



# APSU adopts new policy, includes veterans, LGBT

» By **SEAN MCCULLY**  
Assistant News Editor

APSU announced the adoption of a new nondiscrimination statement on Monday, April 27, which includes members of the LGBT community.

The updated Notice of Nondiscrimination reads, “APSU does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information or any other legally protected class with respect to all employment, programs and activities sponsored by APSU.”

The Notice of Nondiscrimination can be found at the bottom of every APSU webpage.

“The addition of LGBT groups is long overdue from APSU’s nondiscrimination policy,” said President of the Gay-Straight Alliance, Dani Hunter. “There are still things to do to improve these relations, but this is definitely a step in the right direction.”

The original Nondiscrimination statement did not protect employees or students on the basis of sexual orientation, gender identity, genetic information or status as a protected veteran, and this new statement attempts to break down these forms of discrimination. *TAS*

# Red carpet worthy

CONTRIBUTED PHOTO



## APSU senior Kirkpatrick gains experience through internships, prepares for graduation

» By **ASHTEN BURNS**  
Contributing Writer

Many college students apply and compete for internships, whether it be local or international. But one APSU student landed herself an internship among Hollywood stars for the 2015 year.

Bailey Kirkpatrick, 22, studies broadcast media. In December 2014, Kirkpatrick announced she had been chosen and accepted her second internship from NBC to work with E! News as a segment producing intern.

“I am beyond blessed for this opportunity. California is a place that I have always longed to go,” Kirkpatrick said.

Although this is her second time working with NBC, it is her first time going to Los Angeles. Thousands of miles lie between Clarksville and Los Angeles. Some people would resort to flying, but Kirkpatrick drove the distance.

“I drove from Tennessee to get here, and that experience alone was life changing,” Kirkpatrick said. “The sites are incredible. This world is so big, and it made me want to travel more.”

When she made it to California, she was expecting a big city and streets filled with stars. “Los Angeles is not what people think it is, either,” Kirkpatrick said. “I first thought that it was going to be all beautiful people and all city. There is only one strip that is city, and the rest is more suburban. The people are normal, and there is so much culture and diversity here.”

While her classmates at APSU attend classes and balance social lives, Kirkpatrick spends three days of her week working with segment producers.

The internship allows her to pitch stories throughout the week, take notes during red carpet events, the Grammy Awards and Oscars, and transcribe clips for the newest movie releases while

CONTINUED ON **PAGE 2**

# Larson performs, receives Roy Acuff award



» By **DAVID HARRIS**  
Staff Writer

Grammy Award winning flautist Rhonda Larson visited APSU from Monday, April 21, to Tuesday, April 28, to perform and share her musical knowledge.

As the final Roy Acuff Chair of Excellence recipient for 2014-15, some of Larson’s achievements include winning first place in the National Flute Association’s Young Artist Competition in 1985, a Carnegie Hall debut, joining the Paul Winter Consort, winning a Grammy for Best New Age Album in 1993 for her album “Spanish Angel,” forming her band Venus, establishing her own music publishing company, Wood Nymph Music, and performing and teaching around the world.

The Roy Acuff Chair of Excellence has brought regionally and nationally-acclaimed artists to campus to work

CONTINUED ON **PAGE 2**

# APSU Plants the Campus Red



APSU students and faculty celebrated Earth Day by participating in Plant the Campus Red on Wednesday, April 22.

CHRIS MALONE | STAFF PHOTOGRAPHER



# Center of Excellence for the Creative Arts holds first comprehensive exhibit



Duncan said CECA is proud to hold the showcase and hopes to continue the event for many years, so more students can show their artistic talent. **TAS**

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Minadeo will begin her sophomore year at APSU in the fall. **TAS**



# Govs baseball drops weekend series

APSU goes 1-2 in series against OVC opponent, Morehead State University, overall record now 22-19



FILE PHOTO

» **By GLAVINE DAY**  
Staff Writer

Over the weekend, the Govs baseball team lost the series to Ohio Valley Conference opponent Morehead State University, who is currently ranked third in OVC standings, while the Govs are ranked fourth.

Game 1 of the three-game series was the only game APSU won.

The Govs were trailing 3-0, when in the bottom of the fourth inning, sophomore Logan Gray brought in the first Govs run with a double.

With two outs in the inning, sophomore Dre Gleason tied up the game with a two-run home run over the right center fence.

During the fifth inning, APSU brought in a run off of an MSU error, and during the sixth inning, the Govs added one more, making it a score of 5-3.

The Govs led the inning with back-to-back singles when junior Patrick Massoni moved both runners up 90 feet with a sacrifice bunt, and freshman T.J. Marik hit a sacrifice fly to take the lead by one.

In the seventh inning, MSU loaded the bases by a hit batter, a single and a walk.

Right-handed pitcher and redshirt senior A.J. Guara came in for the Govs with bases loaded and no outs.

He gave up one run when he hit his first batter, but struck out his next two batters and ended the inning with hardly any damage.

During the eighth inning, the Govs added some insurance runs when sophomore Alex Robles hit a leadoff home run and sophomore Ridge Smith hit a two-run single to make the final score of 8-4.

Winning APSU pitcher Robles (5-2) won his fifth-straight start.

He threw more than six innings with four runs, seven hits, one walk and four strikeouts on the day.

Guara earned his sixth save this season, throwing the last three innings and allowing no hits, four strikeouts and one walk and hitting one batter.

Saturday, April 25, and Sunday, April 26, were not in the Govs' favor, as they fell Saturday 10-5 and Sunday 5-4.

Saturday, the Govs were behind 4-0 going

into the bottom of the fourth, where they brought in one run on a sacrifice fly with bases loaded.

During the next inning, MSU added another run to the board, and APSU added three runs to get back into the game thanks to a two-run double by Garrett Copeland, who scored on a fielder's choice off Robles.

MSU added another run the next inning, and the Govs added one during the bottom of the seventh, when Robles hit an RBI double to force MSU's pitcher to come out.

There were three Govs on base with no outs when MSU's reliever came in, and pitched three up, three down with a pop up, a shallow fly and a strikeout.

This was the end of the Govs' scoring. MSU added on four runs in the ninth inning to seal the deal 10-5.

Sunday's game was going in favor of the Govs until the eighth inning.

APSU started junior Jared Carkuff, who held MSU scoreless for seven innings with six strikeouts to help APSU ahead 4-0.

Carkuff was pulled in the eighth inning after a leadoff walk.

Sophomore Cayce Bredlau put the first score on the board with a three-run homerun in the third.

Gleason added another with a single home run in the seventh.

APSU brought in freshman Michael Costanzo, who gave up a three-run homerun. Costanzo was taken out, and the Govs turned to Guara, who came in with the bases loaded and no outs.

Guara gave up a walk and a single to his first two batters, but then got two outs with a strike-out and a fielder's choice.

Guara had runners on the corners with two outs, and the Govs were still up by one.

MSU then hit a single to center field, scoring the tying run, followed by a single to right field, on which MSU took the lead to what would be the final score: 5-4.

The losing pitcher of Sunday's game was Guara, who is now 1-1. Carkuff was left with no decision.

The Govs will play Western Kentucky University at home on Wednesday, April 29, and head to University of Tennessee Martin on Friday, May 1 for a three game OVC matchup. *TAS*

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Chartwells

## APSU golf takes on OVC tournament

» **By MANNY BELL**  
Staff Writer

Last week, both the men's and the women's APSU golf teams were in action in the OVC tournament, with the men placing fifth and the women placing seventh.

On Friday, April 24, it was announced APSU's Chris Baker was named to the all-OVC list.

Also, APSU's Justin Arens was named to the newcomers team.

The first day of the OVC tournament went up and down for the men.

They were third at the end of the day, but struggled to get there.

APSU started rough, but grounded up to third place at the end of the first day.

The second day of the tourney went as well as it could have for the Govs.

Going into the final day, APSU was second and looking for a chance to win it all.

Using the momentum from the first day, APSU got enough birdies to stay in the contention for the tournament.

The final day of the tournament did not go well for APSU.

They only hit eight birdies and dropped to fifth in the overall standings.

The Lady Govs also competed in the OVC tournament. After the first day, they finished tied for sixth. The missed putts really put the team behind.

The Lady Govs struggled on the last three holes, which caused them to slide to sixth.

The second day came with almost the exact same result.

APSU fell to seventh and struggled coming down the stretch once again.

Overall, the score was better than day one, but the improvement wasn't enough to move APSU up the standings.

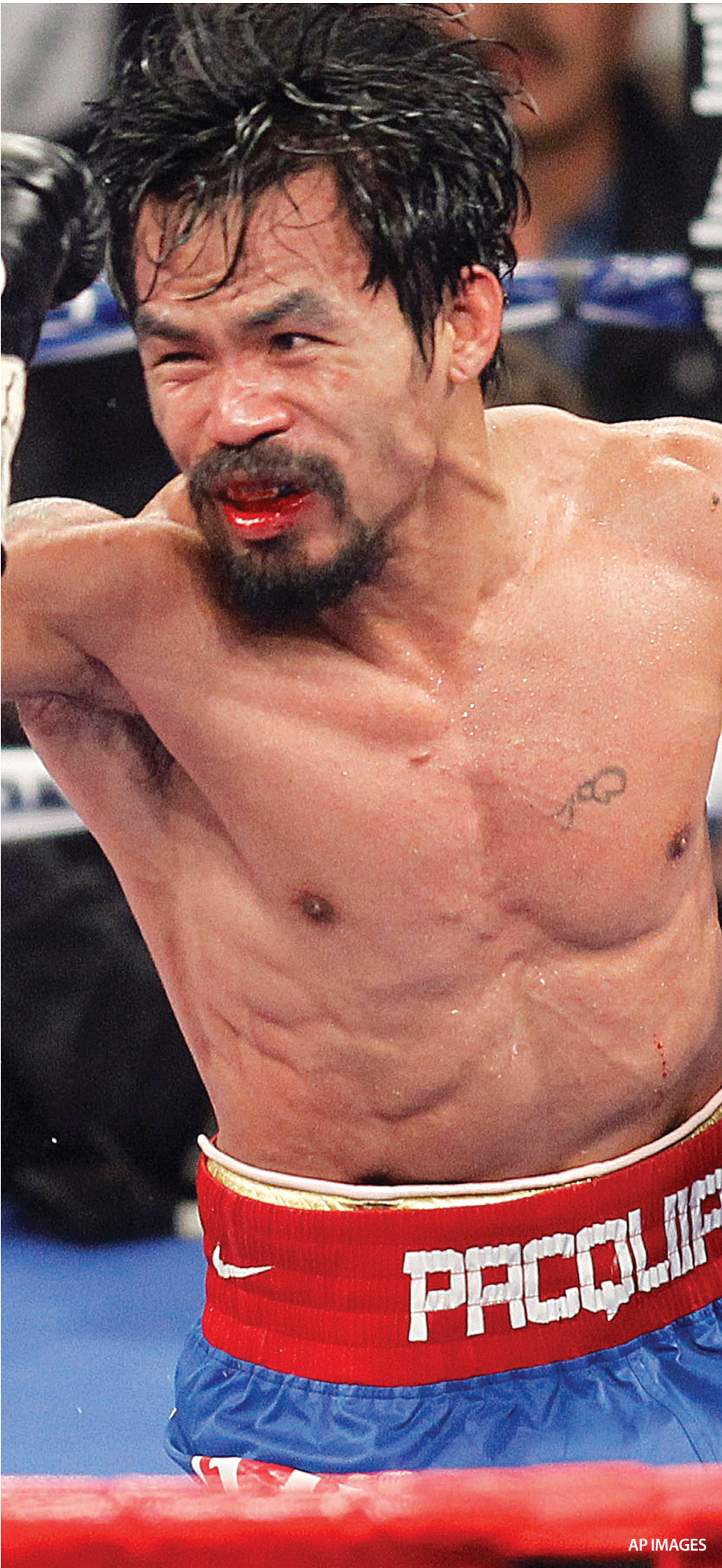
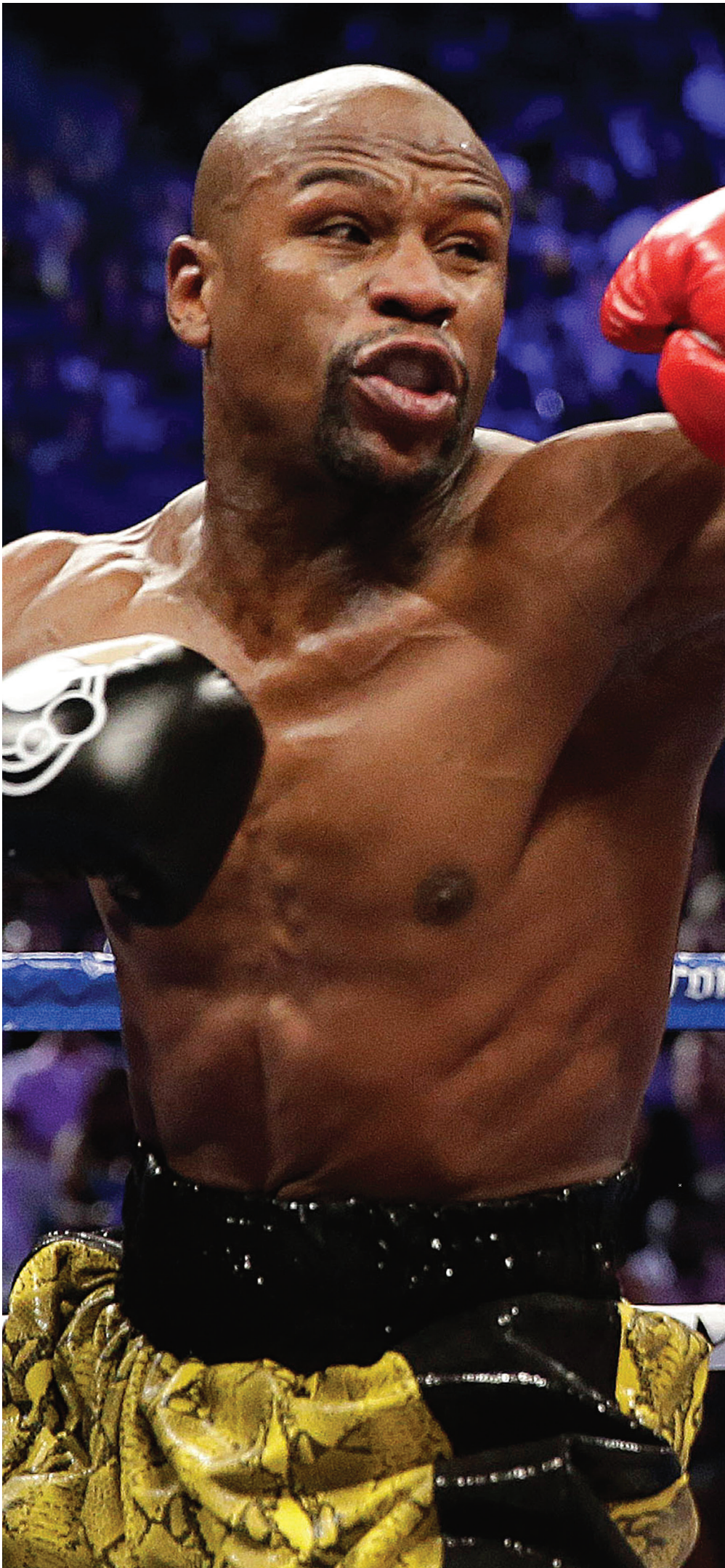
After the final day of the tournament, the Lady Govs finished seventh overall. *TAS*





# Money vs. Pac Man

After years of negotiating, Floyd Mayweather, Manny Pacquaio to fight May 2, 2015



» By PRESTON BOSTAIN  
Staff Writer

## EDITORIAL

The fight everyone has been waiting for is finally less than a week away. Floyd “Money” Mayweather and Manny “Pac Man” Pacquaio will go toe to toe Saturday, May 2, in the MGM Grand in Las Vegas for possibly the biggest boxing event in history. According to ESPN, the No. 1 and No. 2 ranked fighters in the world are going head to head. I know we have NHL and NBA playoffs going on at this time, as well as the

beginning of the MLB season. Outside of the typical LeBron James segments on ESPN, everyone has been talking about this upcoming bout between arguably the two best fighters in boxing history. I can’t wait either. May 2, 2015, will go down in history regardless of the outcome. If Pacquaio beats Mayweather, it will be Mayweather’s first ever loss. If Mayweather beats Pacquaio, that will result in probably the biggest winnings in a boxing bet. We all know Mayweather has at least \$10 million bet on him winning with a knockout. Mayweather will receive 60/40 money split, lion’s share, that has been an estimated \$400 million dollars. Yes, I’m surprised it’s not a billion, too. The odds have Mayweather beating Pacquaio but not by much. Mayweather passed up on the opportunity

to have the fight take place in the Dallas Cowboy’s Stadium, also known as Jerry’s World, in Dallas, Texas. Why wouldn’t you want to have possibly the biggest fight of all time in the largest stadium in the U.S.? Mayweather was born in Las Vegas, so that might have influenced his decision to hold the fight there. However, Las Vegas’ status as one of the largest betting cities in the world could have had an impact as well. Now that we’ve talked about all the money Mayweather thinks he’s going to win after he loses the fight, we’ll talk about what will happen during the fight itself. You read that first sentence right. I think Pacquaio will conquer the almighty Mayweather. Pacquaio is just as tired as all of us about hearing Mayweather brag about

everything he has, except Pacquaio can actually do something about it. Both fighters are matched pretty evenly, with Mayweather having an inch and half height on Pacquaio. Both fighters weigh in at 147 pounds with Mayweather fighting Orthodox style and Pacquaio fighting with a Southpaw style. This will be the match of the year, if not the decade or century. I have always heard of the great fights in the past, from Holyfield/Tyson to Ali/Frazier to Leonard/Hearns, and now it’s our turn to be able to witness history in the boxing world. The fight costs \$100 on HBO, but it will be worth every penny, especially if the fight goes all 12 rounds. May the best fighter win, and hopefully that will mean Pacquaio. **TAS**



# Kirkpatrick

CONTINUED FROM FRONT

working alongside producers.

Recently, two of the banners Kirkpatrick created made it onto the show.

It is not uncommon to run into a celebrity while going through Los Angeles. Kirkpatrick has seen many famous faces and even has experienced a few face-to-face encounters, including: the Backstreet Boys, Jason Kennedy from E! News, Taryn Manning from “Orange Is the New Black,” and Lisa Edelstein from “Girlfriend’s Guide to Divorce.”

“I try to be as professional as possible when it comes to celebrities. It is important to never ‘fan girl’ in front of them,” Kirkpatrick said.

In her free time, Kirkpatrick explores Los Angeles. She said she enjoys hiking and going to the beach. “Los Angeles has so many options,” Kirkpatrick said. “You can go skiing and snorkeling in the same day.”

After 2015, Kirkpatrick plans on returning to APSU for graduation, then hopefully back to California for a career.

“I am trying to make as many connections as possible here,” Kirkpatrick said. “I am networking, talking to people and really making the most of my time.” She also is applying for the Page Program offered through NBC.

Instead of focusing on a specific career like other students, Kirkpatrick said it is difficult for her to pick one, because she is passionate about many areas in broadcast media. “As for now, I am pursuing a career as a producer for entertainment television production,”

Kirkpatrick said.

Before her internship in Los Angeles, Kirkpatrick had previously worked with CMT, “The Today Show,” “The Vampire Diaries” and “The Hunger Games.”

“I enjoy field producing the most,” she said.

In the middle of all the entertainment and opportunities, Kirkpatrick also finds time to plan for her upcoming wedding in October to fiancé Jacob Sexton.

Music, talk shows, live events, “The Voice,” Jimmy Kimmel and Ellen are just a few examples of the entertainment industry icons that inspire Kirkpatrick.

“I drove from Tennessee to get here, and that experience alone was life changing.”

— Bailey Kirkpatrick, senior communication major

Kirkpatrick said her biggest inspiration and supporters of her dreams, however, are her parents.

“I cannot say one negative thing about my mom and dad,” Kirkpatrick said. “I want to one day give back to them what they have given to me. I would love to support them financially one day, but ultimately, I want to make them proud. I am so thankful for them.” *TAS*

# KA fraternity accepts Chapter Excellence Award

» By **CHRIS COPPEDGE**  
Staff Writer

Last week, APSU’s Kappa Alpha Order Zeta Tau chapter traveled to Kansas City, Mo., to accept their Award of Distinction from the North-American Interfraternity Conference at their annual Gold Medal Banquet.

The award recognizes the chapter for: Highly functioning in compliance with NIC standards, seeking to educate others about the benefits of a values-based fraternity experience and working to maintain a healthy relationship with their international organization.

This is one of many awards the undergraduate chapter has obtained in recent years. They have also received the Samuel Zenas Ammen and George C. Marshall Awards for Chapter Excellence,

the highest honors an undergraduate chapter of Kappa Alpha Order can receive. The chapter is currently the youngest to receive these awards in the 150-year history of the fraternity.

In 2014 alone, they received the President’s Cup for Highest GPA among IFC Chapters, the Excellence in Community Service Award, the Excellence in New Member Education Award and the Excellence in Scholastic Endeavors Award.

Additionally, they have raised more than \$16,000 for the Muscular Dystrophy Association and experienced a 64 percent membership growth during the Fall 2014 semester. They also have several members serving as resident assistants, SGA members or officers, honor society members, council leaders and peer mentors. *TAS*

# Larson

CONTINUED FROM FRONT

with students and the community in an atmosphere of experimentation since its creation in 1985. Each Acuff Chair this year has given a public performance and visited the campus for a week.

Larson’s lectures and classes focused on the art of performance and finding your niche. The Art of Performance was about the “aspects of performance, from how one presents themselves on stage and their communication with their audience, to the standard of excellence worked for in performing music.” Finding Your Niche touched on “aspects that help in finding one’s passion in whatever it is they wish to pursue.”

Larson performed a Family Concert with artists David Steinquest, Paul Carrol Binkley and Tony Nagy on Sunday, April 26, the APSU Woodwind Chamber Concert on Monday, April 27, and the APSU Wind Ensemble Concert on Tuesday, April 28.

Larson said she had great attendance during her classes and lectures and that the APSU Music Department has everything going for it.

“Music has the power to positively evolve society and culture, the world over,” Larson said. “Musicians are part of ‘the creative class,’ the ones who bring to society those elements of deepest meaning and timeless importance. Those are two aspects we are in danger of losing sight of due to our preoccupation with our technological devices, which are, ironically, designed to save time. Instead, most people are less in the present moment than they have ever been in history. Music fosters living in the present moment and serves these moments through performance, music instruction and solitary practice.”

She advises students pursuing music to truly love what they do and work hard to improve and evolve what they offer, whether performing or teaching.

“Having her at APSU has been exhilarating,” said music professor Lisa Wolyneec. “Larson has such a dynamic personality and has been so inspiring as she has worked with students.” *TAS*

Campus Crime Log			
Date	Time	Crime	Location
April 21	10:12 p.m.	Property Theft	Sevier Hall
April 20	10:40 p.m.	Simple Possession	Castle Heights
April 20	1:10 p.m.	Property Theft	Sevier/Blount Lot
April 19	11:17 p.m.	Vandalism	Governor’s Terrace North
April 16	1:40 a.m.	Vandalism	Parham Lot

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## Technology harms college students’ intelligence

» By **COURTNEY DIGGS**  
Staff writer

Without search engines, most students would be lost when it comes to school assignments.

With so much information available at the click of a mouse, college students are defeating the purpose of research and ultimately damaging their intelligence?

Search engines such as Google, Yahoo, Bing and others give college students immediate answers to all their questions. These multibillion-dollar companies thrive off students from grade school to college who cram last-minute to produce a well thought-out paper or ace exams.

When students cram last-minute, are their brains really taking in the assignment, or is this stunting intellectual growth?

Google, with over 1.17 billion users, has pushed the boundaries when it comes to search engines. The phrase “Google” was added to the Merriam-Webster dictionary as a verb, describing how consumers use the search engine. With it being legitimate enough to add it to the dictionaries, it’s obvious society is transforming.

In modern day, children and young adults have never had to go to a library, pull a physical book off the shelf and actually use its content. With instant gratification, students don’t truly appreciate the lesson taught.

Teachers hand out the assignments and students merely Google the topic, which often reveals someone else’s opinion instead of facts. How are students supposed to gain knowledge without forming their own ideas?

Research assignments that require book references and scholarly articles up the ante when it comes to intellectual advancement.

Going to the library and using books for references requires students to use many different resources, which broadens their knowledge.

Young adults don’t have to “work” for their work; the Internet is their playground where they rarely get tired of playing. They can access everything by asking the Internet a simple question.

Even if the Internet is a better outlet for research, there are ways

of going about it other than typing it into Google.

Most libraries give students rights to many different advanced search engines and databases, which allow a refined search on their topic. These results are written by credible scholarly sources, unlike basic search engines that are open to the public.

Technology has progressed greatly over the past 20 years and only continues to grow.

With the development of smartphones, tablets and other electronic devices, we have an even bigger outlet for answers.

Not only is it easier to write research papers, but it is also easier to cheat.

When a teacher hands out study guides for tests, all the student must do is apply the question into

a search engine, and the answer is sometimes the first link. When the answer is this attainable, it doesn’t allow the proper work needed to learn.

Students simply copy verbatim and don’t digest the material needed to pass, and with the advancement of smartphones, watches and tablets, students can get answers anywhere in and out of the classroom.

Excuses can be made that workloads are too heavy, and with the use of quick technological devices, answers can be achieved at rapid rates, which leaves more time to do other activities.

Another big downside to technology is social media, which

greatly interferes with students and their studies.

Some young adults aren’t nearly as interested in their assignments as they are interested in their blogs and social pages.

When students are in the middle of a big paper or studying for a major exam, they usually have several pages open, going back and forth between research and goofing off on social media.

Facebook and Tumblr take up infinitely more time than actual studying.

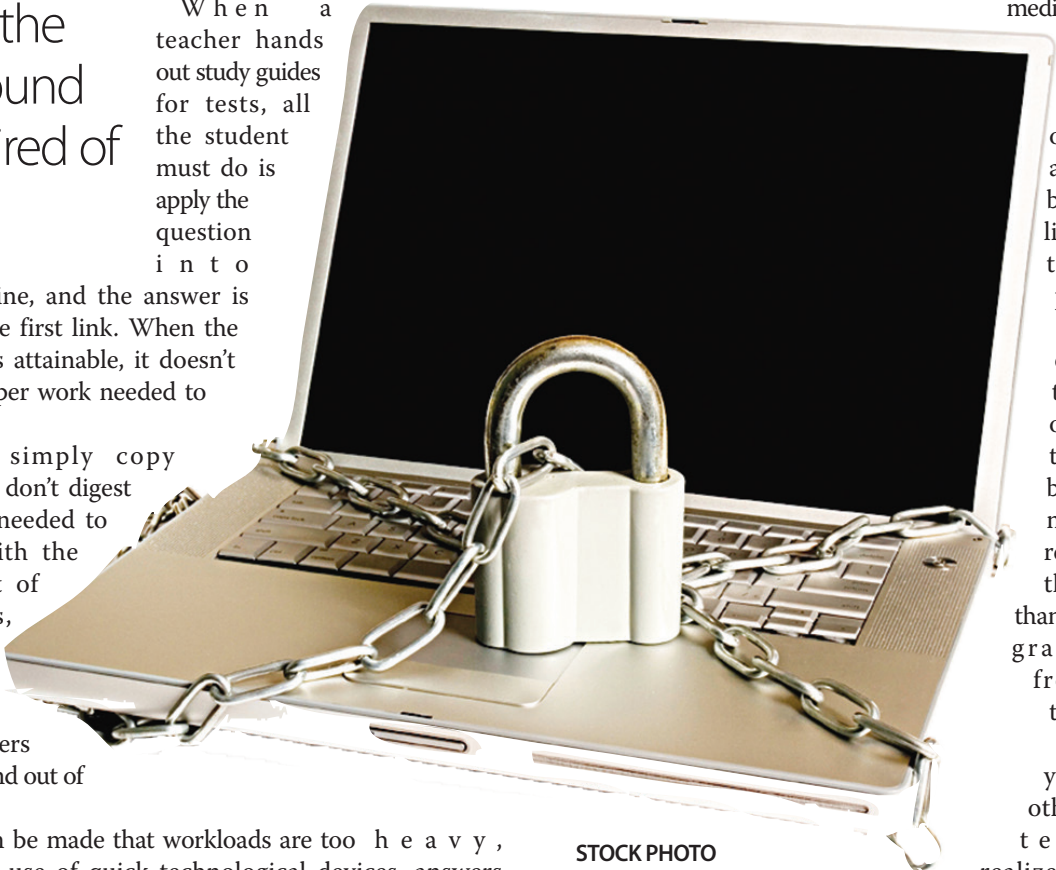
All these websites and apps take away from time that could be spent learning.

Not only are students spending less time studying, but the

content on these social media sites also do nothing.

Using other outlets such as library books, librarians or talking to people who may have experienced the research or test topic can be infinitely more rewarding to the intellect than the instant gratification from quick technology.

When you use other outlets, teachers realize the extra work and are more willing to grade higher. Before reaching for an iPhone, think about the more satisfying reward of studying from a different outlet. **TAS**



STOCK PHOTO

## Students should wait until after college to have kids



» By **ALAINA DAVIS**  
Staff Writer

Planning to have kids while in college will not allow you proper time for a baby or a career.

Babies are cute, and starting a family is a dream for many, but having a child could be a distraction from the stress of college. It is better to wait.

Starting a family while in college can cause a decrease in academic performance and enthusiasm to obtain internships and jobs.

Having a baby can also cause guilt for the parent going to college, because it puts the parent in a predicament of devoting more time to schoolwork and less time to the child.

College is already a difficult stage of life, with grades, internships and finding your identity.

College is not a place to attend classes and be done with schoolwork when you leave the classroom. Most of life’s advances and career opportunities happen outside of the classroom with volunteer work, internships and social events.

“Try not to have kids while in college,” said senior communication major Melissa Arrington. “If you live your life first, it’s going to make you more capable of raising your child. It’s going to give you more experience, if you wait to have a kid, that your child can draw off of. If you have kids while you are still a kid before you have lived your life, you aren’t going to be as prepared.”

The most important developmental stages in life are from birth to 6 months. Infants need a lot of attention. If college students want to have kids, they should be prepared to cut out most of their social life as well as cut down on time devoted to school.

Those first few months are the most important, and babies need the undivided attention of their parents.

“When you are not actively there with your child all the time because you are working towards your degree, it affects the child’s development,” said junior English major Deidra Sloss.

Babies can cause some really big spending changes; they are almost as expensive as college. According to the Parenting website, within the first year of raising a child, parents spend \$12,500 on the baby. By having a kid while in college, parents are more prone to being financially stressed.

“Having a child while in college can be extremely stressful for the parent and the child, but when you have good resources, it is better,” said sophomore communications major Maya Brown. “There is a daycare on campus. APSU also offers online classes to make it easier for parents.”

Fortunately, child care centers are becoming more and more available at universities around the country, including right here at APSU, that allow parents to go to school and know their kids are in a day care facility nearby.

Growing a family is a part of life, but so are other career and life goals. Finish your dreams before you start the dreams of your little ones. It will help you inspire your kids to grow up and become as successful as you are, because you focused on you first.

“I don’t see any benefits to having kids while in college,” said senior social work major Dennis Dulmage. “Being a father of three, I am glad I didn’t try to go to college while they were still in the house. I got to focus on them while they were there, and now I can focus on my degree.”

Focus on yourself right now and take this time for you so you can watch your kids grow and be there for them in their years of schooling.

It will be a much happier experience for both you and your kid if you wait to have kids until after you are done with the stress of college. **TAS**

STOCK PHOTO





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Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally

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- Load  
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Ride
- Robbery  
Set  
Station  
Tickets
- Timetable  
Wreck  
Yard

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

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ACROSS

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12 Eggs  
13 Scent  
14 Rage  
15 Quasi-modo's workplace  
17 Shelter, at sea  
18 Flightless bird  
19 Kevin of "SNL" fame  
21 They give one pause  
24 Faucet problem  
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26 Siesta  
28 Skier's hill  
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36 Lifts to test the weight  
38 Thanksgiving veggie  
40 Adam's mate  
41 Meadows  
43 Went sightseeing  
45 Ink stain, e.g.

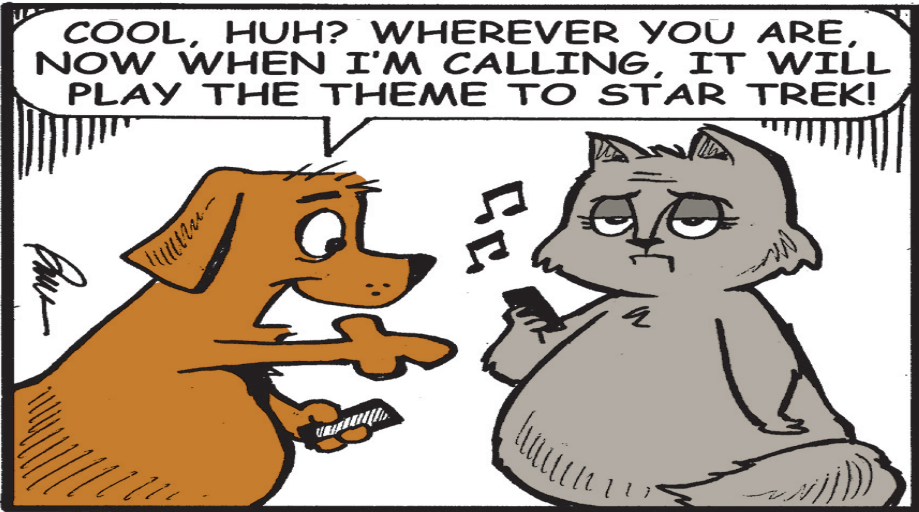
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48				49		50				51	52	53
54				55						56		
57				58						59		

- 47 "— Impossible"  
48 Depressed  
49 Bath  
54 Candle count  
55 Obliterate  
56 Hockey surface  
57 That woman  
58 Parking lot device  
59 Deity  
alter ego  
5 Stirring  
6 Boar's mate  
7 Make corrections  
8 "— go first"  
9 Energetic determination  
10 Sandwich cookie  
11 Acute  
16 Moon vehicle  
20 Has a bug  
21 Moolah  
22 Reed instrument  
23 How pilgrims progressed?  
27 Remuneration  
29 Macadamize  
30 Watched  
32 Undo a dele  
34 "The Piano Lesson" painter  
37 Tribal chief  
39 Mom  
42 Coastline  
44 Gls' entertainment grp.  
45 Mediocre  
46 Theater box  
50 Tit for —  
51 Peruke  
52 Environmentally friendly  
53 Stop signal

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Just Like Cats & Dogs

by Dave T. Phipps



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Weekly SUDOKU

by Linda Thistle

3					2		5	
	6			5				8
		8	4			1		
		6		1				9
5			3			6		
	1				4		7	
		4			8	2		
	2		9					1
7				6			3	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

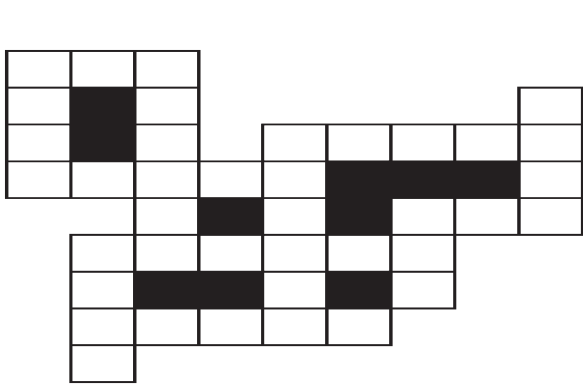
DIFFICULTY THIS WEEK: ★★ ★

- ★ Moderate ★★ Challenging  
★★★ HOO BOY!

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FEAR KNOT

By: rj johnson



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- RYD  
SHMUTY  
PLYHM  
SEAB  
AIEMAN  
♥ BDA  
♥ RYTA  
♥ RAIAT  
♥ EYB  
ENOYAM  
♥ HEEST  
♥ ULDA

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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ABOUT THE ALL STATE

The All State is published every Wednesday of the academic year, except during final exams and holidays.

Letters to The Editor should include author's full name, email and phone number, plus major and class, if applicable. Letters will be checked for authenticity and should

be received no later than 4 p.m. on Friday to be considered for publication. Letters may be edited for clarity and content, and should not exceed 300 words.

The All State's mission is to publish timely and pertinent news for the Austin Peay State University community. It serves as a voice for the

students and is entirely managed and produced by APSU students.

The All State is not an official publication of Austin Peay State University. The views herein do not necessarily reflect those of The All State, APSU or the Tennessee Board of Regents.

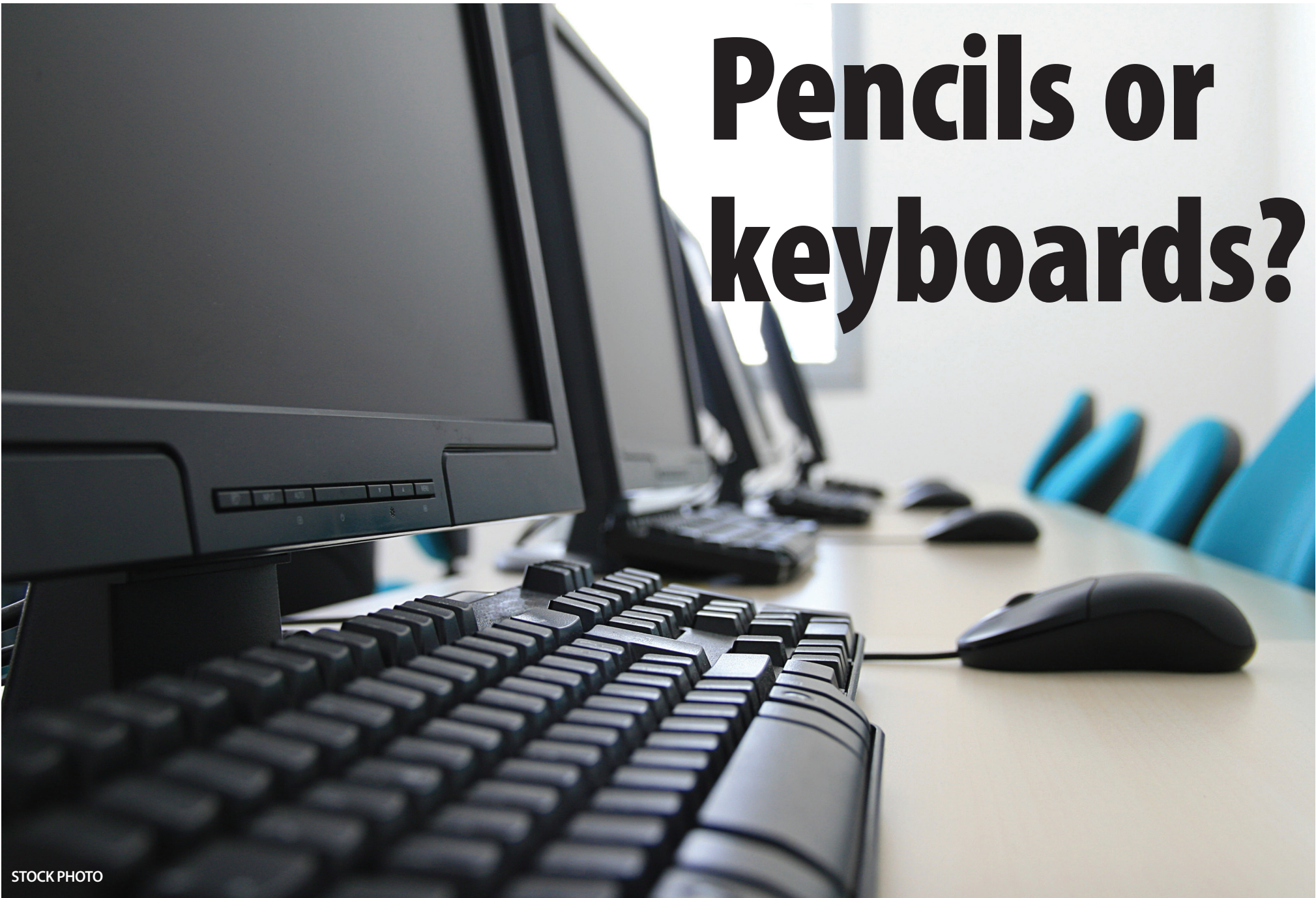


The All State's Finals Week

# SURVIVAL GUIDE







STOCK PHOTO

## Obstacles, pitfalls, tips for conquering final exams both in the classroom and online

» **By BRANDY WALLS**  
Contributing Writer

Finals week can be a stressful time for many college students. “Clicking pens, tapping feet and ticking clocks are all you hear, drowning out all of the material you studied last night,” said graduate Kerry Hyder on the chaotic finals week environment in campus classrooms. But imagine having extra study time before you have to start your final exam. Imagine all your study material is in front of you and you’re reclining in your comfy bed in the quietness of your room: Welcome to the attractive side of online education. The luxuries may be misleading, however. Online students face a series of obstacles before exams. Time, the element that can sometimes be an online student’s biggest advantage, can also be the biggest disadvantage if students don’t use it sensibly. There are no class meetings; you make your schedule, and specific deadlines do not account for technological issues, not to mention many other issues exist that only the student can control. In fact, many students who take classes in a physical classroom have the same problems with tests and assignments as those taking online classes. “Even though I don’t take online classes, my class only meets once a week and receives that week’s assignments,” said nontraditional pharmacy student Holly Johnson. “When it comes time for an exam, your readiness depends on how you’ve organized your time.” So how does a student like Johnson utilize different strategies to successfully prepare for and execute an exam? Some studies have revealed a few important facts that may give students more confidence to take their exams. “Technology affords the opportunity to find effective methods of learner-centered evaluation, to encourage students to become more deeply involved in learning

“ Even though I don’t take online classes, my class only meets once a week and receives that week’s assignments. When it comes time for an exam, your readiness depends on how you’ve organized your time.” — **Holly Johnson, nontraditional pharmacy student**

experiences and to become more self-regulated and persistent learners within the realities of a system where grades still count,” said Katherine Greenberg, one of two researchers in “Online Testing vs. Traditional Testing: Two UT Studies.” Greenburg’s research suggests students immersing themselves in the material can enable them to persistently achieve success in them exams. Among other factors mentioned in the study are the factors of time and organization, two recurring themes in online education. There are no traditional class meetings. It is up to individual students to decide which days they should focus on different aspects of the material. Students must make time for all aspects of the learning environment, including reading required material, taking notes, studying lectures and studying for the exam. This could mean setting a goal to study and take notes for two chapters a day all week until all material is covered. Strict organization can facilitate the easy digestion of material. It may also help students to understand organization from a professor’s point of view. Environmental science Professor Daniel C. Hyder of Roane State Community College recently taught his first online class. When asked about the level of organization required of students in his online class compared to his on-campus class, Hyder said, “I wish students who didn’t have the dedication would just not even sign up for an online course. It’s one thing for these types of students to drag themselves to class every other day and something completely different to focus their attention to a virtual environment. Of course I want them to succeed, but I can’t force them to try.” If students do not feel ready to tackle an online exam yet, that’s okay. It’s natural to get the jitters before an exam, whether the test is being taken in a classroom or online. Much of the time, the best way to feel prepared is to properly digest the material in an organized, timely manner. Students who achieve this can typically expect success. **TAS**

## Energy drinks harm more than help

» **By SARAH ESKILDSON**  
Staff Writer

With finals just around the corner, studying in the early hours of the morning will cause many college students to consume energy drinks such as Monster or Rockstar. As helpful as the beverage maybe for getting work done, energy drinks can be harmful and should not be ingested all the time. False labeling, negative side effects and even some instances of death have all been linked to energy drinks. Energy drinks are known for their ability to immediately boost a person’s energy level with high amounts of caffeine and sugar. The other main ingredients in energy beverages include taurine, glucuronolactone and guarana. Sophomore mathematics major Ryan Honea said he finds energy drinks to be incredibly harmful. “Coffee has 200 milligrams of caffeine versus an energy drink holding only 70 milligrams, but energy drinks have more sugar than your average piece of cake and an overdose of B12,” Honea said. “Basically, why not drink coffee?” False labeling is also a big concern to many who now question if energy drinks are actually safe to drink. *The Huffington Post* claims that because energy drinks

often contain plant and herbal extracts in addition to caffeine, they can choose to label themselves as dietary supplements and are not regulated or evaluated for safety by the Food and Drug Administration. Energy drink companies can get away with not revealing how much caffeine each drink contains. Not knowing the amount of each ingredient in the beverage they consume puts the consumers at risk. Just one 16-ounce can of some of these drinks can cause unfavorable side effects. Some can cause high blood pressure, chest pain, dehydration and a fast, irregular heartbeat, in certain cases. “Extreme moderation or elimination of energy drinks from your diet is sensible health management to prevent illness,” said medical professional Kim Dennison. Energy drinks have also been associated with some deaths. According to adverse event reports, since 2004, a total of 34 deaths have been linked to energy drinks. Many teenagers and young adults do not pay attention to the damaging effects of drinking an outrageous volume of these drinks and end up effectively overdosing, which can cause the heart to fluctuate or even stop. “These new reports of deaths raise



STOCK PHOTO

the level of concern about the adverse effects of energy drinks,” said Stacy Fisher, complex heart disease expert at University of Maryland Medical Center. Consuming energy drinks to stay awake or receive an energy boost is harmful to an individual’s health and should be avoided. Instead of being tempted into drinking a Monster or 5-hour Energy, one should consume a cup of coffee or get an adequate amount of sleep the night before. Researchers from Action on Sugar, a group of specialists concerned with sugar and its effect on health, argue the body can generate energy from normal foods such as fruits, vegetables and pasta. They insist there is no need for additional sugar. As late-night studying increases in the last week of classes, one should consider healthier alternatives to obtaining energy and caffeine. Energy drinks may seem like the quick fix, but in the long run, the toxic substance will damage health. **TAS**





## Student shares tricks for relaxing, overcoming final exam stress

» **By SHAWN FULLER**  
Contributing Writer

The Billy Dunlop Park is a great place to get away and clear your mind while studying for final exams.

Taking finals is a stressful time for all students, so finding time to relax and let your mind decompress is vital to one's success and overall health.

The website 11 Proven Benefits of Outdoor Learning compiled a list of benefits that students can gain from studying outdoors instead of in a traditional academic environment like a dorm or library.

Achieving high marks on any final exam is always a difficult goal, but were you aware cramming, studying intensively and adding stress can cause physical health problems for students?

Fatigue and other factors, such as overall poor diet and momentarily forgetting to eat while studying, can lead to much of the information studied being forgotten by test time.

The mind is like a sponge; however, it can only hold so much before it is full. Just like muscles in the body, the mind has to rest before its next workout.

Students Lisa Helfrick and Cassie Creighton occasionally spend time at the Billy Dunlop Park, and when asked, said they though it was a good place to escape the chaos of exam week and study.

"The Park is peaceful and calming," Helfrick said. "Especially the Billy Dunlop Park,

being located away from major roads and high-traffic areas."

Creighton said she also thought the park was a good place to get some work done. "There are several sitting areas, a nature walk and a large lawn space, so everyone who comes to the park can find their own space to study and relax," Creighton said.

James Fuller said that he finds the park as a stress reliever. I can sit by the creek and listen to the water while I read and I can feel my tension and stress levels going down. Normally, I come to the park with friends because we like to bounce questions off of each other and once we start getting tired or overwhelmed, we go jogging, play Frisbee, or walk the nature trail. Getting up and moving around, especially in the sun, recharges me with energy and then I am ready to go back to reading or working on projects. Coming to this park, just makes it easier to enjoy the outdoors and get some studying in too.

Taking your books to the park is a great alternative to traditional studying in a library. Better grades, better health, decreased stress levels, increased motivation, better attitudes, enhanced communications, and improved memory have all been cited as potential benefits while studying outdoors. ("11 Proven Benefits of Outdoor Learning," 2015). Natural sunlight helps the body with energy and metabolism of vitamin D. Adding a break to your studying can be just the thing to revitalize your mind and body. Physical activity gets your blood moving throughout the body creating a new found focus on studying tasks, all while enjoying a relaxing day at the park. The next time you find yourself stressing over finals... Make it a day in the park, your mind and body will thank you for it. *TAS*

## Keeping cool, calm crucial for finals

» **By LINDA SAPP**  
Former Staff Writer

We all create our own stress.

Some lose their perspective and, instead of thinking in positively, begin to set up mind traps instead of adopting healthier lifestyles.

Many students enter final exams thinking, "If I don't get an A on this exam, I might fail the course."

Then the anxiety builds up, and making a lower grade becomes more likely due to the additional stress.

Teresa Prendes-Walls, counseling psychologist at Student Counseling Services, called this process "catastrophizing."

Prendes-Walls said she believes students should be realistic and change the way they think.

"Eat well, get more sleep, be around friends and get out of your room,"

Prendes-Walls said.

She shared her view of other things all students can do, such as going for walks, taking breaks, studying with friends, designing a schedule and getting exercise.

Exercise can sometimes be blamed for causing tiredness, but this is the opposite of what exercise can do for people.

When people walk or participate in sports or any other exercise, the heart rate and metabolic rate increase to release endorphins in the brain. Many people who exercise regularly report feeling a sense of euphoria and calmness, which helps focus and general well-being.

Exercise does not always make people feel tired in the long run.

It is important to know what causes stress — then it is easier to determine what helps and what doesn't.

At this point, students can develop a personal plan to reduce the stress.

During finals, students need to take care of their bodies.

If a student starts to worry about exams, it is important to breathe deeply and slowly.

Take time to enjoy a daydream about the things that are enjoyable and refocus back on the exam and how well it will go. Choose to focus on positives instead of negatives.

During finals, there are always distractions both on and off campus. Learn to say "no" to others if you start doing more for them than your time allows. Don't be afraid to put

yourself first.

Students can benefit by doing things at which they excel and making a list of their strengths. If you have health problems, don't ignore the symptoms, because that may only lead to more stress.

If all else fails, seek assistance from a professional if you are unable to deal with the stress level. Student Counseling Services is available for students experiencing all manner of problems, including school-related stress.

Stress is a normal part of life, but the true secret to dealing with stress is learning how to manage it.

Some stress can be beneficial, but too much stress is where problems appear. Never ignore stress; rather, learn how to deal with it.

Good luck with finals, and take care of yourselves. *TAS*



# How to survive Finals Week

» By **MARINA HEAD**  
Assistant Perspectives Editor

The end of the semester can be an incredibly stressful time. Here are some ways to ease your heavy load, caffeine-aided and not.

Managing your time is a skill that will help you through your entire life. A way to get better at this is to make a schedule to help prioritize assignments and study time. Making lists of all of your assignments and other things you may have to do is also more beneficial than freaking out and pulling an all-nighter in the library because you forgot.

“With all the assignments and exams coming up as well as busy holidays, if you don’t plan accordingly and if you don’t achieve some level of self discipline, finals week will be a week of misery,”said sophomore business major Tabitha Montague.

Another thing that comes with managing your time correctly is being able to spend the rest of it sleeping. Sleep has an incredible impact on everything you do, from how you interact with others to how you handle stress. Do yourself a favor and get more than just a couple of hours of sleep every night, especially before exam days.

Eating healthy is something you should do all year, but it is especially important at the end of the semester to combat stress and to boost energy. The best “brain foods” according to WebMD, are blueberries, salmon, nuts, seeds, avocado, whole grains, beans, pomegranate juice and freshly brewed tea.

Healthy eating is also a good way to combat emotional eating, which is “a situation that can result in eating too much, too little or an excess of high-calorie, sweet, fatty foods,” said Health and Human Performance professor Anne Black.

“Planning ahead,” as well as “keeping a food diary” and participating in “moderate physical activity can help,” Black said.

Along with eating healthy, an effective stress reliever is exercise. Exercise can lift stress, treat depression, improve learning, build self-esteem and keep the brain fit.

APSU offers many group exercise opportunities throughout the week and on weekends. During a study break, fitting in a Zumba class, yoga class or a quick run can be beneficial in multiple ways.

Coffee from Starbucks isn’t a proper replacement for rest, but it can be beneficial in assisting with concentration. When you hunker down to study, it may be wise to have a cup of coffee or tea with you. This can help you keep from drifting off while studying for that class that you regret signing up for.

“The secret to success is the proper balance between espresso shots, lack of sleep and crying time,” said Casey Leffel, a senior physics major and employee at APSU’s Starbucks.

Even with concentration and caffeine, breaks are important. When you hit that point where nothing is making sense and you want to bang your head on the wall, take a walk or watch a few videos on YouTube. When you come back, it will all make more sense.

Corny as it sounds, the most important thing of all for survival during finals is friendship. There are many things you can do with a helping hand that you can’t do alone.

Studying with a friend can help you retain information better, and there’s nothing more important for finishing projects than an extra set of eyes.

The end of the semester may seem like a frightening time, but we’re all in the same boat.

The person next to you is going through a similar experience. Chances are, they might even have a little bit of advice or an ear to lend. Don’t just suffer silently and alone when you can suffer together.

Now all you need to do is buckle down and get to it so you can start all over next semester. **TAS**

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## Editors of *The All State* reflect on graduating

### Jennifer Smith

#### EDITOR-IN-CHIEF

If I had to sum up my past three years of working for *The All State* with just one word, I would probably say “invaluable” covers it all pretty well.

When I walked into the Student Publications office at the beginning of the fall 2012 semester as a copy editor, I had no way of knowing, nor would I have ever guessed, that I would be walking out in spring 2015 as editor-in-chief.

My time spent here has provided me with a plethora of experiences I will undoubtedly carry with me into the post-grad, grown-up world.

Other than the obvious benefits and opportunities provided to me through this department, I have had the pleasure of learning from and befriending some of the most incredible people I will ever know, including some of our readers. I think I can speak on behalf of everyone at *TAS* when I say I can never thank our audience enough for providing us with the privilege of serving you, because, without you, we wouldn’t exist.

I owe so much to this department and this publication. *TAS* served as a beacon of light guiding me through the chaotic abyss known as college.



TAYLOR SLIFKO | ASSISTANT PHOTO EDITOR

I hope the time I’ve dedicated, the amount of work I’ve put in and the endless adoration I have for this newspaper can somehow repay at least a small fraction of that debt.

Student Publications and *TAS* didn’t only provide me with copious journalism and leadership experience and countless, remarkable professional opportunities. They gave me a home and an amazing family that I will never be able to forget nor repay for three years’ worth of unconditional kindness, acceptance and love. **TAS**

### Conor Scruton



TAYLOR SLIFKO | ASSISTANT PHOTO EDITOR

#### MANAGING EDITOR

I had no great aspirations for my career as a college journalist when I first came down to the Student Publications office almost four years ago.

In truth, I was a music major at the time, but I had grown up spending most of my time reading or writing one thing or another, so I applied for a job as a staff writer with *The All State* to satisfy that need.

I had no way of knowing how huge a part of my life *TAS* would become

in the following four years. But in my experience, nothing in my life has turned out exactly as I envisioned, and in this case, I couldn’t possibly be happier.

*TAS* put me in contact with some of the best people I’ve known at APSU. I’ve had the chance to work alongside some of the best editors this longstanding newspaper has ever seen. *TAS* helped me grow academically, and the skills I gained here have assisted me time and time again as an English major and member of the Creative Writing Club. *TAS* and the people who work here, in many ways, are the reason I made it through college.

At this point, the newspaper is such a part of who I am that I’m sure I can’t know the full effect it’s had on me. What I do know is that Student Publications has brought me more happiness, excitement and pride than almost anything else in my undergraduate experience.

To all the readers who keep us going week in and week out — especially those who still remember “Conor’s Travels” — and to all the amazing people with whom I’ve grown close because of *TAS*: Thank you, much love, and I’m sure we’ll see each other again before too long. **TAS**

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## EVENTS

Wednesday,  
April 29

Last Day of  
Classes

Thursday,  
April 30

Study Day

The Final  
Countdown,  
10 a.m. -  
2 p.m.,  
Intramural  
Field

Alpha Lambda  
Delta's Dog  
Days,  
Noon - 2 p.m.,  
Dunn Bowl

Department  
of Language  
and Literature  
Picnic for  
majors and  
minors,  
1 - 3 p.m.,  
Front lawn of  
Harned Hall

Military  
Student  
Center End  
of Term  
Celebration,  
11 a.m. -  
1 p.m.,  
MUC 120

Govs  
Programming  
Council Let's  
Glow Peay,  
7 - 10 p.m.,  
MUC Ballroom

Friday,  
May 1

Final exams  
begin

Thursday,  
May 7

Final exams  
end

Friday,  
May 8

Graduation  
ceremony,  
Dunn Center,  
9 a.m. - 2 p.m.

To submit on- or off-  
campus events for  
future Community  
Calendars, email  
allstatefeatures@  
apsu.edu.

# Get your summer on

Top 5 summer activities in Tenn. for students, community

## Enjoy Your Summer

Graphic by TAYLOR SLIFKO | ASSISTANT  
PHOTO EDITOR

» **By ELENA SPRADLIN**  
Staff Writer

Memphis in May, Bonnaroo and the Independence Day fireworks display in Nashville are heavy-hitting summer events in Tennessee. But these lesser-known events are for the nontraditional who think they've already seen and done it all.

### 1. Kuumba Festival in Knoxville, June 25 - 28

The Kuumba Festival is a four-day showcase of local African-American artists in the Knoxville community. The festival is used as a platform for African-American Appalachian Arts Inc. to reach out to the Knoxville community through arts and activities.

The calendar of events is yet to be posted on their website, but live entertainment, a "world-class African Marketplace" and a wide array of art will be available for viewing and purchasing. There will be no admittance fee.

### 2. Smoke on the River: Backyard Barbecue Cook-Off and Arts Festival in Clifton, May 23

Located 106 miles from Clarksville is Clifton, home of the Smoke on the River Backyard Barbecue Cook-Off and Arts Festival. This is essentially Clifton's answer to Memphis in May. This is the festival's sixth year, and it promises to have a wide variety of vendors, entertainment and barbecue.

This event doesn't have its own website or Facebook page, but updates will be posted on the City of Clifton's Facebook page. Go to 142 Main Street, Clifton on Saturday, May 23, and see what

happens. No matter what, patrons will have a story to tell.

### 3. Fun with Fido in Clarksville, May 16, June 13, Aug. 8 and Oct. 3

Fun with Fido is a series of dog-related events held at different locations and with a different theme. The event on May 16, will be held at Heritage Bark Park from 1 to 4 p.m. and will feature contests, prizes and "dog-related vendors" with free admission. Fun with Fido will continue in Clarksville's Downtown Market on Public Square from 8 a.m. to 1 p.m. and will host vendors and craft stations.

The third Fun with Fido day will be held on Aug. 8, at the Swan Lake Pool from 1 to 4 p.m. Dog owners can allow up to two dogs to swim in the pool during the Pooch Pool Party for a \$3 fee. Owners can't swim with the dogs, but they can browse the vendors from dog-related businesses and organizations at the event, participate in games and win prizes. The last day of Fun with Fido, Oct. 3, will be held in King's Run Bark Park at Liberty Park from 1 to 4 p.m. and will feature vendors as well as a "Howl-a-ween costume contest." Admission will be free.

### 4. Wine Down Wednesday - Nashville Improv, May 27

Nashville Improv at the Natchez Hills Winery at Fontanel will be hosting a monthly event called "Wine Down Wednesday" beginning in May. Wine Down Wednesdays will be held on the fourth Wednesday of every month from 6 to 9 p.m. Wine will be 10 percent off by the bottle during these

hours, and the Nashville Improv team will perform a show from 7 to 8:30 p.m. Tickets are available through [www.nashvilleimprov.com](http://www.nashvilleimprov.com) or by calling 615-544-5386.

### 5. Eleventh Annual Clarksville Writers Conference, June 4-5

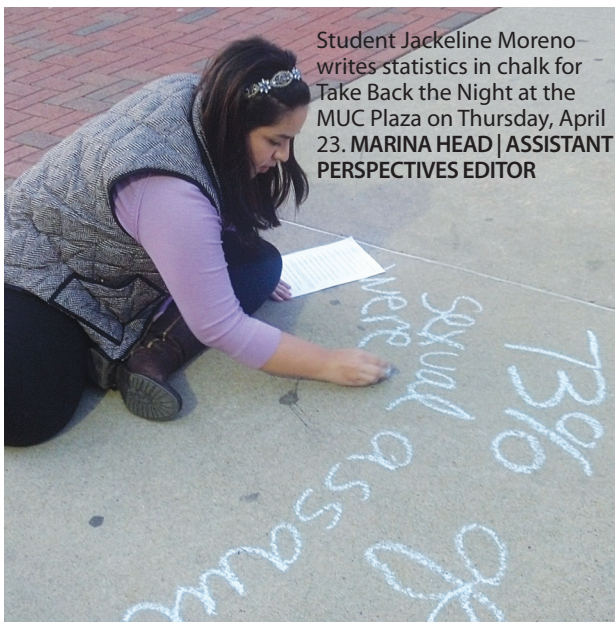
For the eleventh year in a row, the Clarksville Arts and Heritage Development Council will partner with APSU for a two-day writers' conference. APSU professor Barry Kitterman will be among the speakers, along with Amy Greene, E.W. Brooks and Nick Allen Brown.

The two-day conference will be packed with workshops, presentations, speakers and appointments with literary agent Ken Sherman. Registration for the two days, including the banquet and lunches, is \$225.

Registration for the two days of workshops could be up to \$190 to 200, one full day of workshops and presentations is \$100 to \$110 including lunch, and registration for the banquet, which includes dinner and the "Meet the Authors" reception and book signing, is \$50 to \$60. More information can be found at [www.artsandheritage.us](http://www.artsandheritage.us).

Other events worth mentioning are the Rally on the Cumberland Canoe and Kayak Race, Warrior Week Concert and Car, Truck and Bike Show, Run for C.O.P.S. 5k, Liberty Live Summer Concert Series, Yoga in the Park and Movies in the Park nights, all happening this summer in Clarksville. To find more information on events happening in Clarksville this summer, visit [www.cityofclarksville.com](http://www.cityofclarksville.com). **TAS**

# Take Back the Night protests sexual violence



Student Jackeline Moreno writes statistics in chalk for Take Back the Night at the MUC Plaza on Thursday, April 23. **MARINA HEAD | ASSISTANT PERSPECTIVES EDITOR**



» **By MARINA HEAD**  
Assistant Perspectives Editor

A band of activists took to campus to protest sexual assault, chanting and writing chalk messages in the quad to spread their message on Thursday, April 23, from 5 to 9 p.m.

Members of the Feminist Majority Leadership Alliance held the protest to join an international event called Take Back the Night, which is held in more than 30 countries.

"Take Back the Night is an event that FMLA holds every year, taking back the night because that is when most rapes happen, during nighttime," said Jackeline Moreno, who is in charge of FMLA's treasury and public relations.

The activists met in the MUC Plaza and wrote statistics about sexual assault in chalk on the ground such as, "From 1995-2010, 9 percent of rape and sexual assault victims were male," and "93 percent of juvenile sexual assault victims know their attacker." The statistics came from the website of the anti-assault organization Rape Abuse and Incest National Network.

After writing these messages, the members of FMLA read them from a microphone so passersby could hear. A few stopped to listen to the message, and one person volunteered to write chalk statistics.

When the 30 statistics had been read, FMLA member Samantha Kolyer read "My Short Skirt" from "Vagina Monologues," a play that tells women's stories in a blunt, unapologetic fashion.

Finally, the activists took up their signs,

adorned with messages like "No one deserves to be violated" and "Give back my innocence." They made a circuit of campus, going to the intersection of University Avenue and College Street while chanting phrases like, "Two, four, six, eight, no more violence, no more hate," and

“93 percent of juvenile sexual assault victims know their attacker.”

“Women unite; take back the night.”

Horns honked as the group walked along College Street, and some bystanders joined the crew.

One curious six-year-old convinced her mother to join them at least for a little bit. When asked why she wanted to join, the girl said, "Cause it sounds fun."

The group passed the dorms, where students peered through the windows to watch, and paused again before the Foy Fitness Center. The general reaction from outsiders was curiosity.

Many asked questions, wondering what the group was protesting, and some gave thumbs up.

The protestors finished their circuit around 9 p.m. and ended up back at the MUC. They parted ways with a promise to take the night back again next year. **TAS**