

The name game

Until the official dedication of the center on Jan. 30, get the scoop on the building's namesake

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Passion for height

Two APSU students used their knowledge of rock



MILLER

climbing to map out all 40 of the climbing

routes available on the new wall

Page 8

Adventure Rec

The program is making a comeback on campus

Page 15



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Mystery donor to be revealed

Hints surface as campus community looks forward to grand opening ceremony

Staff Reports

For the past two years speculation has run rampant about the million-dollar-plus donor who made such a generous contribution but wanted to remain anonymous.

Austin Peay's administration is still "mum" on the subject, but it is expected that the name will be made public at the grand opening of the university's new fitness and recreation center, at 2 p.m., Tuesday, Jan. 30.

Although the name is still secret, a few hints have surfaced. The donor is:

- An alumnus from the mid-1960s with a degree in history and a minor in business, also holding a graduate degree from another Tennessee institution.

- The vice-chairman, chief financial officer and treasurer of a company that is listed on the New York Stock Exchange; the company is the fourth largest in the nation in its category.

- An astute businessman who structured the gift so that it not only helped fund the fitness center but will also provide a substantial scholarship endowment in the future.

- A friend of Governor Phil Bredesen, who has been invited to the grand opening.

While students will have to wait until the dedication ceremony to learn the name of the donor, it is clear that the person is a very successful alumnus and cares about the

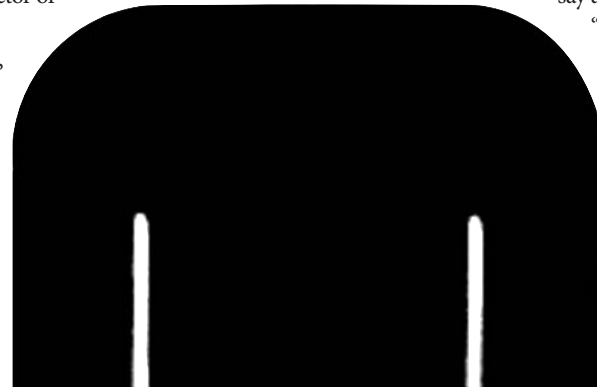
university where his career was launched.

APSU President Sherry Hoppe said the alumnus preferred to stay in the background and wanted no publicity about the generous gift, but she and Roy Gregory, APSU's executive director of University Advancement, finally convinced the donor that going public with the gift would serve as an example to others about

the importance of giving back to the university.

As of press time, it was not known if the donor would be present for the dedication ceremony, but many students and community supporters hope to have the opportunity to say a personal

"thank you" to the person who has helped make the fitness center larger and finer than it would have otherwise been. ♦



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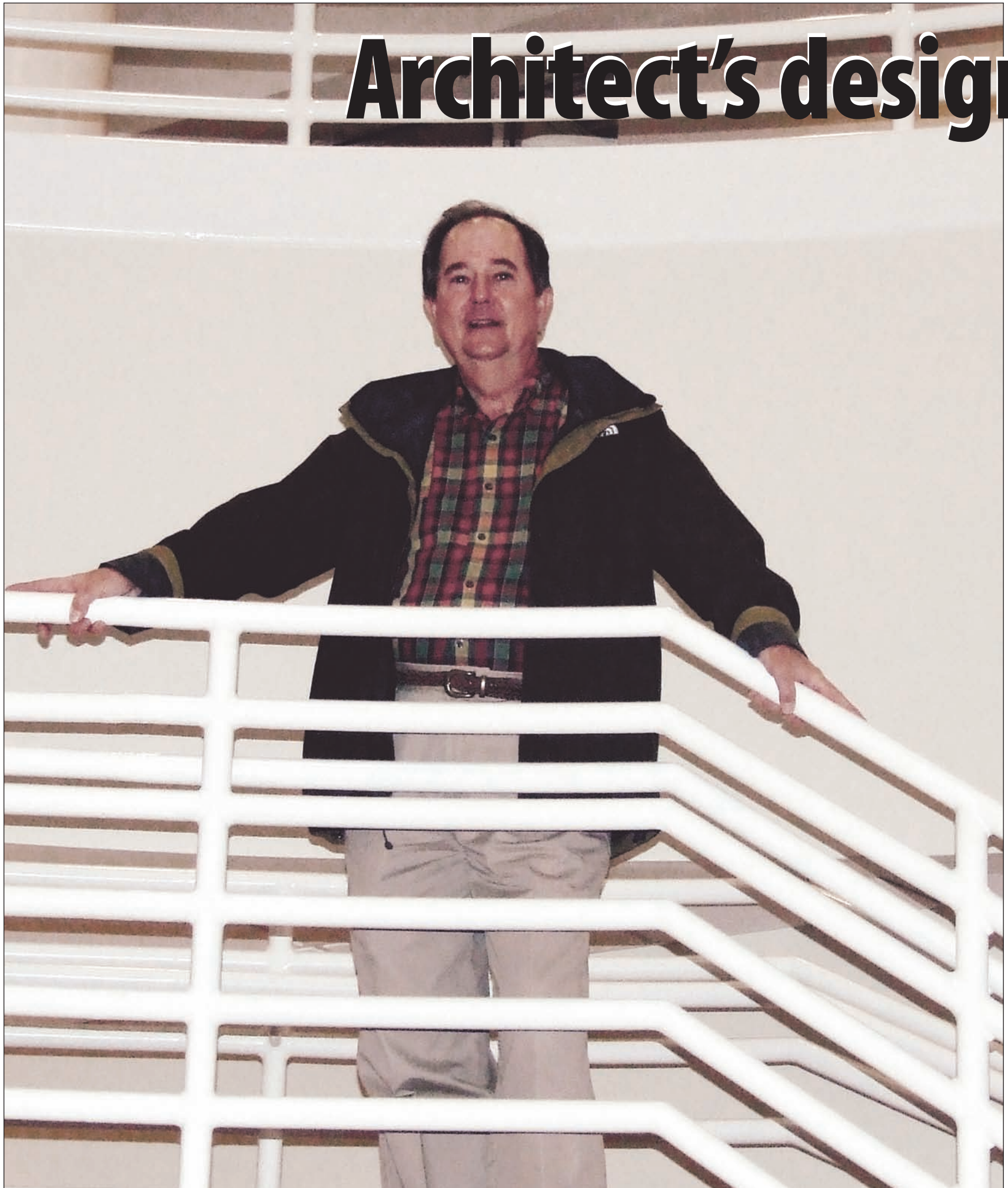
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Architect's design



resonates life, movement

By MANDY ROGERS
Editor in Chief

"Right now, it's pure building," Lane Lyle said, his voice reverberating through the large room that would soon become filled with the sounds of weights dropping on mats and shoes pounding on treadmills.

Lyle is the architect who conceived the design of Austin Peay State University's newest landmark, its recreation center.

"This is my favorite part of any building's life," he said. Speaking eloquently of the awe-inspiring ruins of great Roman times, he continued, "The bones of a building express what they are at heart."

One can merely look around the large, open entryway and imagine what Lyle wanted the building's heart to express to all who entered therein. His design resonates life and movement.

Sunlight pours through floor-to-ceiling windows and skylights throughout the building.

"Natural light is the life of the building," Lyle said. "With a focus on electric light, it's always the same building. Natural light lets the mood change with each season and even with the time of the day. It's never the same building."

Curves throughout Lyle's design incorporate excitement and movement into the space.

"I've consistently wanted to do curves [in design] because to me, they're exciting," he said. "They're a challenge in design because you want it to be a

"I wanted to pull the building close to the street to create an urban experience. There's life on the street."

— Lane Lyle, on his design

lively place, but not unsettling. Curves inspire us to move, but I also wanted people to be comfortable when they sit down."

The actual site of the center also has a lot to do with its design and function. The recreation center, which sits on the corner of Marion and Drane streets, is in close proximity to both roads.

"I wanted to pull the building close to the street to create an urban experience," Lyle said. "Many schools like to build out where there's open space, but then you lose dialogue with the street. There's life on the street. The location gives it the opportunity to be more than just a rec. center — people are drawn to it."

In preparation for designing the recreation center, Lyle and David Davenport, director of university recreation, took a road trip to visit other campuses' centers. They met with recreation directors from Vanderbilt, Middle

Tennessee and Tennessee Tech to go over pros and cons.

"You always learn from others' mistakes and successes," Lyle said.

At Vanderbilt, for instance, the recreation center's gatekeeper is right at the front of the building. At APSU, Lyle decided to have the snack bar out front where students can hang out, or they can watch people at the climbing wall, all without having to scan their student ID.

"It helps create a casualness," Lyle said.

The two-story climbing wall also helps add casualness in the space. Lyle said the rock wall gave him the opportunity to give the building a strong focus that would help in its attractiveness.

Lyle was the

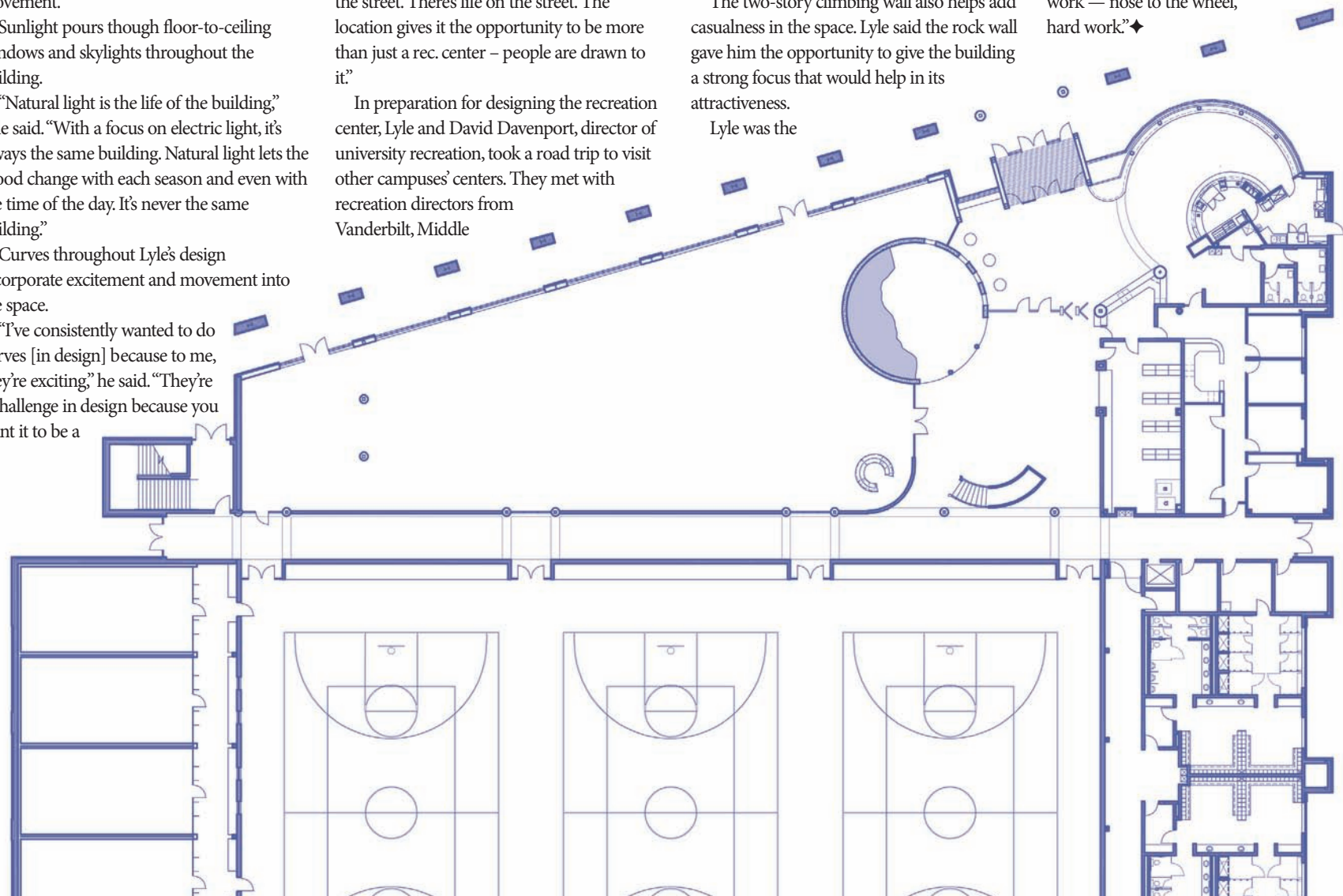
architect who designed the Morgan University Center and additions to the Memorial Health building on APSU's campus. He also worked on Trinity Episcopal Church and the Montgomery County Courthouse after the 1999 tornado.

Currently, Lyle is working on the new six-story F&M Bank located in downtown Clarksville and soon will begin a new recreation center for University of Tennessee-Martin.

Most of his inspiration, he said, comes from simply the opportunity to make something.

"My favorite part of the job is in doing something where I lose track of time," Lyle said.

"For me, it's a brief period of time where I can entirely lose myself in that activity. The rest," he said with a laugh, "is hard work — nose to the wheel, hard work" ♦



State-of-the-art center will bring



PATRICK ARMSTRONG/STAFF

The cardio room has elliptical machines, treadmills and stairclimbers. There are also weight machines in the same room providing a one-stop shop for fitness needs.



SHANNA MOSS/PHOTO EDITOR

The spinning room will have stationary bikes to allow for a full cardio workout. In the future, there may be a projector installed in the room so bikers can view scenes of the outdoors while they ride inside.

By APRIL MCDONALD
Staff Writer

Welcome to the new University Fitness and Recreation at Austin Peay State University. As few students have yet had the opportunity to walk through its doors, let me take this opportunity to give you all a guided tour.

If you will follow me through the glass doors in front of us we will begin.

Look to your left, do you see the new snack food bar? That will provide students light snacks and a welcomed new dining option.

I see there's a question in the back. Yes, plus dollars and debit cards will both be accepted.

The turnstiles in front of us can be activated with your student identification card. The recreation attendant at the desk to your left can manually override the locks if there is a problem with your card.

As we walk through the turnstiles, on your right you will see the rock-climbing wall and free-climbing boulder.

When the building first opens, only six people will be allowed on the rock wall at once; this number will eventually increase.

We have another question. Yes, all the equipment needed for the wall, or any other activity in the building can be checked out at the recreation attendant's desk here in the front.

If you will continue to follow me toward the expansive, spiral staircase, we will pass by it for the moment and tour the remainder of the bottom floor.

As you see once you pass the steps there are two locker rooms on your right. They each contain 81 lockers and private shower stalls with dressing areas.

Question from the young woman in the middle. Yes, there will be hairdryers in each of the locker rooms.

As we turn to our left here, directly behind the staircase you will find the door to the three multi-purpose courts. Basketball, volleyball and badminton can all be played in these courts.

Once you pass by the multi-purpose courts, you enter the area with the four racquetball courts. There is plenty of room for friends of players to stop by and watch the games.

Another question? Yes, all doors are ID card activated. No one but employees can gain access from any door other than those in the front.

Let's walk out the door here by the

"Yes, there will be hair dryers in each of the locker rooms."

racquetball courts into the hallway. If we walk back toward the staircase and around the corner, you will notice another door to your left opposite the staircase.

This door will lead to the cardio fitness area. This room will have stationary bikes, treadmills, free weights and 25 televisions. It has three times more space than the Memorial Health Building.

Question from the young man in front. Yes, the televisions here will work the same as the ones in Memorial Health, the sound is projected through a radio station, so be sure to remember to bring your fm radio so you can hear what's going on.

Now, let's go up the staircase and explore the rest of the building. As we reach the top and go through the door, you will see the elevated track.

The track is 1/11 of a mile so 11 trips around it equal one mile. As you run around it, you can look down and see the multi-purpose courts.

As we go back out the door look to your right and you'll see the door leading into the group studio room, which can be separated into two rooms and has a sound-proof barrier separating the two.

Looking out the window you can see the tennis courts and the Dunn Center.

There is also a smart room, a wellness room, and several offices on this side of the building. If we follow the hallway past the stairway again we come upon the door leading to the spinning room.

I see we have a question in the back. The spinning room is a group fitness room dedicated to spinning stationary bikes. There are plans to include a projector in the cycling room that would show different outdoor scenes so the bikers can feel as if they are out in nature rather than inside a building.

That concludes our tour. Remember, the recreation center is open to all students, faculty, and staff free of charge. You can also purchase a "membership" for your dependents and guests. Guests must always be accompanied by their sponsor. ♦

more recreation opportunities



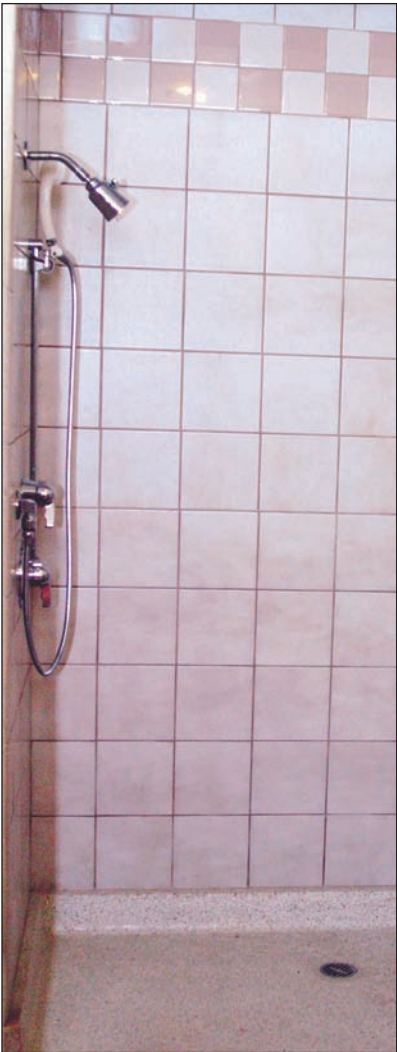
SHANNA MOSS/PHOTO EDITOR

The four racquetball courts all have glass doors so those who are interested can watch the games.



SHANNA MOSS/PHOTO EDITOR

Left, the locker rooms will each have 81 lockers and dressing areas. Right, the private shower stalls also have a dressing area other than the ones in the actual locker room.



SHANNA MOSS/PHOTO EDITOR

A view from the raised track shows three courts that can be set up for volleyball, basketball or badminton.



SHANNA MOSS/PHOTO EDITOR

The free-climbing boulder (front) provides flexibility and strength training. Behind the boulder is the rock climbing wall. Six people can climb the boulder at one time.

Passion for height



“Everyone should come out and at least try it. [Rock climbing] can improve your flexibility and strength, and you use your mind at the same time,”

– Steffen Miller, university recreation

PATRICK ARMSTRONG/STAFF

Houston Lyle, left, and Steffen Miller, right, lead climb during a practice session before the center opens. Lead climbing is a technique in which climbers “clip in” as they climb.

Two APSU students design routes for the recreation center’s two-story climbing wall

By MANDY ROGERS
Editor in Chief

The rock climbing wall in Austin Peay State University’s new Fitness and Recreation Center will certainly be a highlight for many students. But the wall would not be in its current form without the help of senior political science major Houston Lyle or sophomore sociology major Steffen Miller.

Lyle – yes, he is the son of the building’s architect, Lane Lyle – and Miller took their own experience and passion for climbing and designed all the rock’s climbing patterns.

The All State: What was the extent of your involvement in helping with the recreation center’s rock wall?

Houston Lyle: My dad designed the entire rec. center, and he knew Steffen and I climbed a lot. In the preliminary phase, we attended meetings and conference calls with David Davenport (director of University Recreation) and the company doing the wall.

TAS: Where are the places you go for outdoor rock climbing?

Steffen Miller: We’ve been to quite a few places in Tennessee and North Carolina. King’s Bluff is the closest one; it’s right off the 41-A bypass.

TAS: What has been the most dangerous climb you’ve been on?

SM: Mine would have to be on Stone Mountain in North Carolina. It was dangerous because we ran out of gear placement. If I would have fallen, it would have been 120 feet to my death. I slipped once, and my heart was racing.

HL: Probably my worst one was out in Colorado. I was ice climbing Glacier Gorge located in Rocky Mountain National Park. It was supposed to be an easy climb, and then an hour later we were wading through waist-deep snow. It was 20 or 30 degrees below outside.

TAS: Are there any other extreme sports you enjoy?

HL: Climbing is my main passion. I’ve done a little mountain biking as well, and I’ve dabbled in skiing.

SM: I’m an adrenaline junkie. Then I go

home and sew.

TAS: Really?

SM: Yeah, I’m a part-time tailor.

TAS: Tell me a little more about your work with the rock wall on campus.

HL: After the company finished building the wall, we basically spent the last month of last semester designing where to place the holds.

SM: We were in a harness sometimes for 4-5 hours at a time.

TAS: How did you determine where to place the holds? Could you just throw them up there anywhere?

SM: You can. It would be easy to just

story continues on following page



Above, Lyle climbs the boulder in the center of the room.

PATRICK ARMSTRONG/STAFF



PATRICK ARMSTRONG/STAFF

Right, Miller climbs one of the many routes located on the rock wall.

throw them up there. But we tried to place them in a way a climber would think.

HL: And we only have a finite number of them, so we had to put some thought into it.

TAS: What will students gain from going to the rec. center and trying their hands at rock climbing?

SM: Everyone should come out and at least try it. It can improve your flexibility and strength, and you use your mind at the same time.

HL: When I'm really "on," I feel like it's the perfect balance of power and grace.

SM: It's also one of the most social sports. Football and soccer games, for example, just go on, but you can get to know people as you rock climb with them. You can talk and laugh and hang out.

TAS: What are some of the differences in the different routes?

SM: Each route has its own name and difficulty rating. One of the easier ones is called Just for Fun, and it's a 5-4. Five stands for the roped route, and four is the difficulty.

HL: The difficulty scale goes from 0-15, and the higher the number, the harder the route. Starting with 10 on the scale, letters also get introduced, so a 10D is harder than a 10B, for example.

SM: Let's say a rating for 5-1 was the equivalent of a ladder, then 5-4 would be the equivalent to a steep ladder. The Stupid Loop is probably the hardest route we have on the wall right now.

TAS: So I'm assuming you can both climb the Stupid Loop?

SM: No, that's the great thing about it. There's always something else to conquer. I can climb to a certain level and then I fall. It takes several attempts.

TAS: How many routes are there?

SM: Probably about 40, including the boulder.

HL: But it's a continuous cycle. We can always change, take down or add routes by moving holds.

TAS: So what do people who want to come try the wall need to know?

SM: The hours the wall will be open are 3-8 p.m. Monday through Thursday and 3-6 p.m. on Fridays. Students have to take an orientation class in order to climb on the wall. If they want, they can come and try the wall just to see if they like it before taking the class.

HL: It's a really neat sport, and we've got a killer staff, so I encourage everyone to come out and try it. ♦

Helpful Terminology

- **Tying in:** Refers to the attachment of rope to the climbing harness
- **Leading:** Ascending while placing or attaching protection and involves a follower who removes the protection as he or she climbs
- **Abseiling:** A technique of descending steep rock, also called rappelling
- **Belaying:** The technique of securing the climber during his climb
- **Lowering:** A technique of descending in which a belayer at the bottom of the rock ensures the climber is safely lowered



SHANNA MOSS/PHOTO EDITOR

When patrons enter through the recreation center's front door, they will notice the cafe to the left.



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SHANNA MOSS/PHOTO EDITOR

Students can stop in for a quick bite without having to scan their ID card since the eatery is located in the building's lobby. The reception desk can be seen above to the right.

Food available on-the-go at center's cafe

Enjoy post-workout parfaits, wraps and more

By JESSICA NOBERT
Staff Writer

Along with the new recreation center, Austin Peay State University and Chartwells will be adding more options for diners. Included in the new facility will be a snack and juice bar with healthy selections like wraps, sandwiches and smoothies, and according to Mary Moseley, assistant director of Housing Services, the menu will showcase diversity.

This will "give [students] another option,"

said Joe Mills, director of Student Housing, Residence Life and Dining Services. It will also "provide an outlet for students working out" and "add to the selection," Mills said.

The new option may also reach students looking for work on campus.

"The supervisor (Lisa Traver) is an employee from the Food Court, [and] other employees will be hired," Moseley said.

"There will be three new jobs available," said Tom Callahan, director of Dining Services.

As well as most dining options on campus,

students will be able to use the meal equivalency or plus dollars. "Prices range from 79 cents to \$4.59," Moseley said.

According to Callahan, it will be "exactly the same as the existing [pricing]."

Regardless of the pricing, many students will be happy to have some new options for after their workouts.

Ben Gardner, freshman finance and business major, said, "When I'm thirsty when I'm done working out, I'll have something [different] to drink."

The idea for the juice bar came from the staff of the recreation center. "When the

building was being planned, one of the things the staff suggested was a juice bar," Mills said.

"[Chartwells] goal is to offer the campus a wide variety of dining experiences -- different locations, times and food. This location will give anyone on that side of campus -- such as the Dunn Center and Shasteen -- a closer dining opportunity," Moseley said.

The juice bar, Mills said, will be a "great snack area there at the rec. center and a social place on campus."

Mills also added that APSU likes to "go a notch further and offer different choices. We always want to be the leader here."♦

The All State's exclusive menu preview

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Triple Berry Zinger
Strawberries, raspberries, blueberries & vanilla yogurt

Banana Flip
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Supreme
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Tropical Storm
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16.9 oz. Dole Juice 1.75

20 oz. Gatorade 1.89

32 oz. Gatorade 2.19

8 oz. Energy Drinks 2.99

Sobe Lifewater 2.49

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Bacon Egg & Cheese Bagel 2.09

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CONTRIBUTED PHOTO

Armory makes way for future



CONTRIBUTED PHOTO

The Armory was built in 1942 during World War II. The building housed the university's ROTC program, which has consistently been named one of the top in the country.

APSU's rifle team also used the Armory for practices and competitions.

Destruction of the Armory began in May of 2005 in order to begin construction of the University Fitness and Recreation Center. At that time, the ROTC program and the rifle team moved into the Memorial Health building, also a historical part of APSU's campus.



CONTRIBUTED PHOTO

A vision:

Students' request snowballs into state-of-the-art center

By MANDY ROGERS
Editor in Chief

With the University Recreation and Fitness Center about to open its doors to students for the first time, it seems like a good time to look back to how the recreation facility came to be.

The Memorial Health Building, with 58,395 gross square feet, was constructed in 1953 as Austin Peay State University's primary athletic facility. The Dunn Center was constructed in 1975 to house and expand the athletic programs. At that time, the "Red Barn" became the center for student recreational activities.

"When the Dunn Center was built, the Red Barn was the best rec. center in the state," said Diane Berty, former associate vice president of student affairs at APSU.

Berty played an integral part in getting APSU a new recreation center.

"I was asked by the then-vice president of Student Affairs, Dr. Jennifer Meningall, to partner with university recreation staff to explore the feasibility of expanding our recreational center," Berty said.

There were basically two options: APSU could either renovate the Red Barn or build a new center.

In February of 2003, 23 students were surveyed concerning either renovating the Memorial Health Building or building a new facility. The group of students was made up of a Student Government committee, along with non-traditional students and those living in residence halls. Eighteen respondents indicated either renovating the Red Barn or building a new facility would be suitable, and all 23 thought either option would enhance the quality of student life on APSU's campus.

As more and more research was done, it became clear that with increasing enrollment and more student participation in intramural programs, as well as more general wellness awareness, the expansion of the Memorial Health Building would not meet the needs of the university. An earlier physical facilities survey claimed the functionality and quality of existing space of the Memorial Health Building was "operational but seriously deficient."

Also in February of 2003, Berty, along with 33 students and 12 staff members, planned a trip to visit other recreational centers in Tennessee. The group would leave Saturday, Feb. 15, and travel to East Tennessee State University.

The next morning the group would leave Johnson City and travel to Tennessee Tech and Middle Tennessee State University to tour their recreation facilities.

Unfortunately, winter weather and icy road conditions forced changes to the trip.

"It ended up being one of the worst weekends of that winter," Berty said. "We got to [Tennessee] Tech, but it was not a very good time to go into East Tennessee, so we ended up not visiting that facility."

The group did get to see Vanderbilt's recreation center, and there was an overwhelming response from students, according to Berty.

Later that spring, the SGA put a referendum on the ballot to increase the student debt service fee by \$28 to help pay for a new facility. The increase was passed by students and raised the fee for a fulltime student from \$109 per semester to \$137 per semester, which is the highest the fee is allowed to go, according to Sonja Stewart, director for APSU Budget & Planning.

David Davenport, director of university recreation, and architect Lane Lyle later went on their own road trip to Vanderbilt, MTSU and Tennessee Tech.

"[APSU's] rec. center is closest to the size of Vandy's, minus the pool," Lyle said. "We met with recreation directors and went over the pros and cons of their facilities."

Future plans at APSU do call for a near Olympic-size swimming pool to be built next to the recreation center, but a proposed date has not been finalized.

The Armory was demolished in May 2005 and construction of the recreation center began soon afterwards. The building was finished on schedule in the fall of 2006, and the equipment has been installed. After much hard work on the part of some and high levels of anticipation by many more, the recreation center will open its doors formally with a celebration on Tuesday, Jan. 30, 2007. ♦

How APSU's center measures up:

Campus	Square Footage	Cost
Austin Peay	82,000	\$11 million
Tennessee Tech	77,895	\$6.4 million
East Tennessee	101,600	\$14.4 million
Middle Tenn.	120,000	\$14 million



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PATRICK ARMSTRONG/STAFF

This massive room has circuit training machines as well as cardio machines and a free weight training area. Large windows cover one entire wall, letting in an abundance of natural light.

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PATRICK ARMSTRONG/STAFF

The free weight area is located at the far end of the cardio room. A mirror lines one wall.

Adventure Recreation hopes for big comeback along with new building

Program returns, will offer students action-packed thrills

By MANDY ROGERS
Editor in Chief

Some people have the desire to live life on the edge. They bungee jump, go white water rafting or scale steep cliffs.

Two years ago, Austin Peay State

University's recreation department instituted a trial program called Adventure Recreation, which appeared to satisfy some of those who thrive on living life on the adventurous side.

"We began organizing some adventure activities in 2005, and they were well received," said Jennifer Puhl, assistant director of University Recreation.

One group of students went white-water rafting on the Ocoee

River in April 2005, and a month later another group went canoeing at Land Between the Lakes.

"We had to put such ideas on the back burner due to staffing limitations," Puhl said. However, we are in the process of searching for a new professional position on our staff that will help with that."

For now, Andrea Stroh, Adventure Recreation graduate assistant, is planning outings for a comeback for the program this



CONTRIBUTED PHOTO

A group from APSU went white water rafting on the Ocoee River, April 16, 2005, as part of the Adventure Recreation program. This semester, the program is back, and University Recreation officials hope it is better than ever. Some events already planned include a hiking and rock climbing trip, a ski trip and a horseback riding trip.

"Eventually, I'd like the department to be able to purchase kayaks and canoes for rent."

— Andrea Stroh, University Recreation graduate assistant

spring.

"One thing I'm really excited about is that we're hoping to partner with MTSU during spring break for a ski trip," Stroh said, "but if that doesn't work out, we've definitely got a ski trip scheduled for one weekend in February."

Stroh also has planned a hiking and rock

climbing trip and a horseback riding trip for this spring, as well as a white water rafting trip for this summer.

Also at the new center, Adventure Recreation will have 10 Trek bikes available for rent. The hybrid enables riders to get optimal performance on trails and roads.

Renting a bike, which includes a helmet and a locking device, will cost \$5 per day. The bikes are available for rent to all students, faculty and staff.

"We hope students will want to rent the bikes over the weekend and maybe go out to LBL (Land Between the Lakes) and ride them on trails," Stroh said. "Eventually, I'd like the department to be able to purchase kayaks and canoes for rent, as well. That's the direction I'd like to go with it."

Keep up-to-date with Adventure Recreation plans on its Web site www.apsu.edu/recreation/advrec/advindex.htm. ♦

Recreation Center promotes healthy living

By **STEPHANIE COWARD**
Managing Editor

The United States' population is growing, and this growth is not due to births alone; Americans are growing in size, bigger and bigger everyday.

Two-thirds of American adults are overweight, with one-third of those people qualifying as obese, according to a recently published study by Dr. David Ludwig of the Children's Hospital Boston.

Luckily, for students at Austin Peay State University, there is help. The new University

Fitness and Recreation Center opens in eight days.

Studies have shown that men who exercise daily visit the hospital less and are less apt to develop chronic diseases than their not-so-active counterparts. Other studies have concluded that

both sexes benefit emotionally and mentally from daily exercise. Those participants showed less stress throughout their daily lives and an overwhelmingly better mood more often.

"[Recreation centers] are hot items on college campuses," said Sherryl Bryd, associate vice president of Student Affairs. APSU now has a brand new, state-of-the-art recreation center. Included in the building is a rock climbing wall, four racquetball courts, an aerobics room, a cycling room, a weight room, three multi-purpose courts and a raised track overlooking the multi-purpose courts.

"I think it is awesome that they have built and expanded the rec. center. Now I can burn off the freshmen 15 I have gained from Taco Bell," said Ashley Cohan, sophomore special education major.

After Jan. 30, when the new center opens, ROTC and the APSU rifle team will use the

"Recreation centers are hot items on college campuses. I think it will definitely have a positive impact [on recruitment]."

— **Sherryl Byrd, associate vice president of Student Affairs**

Memorial Health gym during days. The gym also will be available to student groups by reservation, much like the UC Ballroom is now.

The Drew Simmons Fitness Center will remain open, though it will most likely be open fewer hours due to staffing, according to Byrd.

With more equipment will come higher work-out prices for dependents and friends of APSU students. According to Jennifer Puhl, assistant director of university recreation, the old cost of \$60 every six months for dependents and friends of students will increase. University recreation officials did not believe it was right to increase student fees while allowing non-APSU users to continue to pay the same price.

Administrators see the new center being used more by students and that more faculty and staff will use Drew Simmons, as it will be much more low key compared to the new center.

With obesity posing such a problem to America, many young adults are making attempts at breaking this trend. The new recreation center puts APSU in a new league as far as admissions goes. "I think it will definitely have a positive impact [on recruitment]," Byrd said. ♦



BYRD

Exercise facts

- Adults should engage in moderate-intensity physical activities for at least 30 minutes on five or more days per week OR adults should engage in vigorous-activity three or more days per week for at least 20 minutes per session.
- Regular physical activity can:
 - Reduce one's risk of developing coronary heart disease, having a stroke and developing type-2 diabetes
 - Lower blood pressure and decrease feelings of depression
- Being overweight or obese increases a person's risk to many diseases such as:
 - Hypertension
 - Gallbladder disease
 - Sleep apnea
 - Respiratory problems
 - Some cancers

— **Centers for Disease Control and Prevention**



SHANNA MOSS/PHOTO EDITOR

The windows lining the front of the new University Fitness and Recreation Center offer a view of campus. The second floor sitting area provides a spacious place to relax, study, wait on friends or just people watch.



SHANNA MOSS/PHOTO EDITOR

The University Fitness and Recreation Center broke ground at the end of the 2005 spring semester. The building will open its doors for the first time to the public Jan. 30.

Take the

LiveWell Challenge to give students opportunity for healthier living



By JENNIFER SIMPKINS
Staff Writer

Have you made yet another New Year's resolution to lose weight? Is this "your" year to finally get fit?

Maybe now is the time to stop the weight loss rollercoaster and make a commitment to yourself to improve your health, not only for this year but also for the rest of your life. University Recreation is offering students the opportunity to compete against yourself and your peers for the chance to improve your

health and win some amazing prizes along the way.

The LiveWell Challenge is designed to teach you how to make positive lifestyle changes.

Not only will you learn how to make your workouts beneficial, you will also learn the basics of good nutrition, such as eating guidelines and portion size tips.

Don't worry if you are more of a "Mr. Fast Food" and less of a "Mr. Olympia" – you can compete at a beginner, an intermediate, or an

advanced level. A health and fitness assessment will be done by University Recreation's trained staff to determine your starting levels and best plan of action to meet your goals.

You can earn points by completing 20-30 minutes of cardio workouts, participating in group fitness classes, and attending wellness related workshops. You can also earn points for exercise and personal activities completed outside of the fitness facility.

With your continued involvement, you will

receive motivational bi-weekly incentives and get entered into monthly raffles. You can also sign up for daily motivational e-mails filled with nutritional tips and new exercise ideas.

At the end of the semester, not only will you be a fitter and healthier version of your former self, you will also have the knowledge on how to continue a healthy style of living. Prizes will also be awarded to top winners and in multiple areas such as overall improvement, best strength gains, best cardio gains and most consistent. ♦

LiveWell Challenge important dates

- Sign ups begin Jan. 22
- Pre-Testing is from Jan. 25-29
- LiveWell Challenge begins Jan. 29
- LiveWell Challenge ends April 18
- Post-Testing is April 19-25
- Awards ceremony is to be determined



The Wilbur N. Daniel African American Cultural Center

Congratulations!



To David Davenport and staff on the opening of the new fitness and recreation center.

Wilbur N. Daniel African American Cultural Center provides:
Tutoring
Mentoring
Educational Programs
Social Programs

All Students are welcomed to visit the African American Cultural Center

What you **need to know** about the new center:

Center's hours of operation

As of press time, the University Fitness and Recreation Center will hold the following hours:

- Monday - Thursday 6 a.m. to 9 p.m.
- Friday 6 a.m. to 6 p.m.
- Saturday 11 a.m. to 3 p.m.
- Sunday 5 p.m. to 9 p.m.

**Congratulations to
University Recreation
on the "Grand Opening"
of the
New Fitness Center**



**Your Friends in the
Office of
Housing/Residence
Life and Dining Services**

Opening week events

Friday, Jan. 26

- Noon to 2 p.m. — Student giveaways of slingbags and cups at the UC info desk and Drew Simmons Fitness Center. ID required.

Monday, Jan. 29

- Noon to 3 p.m. — Climbing wall will be open to the experienced and those who simply want to try. Staff will be on hand to assist and teach.
- Also beginning at noon, University Recreation staff will be available to take interested persons on guided tours throughout the new recreation center.

Tuesday, Jan. 30

- 2 p.m. — Recreation center building dedication with reception immediately following.
- 4 p.m. to 9 p.m. — Recreation center open for operations and tours.

Events will include:

- First to walk a mile on the track
- First to climb the wall
- First to make a basket
- First to win a racquetball game
- And much more

Pricing structure

As of press time, the University Fitness and Recreation Center will hold the same hours as the old recreation center.

- Currently enrolled students: Main campus students' use is included in the general access fee. Fort Campbell students must pay the general access fee to use the facility. Students must show a valid Gobs ID card.
- Permanent, full-time faculty and staff: Must enroll with University Recreation; department pays a \$10 monthly fee for this benefit.
- Adjunct faculty, temporary or part-time APSU employees, campus ministers: Must enroll with University Recreation; fees are \$48 per semester.
- Contract employees, spouses and dependents: Must enroll with University Recreation; fees are \$60 per semester.



SHANNA MOSS/PHOTO EDITOR

There is a tremendous amount of open space in the university's new recreation center. The second floor overlooks the first floor in many different areas, including the multi-purpose courts, the cardio room and the rock climbing wall.



SHANNA MOSS/PHOTO EDITOR

The recreation center's main staircase is consistent with the building's many curves. Architect Lane Lyle likes to include curves into his projects because he finds them exciting. "[Curves are] a challenge in design because you want it to be a lively place, but not unsettling," he said. "Curves inspire us to move, but I also wanted people to be comfortable when they sit down."



A running track lines the second story of the gymnasium area and overlooks the multipurpose courts. Eleven laps equal one mile.

SHANNA MOSS/PHOTO EDITOR



SHANNA MOSS/PHOTO EDITOR

The two-story rock climbing wall will be open from 3-8 p.m. Monday through Thursday and 3-6 p.m. on Fridays. Students must take an orientation class in order to climb on the wall. Or, if students are unsure if they would enjoy climbing, they can try the wall with University Recreation staff supervision before taking the orientation.



SHANNA MOSS/PHOTO EDITOR

Students may enter the lobby area and watch those climbing the rock wall or grab a snack at the cafe without having to scan their ID cards.

The ladies of Sigma Gamma
Rho Sorority Inc.
Nu Zeta Chapter

Congratulations!

To the staff of the new fitness
and recreation center





PATRICK ARMSTRONG/STAFF

Stationary bikes and treadmills line the wall of the recreation center's cardio room. Similar to the Drew Simmon's Fitness Center, TVs will be available for viewing, and portable radio players can be used to tune into each channel's programming.

Pettus Pool may be replaced

By **STEPHANIE COWARD**
Managing Editor

Pettus Pool has been good to Austin Peay State University students. Thanks to the deal between University Recreation and Clarksville Parks and Recreation, students have been able to enjoy Pettus Pool in the summer during the infamous Tennessee heat waves. That may all soon change and for the better.

While planning is still in the early stages, APSU could have its own pool by spring of 2008 — if all goes well — according to Jennifer Puhl, assistant director of University Recreation.

The pool will most likely end up in the green area between the tennis courts; the ground could be broken very soon, Puhl said.

Pettus Pool has a 10-foot deep end; the shallow end has a ramp for easy access. There are also two basketball hoops and lounge chairs for pool patrons.

Until APSU gets its own pool, the student body can continue to enjoy Pettus Pool for free, at least for another year. Students can bring guests to the pool as well, but they have to pay \$2 per day.

Pettus Pool is located on Farris Avenue. Call 552-7155 for pool hours. ♦



LOIS JONES/STAFF

Patrons enjoy Pettus Pool on a sunny day last summer.



LOIS JONES/STAFF

Swimmers were given the chance to perfect their basketball skills last summer at Pettus Pool.

Congratulations APSU Students

on the opening of your new,
state-of-the-art,
University Fitness
and Recreation Facility!

Located on the corner of Summer and Marion Streets
on the west side of Governors Football Stadium!

We look forward to seeing you there!

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We are proud
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State University's
growing future!

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