

# The All State



Serving the APSU Community since 1929

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AUSTIN PEAY STATE UNIVERSITY

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## Fort Campbell coupling succeeds

By JAY TRAUB  
Staff Writer

Fort Campbell's Student Government Association held a meeting and reported its session to the main campus SGA.

"It was wildly successful," said Eric Lamp, Fort Campbell SGA liaison. "Better communications between the two SGAs is a goal both campuses work towards."

Also at its last meeting, APSU's SGA discussed the new student group travel policy. The policy eliminates the use of vans carrying more than 10 students.

Before deciding to okay the policy, SGA decided it needed more information, such as what will replace the vans and if students can travel in groups of cars.

SGA also urged students to participate in an online poll to express their thoughts about the common hour proposal. To access to the poll, go to the SGA Web page and click on the link.

On another note, the College of Business has started a petition against the reorganization proposal.

"If it is put under something else, it will lose some of its funding," said SGA President Gavin Roark.

Two weekends ago, Roark and SGA Vice President Jonathan Jeans visited Vanderbilt University.

Vanderbilt sanctions SGA senator positions from its resident halls. Roark and Jeans suggested that APSU adopt this concept.

Roark said that the resident hall senator positions would not replace the Resident Hall Association but would work with RHA.

## Von Palko instructs students in martial arts

By JAY TRAUB  
Staff Writer

David von Palko, APSU Communication professor and instructor of Taekwondo, Aikido and Jeet Kun Do, taught a self-defense course in the Red Barn on Nov. 25 at 7 p.m.

Von Palko began learning self-defense in the early 70s and now instructs others in the martial arts.

"Being aware that something can happen to you is the first key," von Palko said.

Awareness of surroundings is the first things students learn during this course. Von Palko described several levels of awareness and which level to choose based on surroundings.

Von Palko also identified the flight-or-flight syndrome and its symptoms. From the flight-or-flight syndrome, speed endurance and strength increase. Von Palko explained how to center for a fight and channel chi.

The course also showed students where to strike an opponent and the effectiveness of common objects used as weapons.

"This was great information," said Amy McDonald, a sophomore attending the course.

## Saturnalia offers students Roman feast, festivities

By KATIE ALCOTT  
Staff Writer

APSU's Classics Club invites students, faculty, staff and community members to partake of ancient Roman culture as they join in the celebration of Saturnalia.

The Classics Club will host this event in Rooms 303 and 305 of the Morgan University Center on Dec. 11 at 7:30 p.m. Tickets cost \$3 and are available only to the first 50 people.

The festivities will include a feast, games, door prizes and a 20-minute play performed in Latin by students.

"Saturnalia is a good opportunity to learn about the celebration's cultural significance because a lot of what we celebrate as Christmas is Saturnalia once removed," said Nathan Parker, a junior Biology and Classical Languages major. "Everything except for the religious aspect of Christmas comes from this holiday including greenery, gift giving and banqueting."

Saturnalia centers around the Roman god Saturn, known to the Greeks as Cronus. According to mythology, Saturn fathered six Olympian gods and swallowed all but Jupiter, the Grecian god Zeus.

When Jupiter came of age, he forced his father to regurgitate the other children that remained alive and fully grown within his stomach. Because of this

incident, Jupiter is associated with the four seasons.

However, Roman myth includes details about Saturn that Greek legend does not. After Jupiter dethroned Saturn, he exiled himself to Italy and ruled there with Janus, the god of gates.

During his reign in Italy, Saturn inspired a period of prosperity - a time free from slavery and warfare. Italians considered this time the gold age of Italy.

When the Romans celebrated Saturnalia, they prayed that Saturn would bring back the spring and also usher in another golden age. They also utilized Saturnalia as a harvest festival.

The Classics Club will perform an authentic religious ceremony at the beginning of the feast.

Students have are constructing a large effigy of Saturn. The student placed a lamp that will be lit inside the effigy a lamp and wove straps of wool around Saturn's ankles to symbolize freedom, once they have been untie.

In Roman times, slaves were freed, and children were given the same privileges as the adults for the duration of this festival.

"It'll be a lot of fun and a chance to meet a lot of people on campus," Parker said. "I think it's important for people to come so that they understand where their cultural traditions came from."

## Survey: Go to sleep



Photo by Alicia Middlebrook

Most college students believe they have to experience fatigue before they can suffer from sleep deprivation. In reality, symptoms of sleep deprivation include vague discomfort, alterations in appetite and activity intolerance - in addition to most recognized symptoms, which include tiredness, irritability, inability to tolerate stress and concentration and memory problems.

## Lack of sleep may take years off life

By LOUISE MORALES  
Editor in Chief

A recent poll conducted by the National Sleep Foundation found that 60 percent of American adults experience sleeping problems. However, few recognize the importance of adequate rest or are aware that effective methods of preventing and managing sleep problems now exist.

According to this poll, which is entitled "Sleep in America," students who fail to get enough sleep after a long day at school or work could be putting their lives at risk. Other research carried out in Australia suggests that the effects of sleep deprivation can be similar to or worse than the effects of alcohol consumption.

The study found that sleep deprivation or disruption, such as shift work, can seriously affect the body's ability to think clearly and accurately as well as its ability to move and react normally.

The National Highway Traffic Safety Administration estimated that more than 100,000 car crashes annually may be related to fatigue, according to the NSF website.

These fatigue-related crashes cause an estimated 1,500 deaths and tens of thousands of injuries and lasting disabilities. This problem has been found to affect drivers aged 35 and under more than any other age group.

Sleep restores a person's body and mind, and without it, that person could suffer. People who have sleep disorders may experience fatigue, irritability, depression, reduced attention, concentration and memory and more frequent illness. Other common symptoms include lost productivity, work mishaps and car crashes.

There are disorders that make it hard for people to sleep soundly at night - or stay awake during the day. Millions of people fall victim to sleep disorders. The three most common sleep disorders are sleep apnea, narcolepsy and chronic insomnia.

Sleep apnea occurs when a person repeatedly stops and starts breathing throughout the night. Narcolepsy happens when a person falls asleep suddenly many times a day. A person having trouble falling asleep or staying asleep night after night is diagnosed with chronic insomnia.

The sleep lab at Gateway Medical Center, in Clarksville, Tenn., admits many patients a week to monitor their sleeping habits. According to Terri Clouse, the daytime registered polysomnographic technologist in the sleep lab, the most common sleep disorder the lab finds is obstructed sleep apnea.

Apnea means "without breathing." Many people with this disorder don't even know they have it.

In obstructive apnea, the tongue, excess tissue or relaxed throat muscles blocks the airway and causes breathing to cease for about 10 to 90 seconds. This lack of breath causes the body to struggle for air, briefly waking the sleeper. Then, normal breathing resumes. The person may wake hundreds of times a night but not remember anything.

Dr. Jatin Kadakia supervises the second sleep lab, also located in Clarksville, making a total of seven beds available to the Clarksville community. The beds stay occupied during the week.

The first sleep lab in Gateway Medical was established in 1996, followed by the second sleep lab being established in 2001.

"It's been a growing process," Clouse said. "Patients come in, and we monitor their brain activity, heart, breathing, oxygen levels, limb movements and snoring."

A technologist stays during the night and monitors the patients. Patients are in bed for seven hours normally. Tests are run, and based on the data, technologists are able to determine stages of sleep and if breathing stops, in addition to other sleep problems.

"Not a lot of college students come to the sleep lab. They think they're supposed to feel sleep deprived," Clouse said.

The majority of the patients are 25 and over. Most college students are not aware of the sleep lab.

"Sleep for college students is different. They are able to take naps. Some take advantage of daytime naps," said Diane Berty, dean of student development.

In the event the lab receives negative test results, it runs another test called the Multiple Sleep Latency Test. This test usually diagnoses narcoleptic sleep. In order to adequately diagnose narcolepsy, the patient must come into the sleep lab during the daytime and take periodical naps.

Most people need six to nine hours of sleep. People having trouble sleeping may find that improving their sleep hygiene results in sleeping better.

Improving sleep hygiene involves having the same bed time each night, leaving the bedroom for sleeping or having sex, avoid placing a computer or television in the room, doing something relaxing - like taking a bath or yoga. Going to the gym before bed leaves the body awake and restless, therefore, it not recommended. Mainly relaxing

before going to sleep improves a person's sleep hygiene.

Environmental surroundings may disrupt sleep. For example, too much light or too much noise may be distracting.

Other ways to improve sleep may involve changing some habits like smoking and consistent worrying. Listening to quiet music, keeping the bedroom at a comfortable temperature and trying relaxation exercises are some other ways to acquire good sleep. Exercise in the late afternoon to unwind. Don't exercise just before bed because it can wire your body with unnecessary energy.

A person is recommended to watch what and when they eat. A big or late evening meal may cause drowsiness or the digestive system may keep the body awake later. An empty stomach may also make a person toss and turn.

Drinking habits also need to be monitored. Avoid caffeine for six hours before bedtime. Avoid alcohol before bed. It causes sleepiness, but it may produce poor sleep through the night.

Sleep is not merely a time out from busy schedules. Even occasional sleep problems can make daily life more stressful or cause less productivity. In the survey, those who said they had trouble getting enough sleep reported a greater difficulty concentrating, accomplishing required tasks and handling minor irritations.

Sleep deprivation causes mistakes, affects school and job performances and can strain relationships at home.

"You never reclaim lost sleep," Berty said. "Making up sleep, truly is a myth. You don't recognize that you are in it. You don't see the consequences of your behavior."



Contributed Photo

Carter works as the assistant to the chief of staff of the TSA and is brother to country music singer Deana Carter, who visited APSU this summer.



# Editorial

## Stockings stuffed with cynicism

Highlights of the past semester are reviewed

By GARY SUTTON  
Editorial Page Editor

It's finally here! The last edition of The All State for the semester. I know I am relieved to be getting some time off. But, before I leave I would like to give out some Christmas presents and stuff some stockings.

The first gift goes to the APSU football team who had its first winning season in 18 years. Congratulations goes out to all the players, coaches and fans who

supported them. There is no doubt that the football team certainly has made the school proud.

Unfortunately, I also get to give out stockings full of coal for those who have been disappointing. The first recipients are the people in charge of making the decision to not renew the contract of Coach Bill Schmitz. What does a coach have to do to keep his job around here? You would think bringing a winning season, the first in 18 years, would help.

When a coach brings success to a program and also manages to inspire the players, it is something truly remarkable. I can only hope that the Athletic Director holds the Men's Basketball coach to the same standards, since it is easier to not hold yourself to the same standards as you hold others.

I was prepared to give a gift to Campus Police this year, for averting a potential parking nightmare by creating additional spots for some residents. However,

the untimely parking ticket I received while parked in the McCord parking lot ruined the season of giving.

On a wider scale, a big unexpected gift goes out to Gov. Don Sundquist. Why, you may ask? Simply for his decision not to proclaim a "Vegetarian Month" in Tennessee. In a day and age where political correctness has taken over, it's refreshing to see someone take a stand against vegetarian nonsense. There are simply not enough months to support all the special interest groups in the world.

Hilariously, the community was blessed with a new tagline, "Way to Go." I feel that Public Relations and Marketing deserves a gift, just for providing material to satirize.

Finally, a very special gift goes to the staff at The All State. The staff has worked through some tough times and long nights, but I feel that we have done an outstanding job. We are looking to great things in the future.



## Winning season unimportant to some as coach is let go

By JASON ELIN  
Staff Writer

Govs head football coach Bill Schmitz finished up the season with the first winning record in 18 years.

Yes, 18 years. And then he was fired amid quite a bit of controversy within the university. Students, faculty, and alumni alike should be outraged. I know I am.

First of all, let's quickly cover the hierarchy of a football coach at APSU. There are two bosses; the Athletic Director Dave Loos; and the President of the University, Dr. Hoppe. So it is pretty obvious that the decision to fire coach Schmitz came from one of two places, or more likely, a combined effort. But why was coach Schmitz fired?

According to Loos, "significant philosophical differences" were to blame for the firing. When

interviewed by the local newspaper, Loos refused to clarify or expand on his statement.

As far as I'm concerned, and I think I speak for a large portion of the Govs' fans, philosophical differences need to be put aside for a coach who delivered the first winning season in 18 years!

It has been rumored that the "philosophical differences" had to do with coach Schmitz' lack of interaction with those outside the football program.

Who cares if he didn't socialize or schmooze with alumni and faculty, he won!

Many of the greatest coaches in sports are introverted; Mike Ditka and Bobby Knight quickly come to mind.

A coach should be measured by results, not opinions or fragile egos he may have damaged.

In my opinion, coach Schmitz was not given enough leeway or time in this delicate matter.

The man deserves so much more after delivering the FIRST WINNING SEASON IN 18 YEARS! It takes more than a few years for any football coach to integrate his coaching system, recruit players who fit into the system, and deliver results.

Coach Schmitz arrived at APSU in 1997, coached during the transition to a non-scholarship program, and had to recover from 13 straight losing seasons prior to his arrival.

I find it quite hypocritical to hold coach Schmitz to certain standards when the AD doesn't hold other coaches to standards equally as high.

For instance, let's examine the similarities and differences between

the football program and the basketball program. The basketball program has scholarships while football has none.

The basketball program has had two players good enough to go to the NBA, along with others who are playing professionally elsewhere.

Meanwhile, the football program has had no recent player advance to anything beyond college athletics.

The basketball program has had an astounding attrition rate considering the number of players, while the football program has had nearly no players who have quit.

Why isn't the basketball coach held to the same standards that the football coach was held to?

Oh yeah, did I mention that Dave Loos the Athletic Director is also the basketball coach?

Anyone who has suffered

through multiple seasons of watching Loos "coach" knows that he has not produced at the same level that coach Schmitz was held to.

For the past eight years or so, Loos has had players whose playing styles would be perfect for an up-tempo, fast break type of offense.

But year after year Loos slams the proverbial square peg into the round hole.

Coach Schmitz on the other hand realized his team's strengths, and ran the ball all year long.

By the way, he also ran the ball to a winning record this year, something Loos was unable to provide last year.

During his tenure Loos has compiled a record that is barely above .500, while having rosters that contained two NBA caliber players and various other quality

players.

Therefore, the amount of talent available to Loos should have resulted in much more production. What other school in the OVC can lay claim to multiple NBA caliber players and only one OVC title?

It seems to me that coach Schmitz has been doing more with less, while Loos has been doing less with more.

I guess it's easy to hold others to a standard that you would not hold yourself to. It's even easier when you just happen to be your own boss.

Who knows? Maybe there are other unseen reasons that led to the firing of coach Schmitz. However, as long as the reasons remain unknown, I have to base my opinions on what can be seen from the outside.

## SGA President wishes all well to close out fall semester 2002

By GAVIN ROARK  
SGA President

As I worked in my office, trying to tie up loose ends before heading home for Thanksgiving, I began thinking about all that has happened over the past four months.

The amazing spirit of the APSU community has overwhelmed and

exceeded my expectations. We have had good times, and we have had bad times, but through it all we have had each other.

I have seen students bridge the gap between age, race, gender and religion to become a part of a diverse family.

I have seen traditional and nontraditional students coming together to learn how we cope with

college life in our individual ways.

I have seen our awareness and concern for others who have found themselves in unfortunate situations.

I have seen selfless acts and sentiments that will forever stay locked in my memory.

As we all head out for the holidays, remember to be responsible and safe.

Take the time to tell those around you how important they are and how much you love them.

Continue to seek out those in need of help or friendship.

If you feel alone, remember that you always have a friend in me, and you can call me or come see me at anytime.

On a more academic note, remember to take care of yourself as

you prepare to take your final exams.

Get plenty of sleep, good foods to eat, and if you need help, don't be afraid to ask someone.

We have faculty members who are accessible, and really want each of us to reach our full potential.

On behalf of the Student Government Association, have a great end to this semester.

For those of you who will return next semester, I look forward to working for you in the Spring. If addressing any concerns you have.

For those of you who are graduating, keep in mind that this is not the end. You have only reached the end of the beginning and many new beginnings ahead. Good luck to you all, and God bless.

## Being in the editorial spotlight teaches valuable lessons about college life

By SHAUN COPELIN  
Staff Writer

Writing for The All State this semester has been interesting to say the least.

It has opened my eyes to the many different types of people who attend APSU.

There are the people that can never be pleased.

I have learned to not even try to please everyone because it will never happen. There will always be some person just looking for things to disagree with.

The majority of the people who respond to editorials respond negatively.

People only react to things that, quite frankly, upset them.

The first time I got a negative response to one of my articles, it upset me, but not anymore. I have learned to take suggestions and to ignore closed-minded people.

Now I am happy to get any response - at least it shows that not

every college student is oblivious to their surroundings.

At first I was surprised that so many people at APSU were so closed-minded.

I mean this is college - I thought people would be more open, but the majority of them are not. I guess even at college some people are not ready to think for themselves.

An example of this would be the cabaret article and the response to it. I never thought that college students could view things so black and white.

It is like people want you to censor yourself because they don't agree with you, but their beliefs are

no more important than anyone else. Negative responses only encourage me to voice my opinion more.

There are also the people that just want to find things wrong within an article.

I do not understand the point of taking the time to write a letter just to tell someone they had a run-on sentence or misspelled a name.

It is like they have nothing better to do. If they are that interested in fixing typos they should apply to be the editor for The All State.

Not every response I've gotten

has been negative, I have gotten some positive ones, mostly in person though.

There is the rare person that is willing to think for themselves or research an issue before they pick a side to it instead of just picking a side someone else told them to choose.

The majority of the positive responses I have gotten, have been from professors, which was a nice surprise. I did not figure professors had the time (or patience) to read The All State.

I guess the old saying that

wisdom comes from age is true.

My advice to anyone who wants to write editorials is to write whatever they feel like writing about.

An editorial is a personal opinion and my best article was one that people told me not to submit. It ended up getting the most positive response from that article.

If someone has an opinion about anything at all I encourage them to submit a guest editorial or a Letter to the Editor to The All State and let their voice be heard.

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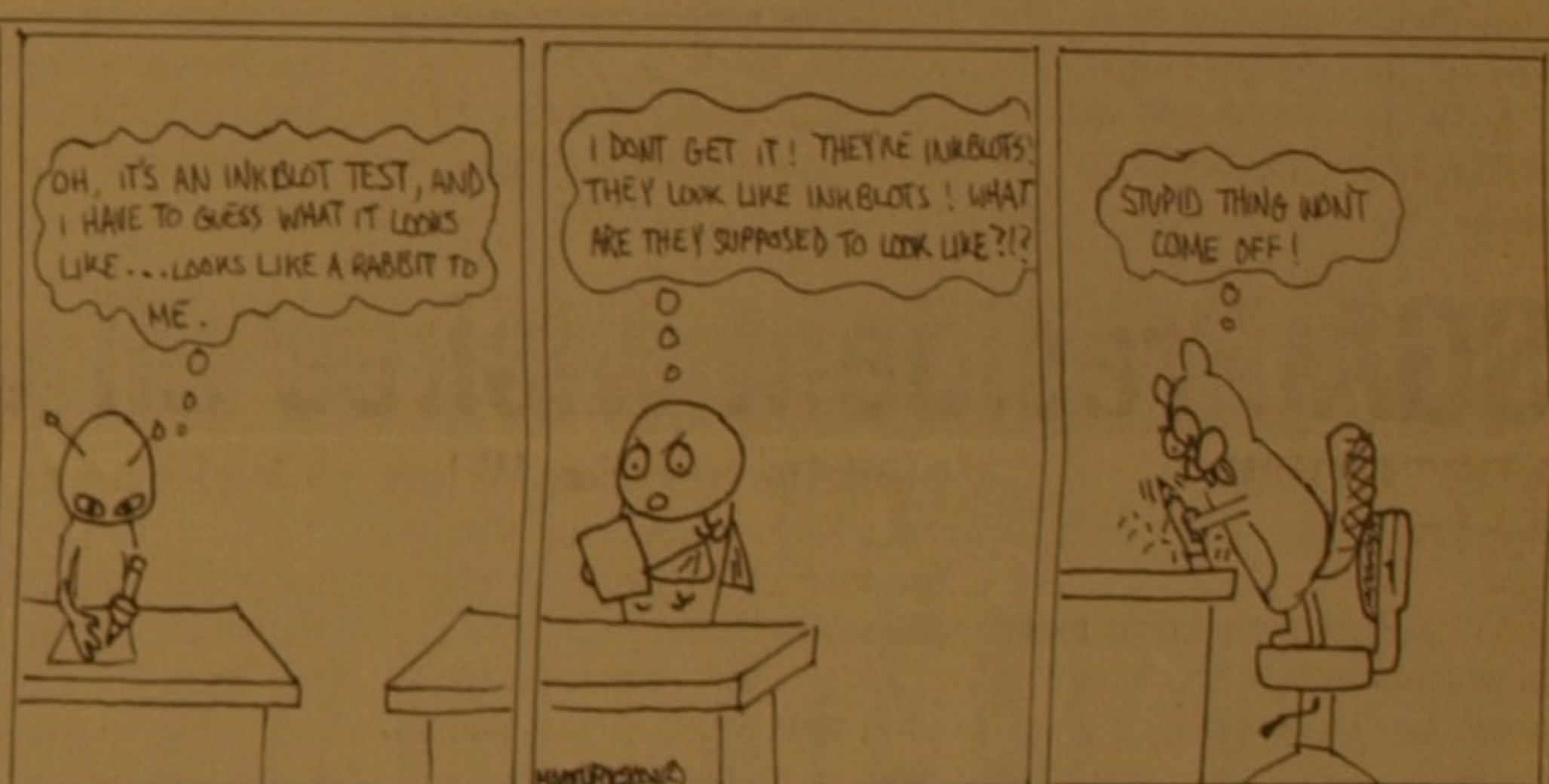
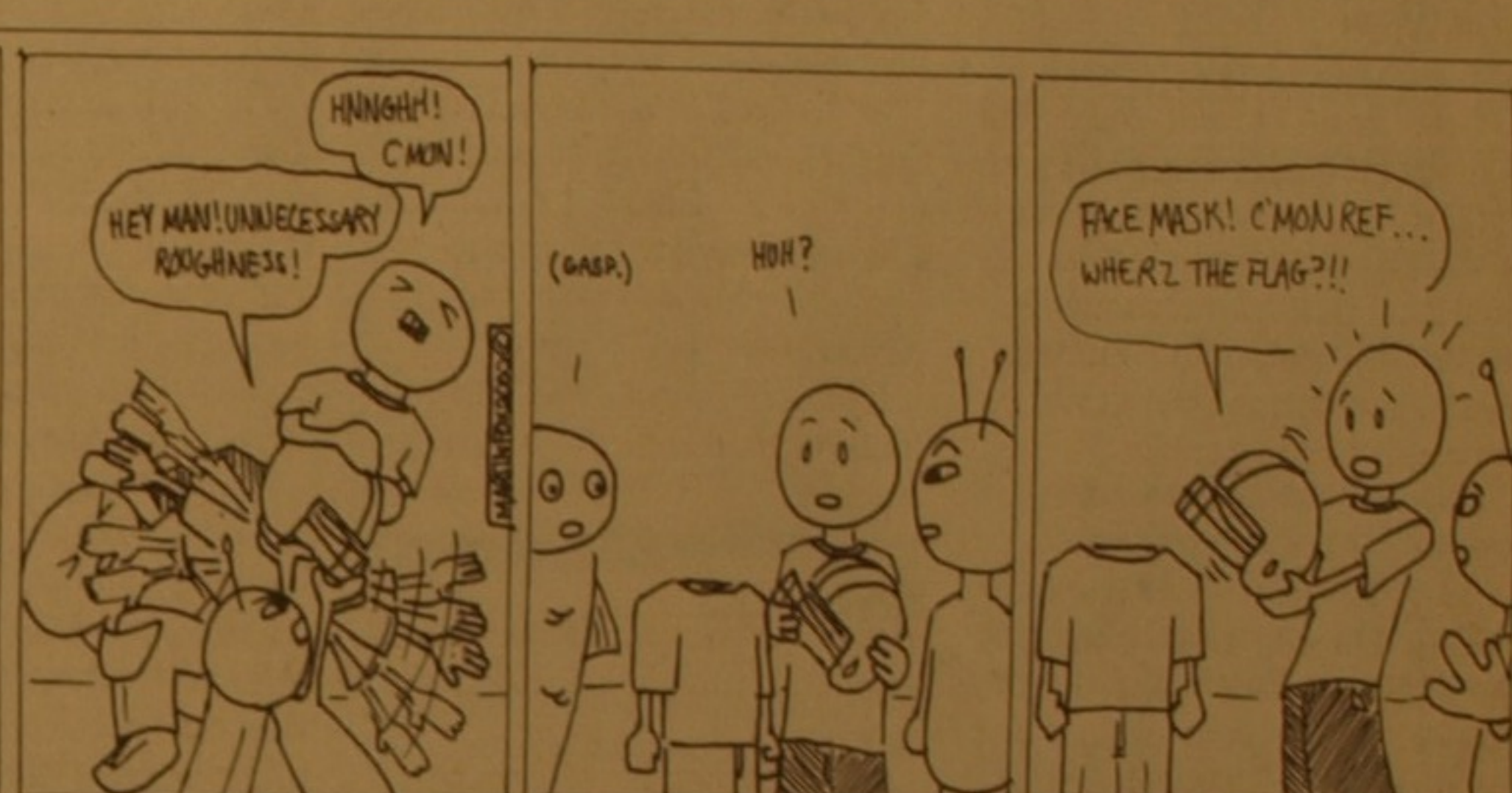
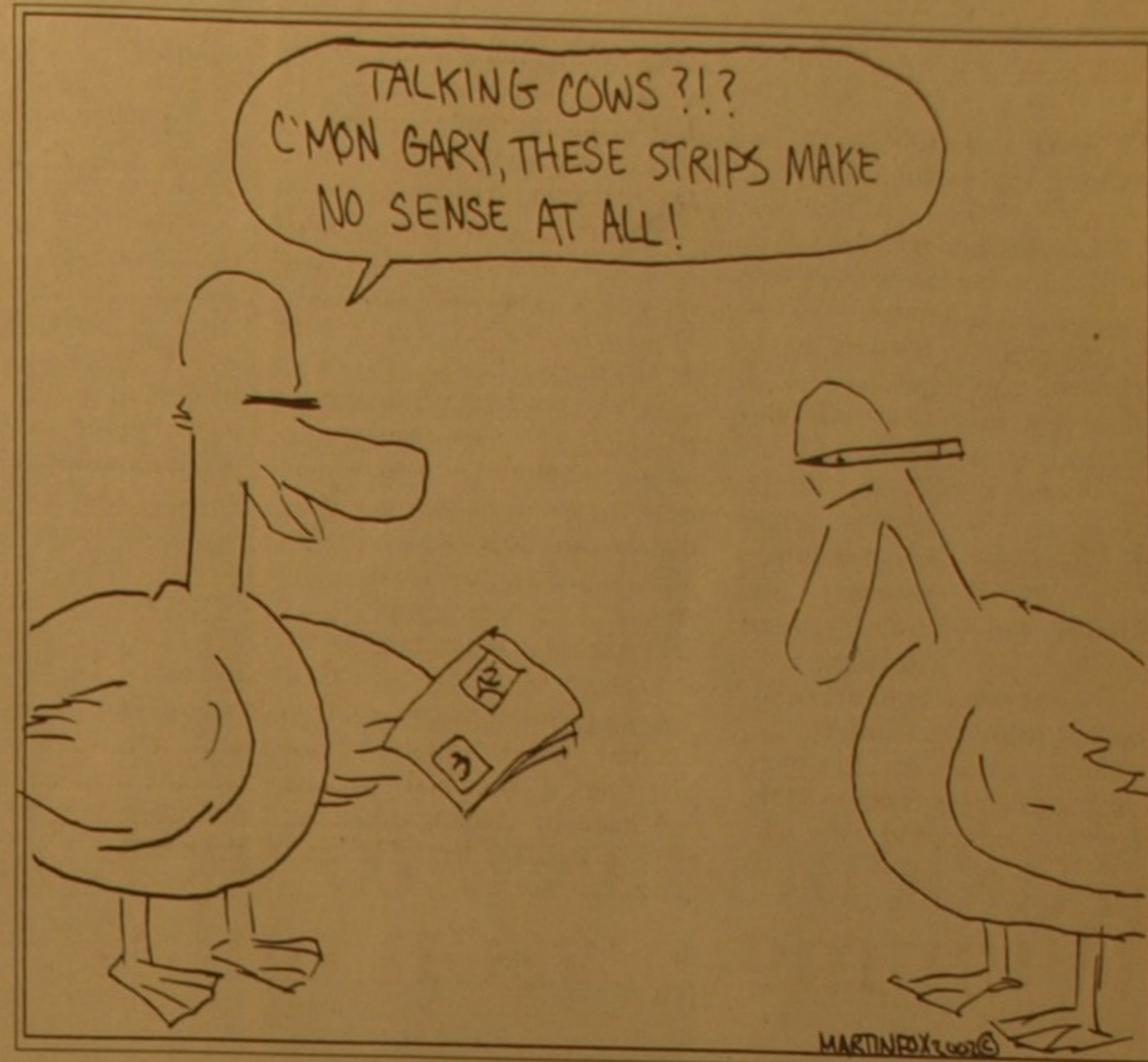
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other editorials, letters to the editor  
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should be saved to a floppy or zip  
disk as a Word document along with  
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and class if applicable). All letters  
will be checked for authenticity.  
Letters should be received no later  
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for it to be considered for  
publication. Letters may be edited  
for clarity and grammar.



# Cartoons



## The Other Side by Martin Fox



Merry Christmas  
and a Happy New  
Year from  
*The All State!*

## December

- 4<sup>th</sup> Free Up-Grade! 7-8am**  
Receive one free upgrade on your Java City beverage when you come in between 7 and 8am. Buy a short - get a tall! Buy a tall - get a grande!!
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- 10<sup>th</sup> Holiday Dinner 4:30 - 7pm**  
Join us as we celebrate the holiday season the Cafeteria for some good home cooked food, just like Grandma used to make.
- 11<sup>th</sup> Do the Splits 8-10pm**  
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# Features

## APSU student receives full tuition thanks to U.S. Army

By KATIE ALCOTT  
Staff Writer

"Right now, I'm worry free when it comes to finances," said Antoine Jackson, APSU communication major.

Finances can be a burden for college students trying to pay their way through school, but for students like Jackson who did their time in the U.S. Army, it's the least of their problems.

"I was in the army for five years as a telecommunication Sergeant. My job mainly consisted of troubleshooting radios, working with local networks and satellite work. I left because I'm not into the technical thing," Jackson said.

Although he found that his Military Occupational Specialty was not for him, he did gain a full paid tuition to APSU through the Montgomery GI Bill and Army College Fund.

This financial aid program gives up to \$50,000 for college to people who finish their active duty tour.

Jackson has chosen to invest his time and earned money towards a Corporate Communication major at APSU using this bill.

"The Army helped me figure out where I want to go and what I want to do in life," Jackson said. "I just sort of fell into it, but if I had to do it all over again I would."

"Now I want to do public relations work in an urban sector."

I want to get advertisers to do things in these communities."

For Jackson, the Army provided his education after his

During the time I joined the Army that option was not available to me because of a previous academic dismissal from

"Along with education, Army ROTC is the best leadership development program in the world. Whether you choose to stay in the army after your commitment or become a civilian, you can take the skills you learn with you," O'Hara said.

college," Jackson said.

The ROTC pays students the cost of tuition and books per semester after they sign a contract with the Army.

This contract is a military service obligation for eight years.

"Students can be a part of the ROTC program their freshman year. This includes having a scholarship the first year, but without making an obligation so that they can see if it's for them," said Lt. Col. O'Hara of the APSU ROTC program.

"Along with education, Army ROTC is the best leadership development program in the world. Whether you choose to stay in the army after your commitment or become a civilian, you can take the skills you learn with you," O'Hara said.

If you are interested in Army ROTC, contact Captain Werner in the military science department 221-6155.



Antoine Jackson is interested in helping out in the community through his chosen major.

## Students need to weigh issues concerning eating habits

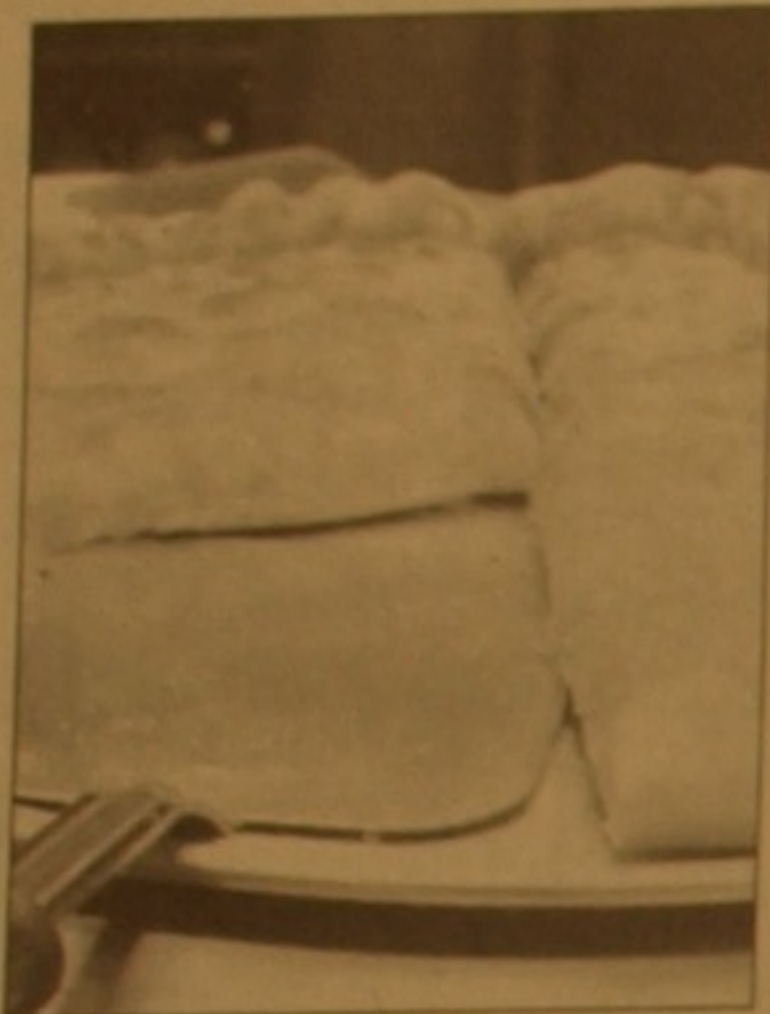
Although freshman 15 is a myth, students still need to exercise healthy eating

By SABRINA GENTRY  
Guest Writer

One of the famous myths of college life is the "freshman 15."

The freshman 15 refers to the belief that freshmen, especially women, gain 15 pounds their first year.

Data gathered from the Division of Student Affairs at the University of Missouri-Kansas City suggests that weight is in fact often gained by freshmen, but the gain depends on the individual student and the



Pizza, a campus favorite, may be a slice of your diet, but only in moderation.

differences in their eating and exercise habits at home and at school.

The actual intake and

expenditure of calories are the two main factors that contribute to weight gain or loss.

Students who were very athletic in high school are accustomed to large amounts of exercise and when they continue those same eating habits without that exercise, weight can be gained.

It has been found that men are better at maintaining their individual work-out routines than women, which may help to explain why the freshman 15 is seen more often in women.

Increased food intake can also contribute to weight gain.

Some students may eat more than normal with the housing meal plans because they want to get their money's worth.

Students also eat on the run and grab sodas full of sugar and high-fat snacks because they are quick and easy.

Stress may also play a crucial role in how much a person eats as well as hormonal changes.

Many women begin oral contraceptives their freshman year and that can also contribute to weight gain.

Changes in the food that is now available to students is also a factor.

When students live at home they are limited to what their parents buy.

At college it is up to the student to stock their dorm refrigerators with healthy foods.

Students who come from stricter diet environments may buy the unhealthy foods that they couldn't have when they lived at home.

Beer is also a source of calories and can contain as many as 100 calories, which is the same amount in a 12-ounce can of soda.

Maintaining a proper diet and



Although a tasty snack for police on the go, students should look to other sources for a healthy breakfast.

exercise program is easier than trying to lose the weight once it's gained.

Monitor your weight and change your eating patterns accordingly.

If you're not exercising as much

as you did in high school, you should decrease your food intake and stock nutritional

Drinking diet sodas and increasing your intake of fruits and vegetables will help you maintain a healthy diet.

Exercise should be a part of your daily routine, even if you are not right.

If a little exercise can be done daily, it will raise your metabolism and your body will burn fat all day long.

The freshman 15 is not a myth but it also is not inevitable.

The individual student must take responsibility for his or her own diet and exercise patterns.

The main thing to remember when monitoring your weight is that if you take in more calories than you lose, you will gain a dreaded freshman 15.

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**'Hitman 2 - Playstation 2, XBOX**

**'Grand Theft Auto Vice City - Playstation 2;**

**'Tony Hawk's ProSkater 4 - Playstation 2, XBOX, Nintendo GameCube.**

**In Clarksville:**  
**1600 Ft. Campbell Blvd Ste. A**

## Cruise with APSU Alumni

For a great 2003 vacation plan, go cruising to the other side of the world

APSU Public Relations  
By DENNIE BURKE

The Austin Peay State University National Alumni Association has wrapped up the perfect gift for the holidays.

Whether you want to treat someone special or pamper yourself, a cruise never disappoints. And a 10-day Eastern Mediterranean cruise with good friends will never be forgotten.

Part of the prestigious Princess Cruise Line, The Royal Princess, a luxury liner, sails the Mediterranean only once a year.

Begin planning now, because APSU NAA has packaged a perfect getaway for 2003.

The Royal Princess departs Nov. 5, 2003, from Athens.

Ports of call include Turkey, the Greek Isles, Cairo and Alexandria in Egypt and Naples. The ship docks in

Rome on Nov. 15, 2003.

As they have for the past three alumni-sponsored travel programs, Larry and Kay Martin of Clarksville have agreed to host the 2003 cruise of the Eastern Mediterranean and Egypt.

For those interested in learning more about the itinerary or the ship, two meetings are slated at Pace Alumni Center at Emerald Hill at 6:30 p.m., Tuesday, Dec. 17 and 10 a.m., Wednesday, Dec. 18.

The Martins will be on hand to provide details about the trip and answer any questions.

According to Shelia Boone, director of alumni and annual giving, the cruise is the perfect way to be with friends and visit exotic ports at the same time.

"This is a great opportunity to visit the Eastern Mediterranean while enjoying the luxury of a premier cruise ship."

"No packing and unpacking bags at every stop; you always have gourmet meals waiting for you; and the ship travels to the next port at night while you sleep or enjoy on-board entertainment," Boone said.

A \$250 per-person deposit is required by Dec. 18, 2002, to

book your cabin at a discounted group rate of \$3,494 per person, double occupancy.

This total includes round-trip airfare from Nashville to Athens and return from Rome as well as all government and airport taxes and travel charges.

It pays for an outside view with an unobstructed view.

Other accommodations are available at varying fares.

Additional options, such as pre- and post-cruise programs and trip insurance, are offered.

Since this is a once-a-year cruise, cabins go quickly. Reservations should be made as soon as possible.

Unusual Travel of Clarksville is coordinating travel arrangements with bookings handled through the APSU Alumni Association's Annual Giving Office.

Checks for the deposit should be made payable to APSU National Alumni Association, or you can call go by the Alumni Office to charge part or all of the cost on your credit card.

For more information, visit [www.apsu.edu/alumni/travel](http://www.apsu.edu/alumni/travel) or telephone (931) 221-7979.

### Final Exam Schedule December 9-12, 2002

#### Undergraduate and Day Classes

**Monday, December 9**  
8:00-10:00 All MWF classes which meet at 9:00  
10:30-12:30 All T/TH classes which meet at 11:00  
1:30-3:30 All T/TH classes which meet at 3:00

**Tuesday, December 10**  
8:00-10:00 All MWF classes which meet at 11:00  
10:30-12:30 All MWF classes which meet at 2:00  
1:30-3:30 All MW classes which meet at 3:00

**Wednesday, December 11**  
8:00-10:00 All MWF classes which meet at 8:00  
10:30-12:30 All MWF classes which meet at 12:00  
1:30-3:30 All T/TH classes which meet at 2:00

**Thursday, December 12**  
8:00-10:00 All T/TH classes which meet at 8:00  
10:30-12:30 All MWF classes which meet at 10:00  
1:30-3:30 All MWF classes which meet at 1:00

**Friday, December 13**  
8:00-10:00 All T/TH classes which meet at 11:00  
10:30-12:30 All T/TH classes which meet at 12:00  
1:00-3:00 Open

#### Graduate and Evening Classes

Graduate Students will take exams at the designated time period during exam week. If taking an evening class, 3:30 p.m. or later, the final exam is during the class normally meets during exam week. The class meets two evenings per week, the exam is scheduled for the first day it is offered during exam week.

**CONGRATULATIONS  
TO THE GRADUATING  
CLASS OF FALL 2002!**





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## Help us revitalize the Austin Peay newspaper and campus community in 2002-03.

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Students call 221-7376 or e-mail [theallstate@apsu.edu](mailto:theallstate@apsu.edu)  
if you are interested in working for The All State.

APSU students, faculty and staff are encouraged to e-mail guest columns,  
Peay Briefs, comments, suggestions and letters to the editor.

*The All State*

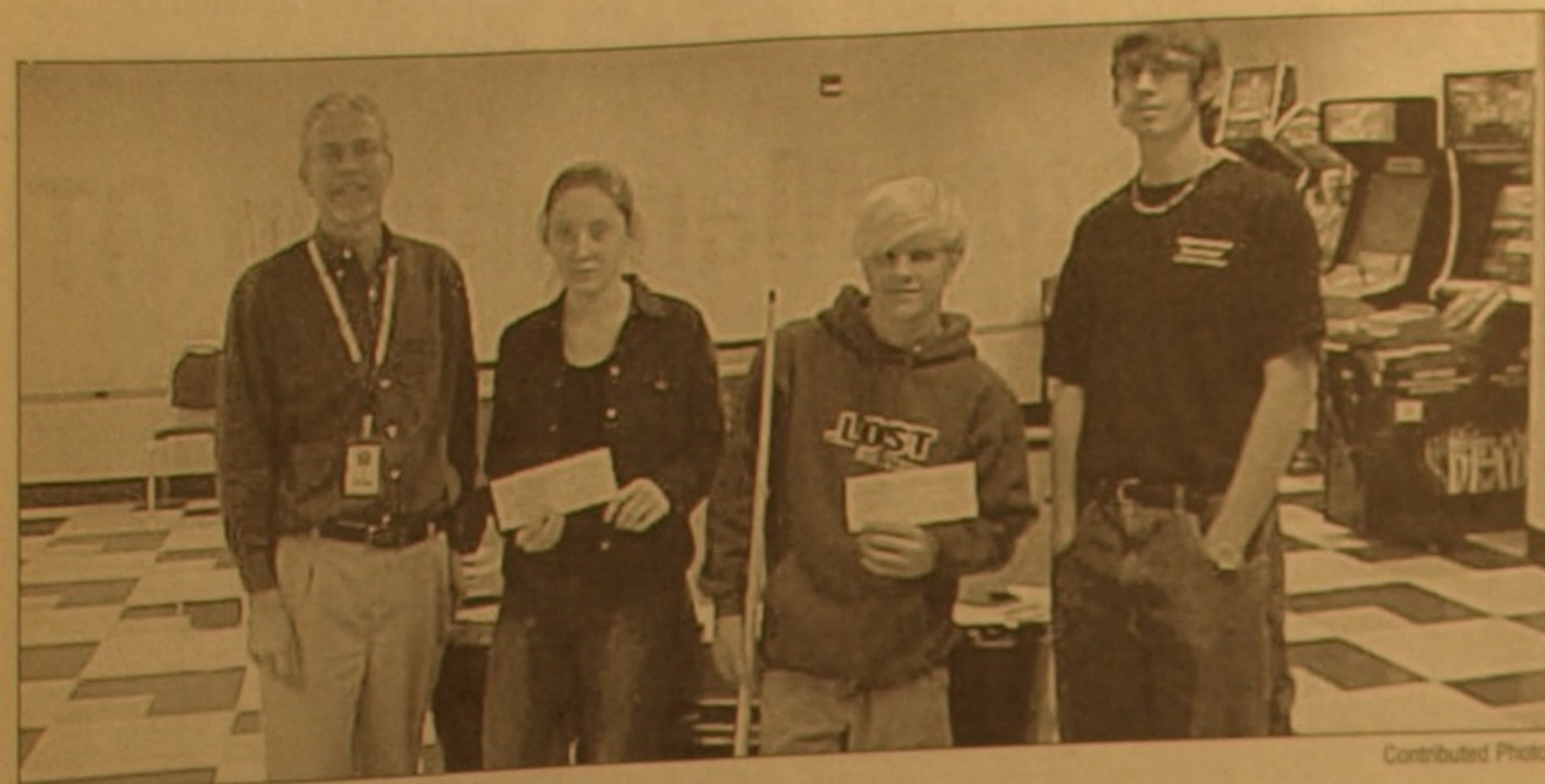


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• Serving the APSU Community since 1929 •



# Pool Tournament Winners Recycling benefits APSU



(Left to Right): Andy Kean (facility director), Wanda Henderson, Matt Moore and Eric Provost (coordinator of the tournament). First place winners Henderson and Moore received \$100 prize each. Runners up are Raf Zornita and Erica Krampitz received a \$50 prize each.

By PIERRE KADEBA  
Guest Writer

Recycling and waste reduction efforts often serve as the keystone environmental management activity on college and university campuses in the United States.

Not only do these programs often generate revenue, they also demonstrate an institution's commitment to form environmentally responsible citizens. According to several national studies conducted in 1992, more than 75 percent of the nation's 3,500 schools operate recycling programs. More recent studies suggest that recycling programs are now in existence on nearly every campus.

It is no longer a question of whether campuses should recycle,

but they know if their recycling efforts are effective. Universities should also ask themselves how their program compares with peer institutions.

This year, the Office of Housing/Residence Life and Dining Services in collaboration with Bi-County Solid Waste Management Systems decide to emphasize students' recycling efforts the APSU campus. In the past, the collection of all recycling items was made by the Physical Plant Department in the Shasteen building. The Office of Housing/Residence Life and Dining Services made a proactive decision to be in charge of the residential recycling program on campus. For this reason, Christopher Reed, manager of

dining and vending services, James Poindexter, assistant director of physical plant and coordinator of campus recycling services, and Bill Dunn, recycle market coordinator for Bi-County Solid Waste Management Systems, took an active role in the formation of recycling centers in each residence hall.

Blue containers with white tops are located in the lobbies of all residence halls. Recycling items such as cans, plastic bottles and newspapers can be placed there.

Pickups are made every Friday with the newly acquired compliments of Joe Mills, director of Housing/Residence Life and Dining Services.

To increase students' awareness for the residential recycling program, a competition was launched to compare the weight of recycling items collected every week by each residence hall. The 15 week competition for Fall 2002 ended on Nov. 27. The winner will receive a very large trophy and will host a pizza party planned and organized by Mary Anderson, administrative services coordinator for Bi-County Waste Management Systems.

Bi-County and Housing/Residence Life and Dining Services wanted to get the resident hall directors and assistants involved. Pete Reed, director of Bi-County Solid Waste Management Systems and Kenny Maddox, assistant director Housing/Residence Life and Dining Services, integrated presentation into one of the Residence Hall Directors and Residence Hall Association training sessions this fall to inform housing staff on what can be actually made from recycling items.

This is the first semester that APSU is enforcing residential recycling centers through the Housing/Residence Life and Dining Services. Recycling is more than a moneymaker; it is a money saving process. The money saved will help defray APSU's waste management expenses, which will eventually be reinvested in services that benefit the student body.

**Canterbury Club**  
love peace  
acceptance tolerance  
openmindedness

We meet at Trinity Episcopal Church on Thursdays at  
6 PM. – [geocities.com/canterbury\\_club](http://geocities.com/canterbury_club)  
Join us for a small meal and fellowship.

Would you like to be part of a fun athletic work environment?

Are you looking for an opportunity to serve in a leadership position?

Would you like to work at least 10 hours a week?

How does a minimum of \$6.00 an hour sound to you?



**Be an Official or Scorekeeper  
for Intramural Recreation!**

Name \_\_\_\_\_

Classification \_\_\_\_\_

GPA (cumulative) \_\_\_\_\_

Previous Officiating Experience \_\_\_\_\_

Previous Work Experience \_\_\_\_\_

Please use this Ad as your application and return to intramural  
Recreation by December 13, 2002. Attention: Neil Revlett

Please make sure that you block all day, Saturday, January  
4th on your calendar ...for interviews!



# Sports

## by the NUMBERS

1

Number of Lady Govs who have reached the 2,000 career-point mark in basketball.

3

Number of baseball signees who have been recruited by APSU for the 2002-03 season.

4

Number of assists by junior forward Adrian Henning against Memphis, leading the team.

5

Number of blocks by senior center Josh Lewis against Memphis.

11

Number of three pointers made by the Govs against Memphis.

13

Number of points off the bench by the Govs against Memphis.

22

Number of points scored by the Lady Govs in a 22-8 run in the second half against Memphis.

27

Number of points scored by senior guard Brooke Armistead against Memphis.

40

Number of rebounds by the Govs against Memphis.

100

Percent the Govs shot from the free throw line in overtime against Memphis, shooting 4-for-4.

1952

Year the last time the Govs defeated the Memphis Tigers.

## Lady Govs fall short, Govs stun Memphis in OT

By JASON ELIN  
Staff Writer

With the support of a small but rowdy fan base at the Pyramid in Memphis, APSU almost stole two games from the hometown Tigers. As it stands, the Govs only managed a split with a Govs' win and a Lady Govs' loss.

The Lady Govs had trouble with the Lady Tigers' defensive pressure as they fell 56-50 in the season opener. Facing an aggressive, full-court trapping defense, the Lady Govs fell behind by as much as 19. At many points in the game, it appeared the Tigers were overly aggressive as Lady Govs' players constantly hit the floor.

Despite the referees' preference to watch the game instead of officiate it, the Lady Govs mounted a 22-8 run sparked by freshman guard Kara Bergeron's three-pointer and a bit of their own defensive intensity.

The Lady Govs played very well, and they were in a position to win the game late. With only seconds remaining, a Memphis three pointer put the game out of reach, and stopped the Lady Govs from opening the season 1-0.

Senior guard Amy Armistead led all scorers with 27 points and became the first-ever Lady Gov to amass the 2,000 career-point mark, scoring her 20th point at the free-throw line at the 5:21 mark. Bergeron was the only other Lady Gov in double figures, scoring 10 points, including two-of-four three pointers in the loss.

In the next game however, the men's team earned an 81-80 overtime win and managed to salvage a split with Memphis. Although it looked like the Govs would get blown out early, late game heroics saved the day. Two free throws from senior center Bobby Hill and a back-breaking three pointer from junior guard Rhett Wierzbica gave the Govs a 79-75 cushion with 1:12 left in the game. Freshman guard Maurice "Squeaky" Hampton scored seven of his nine points in overtime, including the game-clinching free throws with 16.6 seconds left to give the Govs a season-opening win.

Newcomer Corey Gipson led the Govs in scoring with 19 points. The junior guard, who transferred from Three Rivers Community College in Poplar Bluff, Mo., shot 5-for-10 from the three-point line. Junior



Coach Susie Gardner urges the team on as Lady Govs plot their next move against the opposing team.

center Josh Lewis enjoyed one of his finest Govs performances with 14 points on five-of-eight shooting, eight rebounds and five blocks.

Despite the fact that the Memphis Tigers only had seven

regular players for the game, the Govs played a patient, almost passive offense. Instead of pushing the Tigers with an up-tempo offense, the Govs played with a "live by the three, die by the three"

philosophy. Relying heavily on three pointers and other deep shots for most of their production, the Govs shot 45.8 percent from behind the three-point arc for nearly half of their points.

## APSU cites differences to deny Schmitz return

Austin Peay Sports Information

APSU has announced that it will not renew the contract of football coach Bill Schmitz.

"There were significant philosophical differences between Bill and myself on the direction of this football program," APSU athletics director Dave Loos said.

An immediate search will begin for Schmitz's replacement with APSU hoping to have someone hired by mid-January. Assistant head coach Steve Haywood, a former Govs standout lineman who has served as defensive coordinator the past two seasons, will direct football operations during the interim.

Schmitz was hired on Feb. 18, 1997 to lead APSU into the need-based scholarship era. He was 19-46

in those six seasons.

"We appreciate Bill's contributions to the program, especially his work in the program's transition from scholarship to non-scholarship football," Loos said. "We wish him the best."

The 2002 football team finished 7-5, the first winning season since 1984.

"I want to commend the football team for their efforts this season and I want to assure them and our fans we are going to find the best coach possible, the best fit for the Austin Peay football program."

"We will be looking for a person who not only is a respected football coach but as well one who will work hard to promote his program within both the Clarksville and campus communities plus someone who has strong communication skills."

Schmitz came to APSU from his alma mater, the U.S. Coast Guard Academy — a non-scholarship Division III program — where his teams posted a 20-19 four-year mark, including a 8-2 1996 mark that produced a Freedom Football Conference title and a NCAA III playoff appearance.

After receiving his bachelor's degree from the Coast Guard Academy in 1976, Schmitz served five years in the Coast Guard and began his coaching career at the

time. In 1976, he coached at the Naval Academy Prep School, where he worked with quarterbacks and receivers.

Schmitz then moved to Columbia University to begin his college football-coaching career, where he also worked with quarterbacks and receivers.

In 1981-82, he was an assistant at Cincinnati, serving under Mike Gottfried while also attaining his master's. When Watson Brown took over the program in 1983, it

started an eight-year Schmitz association with the former APSU head coach. That association took Schmitz to both Rice and Vanderbilt.

He next moved to Eastern Michigan (1991-92), where he served as offensive coordinator. In the spring of 1992, he moved to the World League of American Football where he served as quarterbacks and receivers coach for the London Monarchs. From there he went back to his alma mater.

### Attention Student Organizations!

#### The Student Allocations Committee Meeting schedule has changed!

The Student Allocations Committee will meet bi-weekly in the spring semester. The first meeting will be held on **January 15, 2003.**

Organizations planning to request funds are encouraged to apply early in the spring semester.

Applications will **only** be considered if the proposed event is at least 10 days after the date of review by the committee.

Applications should be submitted no later than **noon** on the Friday prior to the scheduled meeting.

To review SAC guidelines, please visit [www.apsu.edu/sac](http://www.apsu.edu/sac)

### You're Invited to a Holiday Celebration!

All APSU students are invited to be our guests at the Division of Student Affairs Drop-In Reception To wish you Good Luck on finals And Happy Holidays.

Tuesday, December 10, 2002  
11:00 a.m. - 2:00 p.m.  
Browning 115 (hallway)

Refreshments will be provided.

## Lady Govs add new pitchers

Austin Peay Sports Information

APSU's softball team has announced the signing of two pitchers for the 2004 season.

Sarah Longmire, a left-handed pitcher/first baseman from Mascot, Tenn., and Natasha Anderson, a right-handed hurler/infielder from Clarksrange, Tenn., via Chamblee, Ga., will bolster a Lady Govs' staff that will see the spring graduation of seniors Holly Ricketts and Heather Skeels.

Longmire went 17-3 as a junior at Halls High School, posting a microscopic 0.65 earned-run average. In 118 innings she fanned 122 and walked just 26. She also batted .315.

"Sarah, being left-handed, poses problems for hitters — she is the first left-handed pitcher we have had," APSU coach Tara McCoy said. "She has an array of pitches. Everything she throws has movement. She has really good breaking pitches. She is a really smart pitcher also."

Longmire, who earned all-conference and all-district last spring in leading her team to the district and regional titles plus fifth place in the Class AAA state, has been selected to the North

American Select Softball team that will compete in Holland during January.

"She is the first player we will have had that has international experience," McCoy said.

Anderson, meanwhile, posted an 18-8 record and a 1.29 ERA in Fall 2001 at Chamblee Charter High School (Georgia) softball championships take place in the fall). She fanned 155 batters in 151 innings. Anderson batted .432 with 33 RBI as a junior. She was named All-County, All-Area and All-State a year ago in leading Chamblee to a 5AAA area championship.

This past summer, Anderson posted a 16-11 Renegades Travel Team mark with a 2.24 ERA. She fanned 186 in 181 innings. She also batted .495 with five home runs and 39 RBI. In fact, she was named Best Offensive Player in the Mountain Top Classic and was named the team's top offensive player in 2001.

Anderson transferred to York Institute in Jamestown this fall and will play her senior season next spring.

"Natasha is a big, strong pitcher who could throw a lot of innings for us," McCoy said. "She throws really hard with a good rise ball."

## Govs sign standout shortstop

Austin Peay Sports Information

APSU baseball head coach Gary McClure believes that he needs future help in the middle infield. To that end, the Govs signed Clark Jackson, of Red Bank High School.

Jackson, a 5-11, 175-pound middle infielder from Hixson, Tenn., batted .407 last season while being named to the all-region team, all-district squad and All-District 3 tournament team. He recorded a .484 on-base percentage and a team-best .657 slugging percentage. He also recorded a team-low 12 strikeouts in 108 at-bats.

"Clark is an extremely good player," McClure said. "He was a

highly touted recruit and was selected to play in two showcases. He was chosen and played in the East Coast Professional Baseball Showcase which is an elite opportunity because those players are chosen by professional baseball scouts."

"He's a kid that has excellent speed and good range in the middle infield. He has a solid arm and really has good hands. We believe he's the complete middle infielder and certainly is ahead of the rest of his class. Offensively, he's a good power hitter that is patient at the plate."

Jackson joins recent signee Bo Baker as the Governors' future middle infielders.





You are invited to join

Faculty, staff and student organizations  
to Congratulate  
the 2002 Austin Peay Governors Football  
Team for their Winning Season  
Dec. 5 at 12:30 p.m. in the  
UC Lobby.

The Govs finished their first winning season  
since 1984 with a 7 - 5 record!

The hard work and dedication of the team,  
along with the solid leadership of 13 seniors,  
made all the difference in a season to remember.

Congratulations to the football team  
and their coaching staff  
on their winning record and their  
contribution to Peay Pride!

Go Govs!

