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## Inside, Murray State News, February 23, 1990

The Murray State News

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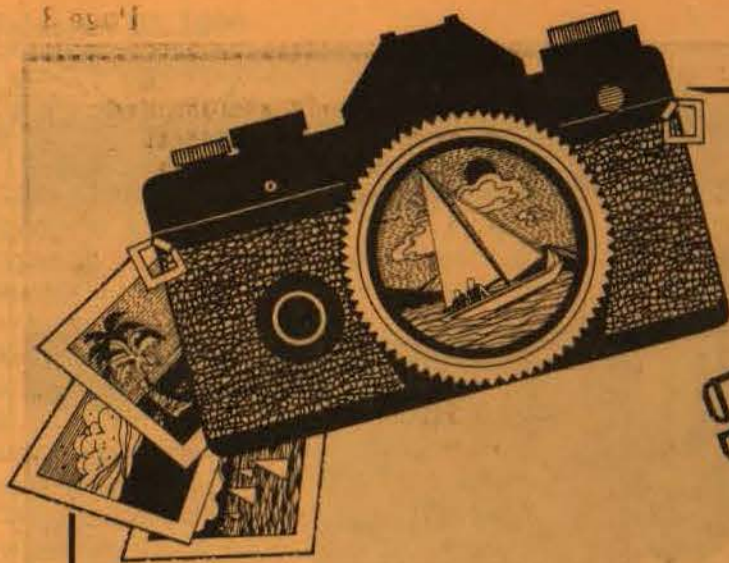
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# Spring Fashion 1990

**InSide** MURRAY STATE

Vol. 3, No. 4  
February 23, 1990



# Spring Break 1990

## InSide MURRAY STATE

Box 2609 University Station, Murray, Ky. 42071 762-4468

Vol. 3, No. 4 February 23, 1990

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Front page photo courtesy of Ogan/Dallal Associates Inc. Anchors away...from Regina Porter for Spring 1990.

### The Staff

*InSide Murray State* is a student magazine published by *The Murray State News* and the Department of Journalism and Radio-TV at the Murray State University, Murray, Ky. *InSide Murray State* is produced by the staff of *The Murray State News*, along with the Advertising Sales and Advertising Copywriting.

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# Diversity of accessories complement wardrobes

Accessories can add to an outfit and change its entire appearance in a matter of seconds.

So with spring right around the corner, here is a look at some of the hottest new accessories for spring fashions. Earrings, hair accessories and necklaces are the three best sellers for women. Belts run a close fourth.

Judy Mastera, president of Shane Lee, reads 25-30 magazines each month to keep up with the latest styles. "Everything for spring is fun, light and easy to wear," Mastera said.

Hoop earrings are once again increasing in popularity, Mastera said. Wire hoops come in various sizes and shapes. Some of them are strung with beads and bangles, while others are covered with animal skin prints. Hoop earrings range from \$6 to \$10 at Bold Liquidators, a subsidiary of Shane Lee.

Bold Liquidators is a wholesale store that sells to other stores. Re-worked merchandise is sold in the front of the store as sale items. Mastera said college students enjoy the bargains and don't seem to mind tiny flaws or scratches.

Pastels, usually associated with spring, are being put aside for brighter colors such as neons, whites, blacks and greens. Hair accessories of metal and cloth can be coordinated to match an outfit while adding sparkle and shine.

Hair ornaments are popular because they are easy to use, Jean Cunningham said, Behrs store manager.

"Ponytail holders, bows and barrettes help accent outfits without detracting from them," Cunningham said. Accessories at Behrs start at \$3.

Delaine Stroud, JCPenney senior merchandise manager, said 80 percent of the necklaces sold at JCPenney are gold. The best sellers are 18-inch gold chains and multiple-chain sets in varying lengths.

JCPenney caters mostly to a young junior market and is therefore introducing a new spring line of accessories featuring neons and wood groups, Stroud said. The prices range \$7 to \$15.

Scarves seem to be out of style unless worn as belts, Cunningham said, because a scarf tied at the neck detracts from a blouse. "All attention is focussed on the neck area and the blouse underneath is overlooked," Cunningham said.

For spring, flashy colors attract attention. Earrings, hair accessories and necklaces are excellent ways to be creative and stylish. For a small price, accessories can improve the look of an outfit.



Photo courtesy of Monet Jewelers

Bangle bracelets shapes vary from oval to geometric and the widths vary from thick to thin. Big hoop earrings are a fashion accessory that is hot for the 1990's.

Four spring looks I recommend include: subtle, sassy, sensational and special.

For the subtle look, khaki pants and a white T-shirt are needed as the accessory foundation. To achieve the desired look, gold overtones are featured. Pull hair back with a gold barrette and wear gold hoop earrings two inches in diameter. Tie a peach silk scarf, about three inches wide, at the waist and make three large knots before wrapping the ends of the scarf into the first knot. The design should resemble a flower. Black shoes complete the outfit.

A sassy look requires a carefree attitude. Black baggy pants and a bright orange short-sleeved blouse serve as the foundation. Bright orange square earrings bring attention to the facial area while leaving hair hanging free. The blouse should remain untucked. A loose three-inch-wide black belt defines the waist. Last, but not least, wear one to three gold necklaces of any thickness. Black shoes again complete the outfit.

For the sensational look, begin with a black body-fitting dress. Pull hair into a pony tail and secure with a black clasp. Draw attention to the face with red hoop earrings three inches in diameter. A 24-inch gold necklace with a red pendant adds flavor, as does a black felt hat with a red band. Black hose and red shoes complete the outfit.

To achieve that special look, be bold by wearing a violet mini-skirt with a large, white, long-sleeved, cotton blouse. Tuck it in at the waist. Braided hair with a black clasp and a purple barrette accents the hair. Long violet earrings and a thin gold chain holds attention to the outfit.

College students often start trends, so don't be afraid to experiment with accessories. Setting trends can be a great experiment.

Remember styles are swinging to the more radical end of the fashion spectrum, so have fun choosing what you wear!

Lisa Tate, a senior public relations major from Louisville, is a student in the newspaper reporting class.

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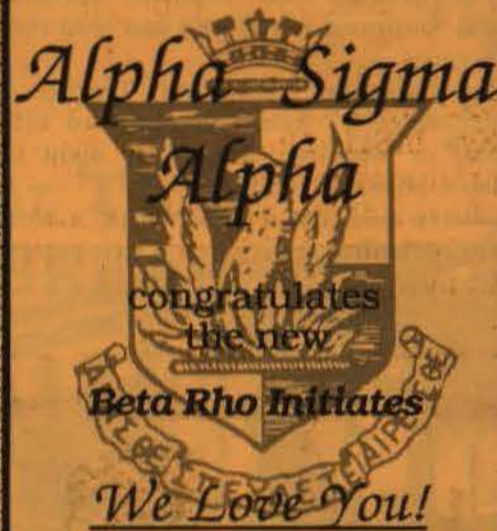
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*Health and Fitness*

# Outlines given to students for proper, safe exercising

After the first few years of college, well after the "Freshman 15" has set in, and has seemingly become a permanent fixture on the bodies of many Murray State Students, we have all heard or maybe even said, "I'm going to have to start working out."

After the realization that it does take some effort to get into or stay in shape, many people will lace on their tennis shoes, go over to the Carr Health building and do countless numbers of laps around the basketball arena.

But will going out and jogging or walking have any negative effects? And which activity is best for you?

Lisa Palazzi, a junior marketing major from Owersboro, began running last year to get improve her conditioning.

Palazzi said she started running with certain goals except to run a mile, but she didn't know how many laps equaled a mile.

Palazzi was also not involved in any workout programs and had not done anything to stay in shape since basketball during her freshman year of college.

"I just decided to go to Racer Arena and ran for about 45 minutes," Palazzi said.

After several days of running Palazzi's knees began to hurt.

A trip to the doctors office revealed that running to long and flat feet caused her problems.

The doctor prescribed special inserts for Palazzi's shoes.

Since having that problem corrected, Palazzi continued to run and has even run in some races.

Paul Newman, Assistant Trainer for Racer athletics, would recommend either jogging or walking, depending upon that person's physical condition.

Newman said that a person with "a normal

lifestyle," a person not involved in a regular workout routine, "walking is better than jogging, because it (jogging) is going to be too hard on their bone structure because they are not used to anything like that."

For conditioning, Newman said, "An athlete who is used to running and jumping, running is better than walking."

"A lot of college students are active people," Newman said. "Jogging may be better for them because their bone structure is used to being active."

If you would rather run than walk, Newman said that beginners or people who are not in very good shape, should start off walking and build up their endurance before running.

Newman suggested walking and swimming are exercises that do not cause injury.

Margaret Simmons, the Lady Racers track coach, recommends walking for most people. Walking is less likely to cause shin and knee injuries as jogging or running.

If time is a concern, Simmons said jogging elevates the heart rate faster than walking and gives a person a good workout in a shorter amount of time.

Simmons said it is not the the speed that a person runs or walks, but the time spent doing the activity.

"It's better to run for a longer period of time than trying to zoom through a mile," Simmons said. "Unless you are trying to compete, the distance is not that important."

When you know what kind of activity is right for you, your next concern should be avoiding injuries.

To avoid any serious injuries or physical problems, Newman said any exercise program should begin with a physical from a doctor.

Newman said the physical is necessary to prevent injuries in people who have irregular bone structures, bone defects, muscular-skeletal problems or cardiovascular irregularities.

Through experience with the track team, Coach Simmons has come up with some hints on avoiding injuries.

"We've found that by running on the same side of the road all of the time, sometimes the legs start to hurt because the foot falls longer on one side (on a street which is uneven).

Simmons suggests running on a flat surface, in the middle of the road (when safe) or switching sides of the road.

Another frequent cause of injury is improper or worn shoes, Simmons said.

"If you run 40 miles a week, you need to get new shoes every three months," Simmons said. "People look at the top their shoes and say, 'These look great,' but it's not the top of the shoe that counts, it's the bottom."

Newman said two things to look for in a running shoe are a firm mid-sole and arch support to help prevent foot injuries.

Also Simmons said that changing from a soft to hard surface could result in injuries.

Newman said that by changing surfaces at all can result in injury.

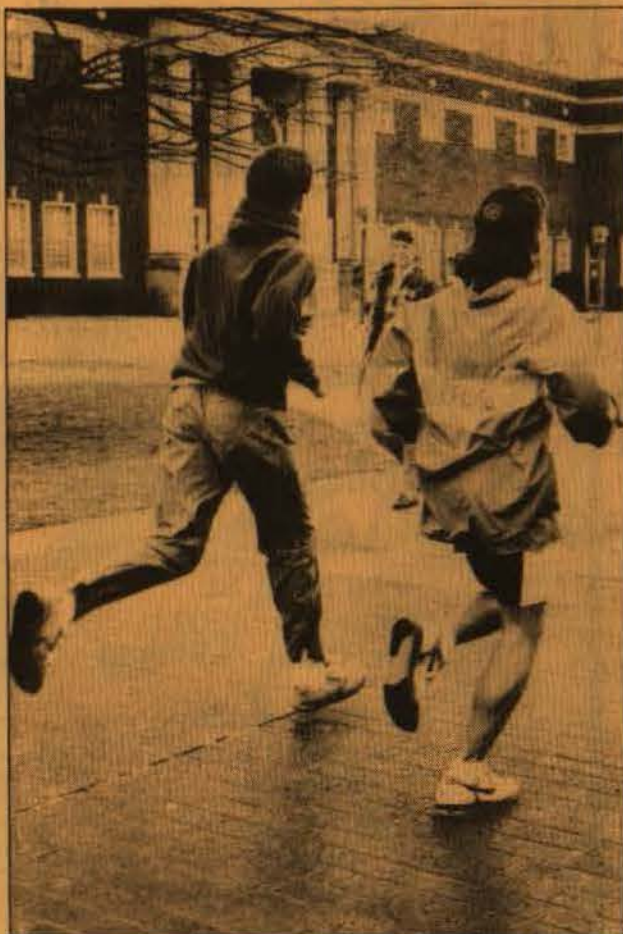


Photo by ANITA MCDOWELL

Two Murray State students take time out from studying to exercise and run down the Pedestrian Mall.

Mike Paduano, a junior journalism major from Neptune, NJ, is a staff writer for *The Murray State News*.

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Health and Fitness

# Eating less, working-out best diet method

Warmer weather is just around the corner and we all know what that means. It means putting away those bulky tiresome winter clothes and putting on your less exhausting spring and summer wear.

But, wait. There is just one problem. What about those extra pounds of fat you put on over the winter months? Spring break is just around the corner and getting into that bathing suit may not be all that easy.

Well, here is the solution to your problems. Your saving grace is that wonderful all-American obsession called the diet.

Right now some of you may be screaming, "OH NO! NOT THAT AGAIN!!!" But the truth of the matter is that there is no better way to lose weight than by dieting.

"Diet" is one of the most feared and unpleasant words that many know. The experience of dieting can be even more unpleasant and frustrating itself.

By the time you are college age, you may have tried everything from Weight Watchers to Herba-Life, to the "lose 10 pounds in two days" diets you can find frequently in the popular supermarket tabloids.

Dietician Rebecca Noffsinger, head of the Weight Control for Life program at Murray Calloway County Hospital, said, "Any time you are trying to lose weight you like to combine exercise with reducing your intake. You can lose weight with just reducing your caloric intake and you can lose weight by physical activity, but the combination is the best, the key."

Noffsinger said she felt that there were some drawbacks to some over-the-counter products such as Slim Fast.

"The over-the-counter product is not the cure. It's a quick fix to help you get the weight off, but ultimately you're not re-educating yourself, so you're going to turn around and be one of these people that are going to yo-yo and gain the weight back," Noffsinger said.

To start with it is recommended to stay away from high cholesterol foods said Noffsinger. Most cardiologists recommend no more than three egg yolks a week. Fried foods would be next on the list.

Even salad bars are not immune to high calorie content. Foods made with mayonnaise, such as potato salads, pasta salads and cole slaw are high in calories. Most dressings are also very high in calories and ruin a good dietary salad in just one scoop.

However, the latest trend in dietary foods seems to be coming in dessert. Hostess is now producing "Light" cup cakes and we are all familiar with the Weight Watchers commercials with Lynn Redgrave advertising a piece of low calorie cheesecake.

Noffsinger said she suggests looking at what is contained in foods when buying them, as opposed to assuming that these foods are low calorie.

"One thing to do is flip it (the food package) over and read the first few ingredients

especially. If the first ingredient is sugar, then you know that in that product there is more sugar than anything else because they are listed in order of quantity," Noffsinger said.

There are plenty of good foods out there to eat said Noffsinger. Despite all the recent controversies, oat bran is still considered one of the best dietary foods you can consume. Others include popcorn, rice bran and nuts.

Now don't get scared. These are not the only foods you can eat. Noffsinger said her philosophy is "Nothing is forbidden, but everything counts."

Metabolism also plays an important role in dieting. According to Noffsinger, when you continually diet without exercising, you lose a lot of fat and a little muscle. Each time you gain the weight back, you gain all fat back. Your metabolism continues to slow because you are losing muscle each time you diet and muscle uses up a lot of calories. That explains why men lose weight faster than women Noffsinger said.

As far as exercise, aerobic exercise is the highest recommended way to burn off calories and keep them off, as well as improving your heart rate Noffsinger said.

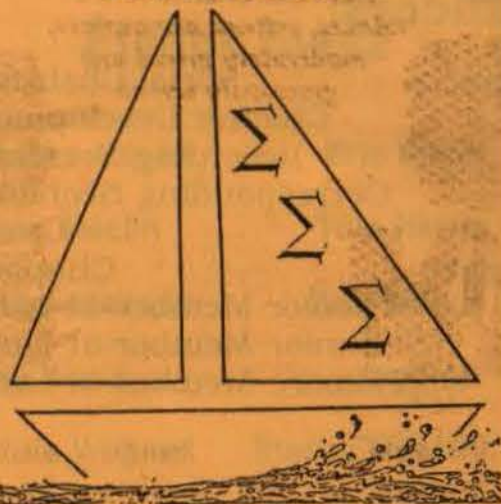
So, that's all you have to do. Pretty simple, huh? Not really, but if you start now you may be looking and feeling good in no time.

Shawn Lockman, a junior journalism major from Paducah, is a student in the newspaper reporting class.

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# Swim suits come in variety of styles, colors

Regardless of one's personality, body shape and tastes, he or she should have no problem finding the right swimwear this season. From neons to nautical to metallics, from bows to fringe, anything goes.

"Neon is back and huge," said Scott Scarbourough, manager of Dan's. This summer's swim trunks are not only more liberal in color, but also in length, since the longer Bermudas will not be as popular.

"We're also seeing more trunks that can be worn for swimming as well as shorts. Bikinis are definitely out this year. Boxers are where it's at," said Jennifer Pendleton, assistant manager of Big Kahuna.

Names for fashion-conscious men to watch for are Body Glove, Quicksilver, L.A. Gear and Sideout.

Ladies, however, can pick and choose this season regarding color, cut and style.

Neon shades of limeade, tropical punch and tangerine add a splash of color to a variety of swimsuits.



Photo courtesy of Ogan/Dallal Associates, Inc.

This swimsuit by Robby Len's Summer 1990 Collection is a slimming satin fabric that is designed to minimize the stomach.

"Everybody knows their body shape. They know what they need to cover up and we can help them do that," said Sonja Adams, a salesperson at Corn Austin.

Since suit makers try to fit everyone, one can find one and two pieces in French and lower cuts.

"OP is mainly for a younger set, since they're more liberal with their cut, as are Catalina and Sassafra. Bill Blass is cut lower and Elizabeth Stuart suits are basically middle of the road," Adams said.

One of the newest items in swimwear this summer is suits by Gottex, which were featured in Sports Illustrated's Swimsuit Issue.

"They're expensive, but they last forever," said Beverly Garland, co-owner of The Place and The Cherry Branch.

"We're seeing lots of bows, lots of floral designs - a more feminine touch," she said.

Garland said the traditional tank suit is still a favorite this season and animal prints are still popular also.

"The only thing someone might have trouble finding this season is lots of solid-colored suits," Garland said.

For the lady who likes everything to match, there are as many cover-ups as there are suits styles. From long tees to jackets and shorts, to wrap around scarves, bathing suit cover-ups are available in solids to match several different suits or custom made to match one particular suit.

Sound unaffordable? Maybe not. Prices range from \$29 to \$82 for bathing suits and cover-ups range from \$24 to \$100.

"I think manufacturers have realized people won't pay \$100 for a bathing suit. In the last year, I think we've seen a definite decrease in prices," said Cillia Shelton, owner of Apple Blossom Boutique.

A creative approach to swim wear can be taken by mixing and matching tops and bottoms. Sun Sets separates are bikini tops and bottoms in black and neons which allow sun seekers to create their own look, said Pennleton.

And just when ruffles, bows, fringe, bright colors and everything but the kitchen sink



Photo courtesy of Ogan/Dallal Associates, Inc.

This "animal magnetism" banded bikini by Robby Len is designed with a hook and eye closure.

was not enough, stores are carrying hats, sunglasses and swim accessories galore.

"I think we'll see more hats and glasses this summer since people have become so skin conscious," Garland said.

A popular accessory is surf tags, which have ones name and other information engraved on them.

"They're not as popular around here since we don't do much surfing, but they're like the dog tags they wear in the army because they can identify someone in case of an accident," said Sean Kent, salesperson and buyer at Corn Austin.

So if it is variety being sought for summer swim wear, look no further, in every store window, there will be something for each different taste.

Angie Middleton, a junior journalism major from Cobden, Ill., is a staff writer for *The Murray State News*.

## Alpha Delta Pi

wishes to congratulate our new officers:

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*Good Luck in the coming year!*

# Aviator sunglasses worn by many students

They are so popular, but expensive. We have little money as college students, yet we buy them. The sun might stay behind the clouds, but still we wear them.

Ray-Ban® sunglasses. The now famous Large Metal aviator-style sunglass is a fashion and status symbol throughout the world.

The council of Fashion Designers of America recognized, in January 1985, the Ray-Ban® Large Metal aviator with an award for increasing presence in contemporary fashion. Then in the fall of 1989, Ray-Ban® sunglasses received the Woolmark Award for their continued influence on men's fashion in the United States.

The success story began in the 1930s when the U.S. Army Air Corps commissioned Bausch and Lomb to develop protective eyewear to combat the sun's rays which cause eyestrain, headaches and nausea among Air Corps pilots.

The first Ray-Ban® sunglasses manufactured were for military use and their protective lenses checked glare, stopped ultraviolet and infrared light and still conveyed the colors of the spectrum accurately.

A civilian version of these military goggles were introduced in 1936. In 1937 the anti-glare label was dropped in favor of RAY-BAN®.

There are several groups of sunglasses in the Ray-Ban® Collection. But the Classic Metals which began Bausch and Lomb's tradition are still the most popular and initiated sunglass design. The lenses, which

are impact and scratch resistant, are available in Ambermatice, RB-3 green, G-15 neutral gray, B-15 brown and changeable photochromatic colors.

The Classic Metal collection is comprised of the Large Metal aviator, Outdoorsman, Shooter, Caravan, Explorer and Round Metal sunglasses.

Melissa Fisher, a junior psychology major from Orange Park, Fla., enjoys Ray-Bans as a status symbol.

"I wear them because they're not cheap, not easily broken and they're cool," Fisher said.

Sherri Yeary, a junior elementary education major from Louisville, likes Ray-Bans for their value.

"The thing about Ray-Bans is their warranty for several years," Yeary said.

"When you go to buy a pair of Ray-Bans, they adjust them to fit your face as eyeglasses would. Instead of a pair of glasses that break every year, you get a pair that last a lifetime."

Sunglasses are broadening their views to become a major fashion accessory in the 1990s, and the '90s Ray-Ban® will add a new sunglass called the Signet to their Large Metal collection.

A product of yesterday and today, Ray-Ban® seems to be focusing on tomorrow. As far as college students are concerned, they will more than likely keep shelling out the bucks so they can make a fashion statement.

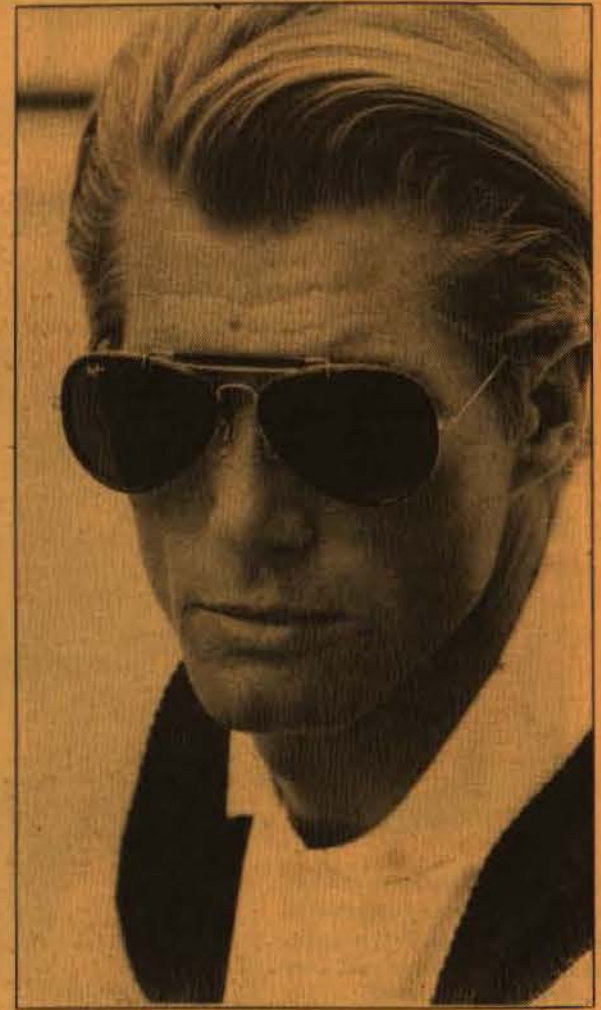


Photo courtesy of Bausch & Lomb.

G is for "no glare" with G-15 lenses from Ray-Ban by Bausch and Lomb. The classic Aviator frames are part of the Traditional sunglass line.

Laura Dougherty, a senior journalism major from Paris, Tenn., is the managing editor for InSide Murray State

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### Spring Break '90

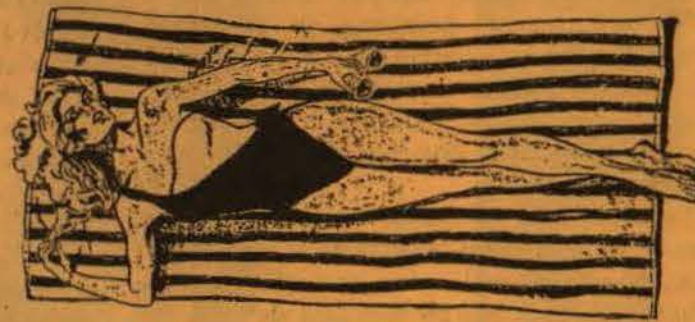
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Spring Break '90





Photo courtesy of Jason Gant Associates Inc. Ready to play tennis. The classic all-cotton madras shorts are matched with a navy/white cotton cable knit V-neck sweater and an all cotton oxford button-down shirt.

# Spring

## Men's Fashions

### Cardigans, light jeans po

The look from New York for men's fashions this spring is comfort and clothes that relate better to the body. And while Murray may not be a fashion capitol, it is holding its own in the way of fashions.

According to the Men's Fashion Association, ties, suspenders and floral patterns will be widely seen this spring.

"Ties are definitely a fashion statement for the new decade," said MFA associate fashion director Tom Julian. "There's a larger variety of styles, widths, patterns and fabrics to complement the spring/summer wardrobe."

Slip-on and lace-up sport shoes, bright with nautical colors, red and yellow will also complement men's sportswear.

"There's a dynamic range in sportswear for the new decade," Julian said, "and influences include iridescent colors, floral patterns, popover jackets, madras and silk."

The popover is an item that is pulled over-the-head and shoulders, hooded for comfort and water and wind resistant. Popovers appear in bright neon colors and look best when layered over coordinating T-shirts, said Chip Tolbert, fashion director for MFA.

Sportswear has been heavily influenced by ethnic looks. Oriental, Middle Eastern and

American Indian motifs appear on vests and batik beach pants.

Fabric mixes of linen, cotton and will carry a relaxed message for sports this spring.

A new category of sportswear for the includes multi-purpose cardigans, and jackets that create an alternative sweaters and coats.

Menswear will move away from the lines and heavily padded shoulders dark colors of recent seasons in favor of fabrics, easy constructions and ranging from pastels to neutrals, earth and washed brights, said *GQ* magazine.

MFA said floral patterns will be found everything from jeans, camp shirts, jackets and drawstring pants.

Jeans will be less complicated and washed jeans will be a fashion of the because this spring, the lighter the color better for jeans.

"Cardigans are big again this year," Amy Miller, a salesperson at Corn-Aus

"European style pants with a double and pleats are also popular," she said. "Khaki, black and olive are the colors have been selling them in."

Miller said spring will also see

## Women's Fashions

### Comfort combines with ethnic look for spr

For spring, it looks like women may finally start seeing fashion that they have waited for through the years.

This year's spring fashions for women allow for independence, comfort and an overall softer look.

Along with this, "cross-culture dressing" is appearing in many fashions this spring.

"Cross-cultural dressing is a major vehicle for prints, whether they be tribal wood cuts, native batiks or tropical florals with their lush colors," said Lucille Klein, women's fashion director for JCPenney department stores.

Tassels from Morocco, fringe from the American Southwest, appliques of a Mexican sun, beadings and coins are all popular ethnic looks that will be seen this spring.

"The fabrics are soft and sheer with an emphasis on washed silk, cotton, rayon and batiks, whether traditional in color and recolored," Klein said.

"Silhouettes feature a lot of draping, such as sarong skirts and wrapping, especially with tops, for designs that basically are casual or "soft career" rather than overly structured," Klein said. "Soft is the key word and feeling."

Styles from Anne Klein II show a new found freedom that fills the air with a desire for more individuality in dressing.

Navy, ivory and pink mist look crisp and clean for day and evening in Anne Klein II fashions.

"The busy women of the 90s will more than ever need easy care clothing, mostly in natural fabrics, that she can effortlessly coordinate," said designer Regina Porter.

An important item in the spring wardrobe remains to be the blouse.

Regina Porter blouses are featured in an array of alluring shapes and exhilarating colors, such as fuchsia, lime, tangerine and "brite" blue.

Strong emphasis is placed on the classic white blouse, updated this season with unique embellishments of gold "swirl" buttons, "anchor" insignias, fringe and lace.

Simplicity is the key in J.G. Hook fashions this spring and the focus is on redefining the American classics in easy shapes.

Nautical and spectator themes prevail for spring, and there is a focus on individual items to be mixed and matched.

Spring fashions by J.G. Hook feature relaxed and free-spirited shapes with wide-

legged cropped pants, roomy shorts, big (tied at the waist) and oversized pullovers.

Gloria Ballard, fashion editor at *Tennessean*, said softness is important in spring fashions.

"Colors are neutral with some bright colors," Ballard said. "There is a lot of this season."

Ballard said there is a strong trend pants this spring to be looser and fuller.

Polyester will be seen in many more of clothing.

"The quality of polyester is better than was five years ago," Ballard said. "Polyester is being used in blends of natural and synthetic fibers."

"Anything with navy, white and red is going to sell," said DeAnn McCuiston, salesperson at Diana's Ltd. "Everything nautical with navy and white."

However, there is a slight variation in nautical with black and white colors have also been selling well, McCuiston said.

"Florals are good on a dress, and so are good on anything," she said.

McCuiston said while dresses have a tailored look, sportswear has a loose more casual look.

# Fashions 1990

## Popular for spring

hirts, influence of neon colors again this year. "Fushia, navy and white, all of the nautical colors with red have been selling well," she said.

rayon "In casual wear, clothing with stripes are really big selling items," she said. "Overall, everything is still big and the more oversized the better."

wear Scott Scarbrough, a salesperson at Dan's said they have been selling jeans and sweatshirts for the spring.

ve to "The jeans have a really baggy look," Scarbrough said. "We're still seeing the torn look and also the mixing of denim and leather."

strong and "This is jean country," he said. "People don't buy as many casual pants as they do jeans."

f soft "Acid washed is out," he said. Scarbrough said the jeans being sold are medium in color.

colors tones Multi-colored cardigans and neon items are also popular, he said.

nd on "Popular fabrics include rayon, linen and cotton," Scarbrough said.

vests, acid past r, the said tin. belt said. s we the

Cathleen Cope, a senior journalism major from Hopkinsville, is campus life editor for *The Murray State News*.



Left - A jacquard knit short set is for springtime comfort and offers a stylish pulled-together look for the career woman on the go. Photo courtesy of the Acrylic Council.

Bottom left - The Sarong Split Pant from Regina Porter are for Spring and Summer 1990. Photo courtesy of Ogan/Dallal Associates Inc.

Bottom right - Comfort and style are obtained in Pleated Easy Rider™ jeans with five pocket styling. The are a part of the Chino Blues collection of midweight denim jeans by Lee Company. Photo courtesy of Lee Company.

## Spring fashions

hirts, "Nylon jogging suits and shorts are real popular," she said.

cs. All the material being used in spring fashions lends itself to comfort.

The "Knits, linens and nautical looks are going well," said Bettye Miller, owner of The Place.

nt in right white Jackets can be found short and fitted or oversized and loose, Miller said.

d for items "Bright colors are popular with a lot of Southwestern influence," Miller said, "such as unique designs made with fringe leather and appliques."

an it said. with "Denim is always good," she said. "They are lighter weight and natural looking."

ed is on, a ng is Miller agreed with fashion predictions in saying that clothing will be more comfortable this spring.

f the that said. ripes "I think it's a trend," she said. "People want to have a look that is individual and they don't want to be dictated to anymore - and I think designers are finally listening to women."

ve a and "Comfort is very important," Miller said.

Cathleen Cope, a senior journalism major from Hopkinsville, is campus life editor for *The Murray State News*.



Great Tastes  
in Dining

# Coffee Shop serves good food

Have you ever been walking in front of Lovett Auditorium and noticed music coming from somewhere?

Don't worry, you are not hearing things or going crazy, the loudspeaker outside of the Campus Coffee Shop fills the air with music from 7 a.m. to 4 p.m. every weekday.

The Campus Coffee Shop, located on the corner of N 15th St. and Olive Boulevard, caters to the college student and is usually filled with students everyday, eating between classes or studying before a test over a cup of coffee or just "hanging out."

Ed Hudgins, owner and operator of the restaurant since 1980, says that it was probably the best decision he ever made. "I've had three (restaurants)," Hudgins said, "and this has been the best and I've had the most fun over here."

The atmosphere at the restaurant is friendly and comfortable. Ed calls people by their first name when their order is ready, and when business is slow he comes up front to talk with the many "regular" customers.

"It's like a family," he said.

"When I went to get money to buy this place," Hudgins said, "the guy at the bank told me not to invest a lot in decorations or equipment because college kids would tear the place up. You know, in the nine years I've been here, I have NEVER had a problem with any of my customers." Hudgins said that only one or two of his regular customers are not connected with the college in some way, and you can see this in the decorations.

The walls at the Campus Coffee Shop are filled with Murray State pennants and



Photo by ANITA MCDOWELL

Students enjoy the relaxed, collegiate atmosphere in the Campus Coffee Shop across from Pogue Library. Students come to eat, hang out and study.

pictures of Murray State's athletic teams in action, along with stickers of every fraternity and sorority on campus.

Music is played over the inside speakers and the booths that line the walls are big enough for a group of 4 or 5 people to sit at. They are usually filled with students passing the time between classes.

The location of the Campus Coffee Shop makes it a place to spend time between classes. Students like the convenience of being able to get a bite to eat without having to walk across campus to Winslow cafeteria and without having to spend a small fortune to eat.

"I was so hungry the other day, I spent five dollars over there, that's hard to do," said a student who had just come from the Campus Coffee Shop.

The menu contains everything from sub-sandwiches to burgers and fries. A cheeseburger (bigger than a McDonalds Quarter Pounder), french fries and a drink will cost a little over three dollars. The menu includes breakfast, too.

Joel Quimby, a senior safety and health engineering major, said he eats at the coffee shop about three or four times a week. It is handy because it is right on campus, he said.

"I've had several things over there," Quimby said, "and they have all been good." Quimby added, it's nice to be able to eat and study at the same time. "You can't really do that any where else in town without people looking at you like you're strange."

Ed says he plans on being in the same location for a long time. "I'm going to retire here," he said.

Ed said he recognizes 95 percent of his customers when he sees them somewhere else. "I usually lose about 10 percent of my regulars every year to graduation, but I gain about 10 percent in new faces that turn into regulars. "Like I said, it's like a family."

The Campus Coffee Shop is a great place to spend a little time between classes, and chances are you'll probably see someone you know.

Jim Mahanes, a junior journalism major from Louisville, is a student in the newspaper reporting class.

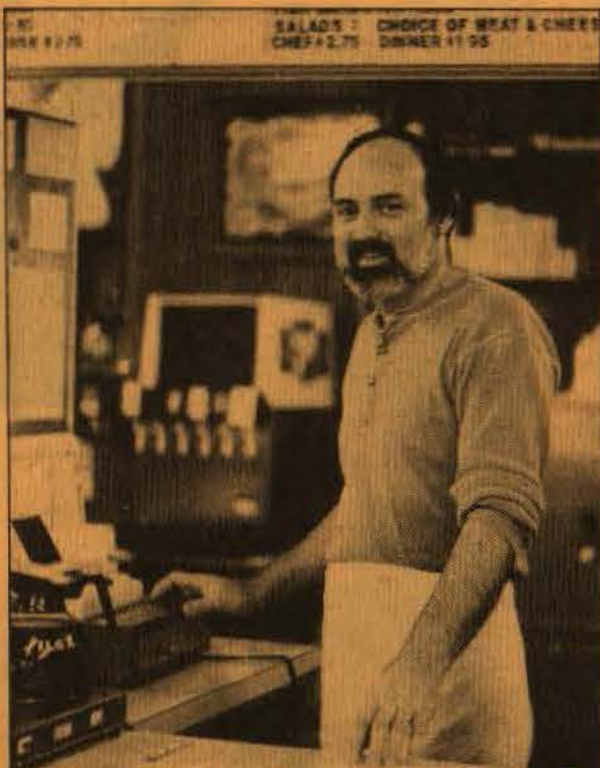




Photo by ANITA MCDOWELL

Ed Hudgins, owner and operator of the Campus Coffee Shop, is ready to serve his regular and new customers.

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Places to go,  
Things to see!

## Students look forward to break

Spring Break means getting away from it all to many students, whether they are taking a trip or staying at home for a week.

Marian Fletcher, a freshman business education major from Benton, said that what she is looking forward to the most this Spring Break is, "just getting away."

Fletcher is taking advantage of her week off from school to travel with her husband Sonny and son Tyler. "We're going to Springfield, Missouri, to visit friends and we might divide up the week and drive to Lexington to spend time with relatives," Fletcher said.

Raeanne Richerson, a junior nursing major from Owensboro, will be spending her Spring Break at home. "I'd like to go somewhere, but can't really afford to," Richerson said.

Richerson said that even though she won't be working over the break she doubts that she will take the time to work on any school papers.

Pat Venable, a sophomore environmental engineering major from Scottsboro, Ala., is going to Washington, D.C. Venable is traveling with his wife, Pheobe, and said that they only plan a four day trip.

"We've never been before. We would like to see the Smithsonian," said Venable.

Dan Williams, a sophomore chemistry major from Metropolis, Ill., said that he will be going to Gatlinburg, Tenn., during Spring Break with his girlfriend.

According to a Feb. 18 article in *The Courier Journal* the current "in" destination is Daytona Beach, Fla. The article reports that over 400,000 young people flocked there last season and that the total is expected to rise to over a half-million students this spring.

Jackie Wetherford, assistant manager at Far Lands Travel Agency, said, "Florida is the major destination. We have seen those that want to get away from it all, and Corpus Cristi and South Padre (Island), Texas, is where they are going. The rates are lower at these places during this time of year."

Wetherford said that she doesn't see anyone going to any unusual places. "They (students) want to be where other college kids are going to be."

David Stumbo, a freshman pre-pharmacy major from Frankfort, said he is driving five passengers in his car to Daytona Beach. Stumbo said that they will actually arrive in Daytona two days before their room reservations will be effective.

"We will be down there two days before our reservations are good, I don't know what we're going to do," Stumbo said.

Their biggest problem in assisting students is that they wait too long before making reservations said Wetherford.

"We just wish students would plan earlier. There is nothing we can do for them when it gets too late. And if there is anything we can do for them they end up paying more than they thought they would have to and they don't always get the days they need," Wetherford said.

Patty Greenway, manager of House of Travel, also said that more students need to make reservations earlier. Greenway said that the best time to make Spring Break reservations is right before Christmas break up to the end of January.

Many students put off their reservations due to the deposits needed. Williams said that the length of his stay in Gatlinburg will depend upon the amount of cash he has.

"I'm waiting on my tax refund," Williams said, concerning the length of his stay.

Students need to be prepared to have the money for what they want Wetherford said. "Airfare payment is usually required within 24 hours and most hotels want one or two night's deposit."

According to the article in *The Courier Journal* students have been known to fill up their hotel room with almost a dozen people. It is reported that, even though the extras have been tolerated in the past, the official position of only registered guests being allowed to stay in the hotel will be more strongly enforced this year.

Hotels prefer that you only have about four people to a room Wetherford said.

Not only are hotels cracking down on rules and regulations, so are the cities that attract a large number of students on Spring Break. Specifically the city of Daytona Beach.

Daytona's chief of police, Paul Crow, has sent a letter to most colleges and universities stating that public safety priorities will take the form of unbiased, strict enforcement of traffic and criminal laws as well as City Ordinances. Crow also points out that the laws regulating possession and purchase of alcoholic beverages will receive special attention.

City officials are taking extra precautions because of the increase in vacationers and the problems that arose from it last year. According to *The Courier Journal* there is even a Spring Break Task Force, created in the wake of last year's problems. The goal of the Task Force is to better organize and control the festivities during the weeks of Spring Break.

Spring Break fever sets in early every year as students tone up their body and invest in new Spring clothes. Another preparation many students invest in is their skin tone. Tanning beds are often kept busy during this time of year with those who want to get a base tan before they venture into the Southern rays.

"It is good to get a base tan, especially if you burn easily," said Jennifer Pendleton, assistant manager at Big Kahuna.

Most people tend to forget that the Southern sun rays are stronger Pendleton said. "Many will stay out three to four hours on the first day and get fried, then they are not able to go out the rest of the time."

Ann Madajczyk, an employee at Wolff Systems Tanning Salon, said that once they finish with the college students coming in before their Spring Break they usually stay busy with the high school kids coming in preparing for their break.

"It's our biggest time of the year. Business probably goes up 50 percent," Madajczyk said.

But Pendleton said she expects business to taper off after the break.

According to *The Courier Journal* other major Spring Break destinations include Panama City Beach, Fla., South Padre Island, Texas, Palm Springs, Calif. (which caters to the California students), Bermuda and the Bahamas.

Students will have to watch for the new rules being applied to this Spring Break no matter where they are traveling to.

"The word is getting out and we're getting an interest from a new type of students - those who thought Spring Break was too wild. The word this year is responsibility," said task force director Smith in the *Courier Journal* article.

Gail Harrison, a graduate student from Louisville, is a graduate assistant for *The Murray State News*.



# Viewer's Critique

## Movies of Academy Award nominees reviewed

To those in Hollywood who got some good news on Valentine's Day, congratulations! They are now Oscar nominees.

Their careers will never be the same again. Now, when anybody says their name, they will start with "Academy Award Nominee." Plus, if they are really lucky on March 26, they will say "Academy Award Winner." Ah, the spoils of success!

With that in mind, I hope it will not be too much trouble if I take a look at some of their earlier works. These are not ordinary early films. I have managed to find movies that have something to do with the work that got them nominated to that most treasured of film honors, the Oscar.

Denzel Washington got a best supporting actor nomination for playing a black soldier in the Civil War fighting the Confederacy and racism in *Glory*. He first confronted racial prejudice in the 1981 comedy *Carbon Copy*.

The only thing Roger Porter (Denzel Washington) knew about his father (George Segal) was that he was a white businessman in Southern California. Once Segal's family and "friends" find out, they throw him out of society. Father and son are forced to fend for themselves in the poor side of town.

It is an interesting idea that provides some deserved laughs. The television production values for *Carbon Copy* are a minus. Still, it is worth a look on a rainy day.

Dianne Weist got a best supporting actress

nomination for playing a single mother with troubled teens in *Parenthood*. She also put up with a rebellious daughter in the smash 1984 musical *Footloose*.

Weist's daughter (Lori Singer) in *Footloose* is certainly strange. Dad (John Lithgow) is a fiery preacher who hates dancing and rock-and-roll. That doesn't stop Singer from playing "chicken" with 18-wheelers or falling for the wild new kid (Kevin Bacon) from Chicago.

The plot about bringing dancing and rock music back to this small Utah town is tissue thin. But with the dancing and rock video sequences it has, who cares? It's a kick-off-your-shoes-and-dance kind of movie that is fun.

Michelle Pfeiffer received a best actress nomination for playing a sexy lounge singer that joins a piano-playing brother act in *The Fabulous Baker Boys*. It wasn't the first time she sang for her supper, as the 1982 musical sequel *Grease 2* proves.

The class of 1961 at Rydell High is an unusual mix at best. The T-Birds still reign with the Pink Ladies (led by Pfeiffer's character). Only this time, students not in the first film wear the respective jackets. Added to this mix is an English exchange student (Maxwell Caulfield) who wants to go out with Pfeiffer.

*Grease 2* had plenty to live up to and it didn't even come close. There are some good moments, but musical numbers about

bowling and a reproduction lecture? Please! For Pfeiffer fanatics only.

Oliver Stone got a best director nomination for *Born on the Fourth of July*. It is not the first time he directed the tale of a man suddenly handicapped, that would his 1981 horror thriller *The Hand*.

Michael Caine played a cartoonist who loses his drawing hand in an auto accident. A new hand provides some relief. That is before his old hand lives on its own and tries to kill his enemies.

Tom Cruise received a best actor nomination for playing a paralyzed Vietnam veteran, Ron Kovic, in *Born on the Fourth of July*.

At one point in the film, Kovic goes to a Mexican bordello that specializes in paralysis victims. Cruise's first cinematic trip south of the border came in the 1983 teen comedy *Losin' it*.

He played a virgin going to Tijuana with some buddies. His only goal is his first sexual experience. Along the way, they pick up a frustrated wife (Shelley Long).

*Losin' it* is littered with sex jokes that were not funny the first time. It was clearly done at a time when Cruise needed that grin more than ever. Skip it.

You can find these films and other early works by Oscar nominees at a nearby video store. Now, that wasn't so bad, was it?

**Jon Futrell**, a sophomore journalism major from Mayfield, is a staff writer for *The Murray State News*.

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# Location play a key role as students plan their wardrobe for Spring Break

It has been about two months since your last vacation from school and by now, you've been running wild, pulling your hair out and thinking about your next time off. Well never fear, Spring Break is near.

Yes, spring is almost upon us and thoughts of a cold, dark library and a fur-covered roommate, turn to warm, sandy beaches and a beach bunny named Tabitha or a tanned, muscle-built Adonis.

Now is the time when most college students begin thinking about Spring Break and ponder over the many different locations available of where they want to spend that one week away from it all. Yet equally important is the question of what will I wear.

Spring is the time of the year when fashion seems to be at its peak. Students can finally pack up and put away those heavy jackets and that hideous olive green and canary yellow sweater that your Aunt Mabel hand-knitted for you and break out your "fun in the sun" shorts and T-shirts.

The first stop on your way to plan the ultimate Spring Break is at the local travel agency. Patty Greenway, manager of House Travel Agency in Murray, said the "hot spots" for the 1990 Spring Break are places that offer a lot of excitement and plenty of sun.

"Most students are sick and tired of the cold weather," Greenway said. "They've had it with winter, so they want to head South where it's warm."

"The main places are traditional-Daytona Beach, the Bahamas and, this year, South Padre, Texas." She said some students do go to ski resorts over the Spring Break holiday, but the majority of students go to Florida or to the Bahamas, due to the warmer climate.

Now that you have decided where you want to go, what clothes should you take? According to Greenway, the main essentials students need to be sure and take are shorts and swimsuits.

"Most of the places where students plan to go, like beaches and night clubs, are casual. Some of the hotels and restaurants, like in the

Bahamas, are a little bit formal and they may require dresses or dress pants, but most of the places are pretty casual," Greenway said.

Greg McReynolds, head buyer at Corn-Austin in Murray, said while blue jeans are always in style, clothing, such as casual shorts and T-shirts, are going quite well this year for students who are planning vacations for the tropical beaches.

"What do most people do when they get to the beach? They go, they lay out for a couple of days and they get burnt, so jeans aren't the most comfortable thing to wear," McReynolds said. "Casual shorts are what people will be wearing, shorts and a T-shirt, just very simple."

Tamara Outland, manager of Maurices in Murray, said influences on beach clothing and casual wear, this spring, include nautical-inspired clothing and floral prints.

Other influences for Spring Break fashion include Australian surfing and volleyball. Dan's salesman Scott Scarbrough said the volleyball line of clothing will be huge during 1990.

Scarbrough also said students need to pay attention to the type of material the clothing is made out of. Fabrics that are light and are able to absorb water quickly are a must on the beach.

"Anything that is light and dries quickly is needed, because sometimes you don't get to dry off that well. Also, sweatpants that are easy to slip over shorts are important, in case you want to go someplace where shorts aren't allowed."

OK, you've got your day-wear packed. What do you need to wear when you want to go out at night and party?

According to Pat McReynolds of Corn-Austin, guys can still go for the casual look during the night time hours, but says girls tend to get more dressed up after the sun goes down. Mrs. McReynolds said, guys usually wear jeans or long shorts at night and girls can be casual, also.

"Girls can wear short skirts, or something like that, but most girls want to get dressed up."

Another definite "in" for night wear on the beach or at a club is denim. Jeans, both for men and women, never go out of style. Now, more than ever, there are so many variations on jeans-jeans with rips, jeans with patches and even, jeans with ripped patches.

"This is the jeans-iest place I've ever seen. Everyone loves their jeans," Scarbrough said. Jeans are always going to be a big fashion on the beaches, either dressed-up or casual.

Also, baggy shorts and spring sweaters are hot for spring vacation. Scarbrough said the sweaters look good with shorts or jeans and they sometimes come in handy, especially during cool, Florida nights.

One rule that everyone seems to follow is that fashion is in the eye of the beholder. What a person wants to wear depends upon what that person is comfortable in and where that person is going.

So that's it. You've made your reservations and have packed your entire spring break wardrobe in either a worn-out, old gym bag or a 40-piece luggage set.

The main idea is to enjoy that one week away from college, professors and books.

**Rick Walker**, a junior journalism major from Nortonville, is a student in the newspaper reporting class.

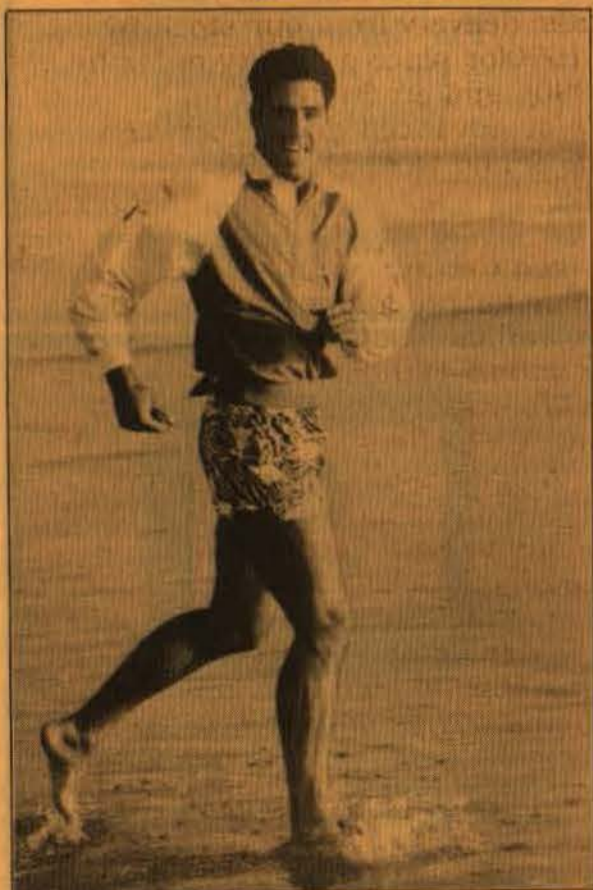


Photo courtesy Men's Fashion Association/Nautica  
An attention-getting splash of fashion by Nautica features a red cotton poplin windshirt with white sleeves and cuffs. A white and navy fish print boxer swimsuit continues the seaworthy motif.



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# Students should check automobiles before beginning Spring Break travel

There is not a cloud in the sky. The radio is blasting. School is out and you are on your way to the best Spring Break of your life. You think nothing can go wrong.



Suddenly you see steam coming out of the car. The car dies. What do you do now?

Students take these chances each year when they travel.

However, problems can be eliminated if certain steps are taken before you ever start the car.

There are several things that need to be checked to prepare for that long drive, said John Gream, mechanic at Sears in Murray.

"A check list should be prepared so that each of these things can be serviced if needed," Gream said.

Gream pointed out nine service areas that should be checked before a person leaves. Those include: battery, radiator oil level, hoses, belts, air conditioning, transmission, filters, emission systems and tire pressure and tread depth.

Changing seasons often cause many of the car problems students face. The damage that cars undergo by sitting outside during the winter aid in the problems.

"Most problems occur almost always as a result of not preparing your car for the summer heat," Gream said. "Engine overheating, due to broken fan belts or leaking hoses, rank at the top of the list."

Most students neglect to check their battery and tires regularly. This results in problems.

"Your battery is the most over looked and least checked part of a vehicle," Gream said. "Batteries are affected by changes in temperature and need to be checked for fluid level and correct charge."

If your battery is not checked regularly, the charging capabilities of the battery could decrease, causing it to not have enough charge to successfully start your car.

When you check your battery, Gream recommends that a person should look for corrosion on the battery cables. If corrosion is found, he said, use a specially designed cleaning spray to clean the cables and posts.

These sprays can be purchased at your local auto parts store or department store.

In addition to overheating, tire failure occurs very often. This can be eliminated very easily but normally tires are neglected, said Gream.

"It is very important to keep your air pressure at the proper level," said Gream. "Also check the tread depth of your tires."

The proper air pressure suggested for small cars is 32 pounds of pressure in each tire, while on full and mid-sized cars should have 34 to 35 pounds of pressure, Gream said.

If these recommendations are not used, increased tread wear on your tires may result.

Loss of tread decreases your tire's capability to grip the road and makes travel on water very dangerous.

Some knowledge of simple car repair is very helpful to anybody, said Gream.

"I believe that women as well as men should have a basic knowledge of automobile repair," Gream said. "Face it, most people take it for granted, we turn the key and if it starts - no problem."

Even though you have taken the proper care, trouble may still occur. Highway breakdowns can be dangerous.

"It is very important that if your car begins to stall to get the car off the road," Gream said. "Injuries often occur when a vehicle or person is hit because they are too close to the roadway."

After a repair man is called, Gream cautions travelers to watch out for service men who take advantage of out-of-state visitors.

"On the road, labor prices almost triple on out-of-state residents, especially females," Gream said. "For example, be able to tell if the local gas station is trying to sell you a fuel pump (\$60 to \$150, including labor), when all you need is a 98 cent filter."

However, if you do not know anything about car care, Gream said you still can get repairs at a reasonable cost.

"Always try to find a reputable dealership or an automotive shop that have mechanics who are nationally certified for Automotive Service Excellence (A.S.E.)," Gream said.

**Jay Morehead**, a sophomore journalism major from Bowling Green, is a student in the newspaper reporting class..

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### Getting ready for the road

Don't let car troubles spoil your Spring Break. Check these things before you leave.

**Battery** -- Plenty of fluid, well charged

**Radiator** -- Plenty of coolant, heat resistant

**Oil** -- Level adequate, (change before trip)

**Hoses** -- Replace bulging, leaking or cracked hoses

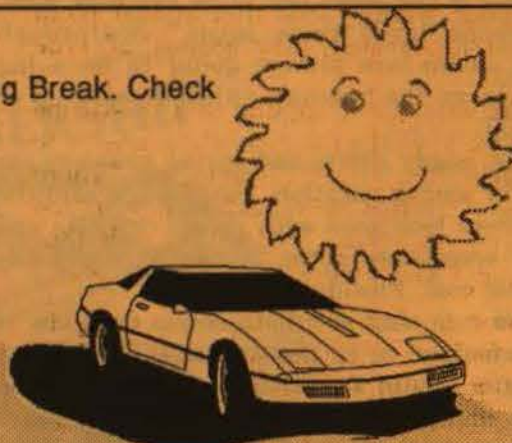
**Belts** -- Replace frayed or cracked belts

**Air Conditioner** -- Have Freon level checked

**Transmission Fluid** -- Plenty of fluid (change if fluid isn't bright red or if used for over 30,000 miles)

**Filters** -- Examine air filter, emission controls

**Tires** -- Plenty of tread--look for wear bars, properly inflated (32 psi for small cars, 34-35 psi for other cars)



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# Spring temperatures bring many hours in lawn work



The unusually warm weather this winter has people thinking spring fever already.

Thoughts of wearing shorts, swimming, fishing and other activities related to warm months are becoming a prominent part of everyday life around the area.

Spring also brings to mind the not-so-pleasant thoughts of yard work, mainly mowing lawns. Ah yes, those days under the hot, burning sun fighting with the lawn mower, tugging at the pullrope trying to get it started are here once again.

But we need to remember that mowing lawns is a necessity. It turns an absolute jungle into a lush, soft, beautiful piece of art.

Normally the winter months bring snow and ice. Combined with cold weather, this keeps grass a dull, brown color. However, this winter has been much, much different. The normal conditions have been replaced by unseasonably warm temperatures and quite frequent rains.

Already, lawns that normally are still brown have turned green, the color so synonymous with spring. And in some places grass is becoming high enough to actually mow.

Two to three weeks is the appropriate time between mowings for a yard. However, this can vary. If a yard receives a low amount of precipitation it may not have to be mowed for possibly five to six weeks. But, if a yard receives a large amount of precipitation, the lawn mower may need to be used as much as two times a week.

The mowing season usually starts in late March or early April, runs through the summer months and ends in late October or early November.

There are some things that can be done now to assure a lush, green lawn. Vicki Crafton, Forever Green Lawn Care in Murray, suggests that a lawn be fertilized twice a year. Crafton said that right about now is when the first fertilization should be performed. The second fertilization should be in late summer or early fall.

A problem with lawn care in the late winter and early spring months can be thatch.

Crafton said thatch basically consists of a layer of grass clippings located in the blades of grass themselves that prevents the seeds from touching the soil. Crafton said thatch normally isn't a major problem because it can be removed by raking.

However, she said there are cases where a large amount of thatch can cause a problem.

"If you have a severe case of thatch, it keeps water and sunlight from getting to the roots, which prevent growth," she said.

There are two basic remedies for the problem of thatch. Crafton recommends a dethatcher, which attaches to a lawn mower and lifts up the material comprising the thatch. She also suggested reseeding after using a dethatcher.

The other method used in the containment of thatch is what Crafton called plugging. This particular method uses a machine that

"looks like a ball with spikes in it," she said. The machine is also attachable to a lawn mower.

Another activity associated with spring is gardening.

Crafton said green peas are definitely the crop for planting at this time of year. She also said plants such as broccoli, cauliflower, cabbage and radishes should also be planted now.

Crafton said all of these vegetables, known as "cold crops," will be harvested during the mid-summer months. She said plants such as tomatoes and green peppers will be planted during the summer months for fall harvest.

Crafton said these crops can handle a hard frost. If freezing was expected (32 degrees fahrenheit or less) the plants should be covered for protection against the cold temperatures.

Flowers are also rather appealing. Roger Macha, associate professor in the department of agriculture, said roses should start being planted now. Macha also said bulbs such as daffodils and tulips should start blooming soon or may already be in bloom, due to the warm weather.

Macha said a bulb plant, known as a crocus, which he planted last October, is already blooming. He said other 'spring-flowering' plants have also begun to bloom.

Bulb plants, such as daffodils and tulips, do well in this area and bloom year after year, Macha said.

Macha feels that flowers can have a psychological effect on people.

"As far as flowers, its affect on the mind can make someone's outlook on life a little better," Macha said.

The durability of flowers in frosts, Macha said, strictly depends on the plant. "Some will tolerate it and not be hurt while others will go (die) in the first (frost)," he said.

Plants can also affect the environment. "If you don't limit it to flowers, you can control the climate. Temperatures can be moderated. Noise and windbreaks can be absorbed by woody plants (trees and shrubs)," Macha said.

Trees can also produce fairly attractive flowers, particularly the Dogwood with its array of pink and white flowers blooming on its branches.

Another area of beautification is landscaping, where yards that appear plain can be transformed into scenes of true beauty.

Crafton said the designing of a landscape depends on what the function of the area is to be, whether it is privacy, beauty, etc. "There are lots of things to consider; how much sunlight or moisture there will be, whether the area is rocky, sandy, etc.," Crafton said.

The time needed for installation depends on the weather. If it rains substantially, the installation could take a large amount of time to complete. Normally, the job will vary from a day up to six or eight weeks, with costs ranging from roughly \$1200 into the thousands of dollars.

Crafton said the best plants for landscapes are the Bradford Pear tree and shrubs such as yews, hollies, nandinas and barberries.

**John Wright**, a junior journalism major from Paducah, is a student in the newspaper reporting class.

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# Variety of hairstyles expected for spring

Some like it straight. Others like it curly. Some like it short, and some like it long. Some like it blonde while others like it red. Spring is here and everybody is wondering how they should wear their hair.

According to Judy Curd, manager of Judy and Shere's Beauty Salon, Spring 1990 looks will be called "Dreams." It includes softer, shorter, straighter and smoother hair with fringes said Curd.

"We are getting away from the frizzy, stiff, dry-looking hair," Curd said, "and into a short, smoother and softer look."

Katherine Lax, of Murray Beauty Salon, said many of the styles are short because hair was cut off the back and left long enough to curl at the top. "People that have thick hair will look great," Lax said. "And it's a great hairdo to have with summer and swimming coming."

Tanya Key, technical educator and manager of Fantastic Sam's, said that more women are wearing their hair bobbed.

Key said many of the women's hair fashions are long with spiral curls and that most of the perms, if they are not spiraled, are looser



"People are highlighting their hair more to get a brighter, shinier, glossier look," Key said.

Brenda Peck, of Cut-Ups Hair Salon, said she agrees that short bobs, long layers and cuts towards the face are in style this spring. More people are wearing their hair straight said Peck.

"Straight-haired people have shiny hair," Lax said, "while mousse and glaze were the worst things to come out to mess up a person's hair."

Lax said she sees women wearing bobs, cut off straight at the bottom, and unlayered. Although some women will be wearing their hair fluffy and spiraled said Lax.

Valerie Boyd, worker at JCPenney Styling Salon, said hairstyles are going straighter.

The bob is popular and women's hair is kept longer said Boyd.

Women's hair will be styled towards the face, and those with long hair should wear braids to the side to get it out of the way Boyd said.

"Braids, such as cornrolls, are coming back," Peck said.

Curd said ponytails will be pulled on top of the head, but Peck disagrees and said ponytails will be long and low.

Boyd believes ponytails are going out of style, while hair feathered into your face is coming in for the spring.

Jody Gardner, manager of Kut 'N Kurl Beauty Shop, said she sees people wearing casual loose curls. Some of the hairstyles are shorter said Gardner.

Key said the majority of men are going to



longer hair, instead of flat tops, etched lines and clipper cuttings.

Curd said men have a more tailored look and longer bangs. Sideburns will also be in style as men develop a more classic look.

Men's hair will be short and spiky, said Peck.

Bobs, braids and ponytails with a softer, shorter and straighter look are just a few of the styles in for women, while men will have a more tailored and sophisticated style about them.

This is what "Dreams" is made up of for the spring hair fashions.

**Teresa Mays**, a sophomore journalism from Kenton, Tenn., is a student in the newspaper reporting class.

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