

# The All State

CLARKSVILLE, TENNESSEE, FEBRUARY 19, 2003

VOLUME 74, NUMBER 22



• Serving the APSU Community since 1929 •

## SGA offers programs, addresses budget

By JAY TRAUB  
Staff Writer

Austin Peay State University will host the Collegiate Leadership Summit this year.

Student life and leadership will sponsor 20 students for the event. Additional openings for Student Government Association senators will be available, said Blanche Wilson, the director of student life and leadership.

"It (Collegiate Leadership Summit) was a very good program," said SGA vice president Jonathan Jeans.

The announcement was made during the Feb. 12, SGA meeting.

The program committee also reported that they now have funding for the Tearing Down the Wall project, and that Wilson and Jennifer Meningall, vice president of student affairs, were behind the program.

Construction on the wall will begin around the last week of March, and the programs for the event will run from March 31 to April 4.

Around 400 cinder bricks are planned to be used as the materials for the wall.

The wall itself will stand 10 feet tall and 35 feet long.

Last month SGA committed to the Tearing Down the Wall project.

The goal of the project is to create awareness of racism and other hateful and hurtful problems of society and to promote unity.

People will have the chance to write down words or phrases that have offended them or others on the wall and at the end of the project the wall is torn down to symbolize the breaking of these barriers of society.

Meningall was also on hand at the SGA meeting to answer any other questions the senate might have about the budget cuts. \$1.3 million still needs to go from next year's budget.

"I do not think you will see any dramatic changes this year," Meningall said. "Next year is different."

Meningall also explained that tuition is not entirely controlled by the University so APSU can not raise tuition to help with the budget cuts.

If any tuition increase is to happen it will come from the Tennessee Board of Regents and the legislature.

A debt service fee increase would not help either because its funds could only go to certain projects, not the tuition, faculty or other things the budget cuts will affect.

When it comes to cutting funds from programs and departments, accreditation is looked at.

If a department can not keep its accreditation from a loss of budget, then that department will probably not face any budget cuts.

"We have to figure out how to retain or improve quality and cut the budget down," Meningall said.

## West Nile program relieves worry

By JAY TRAUB  
Staff Writer

Clarksville's Warioto

chapter of the National Audubon Society recently educated the students of Austin Peay State University

and the community of Clarksville about the West Nile Virus. Sponsors of the program

were APSU, Gateway Health Systems, the Montgomery County Health Department and Doctor's Care.

The West Nile Virus, found in New York in August 1999, has now spread to 44 states across the nation, including Tennessee.

Nationwide there have been 4,007 reported cases of the West Nile Virus 236 of the cases have resulted in death. Fifty-three of those cases have been reported in Tennessee, seven of which have resulted in death.

"By September we knew the virus had spread entirely through the state," said the Tennessee State Public Health Veterinarian, Gary Swinger.

The virus has much in common with a virus found in Israel in 1998 and is of the family Flaviviridae. Other related viruses include Dengue and Yellow Fever viruses.

The virus is an arbovirus, which means it is arthropod born, since it is spread primarily by mosquitoes.

It can kill birds and

mammals, including people, by meningoencephalitis.

Though it is a potentially fatal virus for some, 80 percent of those exposed do not get sick, and 20 percent get a mild sickness.

One in 150 of those who get mildly sick develop a severe illness and death occurs in 15 percent of those. Its early symptoms are flu-like and include fever, headache, vomiting, fatigue and muscle aches.

In its severe form it can cause confusion, difficulty walking or paralysis from encephalitis.

It usually occurs over the spring, summer and fall when mosquitoes spawn. People over 50 face the most significant risk factors.

Though the virus is a permanent part of the United States now, most people will probably develop immunity to the virus as time progresses.

The program also lectured on the virus carrier, mosquitoes, and how to avoid them.

"There are approximately 52 mosquito species found in

Tennessee," said Medical Entomologist, Kristy Gottfried. "Some species just feed on birds."

Gottfried said the best way to avoid mosquitoes is to eliminate the stagnant water in which they spawn.

Water left outside in tires, wheelbarrows, tarps and many other places make ideal locations for mosquitoes to lay their eggs.

During the summer when temperatures are warmer, the mosquitoes can develop seven days after they hatch.

Other ways to avoid mosquitoes include using repellents containing Deet or to stay indoors during the night when mosquitoes are out in the greatest numbers.

The program gave an in-depth look at the West Nile Virus and many other aspects regarding it.

"I thought it was excellent. It gave a lot of different perspectives," said freshman William Farkas.

The program taught that though the West Nile Virus is here to stay, it is not a significant problem or health risk.

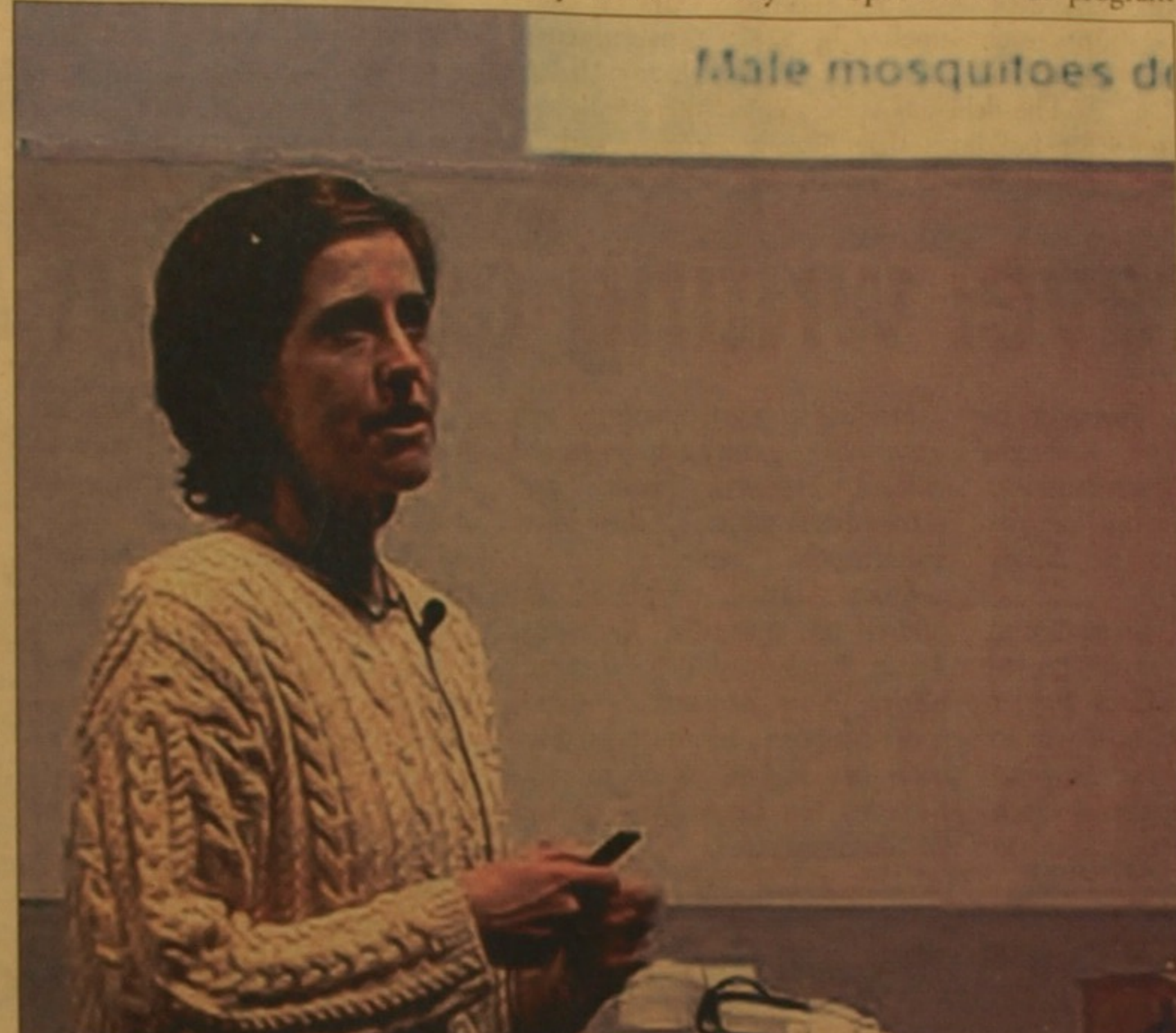


Photo by Kyle Hodges

Kristi Gottfried answers questions about West Nile virus for students.

## Program links American minorities and social issues

By MEREDITH DUNN  
APSU Public Relations

Austin Peay State University hosted a series of programs about "Ethnicity and Race in a Changing America," featuring films and documentaries that outline the historical experience of American minorities and the social issues they face.

The first forum disc-

ussion "This Far by Faith," a program to be aired over PBS, explored the remarkable role that African-American religious communities and leaders have played in shaping the meaning and practice of the democratic ideals central to American society.

The discussion began at 4 p.m., Sunday, Feb. 16, in the Harambee room of the Wilbur Daniels African Ame-

rican Cultural Center. The forum commenced with a 15-minute discussion video that played a pivotal role at the event.

Discussion panelists included the Rev. Wiley Moore, the Rev. George Brooks, the Rev. Patricia Carter and the Rev. David Allen. Jacqueline Wade, director of the African American Cultural Center, moderated.

Future events will

feature previews of "Becoming American: The Chinese Experience," "Race—The Power of an Illusion" and "Matters of Race."

Programs are sponsored by Preview Forums under a grant from the Ford Foundation.

For further information, contact Yvonne Prather, assistant professor of communication, at (931) 221-7378.

## APSU intramural director named

By JAY TRAUB  
Staff Writer

Austin Peay State University has found a new director of intramural recreation and wellness promotion programs.

David Davenport, from Old Dominion University in Virginia will be here March 17. He's currently the assistant director of the Sports Recreation Department.

He has a master's in sports management from Old Dominion and a bachelor's in criminal justice from Appalachian State University.

His experience, energy and personality is what stuck out to the committee said Diane

Berty, dean of student development.

As the director he will be responsible for the overall planning and development of an organized and thorough program of intramural sports, recreation and wellness activities and events.

He will also create the budgets for the programs and controls the amount of new equipment added. The director falls under the jurisdiction of Berty.

"He seemed as if he would be a good fit for our program as we move toward enhancing and expanding," Berty said.

"Especially as we look to renovate and/or build a new facility."

## Composer occupies Acuff chair at APSU

By TREVA R. GORDON  
Staff Writer

Austin Peay State University is privileged to have Elizabeth Vercoe occupy the Roy Acuff Chair of Excellence in the Creative Arts for the spring 2003 semester.

Vercoe, a distinguished American composer, will be working with music majors in both classes and in private instruction with the department's composition students.

On March 25, 2003, Vercoe will give a lecture recital on her own music, women composers and women's music.

"All of the music is from the 20th century," Vercoe said.

Many of her works will be featured in the Dimension Music Series concerts to be performed on Feb. 24, March 31, and the Women's Music Concert on March 4, 2003.

"Varieties of Amorous Experience" and "Irre-

veries from Sappho" are two pieces in particular Vercoe will present.

Throughout the years, Vercoe has shared a long and fruitful relationship with APSU.

"I've been here quite a bit," she said.

In 1986 and 1991, APSU premiered two of her works on campus, "Irreveries" from "Sappho" and "Herstory III: Jehanned de Lorraine," which were written for Sharon Mabry, music professor for Austin Peay.

"I have enjoyed our long term contact with Austin Peay, and have a lot of admiration for the musicians at this University."

I feel very humbled to hold this chair," Vercoe said.

In the meantime, Vercoe is writing a piece for flute and piano to be performed by Lisa Vanarsdel and Patricia Halbeck, professors of music.

She is also composing a

work for the APSU Percussion Ensemble, to be directed by professor of music, David Steinquest.

"I was raised in a musical family...I was very late getting to composition, I didn't begin that until my very end in college," Vercoe said.

Vercoe has been a composer at the Civitella Ranieri Center in Italy, the St. Petersburg Spring

Music Festival in Russia, the Cite' International des Arts in Paris, the Charles Ives Center for American Music, The Virginia Center for the Creative Arts, and the MacDowell Colony.

"If someone wants to go into music, they should have long view and lots of determination to stay with what they love to do because it's not an easy

career," she said.

Vercoe is a graduate of Wellesley College and the University of Michigan.

She earned her doctorate in composition at Boston University under the tutelage of Gardner Reed.

Vercoe has written works on commission for Wellesley College, Hampshire College, APSU, the Pro Arte

Orchestra and the First International Congress on Women in Music.

"An exceptionally gifted composer, with a fine technical command and a keen sensitivity to sound materials. Her music possesses power and strength as well as great warmth and imagination," said Gardner Reed, a world-renowned composer, author and teacher.



## Elizabeth Vercoe

composer

Contributed Photo

Elizabeth Vercoe to lecture on her own music.

The All State is now accepting applications for the Editor in Chief position. Candidates need to fill out an application and submit resume to: UC 115 or call 221- 7376 for more information.



# News

## GOOD MORNING APSU

### Campus Community

The Clarksville-Montgomery County Retired Teachers' Association is offering a scholarship award for a student in the Teacher Education program at APSU for the fall semester 2003. The award will be approximately \$1000.

Interested students should obtain an application from the Education Office, Claxton Room 210. Applications should be received at the address on the application by March 15.

Join the Office of Housing/Residence Life & Dining Services staff to bid Chris Reed a fond farewell. He will be leaving for Jackson State University in Mississippi. The reception is 2-3 p.m., Feb. 20 in 109 Miller Hall.

The Latin Dance night has been scheduled for Feb. 20 from 6-8 p.m. in the UC Ballroom. Donations will be given to Mexican orphans sponsored by Sigma Delta Pi.

The Art Department will sell original student art prints at the "art-O-rama" rummage sale in the Armory on Mon., Feb. 24, at 9 a.m. through 4 p.m.

## Trip centers on rec plans

By LOUISE MORALES  
Editor in Chief

Twenty-two students set out bright and early Saturday, Feb. 15 on a journey to explore the possibility of renovating the Red Barn or building a new recreational facility. The students, accompanied by staff, visited the recreational center at Tennessee Tech University.

"The goal of the trip was to provide students with an opportunity to be informed about what a rec. center has to offer us in enhancing the quality of life here at Austin

Peay," Diane Berty, director of student development, said. The students who went on the trip are charged with the duty to relay the information gathered regarding this building project.

Visiting TTU's recreational center offered the opportunity for students to see first hand what it would take to operate a recreational facility, not just the money behind the operation, but also the work force.

"The possibility of having a personal training, a wellness resource and counseling center, an aerobic

dance studio and many other things seems wonderful. Students who don't have access to a fitness center will be able to take advantage of the rec. center," Naydia Spears, a junior majoring in political science, said.

The decision of renovating the Red Barn or building a new recreation center relies totally on the student body, because it would require the increase of the debt service fee students pay each semester by \$28, Berty said.

The debt service fee pays for buildings that directly impact the student body, for

example the Morgan University Center or in this case, a new recreational center.

"It is totally different set of money. The debt service fee cannot be used in supporting the University expenses," Berty said. Seven million dollars will be collected through the debt service fee.

The possibility of the debt service fee increase requires student input.

In the Student Government Association election ballot, this spring, there will be a referendum regarding the increase of the debt service fee.



TTU swimming pool.

If the referendum passes, debt service fee will increase by \$28 in Fall 2003. "It's possible we can start the process of making plans in the Fall 2003," Berty said. Ample opportunity will be

provided for students voice their approval/disapproval regarding the issue. Student organizations housing residents, and entire student body will be surveyed.

## APSU offers travel writing course in Australia

By TREVA R. GORDON  
Staff Writer

Austin Peay State University is offering students and community residents the opportunity to travel to Australia to learn the intricacies of travel writing.

Students will read classic samples of travel writing and experience other cultural opportunities while touring Sydney's museums, parks and galleries.

The course will be taught by

Allene Phy-Olsen, professor of English and Ellen Kanervo, professor of mass communication, under the sponsorship of the Cooperative Center for Study Abroad (CCSA).

The program will also feature an optional weekend excursion to Cairns to explore the Great Barrier Reef and rain forest, or a visit to Auckland, New Zealand. Students will also receive a transit pass which will allow unlimited travel on Sydney's buses.

Student participants will experience Australia's mixed culture, customs, history and extraordinary nature for their travel articles.

Study abroad programs are offered in Australia, Barbados, Belize, England, Ghana, Ireland, Kenya, New Zealand, Scotland, and Singapore. "It's much broader now than it was," Kanervo said. Kanervo has been apart of the CCSA for 10 years.

"This will be my first time in

Australia," said Phy-Olsen, who has traveled the world. "I've been to every county, except Antarctica and Australia."

"Travel Writing Down Under," will run from July 17, to Aug. 5, 2003. The deadline for applications is Feb. 28, 2003, and financial aid may be available to those who qualify. Students who successfully complete the course may earn three hours of education credit. Undergraduate and graduate students in good academic standing

are eligible for participation in a CCSA program.

The program cost is \$1,990. "Originally the trip was very expensive but we petitioned the board," Kanervo said. "They took thousand dollars off the original price."

For more information about travel writing, interested persons should contact Dr. Allene Phy-Olsen at 221-7714, or Dr. Ellen Kanervo at 221-6124. Or visit CCSA's website at [www.ccsa.edu](http://www.ccsa.edu).

## "Coming Home" Events

February 24th - March 1

<http://www.apsu.edu/activities/cominghome>

### Color Wars

Does your building have spirit? Want to show it? You're invited to show your support for our basketball teams by decorating your building. Student Life & Leadership will have applications available in our office, or online. \*Guidelines accompany the application.

### Yard Displays

Student organizations have the opportunity to show their spirit by decorating a 4'x 8' panel (supplied by SL&L) to display around the fence in the UC Plaza. \*Guidelines accompany the application

### Tuesday, February 25

Make Your Own Music Video 10:30 a.m. - 3:30 p.m. UC Lobby

### Wednesday, February 26

Wax Hands and Candle Creations 10:30 a.m. - 3:30 p.m. UC Lobby

Spa Day 10:00 a.m.-2:00 p.m. UC Ballroom

The Beach Party 6:00 p.m. - 8:00 p.m. location TBA

### Thursday, February 29

Blowing Bubbles with Chi Epsilon Mu 11:00 a.m. - 2:00 p.m. UC Lobby

Open Rec/Game Night in the Red Barn 7:00 p.m. - 11:00 p.m. Memorial Health Building

Dive-in Movie "Blue Crush" 7:30 p.m. - 9:30 p.m. Memorial Health Building, pool

### Friday, February 28

Pep rally Noon UC Lobby

Karaoke with Crickets Parties to Go 7:00 p.m. - 11:00 p.m. Java City

## GAME DAY

### Saturday, March 1

Alumni Reception 2:00 p.m. - 4:00 p.m. University Center lobby and Coffeehouse

### WOMEN'S BASKETBALL GAME 5:30 p.m.

Make a poster for the game! Supplies available in the Dunn Center lobby before the game so you can decorate a poster to promote your Peay Spirit!

Red Person Costume contest held during the game. application & Guidelines are available in the Student Government Association Office, Student Life & Leadership Office, or online!

Spirit Contest- The student organization showing the most spirit will win \$100.00!!

### MEN'S BASKETBALL GAME 7:30 P.M.

Announcement of the Winner of the Yard Display contest and Color Wars!

Student Life & Leadership  
UC Suite 211

## Actress leads biomechanics workshop

By TREVA R. GORDON  
Staff Writer

Two weeks ago, an internationally known actress taught a two-day workshop in biomechanics. More than 20 students attended the movement workshop, taught by Kathleen Baum.

Biomechanics is an approach to actor training and theater, developed by Russian actor, Vsevolod Meyerhold, during the 1920's and 1930's.

"I love it, it's very interesting to learn as an actor how to use my body and to know how it works," theater major Dan Scott said.

Throughout the day, Baum led students through a series of physically demanding exercises requiring the use of strength, agility, coordination, balance,

flexibility and endurance.

"This is exhausting," theater arts major Sara Hoyal said.

Biomechanics provides a concrete methodology through physical acting. "It teaches the body



Photo by Alicia Middlebrook

Students participate in biomechanic movements.

to think," said Baum, who later introduced the students to the

Alexander Technique.

Students learned how to move their bodies by using the least amount of tension as possible. "I love it," communication instructor Sally Welch said.

"You have to coordinate your body movement to what you are doing on stage. It teaches you how to be a natural actor," aspiring actress Shonshowa Dave said.

Throughout the year, Baum performs in the United States and in Europe. She currently serves the faculty of the Syracuse University Drama Department where she recently received the Meredith Award for excellence in teaching for 2000-2001. For more information regarding dates at times of Baum's workshop individuals may visit her website at <http://web.syr.edu/~kjbbaum/index.html>.

## Grades bring vacation discounts

By WHITNEY JOY  
Staff Writer

Do you remember the days when you were rewarded for every A you received?

Well, Citylife Hotel Group does, and this Winter Break they want to compensate college students for their grueling academic efforts during the semester by giving GPA based discounts to New York hotels, Habitat Hotel and Hotel Thirty.

"The plan is simple,

make the grade, and we'll give you a discount worthy of your efforts," president of Citylife Hotel group said. "Get a 4.0, we'll give you 30 percent off your stay. If you're coasting on C's and D's, you can use the money you save at our hotels on a tutor, or simply go out and have fun in the Big Apple. The GPA discount is just another way to help students enjoy New York while still living within their means."

Citylife's sharp

accommodations and budget rates are extremely popular among student travelers at both Manhattan hotels.

At the Habitat Hotel, rates start as low as \$79 for a single room and bath, and at Hotel Thirty the \$115 rate provides travelers with an excellent standard room.

A student earning a GPA of 4.0 will receive 30 percent off standard single and double rooms.

GPA's that fall between 3.0-3.9 will receive a 25 percent discount, GPA's

between 2.0-2.9 get 20 percent off, and GPA's ranging from 1.0-1.9 will save 15 percent.

Students with GPA's lower than those listed are always welcome and are still eligible for the normal student rates of 10 percent with valid student ID cards.

For those not willing to share their transcript they will receive the normal student discount of 10 percent.

For additional information, log on to [www.StayinNY.com](http://www.StayinNY.com).

## We've Moved!

Located in the  
Food Lion Shopping Center  
on Ft. Campbell Blvd



Biomat USA, formerly Seracare,  
has moved to a new location!

Earn \$50  
this week!

Need a little extra cash?  
Come by and give the gift of life.  
Your donation can help up to forty people!

93-647-5555 1596 Ft. Campbell Blvd.

Hours of operation: Tue/Thurs 10 a.m. - 6 p.m. and Wed/Fri/Sat 8 a.m. - 4 p.m.

## SUBWAY



## APSU Meal Deal

Any foot long sandwich, chips,  
and 21 oz. drink

## \$5.49

SUBWAY is a proud sponsor of the  
American Heart Walk

651 North Riverside Drive

Less than 5 minutes from main campus!



# Editorial

## Sutton View

By GARY SUTTON  
Editorial Page Editor

Welcome to a sickness shortened edition of "Sutton View."



SUTTON

Yes, your reliable source for all things funny and sarcastic has fallen to a grave illness.

The rain soaked weekend took its toll on yours truly. So,

instead of hitting the local clubs to bust a move or two I bundled up and retreated to the confines of my apartment.

Stocked with plenty of over the counter drugs and Kleenex, I was prepared to make this cold a short term visitor.

Unfortunately, my friend the cold has overstayed his visit. My drugs are running low and the Kleenex continue to pile up in the trash can. Add to this the sudden failure of my TV remote and you have a situation of utter chaos.

How much more worse could

my weekend get?

There were few bright spots this past weekend. Tiger Woods made a triumphant return to the PGA with a victory at the Buick Invitational and the Daytona 500 was shortened due to rain.

You know what APSU needs? Doctors who make house calls to residence halls and apartments.

That way, students do not have to brave the weather or risk infecting others around them.

Yes, it is another one of my great ideas that will never see the light of day due to budget restraints.

## Letters to the Editor

### U.S. needs support on all fronts

We are concerned about a draft; we should be. The basic question: Does the draft violate our democratic right to choice?

No, it does not. Freedom is not free. That we have liberty is why we must sometimes be forced to defend it or we will all become freeloaders on the sacrifice of patriots.

Is a draft necessary right now? No. I do not think it should be necessary, if world powers unite against threats to peace. There should always be more than enough power right now to fight all evil.

This is not currently the case. We have a strong ally in Britain's Prime Minister, but not in his people. Germany, France and Belgium have criticized the U.S. France has blocked NATO involvement and frustrated U.S. attempts to win larger support.

Now, U.S. lawmakers are criticizing Europe for their ingratitude. Perhaps they rightly

should.

Our forefathers did save the world from the Axis powers; we did save the world from socialist regimes; we did halt the Iron Curtain.

But we did not do it alone; we should not do this alone. Germany and France must recognize that America faces a significant threat from terrorists; they should recognize that, although they have smaller terrorist threats, we do not; they should support us more in the war on terrorism.

If Paris were bombed, if 2,000 of their own were killed in minutes, they would call upon us for justice. I think we would respond.

I don't mean to imply that I support war with Iraq. I am not sure that our President's motives are pure; I am not sure they are impure; I, and most Americans, are unqualified to have a legitimate opinion.

This war is not all about oil. Once Iraq is toppled, we will not suddenly have more oil. We will always have problems with oil, which is why the oil companies

should gain foresight and spend money now to become the energy powers of the future.

War is always a tragedy; it should be engaged gravely. I regret that oil does not fill our veins; if it did, we might not have to question what choices we will make.

But blood keeps us alive- and hope. If only mankind fought for those things, we would have an unbreakable bond.

If only we cared more about those things, we would not have a divided world. What will we do? What should we do?

I say search yourself. The answers breathe inside, beneath the line we often refuse to cross. We speak fervently of rights when we're forced to fight for them.

We should have spoken before now; we should continue to speak. If you believe in democracy, believe it begins with you. If else, you are a detriment to our republic, you should leave. Right or wrong, stand up now or you will be trampled upon later.

Josh Rutherford  
Senior English Major

### Bush needs support in time of crisis

As we are all aware, Americans are on the brink of another war.

I am asking you, as APSU students, not only to support our president but also the troops that are being deployed with each passing hour.

Obviously, not everyone is in favor of the idea of another war, but the fact still remains, it will be unavoidable.

The anti-war groups today are no different than the hippies from

the 60's who were, and still do, condemn our great nation for the Vietnam War.

Are we a nation avoiding to help the underdog country in any situation? Iraq is in a tumultuous time.

The citizens of Iraq fear the man who controls that country with an iron grip.

With that fear, he has the power to manipulate his people (men, women, & children) to fight his war.

This war is not being fought for Bush's gain, nor is it being fought for any political issue. This war is

being fought in order to protect other nations, as well as our own.

Weapons of mass destruction should not be at hand of any nation.

War is not always the best of times for an economy to grow, but then again what economy will be left if these madmen continue to spread the hatred towards the U.S. and other great nations (hint: NONE!) Let us not appease the enemy for their actions.

Let us take arms against them and show them that this will not be tolerated.

Jeremy Benson  
Freshman Chemistry Major

### Govs determination has erased doubts

"Wait 'till next year."

It's a phrase longtime Austin Peay men's basketball fans are all too familiar with.

Before the 2002-03 season even started, those four words were floating around Clarksville.

It seemed like an obvious statement to make. Murray will be losing everybody.

As will Tennessee Tech. Henry Domercant will be in the NBA.

Austin Peay will be a senior dominated team.

They will have had a year to gel. Yes, the 2003-04 season will be the

year we've all been waiting for.

I guess the Govs were just too impatient to wait.

With four games left on the regular season slate, Austin Peay controls its own destiny.

It is quite possible that the OVC championship could be decided here in Clarksville on the final night of regular season play.

Talk about a storybook finish to a storybook season. First, though, they must take care of business on the road.

Thursday night the Govs play in a building (the Pit at Eastern Illinois) that is a virtual den of horrors for APSU.

Winning there will be a real challenge.

But so was beating Memphis for

the first time in 51 years, and so was winning in Murray for the first time in seven years.

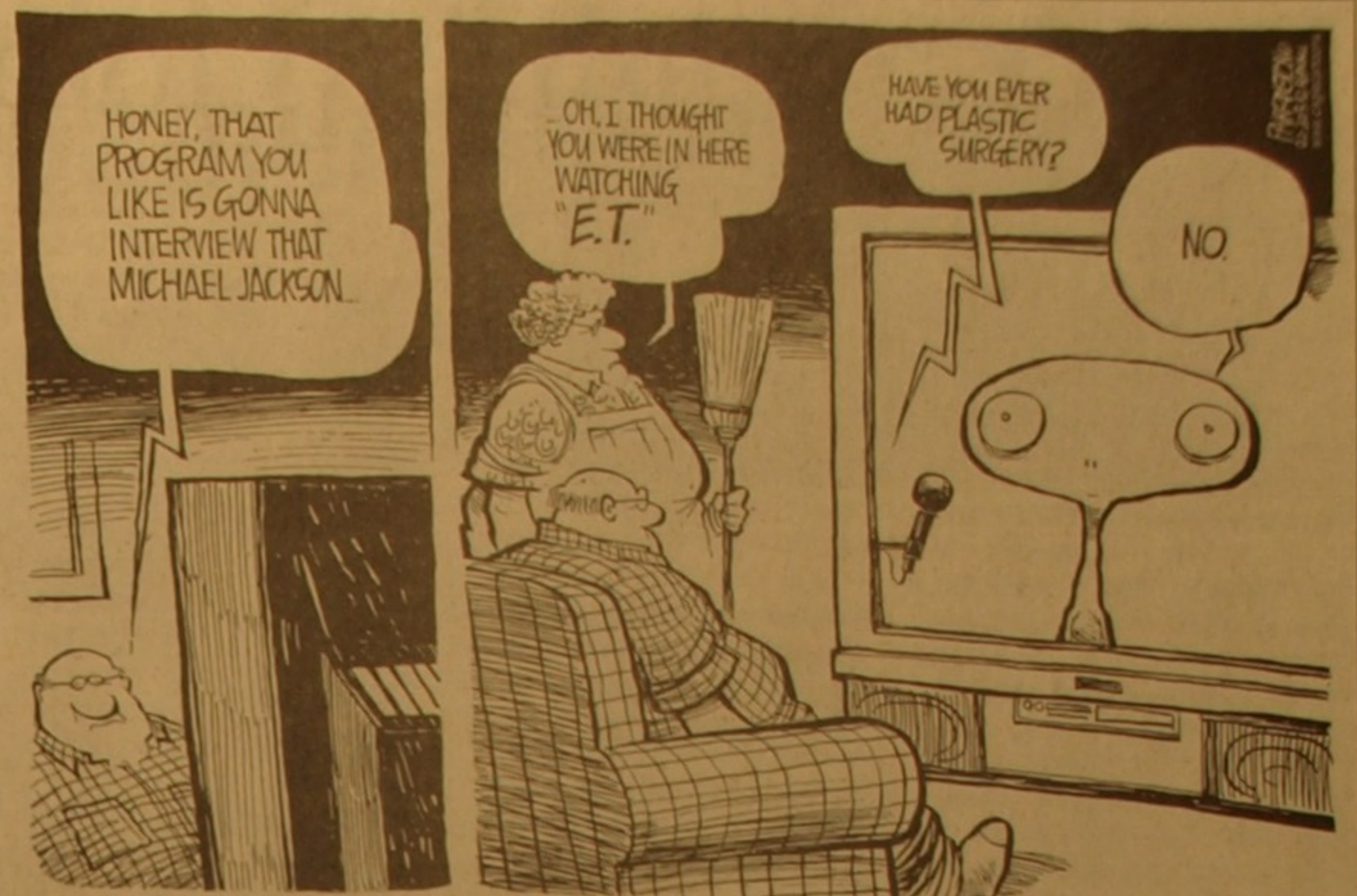
Life on the road won't get any easier after EIU. Saturday night the Govs invade the Show Me Center, a place where Southeast Missouri hopes to show Austin Peay an upset.

We can't look too far ahead, though. Several made that mistake before the season started.

As they are finding out, like everybody else around the Ohio Valley, next year is now.

This team has made a season out of proving their doubters wrong. Let's hope that trend continues.

Justin Wamble  
Freshman Business Major



Distributed by Collegiate Presswire Features Syndicate

## Healthy eating a key to survival

By ROSE-MARIE SPECK  
Features Editor

You always hear how we should eat "healthy." But what does that mean?

Does that mean we should eat as though we weigh the size of a pigeon? After trying to subsist on different kinds of popular meal replacement drinks/bars and

getting hungrier by the bite, I have come to the conclusion that eating healthy means eating real food and eating it often.

Kaz Cooke in her book, "Real Gorgeous" promotes eating food that your body asks for.

If you stop counting calories and fat, Cooke says, and start listening to your body and what it needs, you will stop craving food that is not

good for you and you will soon start eating in a balanced, healthy way. Healthy eating also means eating often in order to keep your metabolism up and running.

Eating small meals every three to four hours is the best way to stave off hunger and keep your metabolism going. Your body as well as your palate will thank you for it.

## Picture of the Week



Photo by Kelly Rouser

Just one of the many kids recently spotted on the APSU campus. With the closing of Clarksville-Montgomery schools, many parents bring their children to campus.

Send your Letters to the Editor or Guest Editorials to:

P.O. Box 4634

or e-mail them to us at:

theallstate@apsu.edu

## 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, Austin Peay State University or the Tennessee Board of Regents.

Louise Morales  
editor in chief

Ashley Kettle  
chief copy editor

Katie Alcott  
news editor

Rose-Marie Speck  
features editor

Gary Sutton  
editorial page editor

Neil Baladad  
sports editor

Kelly Rouser  
advertising manager

Alicia Middlebrook  
art director

Tina Randolph  
art intern

cartoonists:

Martin Fox  
Willey Bailey

photographers:

Kyle Hodges  
Joseph Kerstetter

staff writers:

Tamira Cole  
Shaun Copelin  
Teresa Cunningham  
Treva Gordon  
Mathew Heiss  
G. Antoine Jackson  
Natasha Jacobs  
Whitney Joy  
Jay Traub  
Devine Warfield  
Christina Wilson

Amy A. Ritchart  
adviser

On Campus Location:  
Morgan University Center, Rm 115  
Clarksville TN 37044

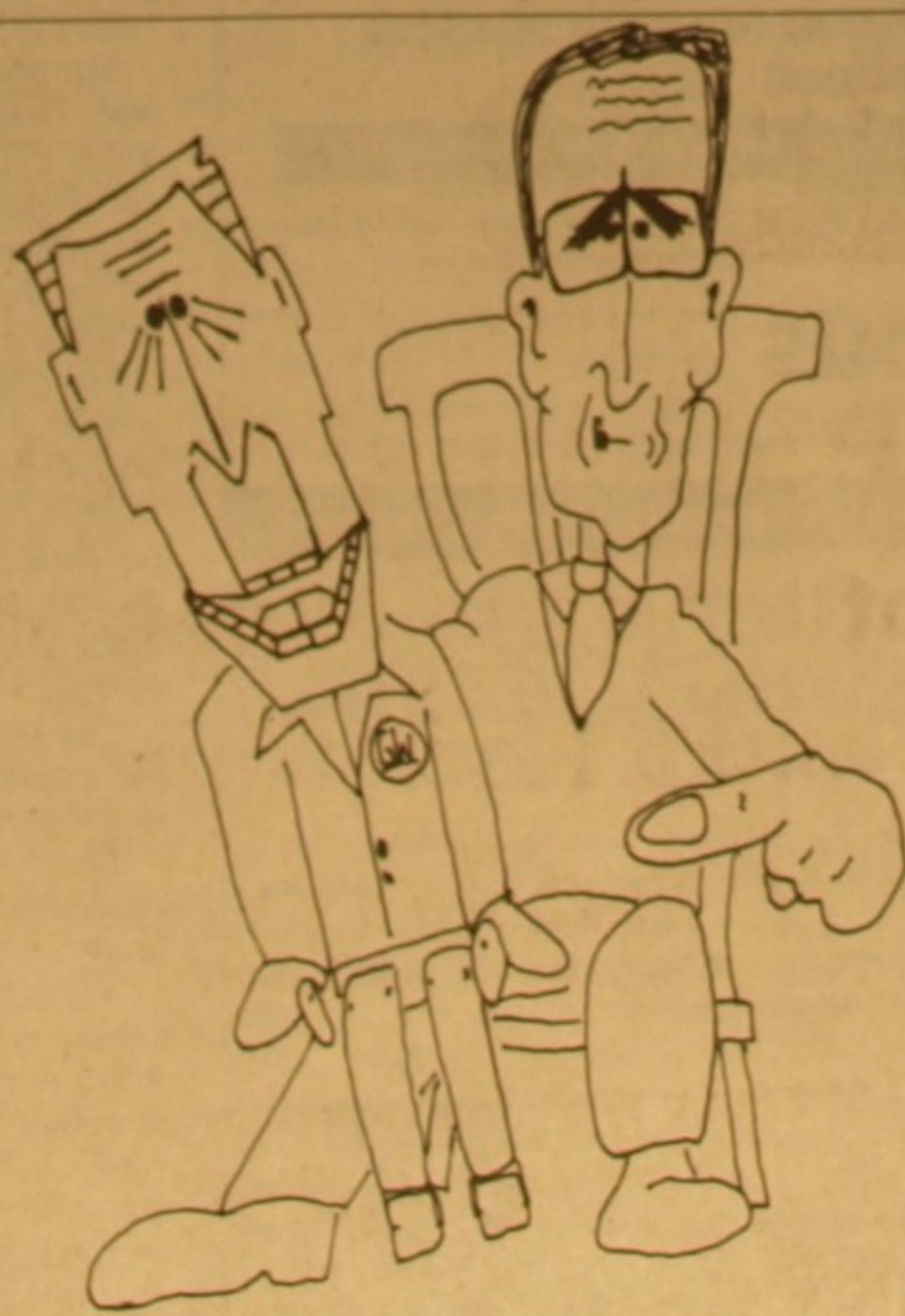
Campus Mailing Address:  
P.O. Box 4634  
Clarksville TN 37044

E-Mail:  
News - theallstate@apsu.edu  
Advertising - allstateads@apsu.edu

Main Office:  
p: 931.221.7376  
f: 931.221.7377

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

Letters to the Editor:  
Letters to the editor may address other editorials, letters to the editor and columns. Letters to the editor should be saved to a floppy or Zip disk as a Word document along with the author's full name (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.



READ MY LIPS

Middlebrook



# Features

## Don't 'weight' to join Healthy-Eating 1010

By G. ANTOINE JACKSON  
Staff Writer

The most recent epidemic sweeping the country is not AIDS or cancer. It is overweight and obesity.

According to the Center for Disease Control and Prevention's recent survey, 61 percent of Americans are either overweight or obese. More women than men are being affected, and minority women have the highest occurrences.

A report in the Journal of the American Medical Association (JAMA) found obesity to be one of the nations leading health problems. Obesity raises the risk of heart disease, cancer, diabetes, high blood pressure, angina and lung disease.

JAMA reported that 30.5 percent of Americans are obese and nearly two-thirds are overweight. The federal government established guidelines to describe what is considered being overweight and

obese called the Body Mass Index (BMI).

BMI is a measurement of weight in comparison to height. The ideal BMI is between 18.5 and 25.

A BMI between 25 and 30 is considered overweight and a BMI of 30 or above signifies obesity. To calculate your BMI go to [www.discoveryhealth.com](http://www.discoveryhealth.com).

A large cause for the overweight problem in America is food intake.

"It's part food, part activity," said Anne Black, associate professor of health/human performance.

According to the USDA serving sizes of food has swelled in America. Multis that weighed an average of 1.5 ounces in 1957 now average a half pound each. Fast-food hamburgers have ballooned from an ounce of meat to six ounces or more.

To add to the large portions, America produces more food than Americans need or can consume; therefore, when supply exceeds demand prices get smaller and our bellies get bigger. Americans are

spending too much money on fast-food contributing to our declining health.

Business Week reported that this year Americans will spend over \$110 billion on fast-food, more than they'll spend on movies, books, magazines, newspapers, videos and recorded music combined.

Former Surgeon General David Satcher in a televised interview said,

"We (Americans) are eating more and paying less. On top of that we're not exercising at all or not enough."

To deal with the problem of being overweight requires more than just simple dieting.

Losing weight and maintaining healthy weight requires a lifestyle change. "Americans are not physically active enough," Black said. "Maintaining healthy weight only takes about one hour of activity a day."

The one-hour of exercise doesn't have to be continuous. The hour of activity can be placed into increments, such as parking further away from class, or finding that

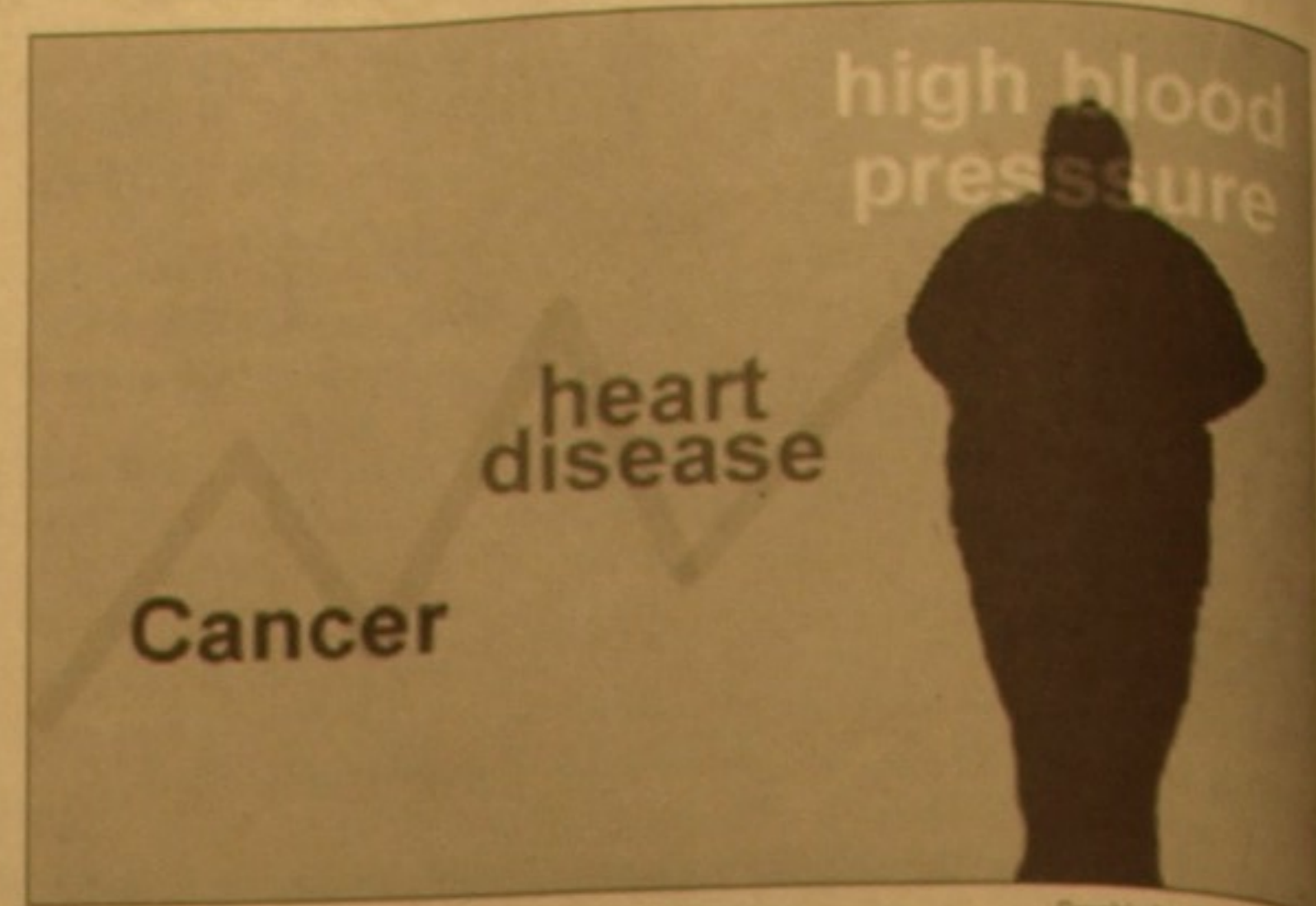
distant parking space at Wal-Mart.

"We see big differences in physical activity in early childhood of men and women, boys are encouraged to be more physically active and girls are encouraged to play less physical games," Black said. "...Our cultural eating habits add to the problem...some cultures have diets that are filled with high calorie and high cholesterol foods."

If Americans can increase their physical activity, the overweight problem can begin to regress.

Many programs are available for people seeking information about weight management at APSU. Classes like Principles of Nutrition and Personal Health, give students an understanding of how eating right and maintaining healthy standards interrelate into a healthy lifestyle. Aleeta Christian of developmental studies and overseer of APSU's weight management program, a support group for those seeking to take control of their weight, said,

"If you are looking to lose weight



a support group is the best way to go."

Support groups gives its participants the security and understanding that they are not alone in combating the problem of being overweight.

The weight management program, Healthy-Eating 1010, is free to the participants. They meet

every Tuesday for lunch at Clement 203.

"There is more faculty that come then students, but students are more than welcome to attend, in fact I would love to have them," Christian said. "Healthy eating has wonderful success stories, we have a student who lost over 100 pounds in our program."



Photo by Louise Morales

Many women participated in the Vagina Monologues this past Friday. The monologues spoke out on many issues concerning women including the suppression of women.

## Women speak out

By JESSICA BARROLL  
Staff Writer

Roses, candy and stuffed animals of various kinds passed hands from one Valentine's Day sweetheart to another.

However, for a few Austin Peay State University students Valentine's Day wasn't all hearts and roses but was partly spent on the suppression of female sexuality, female genital mutilation and domestic abuse.

"This show is about empowering women to stop the violence by breaking the cycle and finding

the power within themselves," said domestic attorney for Legal Aid Chris Church.

The Vagina Monologues dealt with each one of these disturbing subjects and more on Friday, Feb. 14 at noon and again at 7 p.m. in Clement Auditorium lasting over an hour and a half.

All proceeds went to help fund programs that are trying to end violence against women and girls.

Though the nature of the monologues were serious there were quite a few breaks of humor in the sobriety leaving the women and men of the audience

in laughter.

The Vagina Monologues was not for the faint of heart, at times the monologues such as, "My Vagina Was My Village" brought home to the audience that even in our modern world women are still faced with the threat and violence of rape.

Other monologues promoted lesbianism, promiscuity and celebration of the vagina many times in a light-hearted manner.

"I can understand what they were trying to do, but I can't connect being a man," said Jeremy Maxwell, a junior theater major.

## John Artis

**Arrested and wrongfully convicted of murder with Rubin "Hurricane" Carter, Artis spent 15 years in prison, instead of falsely testifying against his friend.**



**DON'T  
MISS  
THIS!**

**DON'T  
MISS  
THIS!**

**How far would you go for a friend?**

**Watch the movie!**

**Feb. 19, 2 p.m.**

**Java City**

**Meet the man!**

**Feb. 19, 6 p.m.**

**Multi-Cultural Center**

**Short on time?  
Short on ingredients?  
Quick recipes for students on the go!**

### On the go Hamburger Heaven

1 lb ground beef or turkey  
1- 24 oz Cream of Mushroom soup  
1 1/2 C milk  
1/4 C sour cream (optional)  
1- 16 oz box of pasta, any kind  
1 bag or can of your favorite vegetable.  
Low fat, no sugar pudding\* As soon as you get home from school, make the pudding following the directions on the package.

Directions: Bring a six quart pot filled with water to a boil. Add the pasta and cook until done. Drain and set aside. In a skillet, brown the beef or turkey. Drain fat, rinse pasta, and set aside. Add the meat, cream of mushroom soup, 1 1/2 cups milk and 1/4 cup sour cream in the skillet. Stir until the mixture comes to a boil. Cover and simmer for 15 minutes, stirring occasionally. While the sauce simmers, pour 1 can of peas in a saucepan with 1 cup water. Bring to a boil. Serve the mixture on top of pasta, with the vegetable on the side.

**Quick, healthy, inexpensive and easy!**

**Earn \$1,000 - \$2,000 for your Student Group in just 3 hours!**

**College fundraising made Simple, Safe and Free.**

Multiple fundraising options available. No carwashes. No raffles. Just success! Fundraising dates are filling quickly. Get with the programs that work!

**campus**  
FUNDRAISER

Your Trusted Source for College Fundraising.

**888-923-3238 • [www.campusfundraiser.com](http://www.campusfundraiser.com)**

**ALPHA SIGMA ALPHA**  
every member makes a difference

We invite **you** to attend an Information Meeting to learn more about our organization as well as how to become a member!

**When?** February 19, 2003 at 7:00 p.m.

**Where?** The Alpha Sig House  
301 Castle Heights Rd

If you are interested but cannot attend or have any questions please contact Jamie Durrett at [jld8796@apsu.edu](mailto:jld8796@apsu.edu).

*Please join us for our Spring Informal Recruitment activities. We hope to see you there!*



## Be a pilot take flight

By GARY FRISCH  
Barton Gilanelli & Associates

Looking for a bit of mid-winter relief from the grind of classes, late night study sessions and term papers?

How about taking a flying lesson near campus through the national, nonprofit BE A PILOT program?

Giving a whole new meaning to "higher education," you can leave your school troubles below as you climb into the pilot's seat of a single-engine airplane alongside an FAA-licensed instructor.

During that first lesson, you'll actually get a taxi to the runway, pull back on the controls to take off, practice turning at 2,500 feet or more, then help in the landing.

What better way to clear your mind of earthly concerns?

It can all begin with the BE A PILOT program, which is dedicated to educating the public on the many benefits of General Aviation.

Simply go to [www.beapilot.com](http://www.beapilot.com) or call 888-BE A PILOT, and register for a certificate for a \$40 introductory flight lesson, good at more than 1,800 flight schools across the country.

For a list of participating flight schools in or near Clarksville, go to <http://www.beapilot.com/school>.

Then, print the certificate (or receive it by mail if you register by phone), take it to a participating flight school and get into the cockpit.

The \$49, payable at the time of the lesson, is about half the cost of a typical flying lesson.

The first lesson is an experience you won't soon forget.

You may even discover a new career option, as the General Aviation industry is begging for new pilots.

BE A PILOT is a national nonprofit organization supported by some 45 aviation companies organization and businesses dedicated to educating the public about the benefits of General Aviation.



# Features

## Mabry's make music together

By NATASHA JACOBS  
Staff Writer

This past Friday Cupid went about his dutiful matchmaking ways all over the country, engulfing the usually stale, polluted air with a sweet, enamored scent called love.

On this one day of the year, couples and loves alike have an excuse to flaunt and celebrate their passion for one another.

One faculty couple celebrated their 35th Valentine's Day together, and look forward to many more.

George and Sharon Mabry have been part of the music faculty at Austin Peay State University since the early '70s.

George, originally from Chattanooga, is the choral director, and Sharon, from Newport, Tenn., is a voice teacher.

Both Sharon and George received their bachelor's degree in music education at Florida State University, and their master's and doctorate from George Peabody College of Vanderbilt University.

Sharon has a doctorate in musical arts in vocal performance, and George has a doctorate in music.

The couple first met as high school seniors at a vocal competition in Knoxville. Both finished as state finalists, but neither won.

Months later, they began at APSU as freshmen, unbeknownst to both that the other would be there, and were reunited on the first day of classes.

The Mabrys' first date was in 1963.

George took his sweetheart Sharon to a ball game, which at the time was a very formal affair, and a huge ordeal.

George did not participate in activities in college that did not involve music or Sharon.

"I don't think I ever had any (extracurricular activities)," George said. "I spent most of my time in practice rooms. I had no money to join a fraternity, which was very important back then, but not to me."

Instead, he had his own brotherly love and companionship with his four high school friends that also ended up at FSU.

While George's time was mainly spent practicing, Sharon claimed herself as a typical college

student.

"I was a good student, but not like George. I did not spend every waking moment working," Sharon said.

Her social calendar stayed full spending lots of time with friends and attending social activities.

In August 1970, George received a phone call from the music librarian at George Peabody College, in regards to a position at APSU.

Tom Cowan, chair of the music department at the time, was looking to fill the choral director's position after the current director had resigned late that summer.

George however was not interested in the position at that time because he had planned to stay on a year at Vanderbilt to finish his dissertation.

Regardless of his plans, he interviewed at APSU anyway.

He sang two songs for three members of the faculty, with Sharon accompanying him on the piano.

After the audition, the faculty was more interested in Sharon than George, but unfortunately had no spot for her to fill.

George landed the job as choral director, and Sharon began teaching piano and voice privately.

Not long into George's new position at APSU the train of opportunity came along for his wife.

A voice teacher that had been at APSU for years, Jack Hurt died of a stroke.

The morning after the faculty held a meeting, Sharon auditioned within that week, and in two weeks she was hired.

George and Sharon are very grateful they have been able to work so closely with one another, George calling it "fate, if one believes in that kind of thing."

It is apparent the Mabrys sincerely love their jobs at APSU.

"I have really enjoyed the students I've had since I've taught private voice and have been able to know them personally, see how they progress and find careers of their own," Sharon said.

"Making music with choirs is the love of my life. Music has never been an arduous task, it is all fun," George said.

When the couple began their careers in the music department,



Photo by Joseph Kerstetter

George and Sharon Mabry celebrated their 35th Valentine's Day this past Friday. They both work in the music department on campus.

there were only six voice majors.

They have since worked together to help build the department in quality and quantity.

Several voice majors in the department now say that George and Sharon Mabry are the reason they chose APSU over other universities.

Although George is retiring this year, he will still be teaching, but Sharon says it will be different since they will not be doing the same kinds of things.

"We have been incredibly lucky to work in the same profession. It will be different, but we will adjust to that," Sharon said.

Sharon reads mysteries in her spare time, and plans to write them someday. She also enjoys Tai Chi, and "holistic things that George is not interested in."

George on the other hand, reads dictionaries, thesauruses and reference books for downtime pleasure. "Sharon thinks that's the craziest thing on earth!"

He is a bicyclist and enjoys the outdoors far more than Sharon.

One thing they delight in doing together is dining out. They are constantly seeking out interesting and unusual restaurants.

While vacationing, they plan their itinerary around restaurants

and museums they hope to visit.

Sharon also tries to squeeze in a tour of a few historic homes as well.

"I married my best friend. It is important to have someone that understands you very well, (someone you're) able to talk to, and enjoy on a daily basis," Sharon said.

She adds that they really enjoy doing things together.

George is always doing something different, for he is very unpredictable, and this is one of Sharon's favorite characteristics about her husband.

"The thing that makes it really neat is she has an incredible sense of humor. She finds the absurdities in life and laughs at them," George said.

The Mabrys had no plans for Valentine's Day, because they said they usually just do something on a whim, enjoying their ability to have spontaneity.

Sharon said they always do something special, and always surprise one another.

George and Sharon Mabry look forward to the rest of their lives together and in 20 years, they hope to be in a place where they can enjoy travel and free time, which they haven't had a lot of.

They look forward to doing things that are not related to work.

## Hopelessly Romantic

By NAYDIA R. SPEARS  
Staff Writer

Romance in a relationship doesn't have to end just because Valentine's Day is over. Sometimes it's the simple and thoughtful things in life that keeps it alive.

As the aftermath of Valentine's Day starts to wear off, and the once fresh red rose petals no longer look so fresh, the real day-to-day potholes in the road of romance begin to reappear.

On days like Feb. 14 it is often easy for us to show the ones we love how much we appreciate them.

It seems easier to send a card or buy a flower or leave a trail of Hershey kisses for someone special to find.

However, Valentine's Day is only one day.

The road of romance, though it has its beautiful scenery and whispers of love, also has some tough curves, uphill battles, and major potholes that many of us don't see until we plow right into one.

Romance is not just a simple walk through the park to find everlasting love. It's sometimes difficult, sometimes lonely, and occasionally it can be painful. But, as Mahatma Gandhi says, "Where there is love, there is life." I couldn't agree more.

We all make sacrifices. We give of our time, our money, our emotions, and ourselves to try and show our loved ones how much we care for them.

A few weeks ago, I was confronted with a very powerful question.

How much is too much? How do you know when you've given enough or, in some cases, too much? Some might argue that this topic is hardly the kind of subject warranting favor in this article, but I disagree.

Being a hopeless romantic is also understanding that sometimes things don't work out quite the way we would have imagined, but that doesn't necessarily mean that they didn't work out for the best.

Given the level of difficulty in the

question above, I pondered on how to try and answer it.

However, I have come to one conclusion. Love should make you happy.

Your special someone should be the person you go to when the world looks foggy and dark.

Even if you are stuck in a pothole or you ran your heart into a ditch, that special someone should be on your mind and in your heart.

He or she should be the one person you want more than anything, even if that person is the very one you are upset with.

I used to think that love was what I saw on television. I once believed that the storybook romance I saw in the movies was somehow magically going to appear in my life.

I was wrong. The older I get, the more I realize that romance doesn't revolve around rose petal baths and lavender oil body massages.

Even though those things are nice on days like Feb. 14, it is the small random acts of love that really matter.

It's about knowing how she likes her coffee or that she's ticklish behind her knee.

It's about making a tape of his favorite songs, or listening to his story when you have no idea what he's talking about.

The real aspect of love lies not only in the words I love you, but in the day-to-day routines of our lives.

I got a journal for Christmas that had this quote in it by an anonymous author, "Life is a journey and love is what makes that journey worth while."

Even though we won't always miss the potholes, they are easier to avoid when both people are paying attention.

Relationships will still sometimes get caught in the rain with the top down, but nothing beats a kiss in the rain.

And despite the fact that sometimes things don't work out the way we planned, we need to realize that sometimes the best plan is not have one at all.

## Let's Go to the Movies !!!

Wednesday, February 19  
Carmike 8  
1955 Madison Street

Adaptation	R	7:15, 9:40
Biker Boyz	PG-13	7:10, 9:35
*Grossed \$47.3 million in its opening weekend!		
Daredevil	PG-13	7:00, 7:30, 9:15, 9:45
Deliver Us from Eva	R	7:00, 9:30
Final Destination 2	R	7:05, 9:05
*Nominated for 10 Academy Awards		
Gangs of New York	R	9:15
Kangaroo Jack	PG	7:00
Shanghai Knights	PG-13	7:05, 9:40

Wednesday, February 19  
Cinema 5  
Governor's Square Mall

*Nominated for 13 Academy Awards		
Chicago	PG-13	7:00, 9:35
How to Lose a Guy in 10 Days	PG-13	7:05, 9:40
Jungle Book 2	G	7:00, 9:00
Just Married	PG-13	7:20, 9:45
The Recruit	PG-13	7:15, 9:30

75th annual Academy Awards  
March 23, 2003 7:30 C  
only on ABC

### Best Picture Nominations:

Chicago  
Gangs of New York  
The Hours  
Lord of the Rings: The Two Towers  
The Pianist

## For the Gotchers, the best is yet to come

By NATASHA JACOBS  
Staff Writer

Imagine that one special person in your life to be there always. For better or worse, till death do you part.

These vows, which seem to be taken far too lightly in society today, signify a constancy in an eternity.

Now imagine living, breathing and working closely day in and day out with "the one"

Some shudder to even fathom this idea.

Sara and Mike Gotcher however, have not only entertained this idea, but have also lived it for 22 years.

A Clarksville native, Sara is a professor of theater at Austin Peay State University.

Her husband Mike, who is the chair of the communication and theater department, was born in Springfield, Tenn.

Though he did most of his growing up in Texas, he still considers himself a Tennessean.

The couple first met as freshmen at APSU.

Sara's focus was in theater and Mike's was in communication and debate.

They became smitten with one another as they traveled on forensic and debate trips together.

Three years later, in the early part of the Gotcher's junior year, and after their first date, which was at Shady's (a hip pizza place in the line '70s) they were official.

"We finally got together romantically," Sara said.

Sara got her bachelor's degree at APSU in speech, communication and theater, with her focus in the theater.

She received her master's in acting and directing from the University of Florida, and her doctorate in theater history at Louisiana State University, where Jimmy Carter, in the presence of all living presidents at the time,

awarded her the degree.

Mike received his bachelor's degree from APSU in speech, communication and theater, with a concentration in communication and debate.

He received his master's in communication from the University of Florida, and has a doctorate in communication from LSU.

As far as extracurricular activities are concerned, the Gotchers, like any one else working towards a degree in the Arts, were consumed with rehearsals, among many other things.

"If you are a theater major, it sucks up your life," Sara said. As any couple does, the Gotchers have their own individual interests.

While Sara delights in cooking, sewing and reading (particularly short stories by Stephen King, and novels), Mike enjoys a game at the golf course to unwind.

Together they indulge themselves by going to the movies, frequenting the YMCA and family vacations in the summer with their two children, Samantha, 7, and Jessie, 10.

The Gotchers have a special place in their hearts for APSU, not only from a vocational aspect, but a family perspective as well. Both have family close by, either in Clarksville or within driving distance.

The Gotchers feel it is very important their children grow up physically and emotionally close to their grandparents and other relatives.

"Also, because we got our bachelor's here, we are able to give back and try and make a difference," Sara said.

They have worked together to help the theater department grow, and are constantly involved in projects on a community level as well.

One accomplishment both are proud of is the house they built



Photo by Kyle Hodges

Mike and Sara Gotcher not only both work here on campus but they both met their freshmen year at APSU.

together.

Sara jokingly said that staying married after building the house is definitely a noteworthy accomplishment in itself. The highlight of the couple's jobs is their ability to work closely with the students.

"I love interaction with students. I love being able to provide opportunities for students both educationally and vocationally. I think interaction with students keeps us young," Mike said.

His wife agrees completely, and said, "My position in theater also allows me to practice theater."

She is also very excited and thankful for the Center for the Creative Arts.

This year the Center will bring in a person that is nationally and internationally known and the students will be able to grow and get an immense amount of experience because of this.

The Gotcher's have great respect and love for one another. She is enamored with his sweet and giving nature, and he loves her sense of humor.

This past December they celebrated another year of love and devotion to one another. They honored this day by watching three movies in a row. Past anniversaries have been spent in such places as Cancun and London.

Due to a very hectic day on Valentine's Day, with two Vagina Monologues performances and performance scholarship theater auditions, the Gotchers designated Saturday as the celebrated day of love.

Ten to 20 years down the road, they look forward to retiring here and enjoying the rest of their lives together.

Sara delights in the idea on a sundial she owns that reads, "Grow old with me, the best is yet to come."



# Sports

## by the NUMBERS

9

Current win streak of the Govs, the longest streak under head coach Dave Loos.

11

Number of three-pointers made by the Lady Govs against Tennessee State.

14

Number of points scored in the paint by the Lady Govs against Tennessee State, who only made 4.

14

Current win streak of the Lady Govs, the school-record for consecutive wins.

30

Number of points scored by the Lady Govs off turnovers against Tennessee State.

36

Number of points the Lady Govs led by at halftime against Tennessee State.

50

Number of total rebounds by the Lady Govs against Tennessee State.

80

Percent shot from the free-throw line by the Govs against Tennessee Tech.

100

Percent shot by Anthony Davis and Corey Gipson from the free-throw line, a combined 17-of-17.

## Lady Govs crush Tennessee State, 93-45

By NEIL BALADAD  
Sports Editor

The queen of the Ohio Valley Conference, the first-place Lady Govs, exercised her rule on the conference with a dominating performance over Tennessee State, beating them 93-45, Saturday.

APSU remains undefeated in OVC action (11-0) and are now 19-3 overall. The victory also extends the Lady Govs winning streak to a school record 14 games.

From the start, the Lady Govs came out running, 19-6, in the opening 5:35. Tennessee State would hit a scoring drought over the next 4:18. APSU took advantage and jumped to a 23 point lead, 29-6, with 10:17 left in the first half. The Lady Govs continued to shoot well and had a sizable margin at halftime, 51-15.

Senior guard Paige Smith had as many points as Tennessee State did at the end of the half, scoring 15 points off five three-pointers.

APSU's defense held Tennessee State to 27.3 percent from the field off 6-of-22 shooting in the first half. Tennessee State's defense failed to respond as APSU shot 57.6 percent, including 9-of-13 from three-point land.

The Lady Govs would carry the

momentum over into the second half extending their lead and allowing their bench players to see some court time. Freshman forward Alicia Watson led the bench effort contributing nine points and seven rebounds. Freshman center Barb Schlammann came up big defensively with three blocks, a team-high. The APSU bench outscored the Tennessee State bench 32-14 in the game.

Smith and senior guard Brook Armistead scored 17 each to lead the team. Junior forward Gerlonda Hardin chipped in 13 on six-of-seven field goal shooting and freshman guard Kera Bergeron contributed 10 points, nailing three-of-six from three-point range.

Tennessee State shot even worse in the second half (23.1 percent) making 6-of-26 from the field. Tennessee State finished the night shooting a mere 25 percent from the field. The strong Lady Govs defense was thanks in part to freshman forward Ashley Haynes, who had eight rebounds and six steals, both team-highs.

The Lady Govs begin their final regular-season road trip on Thursday, Feb. 20 at Eastern Illinois. APSU looks to extend their win streak to 15 games and their conference win streak to 12.



Christian Stefanopoulos (23) prepares to make a pass to Alicia Watson (24).

## Govs rally in defensive battle, beat Tech, 58-54



Photo by Kyle Hodges

Josh Lewis (24) and Zac Schlader (4) run down the court as they pass two Tennessee Tech players.

By NEIL BALADAD  
Sports Editor

Fresh off a 71-56 victory over Tennessee State Thursday, where the Govs spoiled a historic night beating TSU's Teresa Lawrence Phillips, the first woman to coach a men's team, APSU turned its attention from Tennessee State to Tennessee Tech. The Ohio Valley Conference's top defensive teams clashed heads Saturday, with APSU coming out the victor, 58-54.

The win pushes the Govs' winning streak to nine, the longest under head coach Dave Loos and increases APSU's home winning streak to 13 games. APSU improves to 17-6 overall and 10-2 in OVC play, keeping them one game behind first-place Morehead State in the OVC.

Tough defense and clutch free-throws determined the game in the closing minutes. APSU trailed 50-46 after a Tech three-pointer with 6:01 left in the game. Both teams struggled to score in the next three minutes as the defenses for both teams held strong.

Junior guard Corey Gipson made a mid-court steal and was fouled with 3:13 left in the game. He made both of those free-throws to end the Govs' scoring drought and close the lead to two, 50-48.

A defensive stop by the Govs led to a score by junior center Josh Lewis to tie the game at 50 apiece. The defense rose again with a stop and took a 52-50 advantage with a layup by junior forward Adrian Henning with 1:35 remaining.

Junior guard Rhet Wierzbica made the next Govs defensive stop tipping

a shot by Tennessee Tech's Brent Jolly as he was going up. The Govs rebounded the ball and Gipson was fouled again. He was as cool as the other side of the pillow as he made both free-throws to extend the lead to four, 54-50, with 29 seconds remaining.

From that point on, the game became a battle of clutch free-throw shooting. The Govs had more attempts at the free-throw line than their opponent (30-13). When that happens, the Govs are 14-0. Two free throws by sophomore guard Anthony Davis, who was nine-of-nine from the charity stripe, and Gipson, who was eight-of-eight, sealed the victory for the Governors.

"I can't say enough for the heart and determination of this team," Loos said. "We didn't play very well offensively — and Tech had a lot to do with that. But we willed our way to this win."

Davis, coming off a 24-point performance against Tennessee State, scored a game-high 18 points. Lewis added 13 points and nine rebounds while Henning recorded his season's third double-double scoring 11 points and grabbing 13 boards. Gipson rounded out the double-figure scoring with 11 points.

APSU made up for the poor field-goal shooting (33.3 percent) with superb free-throw shooting (80

percent), making 24-of-30 attempts. The Govs, who are 16-4 when their opponent shoots below 40 percent, held Tennessee Tech to 39.2 percent shooting. APSU outrebounded Tech, 40-26. The Govs are now 11-1 when they win the rebounding battle.

"We played very well defensively. When we were struggling offensively, we never let up defensively. They can get a taste of you," Loos said.

The Govs go for their tenth win in a row Thursday, Feb. 20 at Eastern Illinois. Eastern Illinois looks to seek revenge for an overtime loss to the Govs on Jan. 17 when they last met.

**Bienvenidos, Amigos!**

**WELCOME TO  
DON PANCHO**  
Mexican Restaurant



**Located in the new  
Sango Super Wal-Mart Center**

**2365 Madison Street  
Clarksville, Tn 37043  
931-551-9929**

## Classifieds

Adoption	Employment	Employment
<p><b>Make our house a home</b> Professional couple wishes to adopt your newborn. We offer a loving and secure home. We will pay all legal fees and keep all information confidential. Please help us live our dream of having a family. Call 931-648-9400</p>	<p><b>Grifols BIOMAT USA</b> formerly Seracur Get PAID to study! Flexible hours. Earn \$50 this week! 931-647-5555 1596 Fort Campbell Blvd. Located in the Food Lion shopping center</p>	<p>Looking for new <b>Avon Representatives</b></p> <p>*You choose your hours *Earn up to 50% commission *\$10 gets you started *Flexible work for students</p>
<p><b>Apartments</b> One bedroom apartment, located approximately 6 blocks from campus. You furnish utilities. \$280 per month with \$100 deposit. Pets negotiable. Call anytime at 237-2992</p>	<p><b>Bartending Trainees Needed</b> \$250 a day potential Local positions 1-800-293-3985 x 859 American Bartending Institute</p>	<p>Contact Yvonne at 931-302-5024 Ind. Sales Rep.</p>
<p><b>Births</b> Congrats to Jennifer and Randy Ellis on the birth of their daughter. -Career Services Staff</p>	<p><b>Circulation Manager</b> needed to deliver newspapers on Wednesday mornings from 7-9 a.m. Must have own transportation and good driving record. Contact Louise at 221-7376</p>	<p><b>Peay Personals</b> Pax to everyone in the APSU Classics Club. I enjoy hangin' with ya! Love, Rosie</p>
	<p>Need a job? Career Services UC 208</p>	<p>Post your personal in <i>The All State!</i> Only \$2.50 221-6627</p>

## Dorm Life Got You Down?

Don't let cramped spaces and communal bathrooms flush your spirits south! Bring your spirits over to the west!



**Concord Village West Apartments**  
137 West Concord Dr. A  
Clarksville, Tn 37042  
931-645-3233