



AUSTIN PEAY STATE UNIVERSITY

CLARKSVILLE, TENNESSEE, OCTOBER 1, 2003



Govs take first win, page 8



Serving the APSU Community since 1929

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The All State

Comptroller report offers insight on race relations

By LAUREN MABON
Staff writer

A recently released Comptroller of the Treasury Office of Research report targeted race relations at Austin Peay State University. The research report recommends APSU administrators take a closer look at the impact that the African-American Cultural Center's (AACC) summer closing had on the campus environment. Researchers said that

administrators should also consider ways to be more accessible to students and faculty. The report, which was released Sept. 5, consists of detailed statistics concerning enrollment, employment numbers, retention rates and graduation rates of African-American students and staff at all of Tennessee's four-year, public higher education institutions.

The purpose of the Comptroller's Office Report is to determine whether or

not African American programs at APSU were affected more than others. This study was a direct response to concerns of students and faculty from APSU voiced at a public hearing in Nashville on May 6. In effort to make this determination, several suggestions have been made by the report.

In preparing this report, the Office of Research reviewed budget information, survey documents and

newspaper articles related to this issue. The staff interviewed several officials including Sherry Hoppe, president of APSU, Jennifer Mennigall, vice president for Student Affairs, and Bruce Speck, vice president for Academic Affairs.

In May 2003, the General Assembly's Black Caucus asked the Comptroller's Office of Research to analyze validity of allegations made by a group of African-American students

and faculty from APSU.

Although the issue of race relations has come to the forefront at APSU, it is highly publicized at other Tennessee universities as well. Survey responses from Tennessee's six public universities concluded that most minority students often feel neglected by their institutions. At APSU, the racial issue surfaced when a small group of students approached state legislators with concern about budget cuts that would

ultimately close the AACC for the summer months. According to APSU officials, the university had deep cuts due to the high number of military students who had to withdraw because of deployment to the Middle East.

Speck said he still has hope for resolving racial issues at APSU. "We are going to continue working with all of the students and organizations and do the best we can to bridge the gap that

has developed," he said. "One of the key factors is making sure we have open communication."

Analysts from the Comptroller's Office reviewed the program offerings of the AACC from the past two summers. Their report concluded that the closure of the center, "does not disparately affect African-American students, although African-American summer school enrollment has

See Race relations, page 2.



Photo by Louise Morales

Pictured Executive council of Psi Chi Club.

Psychology club starts potential endowment

By APRIL SOUTHERLAND
Staff writer

The Austin Peay State University Psi Chi Club is establishing a psychology scholarship. The scholarship will be the first of its kind, given to a psychology major who achieves an overall 3.25 GPA and a 3.5 GPA in the psychology department.

"It's an excellent opportunity and honor due to the fact that it is a departmental award rather than a general award," said Psi Chi Editor and Historian, Lindsey Reeves. "It shows that the person exceeds the expectation of the department and on campus. We as officers are honored to be able to provide this opportunity to our colleagues."

The psychology department is home to more than 200 psychology majors, with 12 graduating in Dec. 2003.

The main purpose of the award is to honor a student for outstanding work in the field of psychology. The recipient's name will be engraved on a plaque to be placed in the department and a monetary award will be given in December.

The Psi Chi club must

raise \$1,000 by December to go into an endowment fund so that the scholarship can be awarded annually. After the club puts \$15,000 into the endowment fund, the scholarship will be stable and will be awarded annually.

The money will be disbursed over the next two semesters. May graduates may still apply and earn the award, but they will only be given one disbursement. Applications are being accepted and may be picked up in the psychology department located in Clement.

Anyone who wishes to donate can contact Sharon Silva in University Advancement or place donations in the Psi Chi red box located in Claxton 205. All donations are tax deductible.

If the club does not reach its \$1,000 goal by December, the endowment fund will not be started.

This year's Psi Chi officers include the following: President Marissa Wagner-Hobbs, Vice President Teresa Burkhardt, Secretary Jessica Steele, Treasurer Robert Price, and Editor/Historian Lindsey Reeves. The faculty advisor is Nancy Stewart-Woods, professor of Psychology.

Cell phones invade campus

By KATHY YUNG
Staff writer

The insistent beat of the Ohio State fight song pierced the air, interrupting the professor's explanation of algebraic logs, breaking the concentration of 40 hardworking brains, and resulting in the prompt removal of a student from class.

Cell phones have moved into the classroom and have become standard equipment along with textbooks and calculators - sometimes creating an annoying disruption in the learning process. It is a problem that affects both student and instructor.

Mike Dunn, assistant professor in the Communications and Theatre Department said that the usage of cellphones has created a disturbance in the classroom, calling it "a new type of rudeness."

Some APSU students are agreeing. "I think students rely too much on their cell phones," Danielle Levine, a junior majoring in Corporate Communications said. She believes cell phones are a huge disruption to students in class. "I can't get through a day without somebody's phone going off in class," she said.

Freshman Heidi O'Steen, also concerned about the classroom disruption said, "For me, I get distracted very easily, so if I hear a buzzing or ringing, it's very annoying."

According to some Federal Communications Commission (FCC) estimates, up to 61 percent of 18 - 24 year-olds have cellular phones. Keeping in touch has never been easier. Dunn remembers when few

students had cell phones, but said that today basically everyone has a cell phone. "I think sometimes we're too connected," he said.

Many APSU students say they use their phones purely for social reasons, such as talking to friends. Most non-traditional students depend upon their cell phones for keeping in touch with family and for emergency situations. Many students say they do not consider the use of cell phones on campus a problem.

But while some say it's becoming a real problem, few students report instructors asking them to leave because of their phones.

The subject of cell phone use in the classroom is addressed in the 2003-2004 *Student Handbook and Calendar*. As described by the Code of Student Conduct, "disruptive behavior in the classroom may be defined as...the use of any electronic or other device which disturbs or interrupts the concentration of others (e.g., disturbing noises from beepers, cell

"I can't get through a day without someone's cell phone going off in class," Danielle Levine, junior Corporate Communications major.

phones, palm pilots, laptop computers, games, etc.)."

Professors and instructors are wrestling with the dilemma of cell phones in the classroom everyday. Disciplinary measures for use can vary according to factors such as the level of disruption and the level of the instructor's tolerance.



Photo by Sharon Capelino

According to FCC estimates up to 61 percent of 18 to 24 year-olds have cell phones. Pictured Dorian Webb, junior computer science information systems major talks on her cell phone between classes.

Ellen Kanervo, Communication and Theatre Department professor, said, "I assume that if a cell phone goes off, it is because the student forgot to turn it off. They have not been a problem for

Clarksville community and that a number of students have family stationed abroad has made an impact on how some view the situation.

Paul Meadows, an APSU freshman, knows of such situations. "A professor has told his class that the students could have their phones on the lowest volume setting with only one ring because of the [number] of people who attend this college that have family members in the military," Meadows said.

The classroom is not the only place where the use of cell phones creates a disturbance. Even with signs posted reminding students of the policy, it is a problem that occurs almost on a daily basis in the library. Deborah Fetch, director of Library Services said, "If someone is discretely using their phone

and not disturbing others we don't go out of our way to enforce the policy. We are librarians. We don't like being cell phone police." Fetch suggests that before using their phones in the library, students think about whether the call could be made at another time, and if not, that they step outside to make the call.

When the first cell phone hit the market in 1983 at a cost of \$4,000, it was not an item that many people could afford. Things have changed, and will continue to change. In an interview with NPR's Gale Harris at WBUP in Boston, Martin Cooper, one of the inventors of the cell phone, speculates about the future. He said in 30 years or less the "phone will be a part of you, possibly embedded under our skin."

Correction



The All State incorrectly identified Perkins Freeman, an APSU contributor in the Sept. 24 issue on page one. Freeman was pictured with Ann Ross, above, celebrating the dedication of the Bookstore. For more information see story on page two.

Commuter parking lot purchased, awaiting approval

By CASSANDRA LEWIS
Staff writer

At least 50 new parking spaces could be added to Austin Peay State University's parking areas, according to campus officials.

Although no official date has been determined, Mitch Robinson, vice president of Finance & Administration said the university is planning to help ease the parking issues for commuters.

"We acquired the property on the corner of Ford and College Streets, located directly across from the Science building," Robinson said. The university already owns the property from

Eighth to Marion Streets, and Robinson said he plans to help commuters by creating more parking spaces around the perimeter of APSU.

But for many commuters, parking is still a real issue. And several find creative ways to deal with that issue.

Some commuters may find that if they desire a good parking space, they must sacrifice an extra hour of sleep and travel to class hours in advance. Some even nap, eat, or just simply listen to the radio in their cars one hour before classes.

Robinson said that before the semester began, he anticipated that parking would be an extreme

problem. "I knew that with the enrollment increase that parking would be difficult, so the city decided to let the students use Petus Park, located off of Drane and Paris Streets," he said.

Along with Petus Park, students can find parking at 214 University Ave., near the old library. Robinson said this property was traded by the university for the new property at Ford and College Streets.

The property on University Avenue is now owned by the Cumberland Bank of Clarksville.

"It is in an agreement and understanding with them that we will continue to use the lot

for student parking until such time that they build a bank on the property," he said.

Robinson is also planning for even more expansions in his 'Master Plan' that would increase parking for student residents. This plan was presented to university officials in January 2002.

Some of those expansions would include Castle Heights. "This property will aid the on-campus students living in Beatrice Hand Village, Cross, and Kilebrew Halls as well as Meacham Apartments," said Robinson.

While it's not what some would consider as 'perfectly convenient' parking, what Robinson plans would

provide more spaces for students, faculty and staff.

"Students would have to walk a little bit further than normal," he said. "Even though on Ford and College Streets, it would not be far because the science building is just right across the street, but going to the University Center is just a little further."

One significant concern about increasing parking on campus, Robinson said, is that some of APSU's scenery might have to be sacrificed.

Some of that scenery includes old oak trees in the new parking area. Robinson said he is trying to preserve as many of them as possible, so that APSU will maintain its

natural scenery.

Another area of concern for Robinson is that by creating parking spaces in the Castle Heights residential areas, some houses, owned by the university, would be torn down. "This part of the campus houses the art building and studios," he said.

Also in order to build upon the success of the plan, some residents would have to be relocated.

Robinson is currently negotiating with the local historical committee on the designation of historical sites in Castle Heights. These designations could affect whether residents would be relocated.

Webmail

Log on at <http://www.apsu.edu/webmail/>

Worth reading.

News

Race Relations

Continued from page one

increased 4.3 percentage points since 2000."

The review indicates programming at the AACC has been very limited during the summer. Although the University Center and other locations can accommodate students, studies have shown that centers for African-American students do play an important role in their social and educational lives.

In order to ensure equity in the social and educational lives of students on college campuses, the Geier Consent Decree emerged. The Geier Consent Decree is an agreement by the state to provide equal opportunity for black and white students in Tennessee colleges and universities.

Geier charges the Tennessee Board of Regents (TBR) with several responsibilities which include establishing a committee to examine current faculty and staff hiring. The committee specifically examines the hiring and retention rate of African-American faculty and staff at APSU.

Another focal point for TBR is the creation of a summer enrichment program for potential African-American students. APSU has recently been awarded a \$15,000 grant through the Geier Incentive Funds for Faculty and Administrative Recruitment and

Retention. "We are using Geier funds to hire a faculty member to help us attract African-American professors," Speck said. "This will provide a good network for students because the professors will be role models who have achieved distinction in their field," he said.

The ASTAR program, a one-week program that introduces African-American high school students to college life, is also funded by Geier. "This year, the administration piloted a first year course called LART 1000 (Liberal Arts and University). About 160 freshmen participated in the program this fall. Hopefully, all incoming freshmen will take this course because it will prepare them for success," said Speck.

The APSU administration is preparing for a major check-up. "We are accredited by SACS (Southern Association of Colleges and Schools)," said Speck.

"Every ten years, we have a reaffirmation visit by SACS, which means that they come and check standards of the university. Coming up this spring we will have another reaffirmation visit. SACS has moved to a new process of reaffirmation.

"Before they completed a self-study in which administrators would prepare a massive document for their view and acceptance. Now,

SACS follows a new process called a compliance audit. In the compliance audit they include relative questions such as 'Do APSU faculties have the correct credentials?' and 'Is APSU economically stable?'"

"The second part of evaluation is called a QEP (Quality Enhancement Plan), that plan is forward-looking and questions the future plans of the university," said Speck.

This year's QEP will focus on minority retention. APSU is searching for a way to retain students. "It is a real problem," said Speck, "Of all of Tennessee's six universities, we are the lowest in retention."

The fact remains that APSU's overall retention rate was considerably low at 69.7 percent. For African-American students, the retention rate was calculated at 68.6 percent.

These percentages rank below other Tennessee public higher education institutions. Because of these low retention rates, APSU has increased efforts to improve the campus climate geared towards African-American students.

According to APSU's Affirmative Action Plan 2003, "a search to fill a position for a retention specialist is planned for the upcoming year." This person will be responsible for

tracking the progress of African-American students.

The plan suggests strategies such as holding a Summer Bridge Program for freshmen students to increase their comfort levels and assigning academic advisors to work exclusively with African-American students. These advisors would focus on the unique challenges students have in the transition from high school to college.

Another area the Comptroller's report focused on a merger of two positions.

In 2002, APSU merged the affirmative action officer's position with the general counsel position. According to the Comptroller's Office report, many believe this move was inappropriate. Although combining these two positions may be financially effective, it could damage the relationship between faculty and employers. The report also pointed out that employees and faculty may be discouraged from filing gender and race discrimination complaints against the university.

The Comptroller's Office report concludes with several suggestions on how APSU can improve current and future racial climates. Some recommendations include:

• Establish a task force. "The president has appointed a

committee that will look at some of the racial issues on campus. The committee will consist of students, staff, professors, and members of the external community," said Speck.

• Evaluate through surveys and focus groups. Administrators should research the impact that the AACC's summer closing could have on students and its impact on the campus environment.

• Consider additional ways to be more visible and accessible to students and faculty."

• Consider closing the AACC for one month instead of two or operating the center during that time with volunteers.

• Use the AACC to coordinate summer programs such as ASTAR.

• Review the process for filing employee grievances. "Employees with affirmative action issues should feel that they will be treated with objectivity," the report states.

• The report also questions APSU on the impact of its programs: "What programs or initiatives have students or faculty found to be beneficial? What programs were helpful?"

• Promote more campus wide events that focus on all races.

The Comptroller of the Treasury Office of Research Report can be viewed online at: www.theclafchronicle.com.

GOOD MORNING APSU

Campus Community

Learn, Live and Love Spanish in Mexico

If you need to satisfy your school deficiency foreign languages or added credits in Spanish, come to the information meetings held the first Friday of each month at 3 p.m. in Hall room 108. Come and see a presentation at the same location showing the many places you can visit while in Mexico! For more information contact Ramon Magrans at 221-7847 or email magransr@apsu.edu.

Paul Soldner, Ceramic Artist

Paul Soldner, legendary Ceramic Artist will be at the Customs House Museum Cultural Center Oct. 1-2, 9 and 10 p.m. for a demonstration/workshop. At 7 p.m. there will be a presentation at the same location in the auditorium. For more information contact Shipley at 221-7325 or email shipleyk@apsu.edu.

Scholastic Book Fair

The Learning Resource Center proudly announces the Scholastic Book Fair Oct. 1-3 from 8 a.m. to 4:30 p.m. in Claxton, Room 108. Exciting new books, computer games and puzzles for all ages available. Credit cards will be accepted. Everyone is welcome. For more information contact Christel Beckner at 221-7546 or email becknerc@apsu.edu.

Career Fair

The 25th annual Career Fair will be held on Monday, Oct. 6 from noon - 4 p.m. in the Main University Center Ballroom. Students, alumni, and faculty encouraged to attend. Register for free prizes. For more information contact Jennifer at 221-7896 or email ellijsj@apsu.edu.

Breast Cancer Awareness Forum

Sigma Gamma Rho will be holding a Breast Cancer Awareness Forum today at 7 p.m. in UC 310. Guest speaker is Pam Hibbs of Women Services at Gateway. For more information contact Pamela Cantrell at 221-5032 or email pdcc3104@apsu.edu.

Phonathon 2003

Faculty, staff and students needed to help raise money for scholarships during Phonathon 2003. Calls will be made from 7 p.m. Mon. - Thurs., Sept. 29-30, 23, Pace Alumni Center. For more information contact Carole Britton at 221-7979 or email brittonc@apsu.edu.

Harvill, Ross dedication, rededication pays tribute

By CASSANDRA LEWIS
Staff Writer

In honor of Catherine Evans Harvill, the former cafeteria was rededicated in her memory and Austin Peay State University bookstore was dedicated to Ann Ross, a devoted employee of APSU

on Sept. 17.

APSU, home to the Governors, is not just a home. It is a special place with a special background. Just a look into the very beginning of APSU encourages goals to be put forth into actions and big dreams into reality.

APSU was founded and opened

in 1929. Around 1946, Halbert Harvill became President of the university.

At the time of the opening, APSU was designed to the holding capacity of 1500 students. The college was completed in 1957.

From 1946-1962, President Harvill and his wife, Catherine,

played an essential role in the development of the college, mentally and physically. President Harvill was thought of as a "stern man," said Sherry Hoppe, president of APSU. President Harvill, a "stern man," however, was no match for his wife.

Becoming president after the war was a hectic step in life. Mrs. Harvill is considered by many as a sweet and caring woman. "She treated all the students like they were her own children," said Hoppe.

In conjunction with caring for the students, at the same time, Mrs. Harvill knew what types of feelings the students' parents were experiencing and, therefore, she became more involved with the mothers on campus.

She founded a club for students, particularly mothers, who were dealing with the everyday situations of being parents and students. Mrs. Harvill was very successful with her club, and that sparked an interest in her to reach out.

"Catherine Harvill played a great role on the campus and was a gracious woman," said Roy Gregory, executive director of university advancement.

A picture along with a plaque, dedicated to Mrs. Harvill, will hang inside the building, paying tribute to her.

Hoppe introduced Ann Ross as someone whose "small acts of kindness brightened the days of many here," adding, "She not only shared her life with the institution but her financial well-being."

Hoppe then announced Ross's gift of \$500,000 to the University, which will establish the Ross Family Scholarships.

Ann Ross retired from APSU after 30 years as manager of the Book & Supply Store, which now bears her name. She continues to serve the University as chair of APSU's first capital campaign.

Ed Irwin, professor emeritus of languages and literature, paid tribute to Ross as a woman of strength, equanimity, humor, generosity, faith and love.

Career Fair

Austin Peay
State University

Career Services Office

Announces It's 25th Annual
CAREER FAIR

Monday, Oct. 6, 2003 Noon - 4 p.m.

APSU Joe Morgan University Center Ballroom

All APSU students, staff, faculty, and alumni, as well as all Clarksville
community members are invited to attend.

For more information, contact 931-221-7896

www.apsu.edu/careers

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Tennessee Dept. of Correction
Tennessee Dept. of Labor & Workforce Development
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E.O.E.

Editorial

Arafat key to peace

By DAVE CAMPBELL
Staff Writer

It is irrefutable that PLO President Yasser Arafat has turned a blind eye to the violence in his country.

Remember also, it is the Palestinian people who put him into power.

Bearing these facts in mind, it would appear that Israel is playing a dangerous game in threatening the removal of Arafat in any manner of speaking.

As friends of both nations, America as a whole, should discourage any forceful removal of Arafat. Hopefully, our leaders understand this concept.

Although we aren't supporting the threats Ariel Sharon makes, it doesn't appear we are actively dissuading them either.

While the response from Russia and the European Union is clear that Israel's removal of Arafat could be a costly mistake, The United States simply states that it would not help the peace process.

We seem to enjoy being defiant just for superiority's sake. Defiance in this event is the continuation of our neglect to strongly dissuade Israel from making matters worse. Even when the most appropriate answer is lying before us, we go the other way, or the way that best displays our strong resolve and might.

A challenge should be presented to our leaders. Take a passive role in the affairs that involve our country. Condemn the use of force on all fronts. Then witness a change. This way we can be certain that there are no damaged relations with our friends overseas.

During this process our assistance in guiding the peace process should be as minimal as possible. We should, however, provide resources and support to those who are more adept at delivering answers to this crisis.

These people may include some of our foreign service agents, but our leaders should not pretend they have the answers to an age-old conflict they cannot experience first hand. We can only try to make sense of what we read and learn about it. We haven't lived it.

This is not to say we should deny sincere calls for peace to this troubled region, but to recognize we should not appear overzealous in presenting a solution.

This region of the world may not be presently willing to accept a plan for peace from a country that has enacted a doctrine of preventative warfare.

This should also keep us mindful that we are now trying to mend a wound that we created upon entering Iraq without U.N. approval; because of this we have major patchwork to do with the peoples of the Middle East.

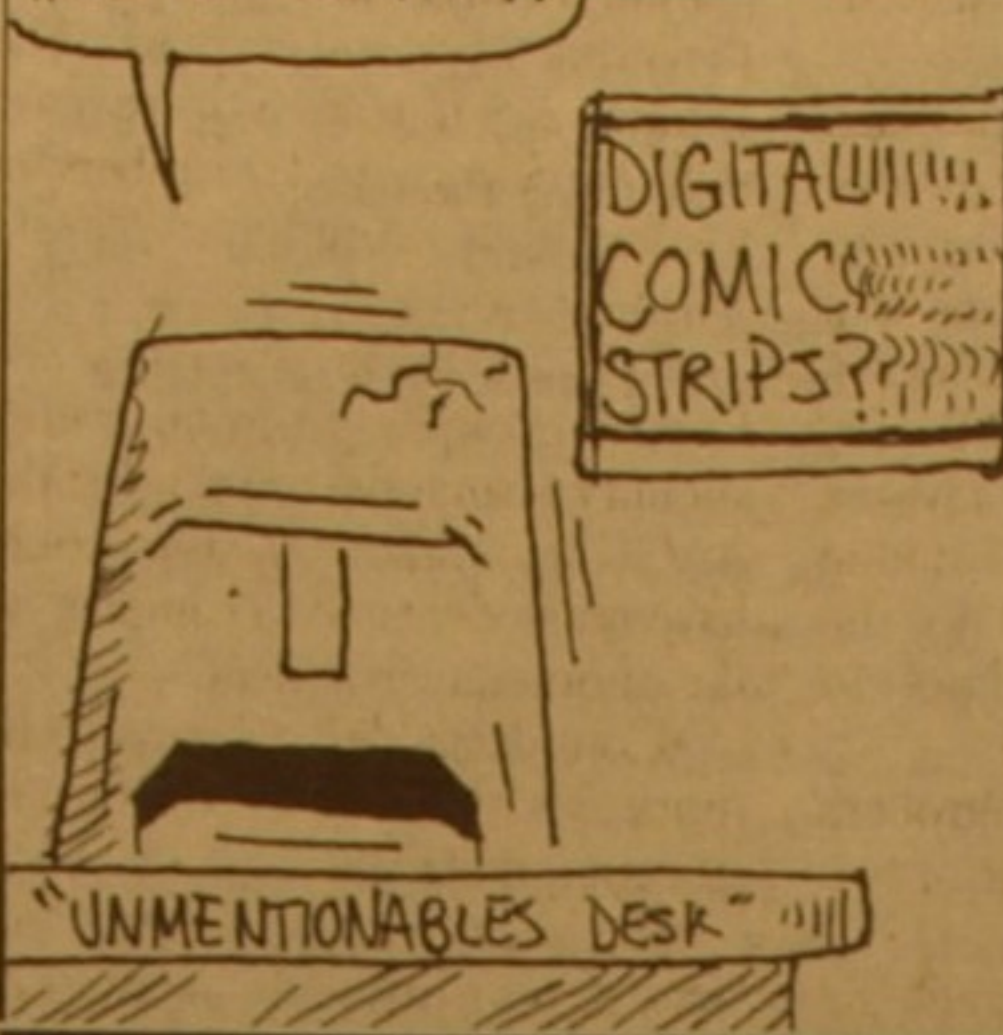
America is now in a position where we cannot afford another misguided judgment. Now is the time to proceed with extreme caution in diplomatic affairs that affect the entire world community. As Bush has proven, with our once strong allies France and Germany, when a friendship is betrayed, the trust is difficult to regain.

We have a major reshaping of foreign policy ahead if we are to convince the Arab community and other parts of the world that we are not an evil imperial power. This has to begin with the process of debate.

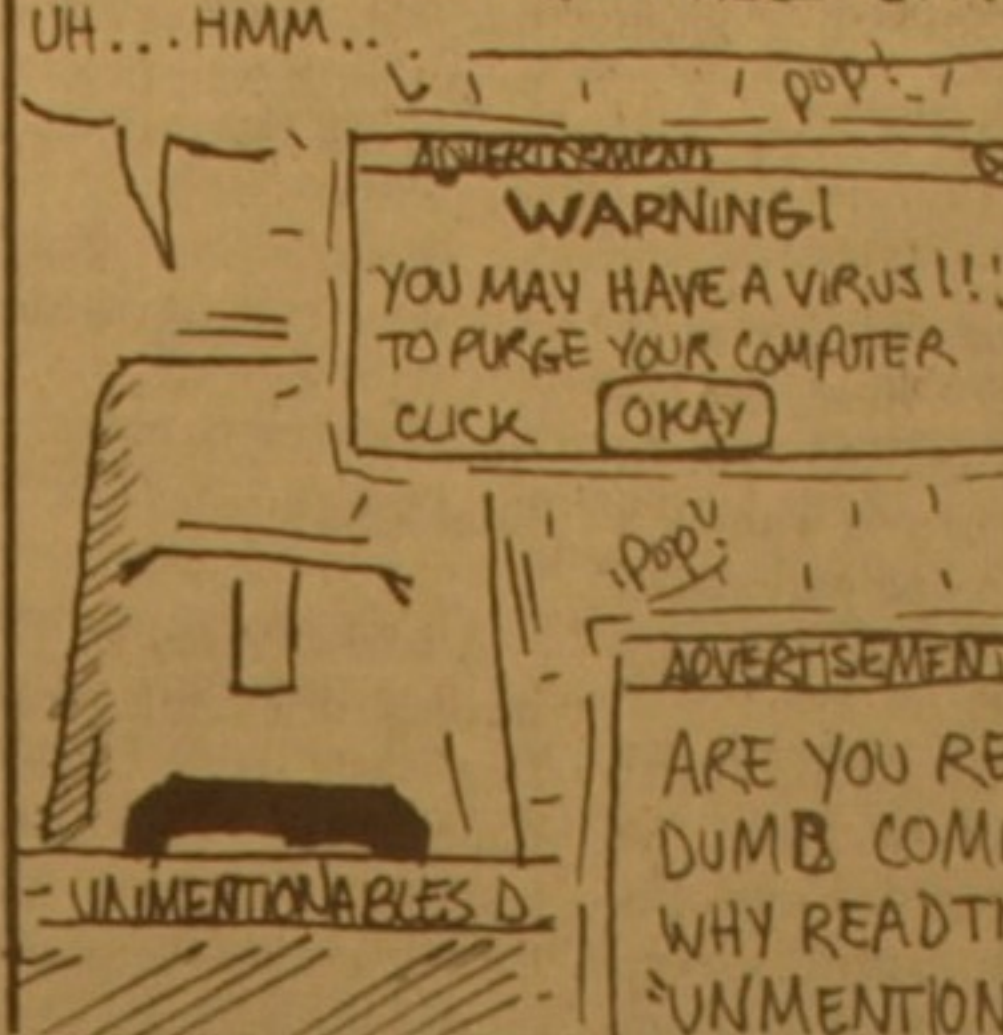
Even if debate of the solution to the Israel/Palestine conflict is continued into the next century, it should still be valued as the most effective means of achieving goals. Lessons are learned when perspectives are shared and I truly believe that if the art of discussion is advanced in the years to come, we could be rapidly progressing towards what every human being longs for, a more peaceful world.

The Unmentionables

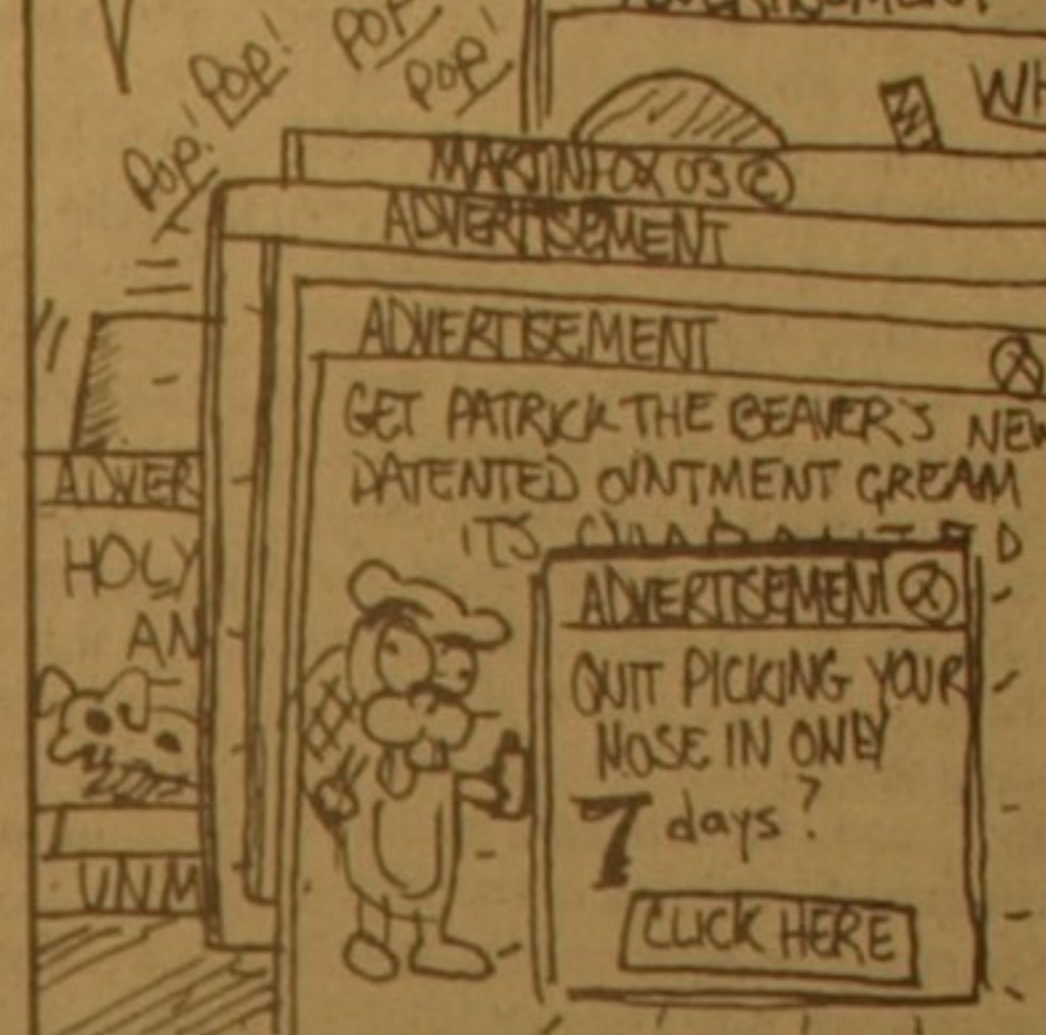
DEAR FAITHFUL "UNMENTIONABLES" READERS, THIS COMIC STRIP HAS RECENTLY BEEN BOUGHT-OUT BY AN INTERNET COMPANY.



OUR NEW PARENT COMPANY, WWW.HOWDY.COM "IS CURRENTLY RUNNING A MAJOR SEARCH ENGINE ON THE WEB AND JUST RECENTLY... UH... HMM..."



UH... UM... JEEZ, WHERE ARE THE I.T. PEOPLE WHEN YOU NEED THEM?



by Marty Fox

In Our Opinion

This summer, 50 million Americans signed up for the national do-not-call list sponsored by the Federal Trade Commission. The list would prevent telemarketers from calling anyone who had signed up to be on the list. Pollsters, charities, and political groups would be exempted from the limitations created by the list because they do not seem to pose the same threat of fraud and their freedom of speech has a higher level of protection under the U.S. Constitution.

A federal judge in Oklahoma City declared the list was unconstitutional because the FTC did not have the power to take away telemarketers freedom of speech.

Congress reacted with lightning speed to produce a bill that would give the FTC the power it needed to enforce the list.

The House voted 412-8 and the Senate voted 95-0 in support of the bill. President Bush had been quoted as saying that he looked forward to signing the bill.

The day after, the U.S. District Court in Denver declared provisions of the list unconstitutional. Judge Edward Nottingham claimed that the list equaled "a government restriction on lawful and truthful commercial speech."

The FTC is appealing the Colorado decision to the 10th Circuit

Court of Appeals and some estimate that the case will go all the way to the Supreme Court.

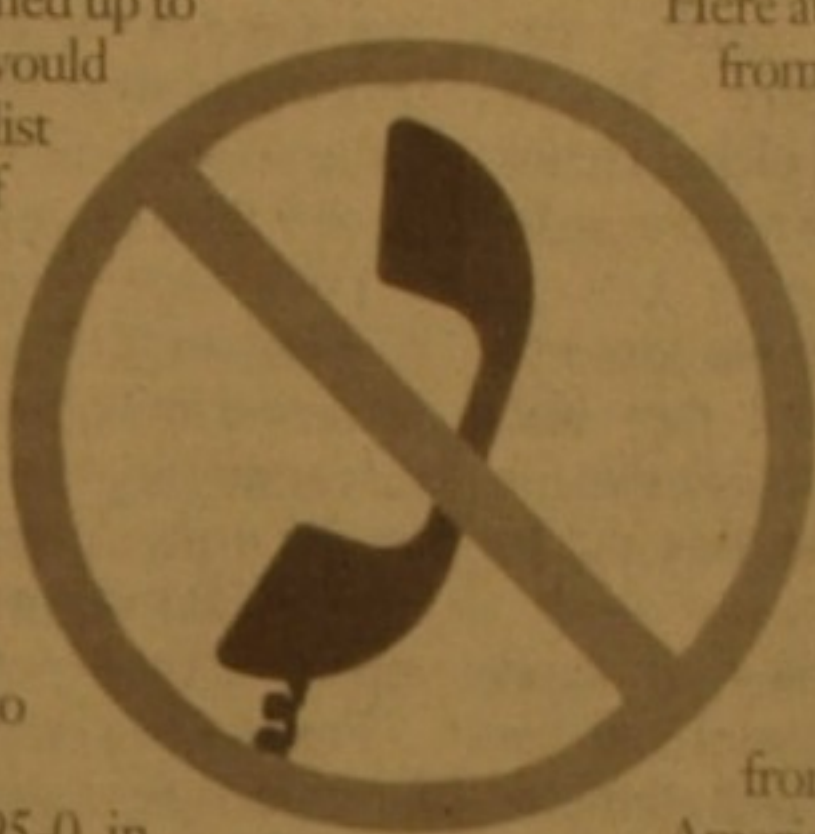
Here at *The All State* we feel if Americans don't want to get calls from telemarketers, they shouldn't have to deal with them.

As a newspaper, we truly appreciate the importance of freedom of speech and we in no way take it for granted. However, rude salesmen pushing credit cards at dinnertime seem to intrude on American's rights to enjoy their evenings with their families. We also understand that passing this legislation may prevent charities from soliciting for much needed money, but telemarketers have become such a problem that something needs to be done.

If enacted, the list would not prevent telemarketers from calling everyone, just those that signed the list.

Americans should be allowed to have some say who is and who isn't allowed into their homes. Even with television advertising, we can change the channel. With telemarketers, you don't know who is there until you answer.

The Constitution is there to protect our rights and most Americans feel that their rights are being trampled on by these pushy, greedy phone-sharks. If 50 million Americans, all of Congress and the president can agree, then something needs to happen. Block the telemarketers.



Cellphones annoy students

By KATIE GORDON
Staff Writer

Apparently I am one of the few immune in an infected population.

Cell phone mania has gripped the country (and other civilized areas of the planet) and it is seemingly most prevalent on college campuses.

Every third person that I come across has one of these devices stuck to the side of his or her head, or is in the process of checking mail or some other dumb feature these gadgets present.

Lately, I have been noticing how many students own a cell phone, as most make it obvious by constantly gibbering on it, and I am starting to realize that I am in the minority by not possessing one.

The ridiculous cost is not keeping me from getting a cell phone, I simply refuse to fall into the trap. (However, if I did want one, the cost would certainly be a factor to persuade me otherwise).

I think any person chatting on a cell phone while driving looks like an oblivious, idiotic fool and I will not become one of them. In the city it is much, much worse, with women in Ford Explorers yacking away doing warp speed on the highway.

In defense of the intelligent folks who invented them, the original intentions of cellular phones as emergency communication and business

necessity devices makes perfect sense. If that were all they were used for, I would not make one negative peep.

I peep because the population has gone overboard. The cell phone is not just about the bigger the fairy hologram, the "cooler" you are. One must display one's cell for all the world to see, so all can see how important one is.

Despite it being an amusingly stupid status symbol, the reason I hate cell phones most of all is the incessant, unnecessary public use of it. People, do you feel important by having some yokel call you every five minutes? Do you really think I care to listen to your conversation? No, and to do so within proximity of me is incredibly rude.

I work in a sandwich shop, and too often customers, both men and women, park, wait in line, ORDER, eat and drive away without ever hanging up their stupid phone!

It happens so much that I am beginning to refuse to take their order until the conversation has ended.

You cannot even go into a public restroom anymore without hearing a shrill nursery rhyme go off.

Nevertheless, I do almost chuckle at times when a person has a cell phone glued to his or her (usually her) ear and is not even speaking. It just begs the question...Are you even talking to anyone?

Athletes pay a high price

By BETHANY WILDER
Staff Writer

Most people think that having great grades and an athletic career are the best things in college, but what about the other side of the fence?

I mean, what if for once you don't hold the coveted position of All-Star? What then?

In high school, I was an all A's, statebound runner for three years. I was hot stuff and I loved every minute of it: the highs, the lows, and all the in-betweens.

As far as making the grades, I went above and beyond the call of duty. I did the homework, the essays, the labs, and if I had time I would do the studying.

I was blessed to be able to absorb things as if through my skin. I was the S-1 in my JROTC battalion while doing all of this and I felt as if nothing could stop me. Then something did.

It wasn't injuries, although I had plenty of those; it wasn't a loss of desire, I still burn for the feelings running evokes in me; it was an accident.

My last year of school, I got pregnant and had to slow down. It was then I began to see how many other things about my school I had missed, due to being really busy, and dedicated to my sports and education. I started noticing clubs and organizations that I never knew existed. And I had some free time to myself.

I took a deep breath every morning and questioned myself on what I really wanted and what was best for me. I knew what was ahead of me, and I wavered so many times in what I swore I was going to do that I got a little hopeless. Until anything happened one way or another, it was like I was in limbo.

That period of my life was wonderful: I didn't stay up until midnight to get homework done, I could eat bad foods if I wanted to (I didn't have to worry about running heavy or throwing up greasy food), and I could sleep without the urgent feeling of "I have to get up in twenty minutes or my homework won't get done."

For the first time in four years, I could focus completely on myself and my wants, but I also felt out of place without my girls (cross-country and track runners) around me. It was remarkable that I felt so alone and in control at the same time. I'm still not entirely sure what was going through my mind.

Now, as I sit in my college classes and contemplate my life, I see I'm

Got Opinions?

Send your letters to the editor in a Word document to theallstate@apsu.edu, by noon on Friday. Please include your name, classification, and major or job title.

New editor on board

By CHERYL HUNTER-GRAH
Editorial Page Editor



HUNTER-GRAH

I am the new editor of the editorial page. I'm also the guilty party behind last week's exceptionally, sarcastic opinion-piece entitled "We

don't want or need your opinion."

I want to introduce myself and tend to any bruising or chafing my last article may have caused.

The editorial page is traditionally the place where the paper itself and members of the community take stands on what they believe in. I want that to be true about *The All State's* editorial page as well. We are a community and we do have issues and concerns. Sometimes these concerns may be raised in less traditional ways, hence the satirical column last week. I wanted to grab your attention because the traditional channels didn't seem to be working.

I have personally heard students ranting on all of the topics listed in the column and have yet to see one letter on any of them. Where are you?

You really will be heard here because, believe it or not, the administration does read this paper. They are constantly scanning for any hint from you, as to how you feel about a whole myriad of issues. Believe it or not, many of the faculty read this paper for the same reasons. And if you are faculty or administration reading this paper, we welcome anything you have to say as well. Decisions made at this university affect us all and we all benefit from a 360-degree view of what goes on around here.

This is your page. You have an impact on what is printed here and what topics we discuss. Don't hold back.

I look forward to hearing from you.

Editor's Note

By LOUISE MORALES
Editor in Chief

Yes, I am still the editor in chief, surprisingly so for some. If you recall from last semester a new editor in chief was hired for this semester.

Due to personal circumstances she resigned a week and a half before the first issue of *The All State*. I was asked to hang around and overlook the production of the paper until something was figured out. In the end, I am back as the editor in chief for this semester.

It has been a tough first six weeks at *The All State* and at Austin Peay State University. Having a year experience working for *The All State* did not prepare me for the

See Editor, page 4

The All State

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Letters to the editor should be saved to a floppy or Zip disk as a text only document or as a Word document along with a signed hard copy including the author's full name, signature, address, and telephone number (plus major and class if applicable). All letters will be checked for authenticity. Letters should be received no later than 4 p.m. on Friday of each week for it to be considered for publication. Letters may be edited for clarity and grammar.

Editorial

Letters

FROM OUR READERS

Dear Editor:

Hunter-Grah and Sutton. Not bad articles, kids. Too bad it took no one writing in (other than me) and quitting to pull it out of you. I'll tackle Ms. Satirical first.

Do you know why no one writes in? I think you do. I applaud your attempt to fire the mob up, but they'll be writing in for the wrong reasons. I don't give many people on this campus credit enough to pick out that you were being satirical in your editorial.

The point of writing is not to move others, it is to move your own spirit, otherwise it is false. It must be sincere; it must matter to you; it must NOT simply seek attention for itself.

Where does hope lie? Where it always has! In the writers. It has always been the authors, poets, essayists, journalists, who, when motivated by pure love and idealism, act as watchdogs and alert the public to their silly indifference.

When will the African-American Student Center open? When will people stop labeling Sutton a stalker? When these issues are brought into the open AND when the general public cares enough to keep them in the open.

I've been a writer all my life. I never really enjoyed Sutton's articles, if only because I'm a cocky jerk and a literary elitist; so sue me. At least I'm honest.

What the hell is wrong with you, Sutton? Why do you care if someone else voted you a stalker? I know people who loathe the sight of me; I love it!

I've gotten through to those people. I've pushed something in them that makes them

uncomfortable.

You had a problem with this Louise chic, big deal! I have a problem with 90 percent of the population, yet I've managed to carve out a niche of friendship and love. (I'm engaged by the way, as of last Friday, to Keli Allsbrooks, who is having a heart attack if she's reading this.)

If I can find happiness in friendship, if I can find something inside of myself worth loving and share that side with everyone, then so can you.

I'm not an easy person to love; I admit that so frivolously that it's become second nature. But I have friends and I am in love because I had the courage to share myself, and to keep sharing myself, and to keep sharing myself- not because I wrote an article.

You don't stop climbing the mountain of your dreams because someone else made fun of the way you did it, or what the mountain meant to you, or how you looked.

The fact that you chose to quit is squarely on your own shoulders. If you quit with a clear conscience, then give me the international "Go Away" sign and move on with life.

If you did it because someone forced you out, I hope it was a battle not worth fighting.

And, finally, I hope you never do another thing again for fame. Fame and the appreciation of the masses are fleeting; greatness is to be misunderstood, to be disliked, to move because your soul will not sit still.

I hope you walked away on your own terms, Sutton, because like this little rant, it matters only when you choose for it to matter.

And the only things that matter to me are love and friendship.

Everyone who wants to dislike me is welcome to it; it doesn't waste any of my time.

Josh Rutherford
Graduate Student - English

Dear Editor,

Austin Peay has been playing football since the 1930 season, yet they've only won 245 games in 76 years. For those of you without a calculator that is 3 wins per season. APSU has an overall winning percentage of .380.

My point is that APSU hasn't had a tradition of excellence. A rare achievement at our school is having a winning football season. Which makes me wonder why our coach was fired after last year?

Who's call was that? I think I speak for everybody when I say, "Oops!" I read in the All-State that Coach Loos and Dr. Hoppe had "differences in philosophy" with Coach Bill Schmitz.

Apparently Schmitz philosophy was winning, and the administration's wasn't. Hoppe brought in her hand picked choice as head coach and we're off to an 0-4 start.

Our football players deserve better than this, and they also deserve to be put on scholarship for all the hard work that they put in week after week.

If you're not going to stand behind the football team and the players you might as well eliminate it all together. Did we just lose to Campbellsville or Fort Campbell High School, can really tell the difference? Who isn't glad we stopped having rivalries with Murray State, Tennessee Tech, TSU and others. We've picked up such powers as Centre and Cumberland.

If you're reading this article you might want to snap up your Austin Peay-Catawba tickets they're really going fast.

I heard they might sell out...sell

out of the alcohol the fans need just to get us through the game. The players and fans deserve better than the events that have occurred the past off-season and beginning of this year. It is just extremely hard to put forth your best effort when the administration isn't behind you.

Casey Hinson
Political Science, Senior

Dear Editor:

A senior citizen of TN has the privilege of auditing classes tuition-free at state colleges and universities. This semester I'm auditing a class in Theater at APSU, chosen because my only criteria for selecting a class are, 1) that I know nothing about the subject and 2) the professor is knowledgeable and enthusiastic.

I'm happily filling voids in my data bank, you see, because there wasn't time as an undergraduate in the early sixties.

It came to my attention recently that some of my classmates don't understand why they have to take some course I can't use because of some rule or other.

Well, my opportunity for payback to the system has just presented itself. Several answers to that complaint come to mind and my gift to my classmates is allowing them to discover new mistakes, not repeat old ones.

For 30 years I made my living in a technical field, which didn't exist when I was an undergraduate. By the time I retired it was rapidly becoming obsolete.

So, how did I manage to learn all that in the first place and continue learning as the applications proliferated? (At last count, nine computer systems, none of which talked to each other.)

I had a thorough grounding in basic math: algebra will be used all your life as you continually solve for x.

A high degree of reading

comprehension (history and literature courses) is indispensable; composition skills are needed if you contribute to reports, your company's literature, or speeches.

Learning another language forces you to know your own better and to be flexible in expressing your thoughts.

The building blocks of chemistry, a knowledge of basic biology, a speaking acquaintance with several of the social sciences, all enlarge the box you live in and the size of the prism you use to view the world.

The most important thing you can learn in college is how to learn on your own.

The second most important thing for any undergraduate is to stuff your data bank with as wide a variety of subjects as you can make time for while you have professors to guide you.

You have no way to know now what you will need to know later, so the wider your exposure during these four years the better off you'll be.

Linn Blanchard
B.S., Memphis St. U., 1963
MLAS, Vanderbilt Univ., 2001
Freshman, APSU, 2003

Dear The All State,

I just finished reading the article in your September 24, 2003 edition, concerning the Roxy Regional Theatre's production of "Always...Patsy Cline" by Shaun Copelin.

As a member of the Board of Directors at the Roxy, I would like to personally thank you for such a positive and well-written review of the production. The picture included with the article was a great-added touch. Thanks for your support.

Blayne Clements
Secretary, RRT Board of Directors

Zing!

Anonymous Reader
Commentary

Zing! is your chance to say what you think in a short, sweet, anonymous way. We supply the question and you supply the answers.

Last week's question was—"What is more important to you as an Austin Peay Student: a lot of fun, extracurricular activities or a quality, well-rounded education? Why?" Here's your answers:

"A well-rounded education is vital as it will impact the rest of your life. You will then have the luxury of fun."

"Education for the future is what we need, but we should have fun doing it. Without the desire to return to class, students waste time and money is wasted."

"I go to Austin Peay to become a well-rounded person. I go to take in all I can from professors whose minds are pouring out knowledge."

This week's question is—

Do you believe racism exists at APSU? If so, to what degree? Send your responses of 25 words or less, to theallstate@apsu.edu with Zing! in the subject line.

We do reserve the right to reject inappropriate or libelous quotes, but don't hold back. We want to know what you think.

We look forward to hearing your zingers!

Editor

difficult situations that have come up and decisions that have I have had to make. There is no such thing as knowing too much of knowing everything.

I have gained so much insight from our new staff members. We have three new talented editors on board this year.

Expect exciting design layouts and story concepts from Tammie, Melinda and Cheryl. They are three very talented ladies adding layers of depth to *The All State*. Neil has surpassed himself with the Sports page and we're expecting even greater design concepts and sports coverage from him.

I want everyone to know about the long nights and weekend that we pull in order to produce *The All State*. We work at here because, in the end, we love it. Although there are those tough nights that we wish never existed.

I have learned so much by serving the APSU community in the capacity of editor in chief. To think that a year ago I knew nothing about journalism, much less how to design layouts and edit stories.

But someone took a chance with me and because of this opportunity it has been my privilege to serve you.

I look forward to the rest of the semester.

Have you ever thought about ...
Making a difference on campus?

Have you ever thought about ...
What events you would like to see on campus?

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APSU wants YOU to donate cans of food to feed the hungry!
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bring some cans of food!

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Features

Rancid's new album utters deep emotion in lyrical content

By DAVID CAMPBELL
Staff Writer

Chances are if you are having a bad day, then Rancid's new album "Indestructible" has the cure for you. The opening title track sees singer Tim Armstrong sincerely growling to you that "through music, we can live forever." According to the CD liner notes, the song is a tribute to Joey and Dee Dee Ramone of the Ramones and Joe Strummer of the Clash, (a band that Rancid has consistently been compared to), all of whom have passed on since last year.

Throughout the rest of the record, chin-up anthems like "Fall Back Down" and "Start Right Now" (which offers a cry for peace)

pervade. So although Rancid is known for their distinctive vocal assault and showcasings of angst they will assure you through the music that it's OK to have a positive outlook.

Sadly, naysayers are shaking their heads before they even bother to check out the music this time around. Rancid has signed a unique contract with Warner Brothers records that has allowed them to retain their 'Hellcat' label's logo on the back cover of the record while enjoying the deal with Warner. Essentially what this probably means is more distribution and slightly more promotion.

Still this has many long-time fans shouting their disapproval on message boards across the land.

Especially since the band has always maintained their stance as major opponents of corporately run record labels.

Frederiksen, the other singer of Rancid, has made it clear though that the band is all that they have excluding friends, family, etc...and that they are only doing what they need to do to survive. It has been said before that punk rockers have to eat, just like everyone else.

Let the music speak for itself and it will be apparent that despite a mere shift in distribution methods to a major label, the band has risen above the jeering and made a slight return to their glory days.

So it goes without saying that the record possesses the lyrical content and musical progression

that is typical Rancid style. "Travis Bickle" is a song worthy to present the ferocious street vibe that Rancid is best known for. Tim growls: "I'm gonna go get my gun, blam blam blam, you're done."

While semantically it may appear to be condoning this display of violent action, it is far more clear that he is sharing some of the realities of urban life rather than promoting them. If you recognize the song's title you may also notice that the name is a reference to Robert DeNiro's character in the movie "Taxi Driver."

"David Courtney" is another song about a true life vigilante that the band met during a tour in London. Another notable song that meets the criteria for present areas

of discordance is the anti-surveillance statement "Stay Outta Control" which eerily evokes the punk rockers' emeritus "The Exploited." The island inspired sound that fully showed its face on 98s "Life Won't Wait" is in full swing over the course of the record and it helps give the balancing element to the record's high energy sound. This aspect of their music is best displayed through their high-fretted guitar riffing and uses of keyboard.

It only further demonstrates how much the band has evolved stylistically since their formation when they were a lesser known act called Operation Ivy, containing only two of the current members of Rancid.

Still, don't think for a minute that Rancid is letting their long acquired street credibility slip away. Just think of it as an expanding experimental mode that they are engaging in.

Rancid closes the record with a strong reassuring tone. They write an emotionally charged song entitled "Otherside," about the passing of singer Lars Frederiksen's big brother Robert. In the song, it is apparent that he's giving it all the inspired passion that it deserves.

It begins with Lars loudly stating to his brother: "I was an atheist; you wore the crucifix." We put our differences to the side, wouldn't it be nice if the rest of us as a society could follow suit? See you on the otherside indeed.

Bad poetry at its best

Writer reviews Bad Poetry
light with humor

By JESSICA WHITCOMB
Staff Writer

Prophetic people write poetry. Idealistic people write poetry. Talented people write poetry. Uh...uh, right.

Everybody has written a poem in their life. (Some not of their own free will, but I digress.) Java City gives out four free drinks to the poet with the best eyebrow-raisingly-bad piece.

Unfortunately, only four students were willing to participate in the first Bad Poetry Contest, thus they all got free stuff. Dave Telker was the first to read. A hush fell over the crowd. Seventeen people waited in silence as Telker took his place behind the mike and read his moving poem. "My pen needs to go to A.A.," met with polite clapping.

Second, Ian Farley read his melodramatic "No." "If I have a cold sore, can I have a drink of your coffee? No."

Third, Drew Dial (as in the soap) improvised his epic, "Graphic design major." "I am a graphic design major," Dial said.

What a great story, huh? Yeah well, later on he let it slip that they got a memo from Java City headquarters saying they had to do it - but his version is more fun. And that's what the whole event is about: F-U-N.

Don't think that people are willing to read their pseudo-intellectual inner most feelings just for fun, though. Nor are they expected to do it for free. Java City gives out four free drinks to the poet with the best eyebrow-raisingly-bad piece.

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Third, Drew Dial (as in the soap) improvised his epic, "Graphic design major." "I am a graphic design major," Dial said.

"Would you like fries with that?" Windick yells from behind the counter.

"Exactly." Dial replies dejectedly before launching into an epitaph about how electronics work better after ya' kick 'em.

Finally, Windick artistically vented his frustration about how nobody came to the reading.

All but a handful of the audience were there by chance, innocently enjoying their coffee, laughing despite themselves at the absurdity of it all. The Bad Poetry Contest has potential, but nobody knows it yet.

Java City has a number of events besides the poetry reading including late night showings of Rocky Horror Picture Show, complete with a costume contest (This is for mature audiences only, not for the easily offended.) and a monthly featured artist.

Not to mention that the first and second Friday of every month all drinks are 10 percent off.

However, the Bad Poetry contest is the most original of Java City's social events and could shape up to be the most fun. It's a monthly gig. All are welcome. Leave your angst at home.

Sleep is vital to your well-being

By TAMIRA COLE
Features Editor

You're in World Literature class and bam, you dose off into a deep hour and fifteen minute sleep. The problem? You're in definite need of sleep.

Sleep is something everyone needs everyday. Sleeping five or six hours a night is not good enough. You may think that this is healthy, but your body knows exactly what it needs.

Staying up late, checking e-mail, going out, and partying are causing your body to pay a high price.

People in the sleep disturbance business say "chronic under-sleeping" increases risk of accidents, may suppress immune function and could lead to heart disease, diabetes or other dangerous health conditions.

All of that is in addition to less serious repercussions, such as decreasing your productivity, making you irritable and causing you to doze off in class.

People continue to believe they can live with it. Ultimately, they must think again. "We know that if we deprive rats of sleep, their

body temperatures plummet and they die. That tells us that the body has an internal need for sleep," said Mark Muehlbach, clinical director of the Clayton Sleep Institute, and agency that tests people for sleep disorders.

Few people would deny that a good night's rest makes them feel refreshed and restored. Other studies show that sleep may allow the body to remove toxins and restore damaged tissues. Some show that sleep may help us store memories in the brain and "get rid of nonsense."

Researchers are trying to determine the effects of sleep deprivation on the immune system. One study has reported people who drive while sleep-deprived cause as many accidents as people who drive drunk.

So, if not getting an adequate hours of sleep harm you, why are so many people still sleep deprived? Too many temptations. "As a result of indoor lighting and around-the-clock entertainment, our sleep patterns have changed dramatically, even though our need for sleep has not," said Dr. Kimberly Zoberi.

"Now when the sun goes down,

instead of ending the day as our ancestors did, we go to the movies, do household chores, watch TV or head to the mall."

Matt Uhles, a coordinator at the Clayton Sleep Institute agreed. "Most people sleep by default," he said. "In fact a large portion of the population sees sleep as an unnecessary evil."

You may be thinking that naps are the answer. They aren't. A short nap does not provide the deep sleep your body needs. A nap that lasts too long can interfere with sleep later that night.

However, Zoberi said a 30-45 minute nap about the same time every day "can refuel you to get through the next set of challenges."

Even people reluctant to go to bed earlier or take short naps are likely to admit there is an innate attraction to the idea of personal downtime.

"We tell people to think sleep as a minivacation that you take every day," Uhles said.

"You can't get around it, because you can't survive without sleep. It's in the top three, along with water and food. Your body must have it."

Poets Cafe

"The Question"

By ERIC PROVOST JR.

to no longer know what happiness is,
but to have never known What love is,
would this make someone but human?

this is the question i Am asking myself,
this is the question i must have answered.

if they are not human,
then someone tell me,
tell me please before I go insane....

"The Upgrade"

By JESSICA LAPALM

We are degenerate
too delicate
We need repairs
We have stress

We develop "coping" mechanisms
with gears turning and working like
machines
needing oil
producing chemical waste
Far flun from the beast
The animal empire
Dire and fading

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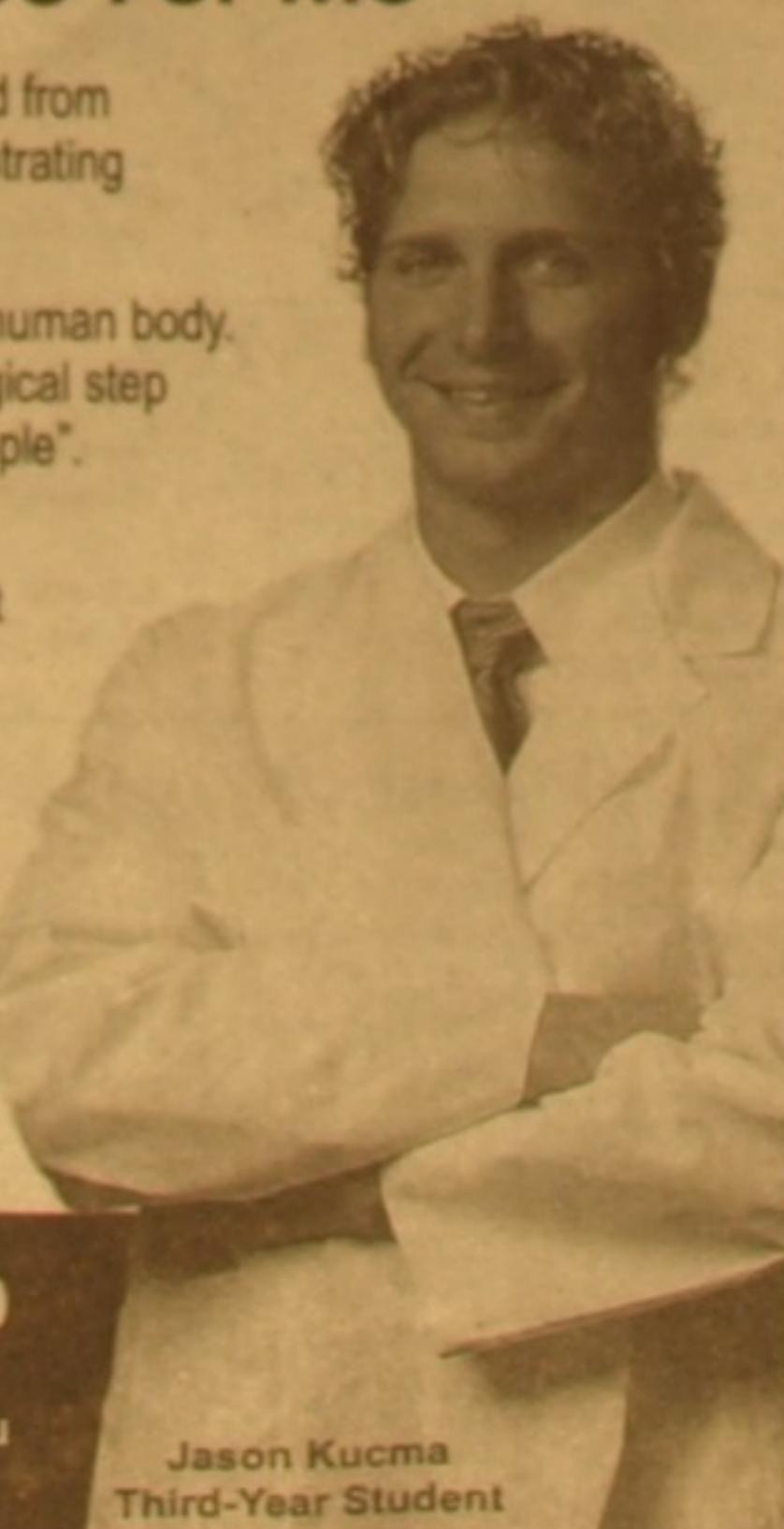
Chiropractic... The Choice For Me

Jason Kucma is a Third-Year student from Medford, NJ. He graduated from Ithaca College with a Bachelor's Degree in Exercise Physiology concentrating in Cardiac Rehabilitation.

"The only thing that has ever captured my attention was studying the human body. The more I learned in school, the more I needed to know. The most logical step for me was to become a Doctor of Chiropractic so I could truly help people."

Before making his decision to attend Logan, Jason visited nearly half of the chiropractic colleges in the United States. "Logan is in the perfect location in a safe, residential area. The Admissions staff are very friendly and helpful and the faculty are excellent."

Logan College offers students an incredible learning environment blending a rigorous chiropractic program with diverse and active student population. If you are looking for a healthcare career that offers tremendous personal satisfaction, professional success and income commensurate with your position as a Doctor of Chiropractic, contact Logan College of Chiropractic today and explore your future.



Jason Kucma
Third-Year Student

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Features

Franklin Bean welcomes all

By ROSIE MARIE SPECK
Managing Editor

The Franklin Bean, named after the street it is located on, is the newest coffee place to open its doors. It welcomes the caffeine-addicted, the artist, the musician, the poet, the campus-sick student and the penniless pauper in all of us.

Andy Miller, owner of the Franklin Bean, started this venture as a side project to his already full-time copy business called Lazer Copy for two reasons: to create a relaxed environment that he and his friends would enjoy and then to provide that same venue for others.

"He [Miller] had been playing gigs around town on the weekend and he wanted to have his own coffee shop where he and his friends could play their music and hang out," said Colleen Trail, employee of Franklin Bean and a senior Elementary Education student at Austin Peay State University.

"Anyone is welcome to come up and do the same, such as play their music, have poetry readings and do art shows. He [Miller] wanted to create that same environment for college students," Trail said.

With bright blue walls, art hangings from various artists and two pianos, Franklin Bean has what it takes to catch the eye of the creative.

"It has a very laid-back

atmosphere, one that is conducive to displaying art," said Jason Scott, junior Art major at APSU and president of the Student Art League.

"Our goals are to create business and have a comfortable environment," said Trail. And for those skeptics who are still wondering about the ambiance...

"It's really artsy. It has a really great atmosphere and everyone there is really friendly," said Sienna Finney, a freshman communications major.

But more than just for the artist, Franklin Bean creates a welcoming place for most anyone, from chess clubs to poets to study groups. If you or your group needs a place to meet, the Franklin Bean is that place.

"Any student organization can come and meet or if someone wanted to have an art show here, or have a poetry reading, they could do that," Trail said.

All that's needed is a simple phone call to the Bean to set it up. And even though Franklin Bean is generally closed on Sundays, if a group wants to meet and an employee is free to work that day, an arrangement can be made.

"We're trying to be really accommodating," Trail said.

While the environment and friendly staff may receive high marks, it's really the Bean's beans that need to make the passing

grade. But no worries on that end because the two good things about the Franklin Bean's drinks are the price you pay for what you get and what you get is worth more than the price you paid.

A 12-ounce Espresso is \$1.75 and a same size Mocha is \$2.75. A 16-ounce Chai is \$2.25 and the same price for an Italian Cream Soda. Hot chocolate is a \$1.50.

"The coffee is really good. It's really inexpensive," Finney said. And if these prices weren't low enough already, students and military personnel receive a 10 percent discount with a student ID. Franklin Bean also offers coupons for 50 cents off and buy one get one free.

In addition to drinks and biscotti, sweet rolls made by the Mennonite community are also offered at the Franklin Bean. These Mennonite rolls cannot be bought in conventional grocery stores. In the future, the Franklin Bean may also consider selling other food items such as sandwiches.

The Franklin Bean is open Monday through Thursday, 8 a.m. until 10 p.m., Friday and Saturday from 6 p.m. until midnight. For more information or to set up an event, contact the Franklin Bean by calling (931) 645-5528.

Franklin Bean is located down and across from the Roxy and nearly three doors down from the Front Page Deli.



Reader needs help getting someone unattached

Welcome back for another edition of, "Love at the Peay." This week I am responding to someone who wrote about getting rid of that someone who may not be so special anymore.

If you find yourself getting too attached, or worse, they are getting too attached to you, then it might be time for you to find constructive ways to let the person know how you feel. Please do not alienate them or be mean to them on purpose.

That means do not ignore them or stop taking all phone calls until you have had a decent conversation of why you do not want to be attached to them anymore. Try to find a creative solution to let them down gently and honestly, so it doesn't destroy egos and more importantly hurt feelings.

No one likes to have their feelings hurt when the situation could have been avoided and everyone could have walked away with a clear understanding.

I know that this is not a perfect world and sometimes the person does not understand, but try your best to be cooperative with their wishes and respect them as a person. You may or may not date, but either way you must try to show respect towards them and not be so harsh.

I believe in steps when it comes to letting someone down gently, therefore I have some more tips to help ease the load and make a win-win situation for the parties involved.

Step 1. Be honest. I do mean be honest, not brutal. You can ask for a glass of milk and be as sweet or you can be a total pain. If you find yourself being a pain, you might want to watch how you say what you are saying. You can crush a person's feelings if you are too blunt with your words.

Choose your words carefully and tone of voice carefully. Nothing hurts worse than hearing simple words come out wrong. Tell the person how you feel and what you do and don't like about the relationship or friendship.

If you beat around the bush, not only will the other person end up confused, so will you. Think about what you are going to say and stick to the script as much as possible.

Step 2. Make arrangements to talk. Try to find the best time to tell the person how you feel. Don't

just find the best time for you, but also the best time for the other person. If you show that you are open to their wants and needs it makes the situation easier for both of you. If one of you is not comfortable, the room will feel stuffy and the conversation will not go well.

Try a night where neither of you are too busy and you can go away from the normal location to talk. I did not say go out to dinner but try to arrange for your roommate to be gone or talk alone.

Step 3. Explain yourself. I mean explain why you feel the way you do. If your parents told you that they can't give you any money but don't offer an explanation, then you are left wondering why they couldn't help now, as they have helped in the past.

The only thing you could think of is why? If you find yourself wanting explanations for reasons and excuses, you owe it to yourself to explain why you feel the way you do to the other person. It is hard to process hard news if we don't have reasons to back them up. If you say one thing then mean it.

Don't waiver in your ideas because you will only cause more confusion. Give logical reasons and mean them. It is worse to be lied to about anything but more importantly to be lied about a reason the two of you are not working out anymore. This is especially if the other person doesn't feel anything is wrong.

Step 4. Take time to heal. This is for the person who is being let down. It is going to take time to heal you from the relationship. Find ways to help your pain and sadness; be constructive and creative.

Take a walk, write a journal, go exercise, hang out with old and/or new friends, take more time to study, join an organization or a club, volunteer, or do something that you haven't done for yourself in a long time. It is going to take the life of you to not want to call them anymore or be with them. Give yourself time to heal and in time life will get better.

Remember, at one point in time we all have been through the breakup. Whether we are the person doing the breaking or we are getting broke. It is hard to realize that you are no longer together if you really cared about that person. Try to remember that it is the other person's loss.

Keep your head up and remember there are other fish in the sea.

Have a love question or a column idea? Let us know your problems or ideas! Love at the Peay: E-mail your letter to "Love at the Peay" (in Microsoft Word format) by Wednesday at 4 p.m. to theallstate@apsu.edu.

Campus Corner

This week in campus corner will spotlight Sigma Gamma Rho, Voices of Triumph, Omicron Delta Kappa, Football Tailgate Party and your last chance to apply for Governor's Programming Council.

Sigma Gamma Rho

Sigma Gamma Rho is a women's organization that promotes African-American women, women of all races, to support and uplift the community in any way possible. Their requirements include completion of 12 hours semester coursework at APSU, a GPA of 2.5. They participate in the March of Dimes. The advisor is Kenneth Maddox. For more information please call 221-7341.

Voices of Triumph

Voices of Triumph is a Christian fellowship that promotes strengthening and spreading gospel music through unity, service and dedication; to provide a foundation of worship, community service and praise that is based forth in a zealous mission. Membership eligibility includes 2.0 GPA, interest in faith, and principles of gospel music. The advisor is Jennifer Meninger. For more information contact 221-7341.

Omicron Delta Kappa

Omicron Delta Kappa is a National Honor Society that recognizes juniors, seniors, graduate students, faculty and alumni for outstanding record with an emphasis on leadership. The requirements for this honor society are: two to three years residence at APSU, junior or senior standing and a cumulative GPA of 3.0. Some of Omicron Delta Kappa's community service projects and campus activities are Help and Elf, Wesley's Cant Meat Drive and the Hunger Society. The advisors are Ned Woods and Michele Butts. For more information contact 221-7236 or 221-7947. Omicron Delta Kappa are currently accepting applications for membership.

Pre-Game Tailgate Party

Saturday, Oct. 4 at 11:30 a.m. until 12:30 p.m. APSU Govs Butler University Bulldogs. pizza, music from a local band, fun! Join us in cheering the Govs on! Located in the parking lot, side of the stadium, in front of the tennis center.

Govs Programming Council

Applications are still being accepted for the Governor's Programming Council. Please send them in to Student Life Leadership, UC room 211.

Attention APSU students and faculty! We want to

you know what your favorite recipes are and why!

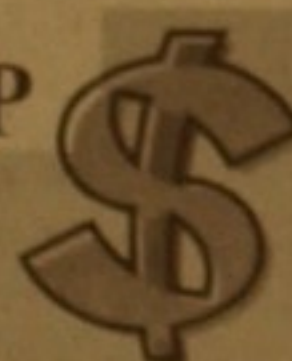
Each week we will feature a new recipe.

Please e-mail us your favorite recipes in a Word document by Wednesday at 4 p.m.

Send it to Recipe of the Week: theallstate@apsu.edu.



LEGENDS BANK SCHOLARSHIP



Legends Bank of Clarksville is offering a scholarship to an African American Austin Peay student. The scholarship is \$500 per semester (\$1,000 per school year). There is currently one scholarship available. Interested students must meet the following criteria:

- Must be a native Clarksville-Montgomery County resident
- Must have a minimum G.P.A. of 2.5
- Must have local community involvement
- Must be willing to tutor, mentor or plan special programming

If you are interested in applying for the Legends Bank Scholarship, please contact the Office of Student Affairs, (221-7341) by Monday, October 6th, or come by the office (Browning, 115).

October Let's Eat!

www.apdining.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Oct. 6-10 Mongolian Grill in the Café for Dinner!	Made to order Stir-fry with choice of meats, vegetables, and a variety of sauces!		Food Court - 1 Nutty Apple Sandwich on Sale for \$2.09	2 Family Night in the Café	3 Food Court Pie Sale!	Food Court Deli—Bacon Spinach Tomato sandwich on Sale for \$3.99
5 Java City—all drinks 10% off between 6 pm and midnight	6 Carry out whole Pizza special between 6 pm and 10 pm—One free topping!	7 Java City All Brew coffee 10% off	8 Hispanic Heritage Night in the Café—Traditional Hispanic Food!	9	10 Java City Full Moon Fever — Double Punch Day on JC drink cards & Horror Movies after 8 pm	
Oct. 13-15 Oktoberfest in the Café for Lunch and Dinner—Traditional German Food!	13 Java City—Italian Cream Sodas—50% off	14 Food Service Meeting 3 pm Faculty Dining Room	15 Java City Bad Poetry Contest open mike 7-8 pm Winner gets JC gift card!	16	17	
19 Pumpkin carving Contest — Sign up in Food Court on 10-20—First 15 groups or individuals only!	20 Food Court Deli—get your favorite sandwich in a wrap for \$1 off regular price!	21 Steak or Shrimp Night in the Café	22 Food Court Pizza—Focaccia Dippers on Sale! But three get one free!	23 Food Court - All fountain drinks only 99¢	24 Food Court Fruit Salads on Sale!	
26 Java City—Large Steamers with flavor shot on Sale!	27 Food Court Halloween Specials all Week!	28	29	30 Tex Mex night in the Café	31 Java City—Science Fiction Double Feature 8pm to Midnight	

Sports

by the NUMBERS

3

Number of sacks by the Govs defense in their win against Kentucky Wesleyan.

4

Number of shots-on-goal by the Lady Govs soccer team against Tennessee Tech.

8

Number of players that caught a pass in the Govs' game against Kentucky Wesleyan.

9

Number freshman golfer Justin Metzger placed at the Hoosier Invitational.

12

Number of receptions by sophomore receiver Pat Curran against Kentucky Wesleyan.

20.5

Number of points by volleyball freshman Laura Wussow against Eastern Illinois.

21

Number of completed passes by sophomore quarterback Jesse Kellogg against Kentucky Wesleyan.

24

Number of yards in an interception return for a touchdown by junior linebacker Ryan Taylor against Kentucky Wesleyan.

33

Number the Lady Govs Cross Country team placed at the Greater Louisville Cross Country Classic.

65

Number of kills by the Lady Govs volleyball team in their win against Southeast Missouri.

98

Number of defensive digs by the Lady Govs against Eastern Illinois.

118

Number of runners that competed at the Cross Country Only National Championships.

Soccer team loses close one to Tech, 2-1

By KRISTEN SCHABERT
Staff Writer

If Austin Peay State University's head women's soccer coach Kelley Poole is looking for a way to gauge the progress of her young team, Friday's narrow 2-1 loss at Tennessee Tech could be an indication that the Lady Govs are gaining on those established programs in the Ohio Valley Conference.

"Shots were 12 to nine, and that's a great match-up," Poole said. "We're hoping to play well the rest of our conference matches, and see Tech again in the conference tournament."

Tennessee Tech, in its eighth season, scored two goals early in the second half, and then held off APSU for the victory.

"We were consistent today," Poole said. "We came out strong and played a good first half. They scored two goals early in the second half, and we got one back but just couldn't put away a second goal to tie it."

Neither team could get a score across in the first half, and maintained a 5-5 tie on shots through the half. But the Golden Eagles came out shooting in the second half, taking a 7-4 shot

advantage in the period.

The Lady Govs finally climbed on the scoreboard in the game's

Lisa Wourns.

"We had a number of freshmen who stepped up and played well," Poole said.

"Ashley Cannon scored our goal and she played extremely well. She's seen limited minutes, but she has done a good job in practice and she came out and played well for 90 minutes today."

"Our goalkeeper (Sarah Broadbent) was strong, as usual, and Erin Mitchell

The Lady Govs saw their record fall to 2-6-1 (0-2 OVC) after the loss, while Tennessee Tech

improved to 5-5 (1-0 OVC).

"I have to commend my girls," Poole said. "This is a second-year program, and today was definitely an improvement over our performance Tuesday night at Southeast Missouri (5-0 loss)."

"I always come into every match with an optimistic attitude. This is a young team, and on any given day you don't know what they're going to do."

The Lady Govs take a break from OVC action as they travel to Western Kentucky this weekend for a 7 p.m. match on Friday, Oct. 3. They return to Clarksville to host Middle Tennessee State University on Sunday, Oct. 5 at 2 p.m.



Cannon

Player of the Game

Ashley Cannon

Freshman Forward
Scored Lady Govs' goal
(unassisted) in 73rd minute

73rd minute as freshman Ashley Cannon shot from the top of the box to the lower right of the goal, past diving Tennessee Tech goalie

Wussow leads volleyball team in two-game split

By NEIL BALADAD
Sports Editor

Austin Peay State University's volleyball team split two Ohio Valley Conference contests, beating Southeast Missouri 3-1, Friday, but losing to Eastern Illinois 3-1, Saturday.

The Lady Govs finished the two-game weekend road trip 6-8 (1-1 OVC).

APSU got off to a good start by winning their first conference match, 3-1 (19-30, 30-28, 30-22, 30-27), against Southeast Missouri in Cape Girardeau, Mo.

Southeast Missouri came out

firing in game one, winning 30-19, but ran out of ammo as the Lady Govs took the next three games for the 3-1 victory.

APSU dominated Southeast Missouri in game three, holding their opponent to just nine kills and a .091 hitting percentage. The defense came up big with 96 digs and ten total team blocks, as opposed to 81 digs and four team blocks by Southeast Missouri.

Four Lady Govs recorded double-digit kills, led by junior Krystal Keepers with 16 and

freshman Laura Wussow, (15).

Southeast Missouri was led by Jessica Koeper led with 12 kills, Jill

Govs record to 6-7 and dropped Southeast Missouri to 1-12 (0-1 OVC).

On Saturday, APSU came up on the losing end of a 3-1 match (23-30, 30-28, 26-30, 22-30) to conference opponent Eastern Illinois to even their record at 1-1 in OVC action and drop them back to 6-8 overall.

Wussow put in another strong performance with 20.5 total points and leading APSU in kills (16) and blocks (6). Senior Amy Walk and sophomore Amber Stein each

contributed 15 kills.

The Lady Govs put up another defensive battle but Eastern Illinois' defense came out better, beating APSU in digs (106-98) and total blocks (12-7). Walk led APSU with 23 digs, followed by junior Julie Burkhalter with 22.

Erica Gerth led Eastern Illinois with a match-high 25.5 points with 24 kills. She also made her presence known on defense with a EIU-record 39 digs.

APSU continues conference action this weekend in Kentucky, traveling to Eastern Kentucky on Friday, Oct. 3, and Morehead State on Saturday, Oct. 4.



Wussow

Volleyball MVP

Laura Wussow

39.5 total points this weekend
31 total kills
33.9 hitting percentage
10 total blocks

Miller and Suzanne Gundlach, (10 each).

The win improved the Lady

SPORTS SHORTS

Austin Peay Sports Information

Cross country teams both have tough weekend

Austin Peay State University's men's cross country team finished last among the 12 teams competing at the Cross-Country Only National Championships hosted by Saint Louis, Saturday, in Edwardsville, Ill.

The women's cross country team did not fair any better at the Greater Louisville Cross Country Classic, finishing 33rd out of 34 teams competing Saturday in Louisville, Ky.

The Cross-Country Only National Championships, composed of 12 men's cross country programs not supported by a track and field program, saw Dayton finish first with 43 points.

Junior Matt Duncan (28:21.75) led the Govs with a 43rd-place finish in the 118-man field. The rest of APSU's team finished as follows: freshman Jimmy Clark (88th, 30:19.96), sophomore Chris McBrayer (103rd, 31:12.75), junior John Beamer (105th, 31:52.99) and junior Stewart Tanner (112th, 35:16.59).

On the women's side, junior Felicia James (22:22.81) led the Lady Govs with a 206th-place finish in the 340-woman field. The rest of the women's team finished as follows: freshman Mary Honea (227th, 22:45.36), her twin sister, freshman Denise Honea (236th, 22:54.69), freshman Charminique Ray (314th, 27:44.45) and freshman Tia Hendricks (329th, 28:51.51).

The men and women will compete this weekend at the Tennessee Tech Invitational, Friday, in Cookeville.

time. But this game also has a benevolent side to it.

With the guarantee Louisville will pay APSU for the contest, \$10,000 will be donated to the Marques Maybin Medical Fund in the name of APSU and the people of Clarksville, Maybin's hometown.

In addition, the Daniel Pitino Foundation will donate \$5,000 to the fund.

Maybin, a former Louisville basketball star, was paralyzed from the waist down in an Aug. 5 motorcycle accident and did not have medical insurance.

"Marques is a Clarksvillian — he is one of ours — and we are happy to partner with the University of Louisville to help Marques in this way — through the game he loves so much," said APSU Head Basketball Coach Dave Loos. "I am very impressed with what the University of Louisville and what Coach Pitino is doing personally to help take care of Marques."

"I have personally known Marques a long time since he was playing AAU ball with Trenton (Hassell, former APSU star, now with the Chicago Bulls), Shawn (Marion, of the Phoenix Suns), Matthew Blackston and Brad (Loos, his son). During the off-seasons from Louisville and his pro career, he spent a lot of time down here in pick-up games with our guys."

"It's a terrible tragedy what has happened to him," Loos said. "But Marques has great spirit and we wish the best for him. We are proud to be a part of something like this for him."

Upcoming games...

Friday, Oct. 3
Cross Country at Tennessee Tech Invitational in Cookeville, 1 p.m.

Women's soccer at Western Kentucky University, Bowling Green, Ky., 7 p.m.

Women's volleyball at Eastern Kentucky University, Richmond, Ky., 7 p.m.

Saturday, Oct. 4
Football vs. Butler, 1 p.m.

Women's Rifle
Lady Govs Invitational, 8 p.m.

Seventh-ranked Golf Govs finish third

Austin Peay Sports Information

Austin Peay State University's seventh-ranked men's golf team finished the Hoosier Invitational in third place, Sunday, at the Indiana University Golf Club.

The Governors made ground on second-place, out-shooting Eastern Michigan 292-297 during Sunday's final round, but fell two shots short.

Tournament host Indiana fired a 281 on Sunday, winning the tournament with a 33-stroke advantage.

Freshman Justin Metzger (75-66-74-215) finished in ninth place. He was joined in the top 20 by junior Matt Gallant (73-73-72-218) and senior Chris Harder (71-76-71-218) who both finished tied for 12th.

Freshman Chris Barron (73-75-75-223) moved up one spot on the final day, finishing tied for 27th while freshman Yoshio Yamamoto (78-74-77-229) fell backward during the final round, finishing tied for 39th.

APSU competes next at the Shangri La Shootout hosted by Oral Roberts, Oct. 6-7, at Monkey Island, Okla.

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Sports

Govs stomp Panthers, 50-10

Carroll McCray wins first game as APSU coach, QB Kellogg completes 87.5 percent passing

By MATTHEW HEISS
Staff Writer

The Austin Peay State University Football team marched all over Kentucky Wesleyan College Panthers, 50-10, on Saturday for the Govs' first win of the 2003 season. The Govs (1-4) snapped a six-game losing streak at Gove Stadium and handed head coach Carroll McCray and his coaching staff their first win of the season.

"I am happy for the kids," McCray said. "I am really proud of their effort and attitude. The game plan by the assistant coaches was good — they have spent a lot of hours, getting little sleep these last few weeks. And the players went out and executed the plan."

"I was beginning to think it was never going to come," McCray said. "But I have confidence in these young men."

McCray's confidence in sophomore quarterback Jesse Kellogg was increased after Kellogg went 21-of-24 passing. His 87.5 percent passing broke the single-game mark set by Tony Policare (22-of-27, 81.5 percent against Toledo, 1988). Throwing for 254 yards and three touchdowns, Kellogg proved that McCray made the right decision after Kellogg was challenged the week prior by junior quarterback Pat Murphy.

"I just pretty much wanted to come out here and show them how I can play football," Kellogg said.

"I wanted to show them the things I can do and what I can bring to this football team, and I think I did that."

The Govs jumped out to a 7-0 lead when Kellogg hooked up with his roommate, sophomore receiver Pat Curran, for an 8-yard touchdown pass ending an 11-play, 64-yard drive that lasted 5:52.

"The guy has nice size and has good hands," Kellogg said. "In my opinion he is a go-to-guy and we can pretty much read each other's thoughts when we are out there."

Kellogg connected with Curran 12 times for a total of 105 yards. Kellogg and junior quarterback Pat Murphy spread the ball around well, passing to eight different receivers and combining for 283 yards.

After senior strong safety Demario Isom made an impressive interception off a tipped pass, the Govs, taking it at their own 14, rolled right back down the field. Kellogg nailed senior receiver Trae Willis for a 35-yard touchdown pass with a minute left in the first quarter to go up 14-0.

Things still did not look good for KWC after they drove to the Govs' 28 only to have their field goal attempt blocked by junior linebacker Ryan Taylor. That eventually led to a 3-yard run into the end zone by junior running back Kenneth Ellison to put APSU up, 21-0.

The Panthers took advantage of an APSU penalty when the Govs were called for roughing the kicker on fourth down.

The penalty allowed Kentucky Wesleyan to get to the Govs' red zone, where Nathan East caught a 4-yard pass to get on the board 7-21.

The Govs' defense responded as Taylor came up big again, this time picking off Panther quarterback Haven Mosley and returning it 24 yards for the touchdown.

KWC would only respond with a 34-yard field goal kick by Shawn Payne as the Govs went into the locker room with a 27-10 lead.

Unlike past games, the Govs did not let up in the second half.

Sophomore linebacker Robbie Brooks began the second half by sacking KWC Mosley for a loss of 10 yards.

The Panther was forced to punt, but was blocked by sophomore free safety Todd Avery.

APSU took over on KWC's 31-yard line. It took only six plays to get into the end zone with another TD run by Ellison.

The point-after attempt failed, but APSU had a commanding lead, 33-10, with 10:38 remaining in the third quarter.

The rout continued as senior kicker Justin Deardorff added three to the score, 36-10, with a 32-yard attempt.

After another three-and-out possession, Kellogg threw his third touchdown pass of the night to senior fullback Justin Henry from eight yards out to increase the lead, 43-10.

At the start of the fourth quarter, freshman linebacker Brian Wipprecht forced a Panther fumble which was recovered by sophomore defensive end Jordan



Photos by Louise Morales

Richardson at the Govs' 42.

Once again, it only took six plays to get into the end zone as freshman running back Rafael Hill ran in for a 7-yard touchdown, putting the nail in the coffin for the game's final score, 50-10.

APSU finished the game with 398 total offensive yards (283 passing, 115 rushing) despite having fewer offensive plays than KWC (66-79). Hill (59 yards, 1 TD) and Ellison (55 yards, 2 TDs) led the rushing effort for the Govs.

The Govs' defense forced six turnovers (four fumbles and two interceptions) and three sacks.

Richardson had nine tackles while sophomore linebacker Vernon Wright contributed with seven.

The Govs hope for another winning performance as they face Butler at home this weekend, Saturday, Oct. 4, with a kick-off time at 1 p.m.

Above: Kenneth Ellison (24) runs over the KWC line for a Govs first down.

Right: APSU Head Coach Carroll McCray received his first collegiate victory by defeating KWC.

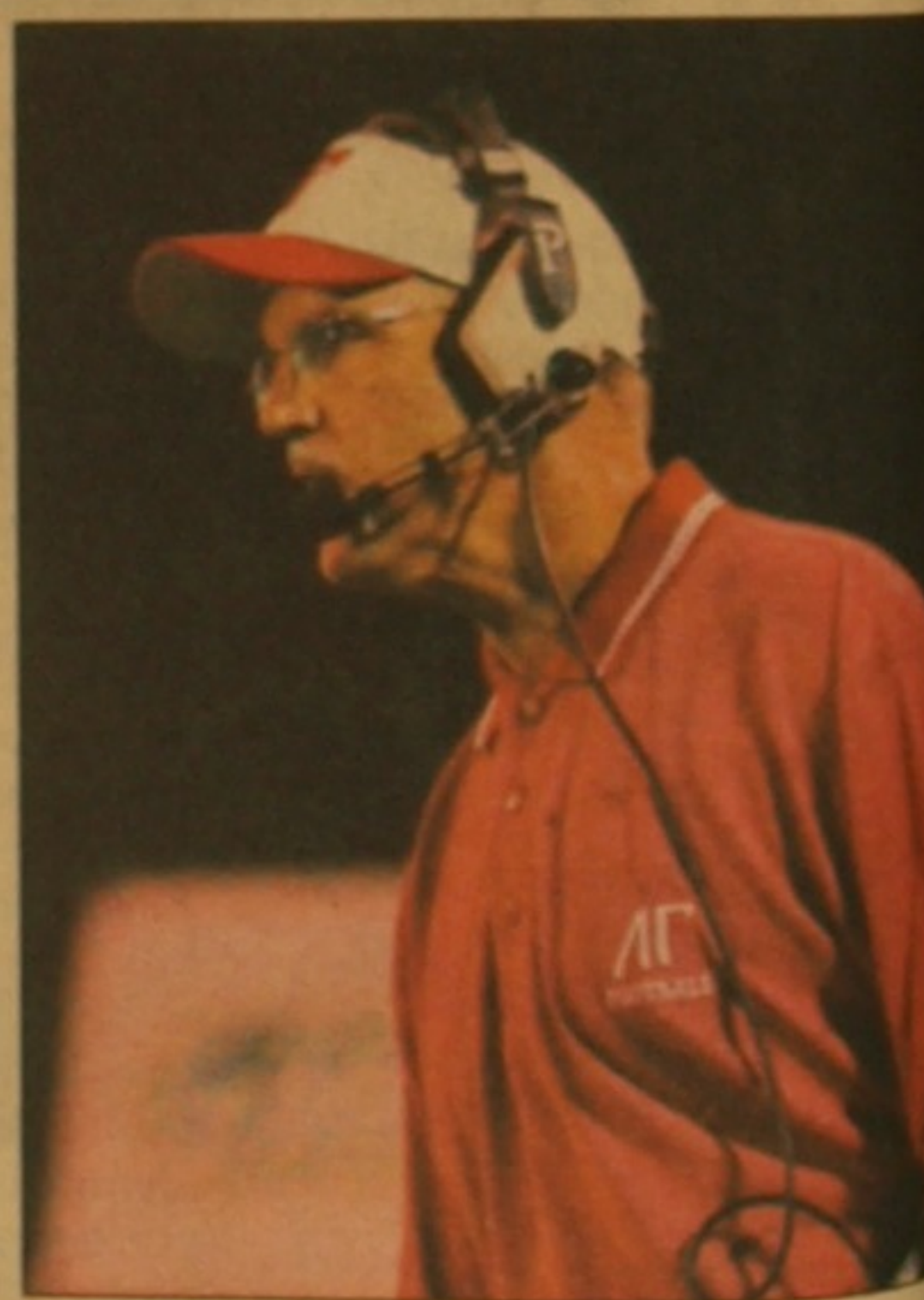


Taylor

Defensive Player of the Game

Ryan Taylor

Junior Linebacker
Five tackles (three solo)
One interception
One touchdown
One blocked field goal



Classifieds

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Peay Personals

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Live well and eat mo' chicken - Rorie

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