Gang.

A live auction will take place from 2:30-4 p.m., and a silent auction from 12:30-4 p.m. Items to be auctioned include beach trips, golf packages, collectibles and items from regional merchants. All proceeds benefit the Wesley Foundation's mission outreach.

Tickets are \$10 for adults and \$5 for students and children. For tickets or more information, call 929-2121.

Observatory Open House

"What Next After the Hubble Space Telescope?" is the topic of a presentation to be given by ETSU astronomer Dr. Mark Giroux during a free public Open House at the Harry Powell Observatory on Saturday, Sept. 13, at 8 p.m.

Telescopes will be set up and available for visitors to view celestial objects. In the event of rain, the Open House will be cancelled.

For more information, contact Dr. Beverly Smith at 439-8418 or beverly@panda.etsu.edu.

Quilts and more quilts

"Stitched From the Heart: Fiber Art by Bets Ramsey, 1960-2003" and the annual Blue Ridge Quilters' Challenge Quilts exhibit are on display through Sept. 14 at the Reece Museum.

Ramsey, a teacher, author and quilt artist, brings her love of quilts to the public through her own quilting and by curating quilt shows, giving lectures, and writing books on the contributions quilts and quilters have made to society throughout history. Since her first exhibit in Elmira, N.Y., in 1962, her work has been shown in art galleries and museums from Maine to California and abroad.

"Spectrum of Spring/Peace in Summer" is the theme of this year's Challenge Quilts exhibit by the Blue Ridge Quilters' Guild. Each year, Guild members create quilts based on their individual interpretations of an assigned theme. The resulting quilts are very personal and unique statements by the makers and exemplify the best in innovative design and technical skill.

For more information, call 439-4392.

Johnson City Transit and ETSU introduce BUCSHOT service

In partnership with ETSU, Johnson City Transit is introducing JCT BUCSHOT, a practical transportation alternative for students, faculty, staff and visitors to connect to key locations in and around the ETSU campus. Best of all, it's free!

The JCT notes that JCT BUCSHOT will allow passengers to travel safely and economically to and from classes, the Sherrod Library, work or home. The service area includes the immediate ETSU campus as well as the Buccaneer Ridge and Buccaneer Village apartments off Southwest Avenue. In addition, nearby off-campus housing on Greenwood Drive and in the 1600-1800 block of Seminole Drive are included.

The standard hours of operation for JCT BUCSHOT will be Monday through Friday, 7:15 a.m.-10:15 p.m. JCT will assign designated routes and stop locations/times, which will be available, complete with maps, in a brochure and on JCT's Web site, www.johnsoncitytransit.org.

JCT is overseeing the introduction of the JCT BUCSHOT service, as well as the day-to-day operation and shuttle maintenance.

"We are pleased to provide ETSU students, faculty and staff with a convenient way to travel around campus. We look forward to seeing new clients and invite them to make the BUCSHOT a part of their daily routines," said Eldonna Janutolo, JCT director.

"My hope is that ETSU students and staff will enjoy the convenience of BUCSHOT



and use it often. It is being provided free of charge to the ETSU community to make it easier for everyone to get around on campus," added Dr. Steven Bader, ETSU's senior associate vice president and dean of students. He notes that the joint endeavor is actually saving ETSU around \$70,000 from previous shuttle operating costs.

Janutolo said that each vehicle has heating and air conditioning systems, as well as upholstered seating, to keep passengers comfortable year-round. JCT BUCSHOT vehicles are also lift-equipped to meet the needs of clients with disabilities. Drivers are

trained and prepared to assist passengers that might need help entering or exiting the vehicle, upon request.

JCT BUCSHOT is expected to be up and running for the first day of classes on Monday, Aug. 25. The service will operate until May 1, 2004, the end of the regular academic year, with the exception of legal holidays observed by JCT and university-sanctioned holidays.

Johnson City Transit is located at 137 W. Market Street. For information on BUCSHOT, call 929-7119, or see www.johnsoncitytransit.org for details.

Restless legs syndrome

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also be present in the arms."

This syndrome appears to be more prevalent as men and women age, with some estimates that it affects 20 percent of the elderly. And because it can cause insomnia, doctors say it has a negative influence on daily activities.

"People cannot sleep, and therefore they are very tired the next day and lack the energy necessary to perform daily tasks," said Dr. Doug Aukerman, a sports medicine physician with ETSU Family Medicine Associates and co-investigator of the study. "As a result, a high percentage of these people experience depression."

Volunteers chosen for the study will be participate in select lifestyle modification

activities. Some will focus on diet, weight loss and proper sleep habits, while others will perform lower body workouts and cardiovascular exercises. Previous studies have suggested that individuals who live sedentary lifestyles are more prone to have restless legs syndrome, and that exercise may be beneficial.

Bayard and Aukerman will join Melissa McManama in leading this project. All visits and study-related activities will be provided at no charge. Persons interested in learning more about the restless legs syndrome study at ETSU should call 439-6471.

— Joe Smith, Coordinator
University Relations

Had enough rain?

"Many a man curses the rain that falls upon his head, and knows not that it brings abundance to drive away hunger."

— Saint Basil

Reading

"Show me the books he loves and I shall know the man far better than through mortal friends."

— Dawn Adams

Hope

"Hope is the power of being cheerful in circumstances that we know to be desperate."

— Chesterton