

SGA elections aim to involve students in 2005-06



Candidate for President
Kevin Kennedy
Junior
Chemistry



Candidate for President
Will Ward
Senior
Agriculture



Candidate for Vice-President
Deanna Hensley
Sophomore
Chemistry



Candidate for Vice-President
Joseph Nick Pitts
Junior
Political Science



Candidate for Secretary
Bruce Anderson
Junior
Computer Science

By REBEKAH COOPER
Guest Writer

How many students will actually vote in this semester's SGA elections? According to fall election reports, fewer than 900 students. Although this may not seem like a lot of students, this is a record number for SGA elections.

In order to increase the number of voters, SGA officers took on the task of finding out

why students do not vote. Jenna Hall, 19, a freshman broadcasting major said she did not vote because, "I didn't really know about them (the elections)."

Although when asked if she knew about the election would she vote, she replied "yes, of course."

According to Chief Justice Tamira Cole, SGA is "providing students opportunities to meet the SGA candidates and understand the

issues that are affecting students and the campus."

Among others that occurred this week, students can meet the candidates at a press conference today from 12:20-1:15 p.m. in the UC lobby.

These events have been set up in order to familiarize the students with the candidates running.

"SGA has developed leaders that have

worked on committees and passed various legislation that has ensured a better collegiate life for students. Some examples are changes in majors and scholarship hours," Cole said. "The SGA teaches its participants professionalism, organization, communication and resource skills that you cannot receive anywhere else." When asked why students should vote, Cole said, "Simple.

How can you effect change if you are not

actively involved in the process? Voting gives you the opportunity to be involved in campus governance."

Voting will take place online from 9 a.m. until 4 p.m. on today and tomorrow.

Voters can go online to www.apsu.edu/sga or through the link on APSU's homepage.

Editorial note: Ally Lambert, sophomore political science major, candidate for secretary was not available for photo. ♦

Seniors take steps toward graduation

With commencement near, seniors must prepare for exit exams

By JENNIFER CAPSHAW TYSON
Staff Writer

The end of the semester is fast approaching and a new group of seniors will have to take undergraduate finals.

Exams are given to graduating seniors across the country. Graduating seniors at Austin Peay State University have to take an academic profile test, which has been dubbed the 'senior exit exam.'

Some academic departments also have separate departmental exams for graduating seniors and some of those exams are necessary for licensures or admittance into graduate school.

Some of the graduate school test and licensure test are the Graduate Record Examination General Test, the Law School Admission Test, the Miller Analogies Test, the Medical College Admission Test, the Project for Area Concentration Tests and the Veterinary College Admission Test.

The

academic profile test focuses on general education academic skills by testing college-level reading and critical thinking in social sciences and natural sciences.

It also tests mathematics and writing skills.

The academic profile test, and some departmental tests, also known as major field tests, are developed by the Education Testing Service.

There are three departments which develop their own tests: health and human performance, social work and communications.

Some seniors may be excused from the academic profile test, but they have to seek approval from Gregory Schutz, director of institutional research and effectiveness.

Anyone who has a previous bachelor's degree is excused from taking the test.

Some out-of-state students who are getting their degree online can also be excused from taking the test.

The Tennessee Higher Education Commission requires that all state universities oversee a senior exit exam. The scores on the test do not influence if a

"We want people to do their best on the tests because it is a reflection of the education we give them here"

— Patricia Mulkeen, on education

senior graduates or not.

However, the scores do determine the percentage of funding APSU receives from the Tennessee Board of Regents.

"We want people to do their best on the tests because it is a reflection of the education we give them here," said Patricia Mulkeen, research analyst for APSU Institutional Research and Effectiveness. "We are accountable for providing a high quality education."

"If we don't hit the national average, we lose points," said Schutz.

The funding APSU receives is determined by what percentage its mean score is compared to the national mean score.

"Getting the test costs the University," said Mulkeen. "Every major field test costs \$25 and every senior exam booklet costs \$13.50."

The booklets come from

ETS.

Seniors must register for their senior exit exams. They can contact the chair of their department of study to find out about registration for the major field test.

To register for the academic profile test students can use the A-Z index from the APSU website at www.apsu.edu and select senior exit exam.

This is also where students can go to find out the dates the test will be administered.

The academic profile test is a multiple choice test and there is not a published study guide for students to use to prepare for it.

However, students can visit the ETS website at www.ETS.org for sample questions.

Students can also contact their department chair for questions concerning major field test preparation.

The academic profile test is administered in the Sundquist Science Building.

Students are asked to bring a form of identification with a photo for test check-in.

"We need students to be there 15 minutes before the start time," said Mulkeen. "Students can bring a basic calculator but not a graphing calculator."

37

Days to Graduation

KRISTIN CRANDALL/STAFF

Heart and Sole Walks



By AMANDA COCHRANE
Assistant News Editor

Heart and Sole: Walking for Wellness, a community-wide wellness initiative, started at the beginning of February for a second year.

The six-month walking program is sponsored by Montgomery County Health Department, Gateway Health System and Austin Peay State University.

Participants, who have the option of working in teams or alone, are given a personal walking log to chart progress. Optional weigh-ins and incentives are also offered.

"There are 703 Heart and Sole walkers," said Trudy Stein-Hart, coordinator of Heart and Sole. "They are reporting approximately 3,000 miles walked per week."

Stein-Hart says that Heart and Sole began last year as a community wellness initiative to get Clarksvillians moving and eating right.

Last year, 500 people participated in the six-month program, totaling more than 26,000 miles walked for fitness.

A one-mile finale fun walk was held in August with teams and individual walkers receiving certificates of recognition from State Senator Rosalind Kurita, D-Clarksville.

Last year, 510 people participated in the wellness program, while the goal this year is to have 700 people.

According to Stein-Hart, Heart and Sole is a joint effort of the Montgomery County Health Department and Gateway Medical Center.

A key feature of Heart and Sole is its monthly nutrition education sessions, and people are still invited to join the program.

Participants can walk anywhere; a list of walking sites is included in the log.

Operation Fit Community is working with Heart and Sole to provide convenience and group motivation. The walks are free in different locations. At APSU, Operation Fit Community is meeting at 12:30 p.m. in front of the Dunn Center Monday through Friday for 30 minutes of guided walking.

Walkers also meet each weekday at 12:05 p.m. outside the Courthouse for a 30 minute, two mile walk downtown.

For some tips on beginning a walking program check, www.thewalkingsite.com.

The next sessions are April 12 at noon at 7 p.m. at the Health Department with APSU's fitness guru, Jennifer Puhl, presenting a program on "Eating to Fuel Exercise."

For more information on Heart and Sole contact the coordinator by phone at 648-7252, or Operation Fit Community at 338-4723.

For more info on OperationFit Community at APSU contact, Melissa Lyons: lyonsm@apsu.edu or call her at 221-6112 for more details. Or contact Charlotte Geist at Balance Point Wellness Services, 931-338-4723. ♦

Panel offers advice about future careers

By SARAH BULLOCK
Guest Writer

Last Thursday, Austin Peay State University's International Association of Business Communications (IABC) exposed more than 50 students in the UC Ballroom to a panel of professionals in their preferred career field.

The panel was made up of eight experts from the southern states including Cheryl Grah, APSU graduate and literature teacher member for Trane Corporation, Paul Ladd, IABC Nashville vice-president and news anchor and producer and Charles Sanders, general manager of the Fort Campbell Wal-

Students were given time to ask questions after each panelist gave a brief summary of what they actually do.

Cassie Hall, secretary/treasurer of APSU IABC, said the event was a success. "I was kind of worried about the panelists being long-winded but I feel like every student was answered helpfully," she said.

Even the panelists seemed to have a good time when door prizes were announced and Paul Ladd received a makeover.

"I love these types of interactions and getting to know young communicators," Ladd said. "The questions I love to answer are about what skills you need to become a broadcaster or

journalist or whatever, you need to refine your writing skills no matter what field of communication you go into.

"If you can speak clearly and effectively, then you have successfully communicated."

The vice-president of APSU IABC, Sherronna Mawhiney's favorite piece of advice was from Paul Ladd:

"The best piece of advice I ever got was from my dad, Bill Ladd, who said 'if you're trying to do something and you give up, the only thing for certain is you're not going to do what you're trying to do' which could be 'duh' at first but it is true in that if you are trying to get a job, you are only guaranteed not to get it if you give up."

Mawhiney, who graduates this spring said the panel gave her an idea for a job.

"I never thought about working for the government until I came here and someone on the panel does," she said. "It opens even more doors for me that I didn't even think about."

Many students felt the same liberation, but none as much as 42-year-old Theresa Jackson who has been a college student, a mother and a full time employee for almost 20 years.

"I have three sons, 18, 20 and 24. I never knew what kind of steps to take after getting the education," she said. "Since I came here, I know now that I can have more than one internship," she exclaimed with a smile. ♦

Census finds college-educated white women earn just less than blacks, Asians

By GENARO C. ARMAS
Associated Press

WASHINGTON—Black and white women with bachelor's degrees earned slightly more than similarly educated white women, and white women with four-year degrees make more than anyone else.

A white woman with a bachelor's degree typically earned nearly \$37,800 a year, compared with nearly \$36,000 for a college-educated Asian woman and \$41,100 for a college-educated black woman, according to the Census Bureau. Hispanic women earned slightly less at \$37,600 a year.

The bureau did not say why the differences exist. Economists and sociologists suggest possible factors: the tendency of minority women,

especially blacks, to more often hold more than one job or work more than 40 hours a week, and the tendency of black professional women who take time off to have a child to return to the work force sooner than others.

Employers in some fields may give extra financial incentives to young black women, who graduate from college at higher rates than young black men, said Roderick Harrison, a researcher at the Joint Center for Political and Economic Studies, a think tank that studies minority issues.

"Given the relative scarcity, if you are a woman in the sciences—if you are a black woman—you would be a rare commodity," Harrison said.

Because study in the area is limited, it is hard to pinpoint specific reasons, said Barbara Gault, research director

"It could be the fields that educated black women are choosing,"

— Barbara Gault, on diversity

at the Washington-based Institute for Women's Policy Research.

"It could be the fields that educated black women are choosing," she said. "It also could be related to the important role that black women play in the total family income in African-American families."

For instance, nearly 39 percent of families headed by a single black woman were in poverty, compared with 21 percent of comparable white

women, according to census estimates released last year.

Minorities also suffered more financially as a result of the 2001 recession and its aftermath, as has been the case with past economic downturns, said Jared Bernstein, chief economist with the Economic Policy Institute. The figures come from the Census Bureau's annual look at educational achievement in America, culled from a survey in March 2004. Questions about income were asked for the previous calendar year.

Regardless of race or gender, a college graduate on average earned over \$51,000, compared with \$28,000 for someone with only a high school diploma or an equivalent degree. College-educated men typically made \$63,000, compared with \$33,000 for men with just a high school

education. Among women, a college graduate earned more than \$38,000, compared with nearly \$22,000 for a high school graduate.

The data also showed that: The percentage of people age 25 and older who completed at least four years of college rose again in 2004, to 27.7 percent, compared with 27.2 percent in 2003. There were increases in all race and ethnic categories.

The gap between men and women has narrowed since the 1970s as younger, more educated women steadily replace older, less-educated women in the work force.

For example, among 25- to 29-year-olds, more than 31 percent of women have finished at least four years of college, compared with 26 percent of men. ♦

Community service event continues to unite campus

By JENNIFER CAPSHAW
TYSON
Staff Writer

Austin Peay State University's fifth annual Plant the Campus Red event will take place on April 16.

The event is a community effort that involves volunteers from APSU and others from Clarksville.

People who sign up for the event will be put into teams of four or five. They will be given all the necessary supplies needed to plant flowers in set locations across the campus and will be assigned to a master gardener.

"It's a great way to get the community back into the campus," said Lindsay Jackson, the director of horticulture. "It gives the community a chance to feel APSU is part of their life."

"It is a good day's event," said Brenda Harrison, clerk in the University Advancement Center and event team coordinator. "I think it is good for everybody."

Plant the Campus Red first began in 1999 after a tornado destroyed parts of the APSU campus. It was designed to help restore the campus, as much landscaping needed to be done to restore what was destroyed by the tornado.

"The campus was a mess after the tornado," said Harrison. "The community wanted to do something to help. It went over so

well."

Now, the event takes place to add color to the campus. Jackson said the timing of the event is perpetuated for graduating seniors because APSU wants them to go out with a bang.

"Family and friends of graduating seniors can enjoy the campus. We scheduled it for that reason time wise," said Jackson. Event planners are hoping for sunny weather. The event has only been rained out once since it began in 1999. When it was rained out, the plants were planted throughout the following week.

There are 10,000 annual plants to be planted this year. The plants are being kept inside the three greenhouses on campus. Jackson said it is a daily task to keep the plants watered and in good condition.

She said the plants are a variety of colors. Seventy percent to 75 percent of the plants are red or white. The others are purple, two-toned and dark pink.

Jackson said the locations for the plants are chosen by accessibility, visibility and maintenance.

"We couldn't do it without the physical plant," said Harrison. "They do a tremendous job and they do well at keeping it up afterwards."

Several groups on campus are making plans to participate. Some of these groups are the Alpha Kappa



Lindsay Johnson, director of horticulture stands in an on-campus greenhouse. She is just one of the many students who will participate in the Plant the Campus Red.

Psi fraternity, The All State, student housing, the agriculture and geosciences department, the chemistry club, the men's and women's basketball teams, and the football team. Harrison said there are 30 beds on campus; therefore, 30 teams are needed for planting. Volunteers are still needed to form

all the teams. Master gardeners are also needed to lead the teams.

"Until people quit volunteering we will continue to do it because it has been very successful," said Harrison. Registration for Plant the Campus Red will begin at 9 a.m. in the McCord parking lot.

Those who pre register will be

given a free T-shirt. Planters will be treated to a cookout after all the planting has been done. Teams will be formed by Harrison. Those who want to take part in the event can register online by e-mailing Harrison at harrisonb@apsu.edu or by calling 221-7024 and leaving a message.

Senate committee expands ethics probe into Ford's consulting

By MATT GOURAS
Associated Press Writer

In an "unprecedented" move, the Senate Ethics Committee is getting an attorney to launch a broad investigation into Sen. John Ford's business dealings and consulting relationships.

Senators, both Democrats and Republicans, said Thursday that they want to get to the bottom of allegations linking Ford with high-dollar consulting partnerships involving TennCare and state agencies.

The move comes a day after TennCare contractor Doral Dental handed over documents showing Ford was meeting with the

company's executives late last year as a consultant for a company called Managed Care Services Group. Ford earned hundreds of thousands of dollars as a partner in MCGS, according to tax returns.

Senate Republican Leader Ron Ramsey, also chairman of the ethics panel, said the deals "don't pass the smell test" and need to be investigated.

On a 5-0 vote, the ethics committee decided to expand its inquiry and went along with Democratic Sen. Joe Haynes' motion to get state Attorney General Paul Summers involved.

The AG's office agreed later Thursday to "assemble sufficient

staff" for the investigation.

"I think this is unprecedented, that the senate Ethics Committee does go forward to seek outside counsel," Ramsey said. "Maybe we're in times now where do need that. But it is unprecedented."

Ford's attorney said he stands by their testimony at a hearing last week where Ford said he hasn't broken any rules or laws.

"Because there are accusations doesn't mean they are well founded," said Edward Bearman of Memphis. "I have yet to be given any laws or facts that show Sen. Ford did anything improper or wrong."

Also Thursday, the House

unanimously passed a bill that would make it a crime for legislators to take consulting fees like those Ford is accused of taking. The Senate has yet to vote on its version of the bill.

Ramsey said the ethics panel will be focusing on potential ethics rule violations, such as one banning senators from taking pay for lobbying state agencies.

Recent news reports have linked Ford to a lobbying effort by Johnson Controls to win contracts with state universities after Ford was paid by the company.

"It has become quiet evident ... there may be some serious breaches of our code of ethics," Ramsey said.

In the meantime, Ramsey said, the ethics panel is going to suspend its deliberations on a narrow charge that Ford failed to disclose that he earned consulting income on required statements of interest.

"We've established the fact in the last hearing that consulting was left off the form," Senator Ford knows that, we know that. So now we need to determine what the consulting was before we can determine what sanctions need to be made," Ramsey said. Ramsey said the harshest punishment the committee could levy would be to kick Ford out of the Senate, as well as turning over any criminal activity they might find to the proper authorities.

Good Morning APSU Campus Community

Ready for an Adventure?

White Water Rafting on the Ocoee - Saturdays April 16. \$30 for students, \$50 for faculty/staff. Includes river trip, meal/snacks and transportation. Pay at the Cashier's Window in Health 107 to sign up by March 30. For more information please contact Andrea Gore at gorea@apsu.edu or 7564.

Informal Recreation Activities

Get some exercise and have some fun playing in a non-competitive environment. Volleyball, Tuesdays 3-6pm; Table Tennis, Wednesdays 5pm; Badminton & Wallyball, Thursdays 2-5pm. All activities in the Memorial Health Gymnasium are free with a valid Govs ID card. For more information please contact Andrea Gore at gorea@apsu.edu or 7564.

Intro 2: Tennis

Learn the basics in these free instructional sessions starting March 31. Sign up in MH 107 the University Recreation office. For more information please contact Andrea Gore at gorea@apsu.edu or 7564.

ZIP email attachments temporarily blocked

Due to a new email worm (W32.Mytil), Information Technology is temporarily blocking zip file email attachments until Thursday, March 31. For more information please contact Reggie Wooden at woodenr@apsu.edu or 7564.

Need foreign language credits, pronto?

If you need foreign language credits, think sunny Mexico! You can satisfy your requirements in APSU's program in Cuernavaca, Mexico, the city of the eternal spring. For more information please contact Ramon Magrans at magransr@apsu.edu or 7847.

ACM Distinguished Lecturer Ernst Leiss Lectures, March 30

Association for Computer Machinery Distinguished Lecturer Dr. Ernst Leiss, professor of computer science at the University of Houston, will speak at 4 p.m., Wednesday, March 30, in UC 307. His topic will be "Software Under Siege: Viruses and Worms." Free. For more information please contact Dr. Jim Vandergriff at vandergriffj@apsu.edu or 7301.

Randall Lecture Series on "Islam and the Middle East"

Dr. Bert Randall's lecture series on "Islam and the Middle East" begins at 6 p.m., Wednesday, March 30, at Madison Street United Methodist Church, 319 Madison St., Clarksville. The first lecture will include discussion of Muhammad, the Seal of the Prophets and the sacred terms "Islam" and "Muslim." Free. For more information please contact Dr. Bert Randall at RandallA@apsu.edu or 7479.

Mexico Live, Learn, and Love Spanish in Mexico

Austin Peay State University
AND
Universidad Internacional

OFFERS STUDY ABROAD PROGRAMS YEAR-ROUND IN MEXICO.

- Intensive Spanish classes with no more than 5 students in Cuernavaca, The city of the Eternal Spring
- Wide range of liberal arts & Spanish courses offered for undergraduate & graduate academic credit.
- Room and board with Mexican Host Families
- Three-day weekend in ACAPULCO!!!
- Day trips to pyramids, colonial cities, spas and many other important sites in Mexico
- Half-day trips to haciendas, museums, and other locations of interest
- Free Internships and Amigo Program
- Health Insurance and Medical Services at the university
- Financial Aid available
- Excellent air transportation rates available through the program

For further information contact:
Ramon Magrans, Ph.D.
Department of Languages and Literature
magransr@apsu.edu
Phone: (931) 221-7847 1-800-747-1894

AUSTIN
PEAY
STATE UNIVERSITY

Universidad
Internacional
The Center for Bilingual
Multicultural Studies



BUSINESS MANAGER SCHOLARSHIP POSITION

now available at The All State

Applications may be picked up in the Student Publications office (UC 115).

Deadline for applications is April 7.

Familiarity with Peachtree Software, Microsoft Office, and accounting are required.

Also seeking advertising representatives, writers, and photographers for Fall 2005.



Call 221-7376 for more information.



STUDENT GOVERNMENT ASSOCIATION ELECTIONS

March 30-31, 2005

Vote Online from 9:00 am- 4:00 pm

@ apsu.edu/sga or click the link on the APSU homepage

MAKE YOUR CHOICE COUNT! **VOTE!**
STUDENTS, COME VOICE YOUR OPINION!

OUR TAKE

Another disaster

Correlated to the newest Sumatran quake registered an 8.7 on the logarithmic magnitude scale this Monday, is a move by the Indonesian governor, Frank Murkowski, to make this week "Tsunami Awareness Week." The large quake in this area once again raised concerns about this part of the world and its seemingly growing instability. The incident led many to evacuate their homes in fear of a tsunami backlash such as the one in December. The natural disaster was a point higher on the magnitude scale than the quake on Monday. There is a broad international consensus that there need to be rapid and vastly improved improvements in the timeliness that

warning systems have not displayed. On Monday night, there was a warning sent out to certain provinces but it arrived much too late. The province, North Sumatra is just south of one of the worse hit provinces, Banda Aceh. This hard hit region of the world has sent the U.S. into "battle mode" as they scramble to assess the damage done to determine how comparable it is to the December tsunami that stole over 300,000 lives from the Muslim world. A focus needs to be set by participating governments to pull out all the stops in developing improved life-saving warning technology. We can't ever tell what sort of mood mother nature is going to be in but we can at least try to talk to her a little bit to see just what is going on.

Schiavo case teaches the importance of living wills

Since Terri Schiavo and her immediate family's personal dilemma has been widely publicized, I'll assume the readers are somewhat familiar with this highly controversial topic. However, just to refresh your memory, Schiavo has been in a "persistent vegetative state" while receiving sustenance through a feeding tube since 1990, after she suffered brain damage from a heart attack related to an eating disorder. Unfortunately, she never made the decision to create a living will (or a durable power of attorney) in which she could have made her wishes regarding

condition and imagine that you are (entirely) mentally lucid, but cannot speak or move whatsoever. Would you want to spend the rest of your life trapped inside your own mind, wearing adult diapers, relying on a rubber tube surgically implanted through your belly and into your stomach, providing a viscous fluid form of food and gradually curling into a permanent fetal position due to muscular atrophy? If any of you said yes, come see me so I can personally slap you on behalf of the people in this world that are currently afflicted with such a lifestyle. However, in reality, one who is in a persistent vegetative state cannot experience any conscious thought or pain. Although the brain creates random responses, such as those that have been selectively broadcast among media outlets of Schiavo exhibiting eye movement, they are not propagated by any external stimuli. Simply said, Schiavo's brain is creating the illusion of hope that the Schindlers are deceptively clinging to.

I can understand how parents would find it extremely difficult to let their children go in such a situation, but there comes a time when, if you truly care for them, the only loving thing to do is put an end to their suffering. Doctors have consistently said that there is absolutely no hope for Schiavo's recovery. This is not a coma; there is no chance that Schiavo is going to suddenly get better. If kept alive, she would only continue to remain in a persistent state of mental hell.

Even if you don't agree with my opinion on the matter, let this be a lesson to all of you: compose a living will and durable power of attorney as soon as possible. With such legal documents you can determine whom you want to make decisions for you in the case that you are not capable, and also let others know of your preferences regarding artificial life support.

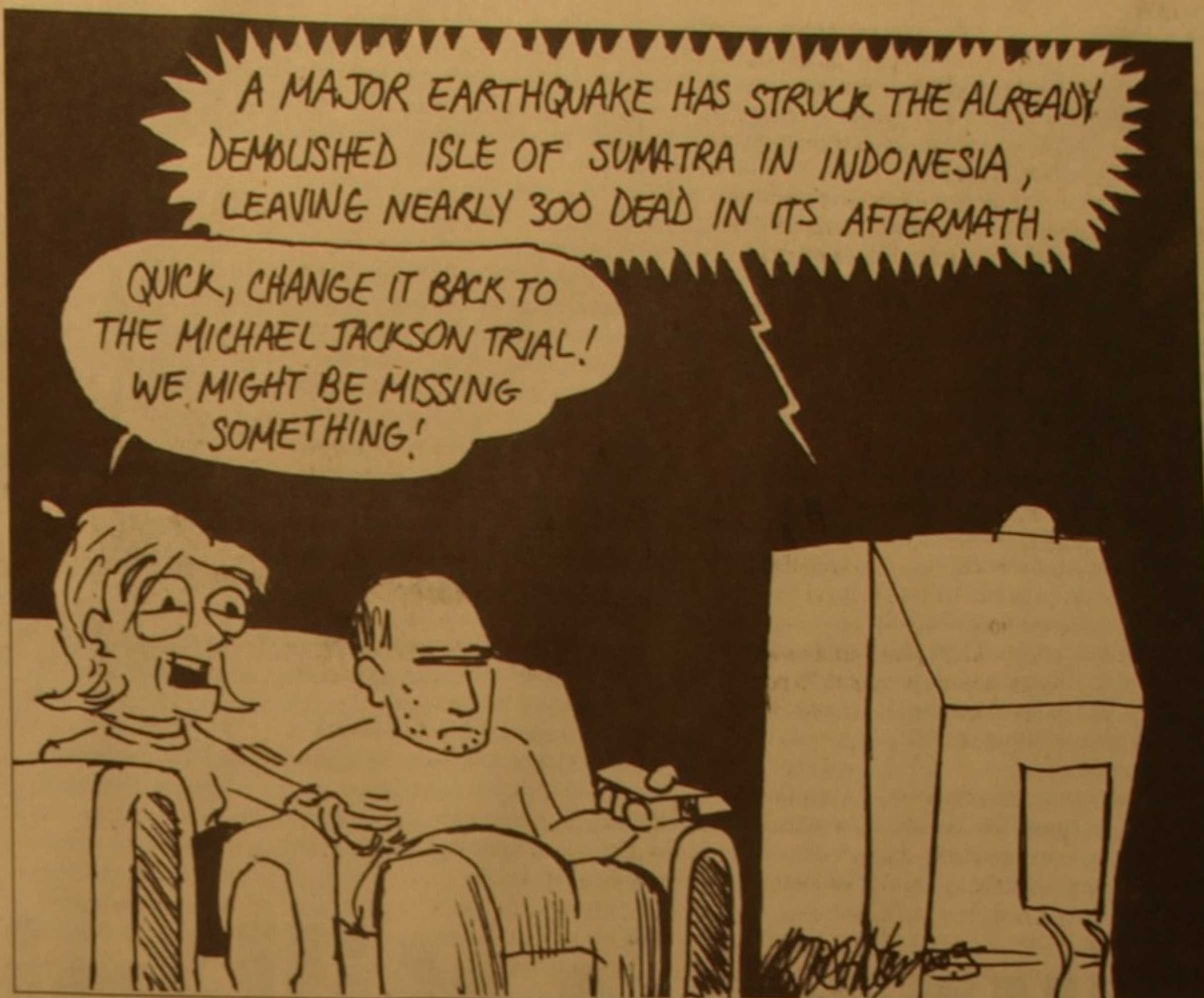
No one can predict the future, and anything can happen at any time. Putting off something so essential, even at the tender age of 18, creates the possibility of burdening your family members. In Schiavo's worst-case scenario, this burden has morphed into an expensive, resentful, time-consuming and media-worthy onus that has turned political.

Best wishes. ♦

OPINION
Kurt
Niesner

official life support known to her family. Consequently, Michael Schiavo, Terri's husband, and her parents, the Schindlers, have been in a longstanding legal dispute regarding whether to remove or maintain her feeding tube. Michael asserts that she had told him to keep her alive in such a condition, while her parents argue the possibility of her improvement and that she would not have wanted to be deprived of food and water. To the Schindlers' dismay, Michael recently had his request to remove the feeding tube granted by a federal judge. In response to the Schindlers' cry for help, republicans organized an unprecedented emergency congressional meeting in an attempt to prolong Schiavo's life. Footage has been broadcasted of congressmen sprinting up stairs in order to discuss the matter as quickly as possible.

Clearly how congress can give a crap less about much more universal issues that have a greater impact on society as a whole, yet are willing to dash to their chairs at the thought to invade someone's private life. What's more, they're not even helping the situation; they're prolonging an unwanted, expensive and degrading excuse for a life. Sensible people, empathize with Schiavo's



By MARTIN FOX

School shooting in Minnesota raises several tough questions

While most of America was fixated on the battle over the life and impending death of a Florida woman, Terri Schiavo, there was yet another high school massacre, this time in Red Lake, Minn. Ten people died (including the shooter), and yet across the fruited plain the general consensus seemed to be summed up in a collective yawn.

Can it really be that we've become this desensitized to violence, that these rampages are becoming part of the scenery? After all, it wasn't so long ago that Columbine became a cathartic event that monopolized talk radio and the 24-hour cable news cycle for weeks. Today, however, a similar killing spree fails to elicit anything more than a passing mention, a few perfunctory words as hollow and unfelt as a graveside eulogy delivered on behalf of a homeless man found dead in an alley.

Words, words, words...lower the casket, shovel the dirt and let's get out of here. What's for dinner? Still, I can't fault people for sloughing this off since my initial reaction was just about the same. I didn't get interested until I read a little more about the circumstances of the case and came across the fact that Jeffrey Weise, the young man who murdered nine people before killing himself, was a Native-American and a neo-Nazi.

That had enough of an aspect of novelty to get me to thinking how those two things could possibly come together, and in doing so I remembered something from about 10 years ago when I was living in southern Indiana. I came across a young man with a Slavic last name, about 17 years old, who proudly stated the fact that he was an admirer of Hitler, and that he was both a Nazi and a Klan supporter. I remember trying to explain to him that while his last name might not have necessarily earned him a trip to the gas-chamber during World War II, he and his family would definitely have been candidates for sterilization and forced labor; that while he was indeed white, he wasn't the

right kind of white according to the Nazi "supermen" whose sick ideology he so ardently espoused.

It didn't register. He didn't have a clue as to what I was talking about any more than he knew what he himself was talking about, historically or ideologically.

He was, in short, a perfect specimen of absolute ignorance, despite the fact that he was about to graduate from high school. Either he hadn't been taught anything or if he had, he hadn't learned anything.

Since then, it has become clear to me that the former assertion is probably the correct one; that the state of historical instruction in most public schools is woefully inadequate and that the ill effects of this deficiency can be seen on both sides of the political spectrum.

This explains not only people like Jeffrey Weise, but also those from the opposite pole who hold the view that Bush=Hitler among other inanities.

Ed Morrissey, a Minnesota resident who maintains a better-than-average blog called "Captain's Quarters" (a little right-of-center but not extremely so), made the following excellent point regarding the tragedy at Red Lake:

"One of the greatest mistakes made in the past twenty years or so has been the diminution of the evil of Nazis in our political discourse. While the use of the Nazis to score cheap political points has occurred on both fringes of the political spectrum, the hyperbolic comparisons of normal political opposition to the jackbooted, genocidal thugs of last century wind up legitimizing Nazism by proxy.

"It diminishes the horror that the real Nazis wreaked on civilization and the ethnic minorities unlucky enough to stand in their way. It also allows an entire generation to believe that being a Nazi merely means the opposition of mainstream thought, which increases its appeal to disaffected loners like Weise," Morrissey said.

That we continue to abuse the English language and diminish the meaning of our words is bad enough. That we have brought up in this country a generation - and possibly two generations - for whom the horrors of the Third Reich have become an after-thought is far, far worse. That the combination of the two things will lead to more and worse tragedies to come is probably inevitable. ♦

Debate over origin of the world evolves

Evolutionary theory poses no threat to personal beliefs

Evolution has been a widely debated topic since it became well known through the efforts of Charles Darwin and other scientists. The biggest problem though, has been whether to include it in high school and college curriculum.

Evolution consists of several main ideas: all biologic systems are products of spontaneous processes without an intelligent purpose or plan and all species are descendants of one or a few simple organisms. These changes are unlimited to where any original organism could have been altered to begin the human species over the course of several billion years.

If taught correctly, evolution can be a great asset in any biology classroom in a high school or university setting. Evolution should be taught as a theory for debate.

Students should be forced to examine it and find the strengths and weaknesses of the theory. It should not be taught as the only way the Earth was developed, nor should it be used to discredit anyone's religious or personal beliefs.

It is not to say that a professor should teach creationism and creationism. Creationism is that all biological systems were created intelligently, all species exist in groups that

are separated by unbreakable genetic boundaries, and biological variations are very limited.

However, it is acceptable for professors to provide students with a definition of creationism so that they can investigate it further on their own.

This definition will also make the students aware that evolution is not the only belief out there and they do not have to accept it.

Many religious advocates and groups are completely opposed to evolution being taught at any level.

If the proper guidelines have been implemented and are being enforced, then they have no reason to worry.

The purpose of biology is not to discredit any religious belief, but to make students think about and question the processes of life.

The scientific method is designed for people to question an idea or theory and determine whether it is valid, invalid, or unanswerable at this time.

There is absolutely no reason for religious groups or worried parents to fret if evolution is taught as a theory to be tested and questioned.

This wouldn't interfere with their moral or religious beliefs or those of their children.

Evolution needs to be taught at the high school and university level.

Students need to know that creationism isn't the only idea on how the Earth and all its biological creatures have gotten to where they are now.

There are other theories out there and if science professors don't present these ideas, then who will?

Can we rely on the deeply religious parents who believe teaching evolution is wrong to present this theory to their children?

I think we all know the answer to that. ♦

Do not forget creationism

The debate over the teaching of evolution has once again come to the forefront of the national consciousness, though not quite on the scale of the Scopes Monkey Trial eighty years ago (which took place here in Tennessee, as you probably know).

What has happened is that some boards of education around the country have questioned the implicit liberal humanist commitment, "Thou shalt not question the idea that the universe and all life in it evolved," and have begun including paragraphs in science curriculum on alternative explanations for the origins of life, such as the Intelligent Design theory.

This is not the result of a few rogue board members, but rather the culmination of increasingly large numbers of scientists questioning the theory of evolution; it simply has too many problems, especially for something that many would have us believe is a fact, not a theory.

Personally, I believe that God created the universe, including man, just as He said He did in the book of Genesis. If schools teach all theories equally, that is fine, but if and when I have kids of my own, I'll have a serious problem with them being taught that the preposterous theory of evolution is a fact.

One only needs a little common sense to see that the intricacies of life around us are too amazing to be the result of random mutation. Unless you're part of the X-Men, I'm pretty sure that mutations are always bad. Ever heard of the second Law of Thermodynamics? In essence, this law states that the

usable energy in the universe is decreasing. Left to themselves, all natural systems degenerate.

What does this have to do with evolution? Well, the point is that anything in the natural world becomes less complex over time, not more (I've read evolutionist rebuttals to this argument, and they're weak). Evolution has many other problems as well.

The fossil record shows an astonishing lack of evidence for evolution, even though every evolutionist who can use a shovel is out there trying to turn each bone they find into a missing link (which after the hype turns out to be fully ape, fully human, or a hoax). Those same scientists are always scratching their heads when fossils turn up in the wrong layer of rock (could the layers and the fossils in them be the result of a catastrophic, universal flood?).

In trying to make their case, evolutionists often disingenuously try to cover the difference between microevolution and macroevolution. Yes, it is possible to breed different types of dog (microevolution), but it's another thing to turn a dog into a horse (macroevolution). Ultimately, the fact that the very foundation of evolution shows more cracks than a plumber's convention is irrelevant; I know that people must place their faith in something.

However, I think it takes a lot less faith to believe that God created the world than that the amazing things we see around us created themselves. Furthermore, evolutionary thought is not just an absurdity, it's an atrocity, because such thought has been the basis for the extermination of the Jews by Hitler, apartheid, abortion, the possibility of Terri Schiavo's gruesome death, and many of the other devaluations of life that have taken place in modern times.

So, is it such a terrible thing to teach kids in school that there are viable alternatives to evolution? ♦

OPINION
Daniel
Plunkett

WE WANT YOUR OPINION

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

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.

WHO WE ARE
editor in chief
Martin Fox

managing editor
Eric Miller

news editor
Natalie Gilmore

assistant news editor
Amanda Cochran

sports editor
Mandy White

assistant sports editor
Michael Taylor

features editor
Lauren Mabon

assistant features editor
Wayne Elliot

opinion editor
Dave Campbell

assistant opinion editor
Charles Bridgers IV

art director
Kristin Crandall

editorial cartoonist
Martin Fox

chief copy editor
Melissa Tyndall

copy editor
Tamira Cole

advertising manager
Jerome Whaley

circulation manager
Corey Hasty

business manager
Jacqueline Heath

staff writers
Robert Butler
Erin Cruys
Phil Grey
Jessica Hawk
Michael Kellum
Kurt Niesner
Daniel Plunkett
Ashley Schilling
Jennifer Tyson
Brianna Venable
Amanda Wadley
Michael Young

photographer
Jarod Leonard
Thomas VanHooser

advisor
Kristy M. Galbraith

THE BASICS

On Campus Location:
University Center 115
Clarksville, TN 37044

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

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

Main Office:
phone: 931.221.7376
fax: 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 should be saved to a floppy or Zip disk as a text only document or as a Word document along with a signed hard copy including the author's full name, signature, address, and telephone number (plus major and class if applicable). All letters will be checked for authenticity. Letters should be received no later than noon on Friday of each week for it to be considered for publication. Letters may be edited for clarity and grammar.

Clear Channel takes over

By DAVE CAMPBELL
Opinion Editor

For a democratic model of libertarian media to fully function, we demand an entity that is united, yet divided by myriad constituents, for prime reasons of sustaining the First Amendment and general public welfare. The flow of information in America is an understood element that we have taken for granted. Essentially, deregulation has allowed unethical dominance in what we should view as a diverse and broadly dispersed archetype of the American way. The vast media today are like children crying for more candy, and the American public should be the parents that introduce the concept of restraint and learn to control the media instead of the child controlling the public.

While the Bush administration tries to quiet concerns of media monopoly for now, Clear Channel, owning a majority of media avenues, is still the focus of concern over reception of information and arts and entertainment, and they most likely have only postponed the misconduct (latent political motivations are revealed, upon closer scrutiny). With the impact that media has on public opinion, it is apparent that Clear Channel aims for exclusive dominance over the government/media complex. There are many ways in which the corporation has thrown a wrench in the gears of this American engine, and has been gulping our First Amendment fuel away more rapidly than an SUV in Iraq.

One concern is that Clear Channel is only promoting agendas that are notoriously Republican based. This kind of corporate behavior is severely damaging to independent and free speech. Enlisted to further these goals at the

grassroots level are talk-radio shock jocks like Rush Limbaugh and Glenn Beck, who focus on concerted efforts to serve only Clear Channel interests, which irresponsibly utilize the First Amendment. In addition to this Republican taskforce, networks will continue appealing so that courts might relax ownership laws. One way to redress this situation is to urge senators and legislators to promote a school of thought, amicable to leaders pursuing a fair and diverse FCC with no interfering partisan motivations. In other words, appoint leaders that respect diversity. Diversity in this case does not mean sharing our competition-stifling practices, as happened when a cultural development group in China merged with Clear Channel for a 50-year deal.

A publication from Cornell University found that Clear Channel also posed a threat to public safety after an understaffed radio station in North Dakota proved to be less than timely in activating their emergency response system following a train derailment and hazardous spill. This callous disregard for people in favor of profits is validated by the fact that Clear Channel drastically cuts staff in order to increase their profit margin and the consequence was dangerous. Sure, it was a random and isolated event, but it reveals the potential threat of their reckless labor conduct. Why not encourage former employees to file a class-action suit for wrongful termination? If won, the media giant might be slower to engage in destructive economic practices. So as we see, Clear Channel advances political as well as economic damage, harming both the job market and public safety. When will fair media governance again see the light of day? Let your senators know how you feel. ♦



By MARTIN FOX

Marijuana is still misunderstood

Harmless pot smoker unjustly arrested

What harm does the pot smoker cause you? Consider the harm that the alcohol abuser could cause. Broken homes sometimes contain a main ingredient of alcohol abuse. However, broken homes are caused (sometimes) by the use of marijuana. What is the differentiating factor?



OPINION EDITOR
Dave Campbell

The use of the marijuana did not cause the act of domestic violence or induce violent behavior. The alcohol can and does do so.

What caused the broken home in the case of the pot smoker?

Unnecessary, costly and ruinous laws that harm the natural law entitling every person the unalienable rights to life, liberty and happiness, even one who chooses to responsibly engage in recreational marijuana smoking.

I want to tell you a story about a man named Brady.

Brady wanted to be a professor of political science.

Now, he has very little hope of attaining that goal anytime soon.

Brady worked at the local Pizza Hut and went to school full time. He loved his house, his animals and lived in peace near downtown Anyville, USA.

That was all before he got pulled over with just enough marijuana to be considered a felony. He was a first-time offender, so he had to go to drug class.

He had to spend twelve weeks in a program listening to someone tell him how evil his ways were and why he should change.

They told him that selling drugs was a crime. Only, Brady occasionally smoked and never even contemplated selling it.

Okay, so Brady smoked a lot because he didn't see that there was anything inherently wrong with enjoying pot smoking as long as he maintained his responsibilities. His only mistake was that he smoked a few times during the course of his probation.

It was so much of a hobby for him, even, that he decidedly preferred it to drinking. You see, the thing is, he would quit from time to time. He could lay it down just like that.

Yes, now he was going and being tested and he still occasionally smoked, but always in the privacy of his home. So, one week, he was drug tested like many other weeks before.

He had walked in to complete some of the community service on a particular day when his friends had been smoking, without him, but around him.

Someone told Brady's probation officer that he came in smelling of smoke and they decided to retest one of his old samples. It came back positive.

In the meantime, his manager at work was in a bad mood, and though he had called in on a legal matter, attending probation class, he was fired for being late.

Now, he had no job to get him out of the mess he was about to get into. His tests had come back positive and he lost his house.

He was one class away from finishing the probation program and one or two semesters away from graduating. Now, he would have to move back home because of going to jail and not having the money to bail himself out, no job or any conceivable way of untangling himself.

He had to leave his friends and to top it all off, the day before he was going to go turn himself in, the day that he received the warrant he was already expecting, he was stopped by campus police for rollerblading on campus.

He didn't have his student ID, so they slapped the cuffs tightly, treating him as a criminal, leaving bruises on his wrists and then taking city police matters into their own hands, the campus cop shuttled him downtown knowing the whole time that he was a student after running a check on him.

Meanwhile, several cars were being broken into on campus.

When Brady moved back in with his parents the next day, his all three of his cats were killed by a pack of dogs let

loose to roam.

The dogs were loose, there were rumors of a male employee of university housing looking into girls' dorm rooms late at night.

While theft and invasion of privacy were running rampant, a pot smoking rollerblader, simply had to be dealt with.

So, I ask you again. What threat does the pot smoker pose to you? Are we trying to explain other erratic behaviors by the use of marijuana?

Are we treating the person as a criminal on the basis of his recreational pastimes?

The goals that government officials are constantly and eagerly pursuing is how to tie inappropriate behavior back to the use of marijuana so that the war on drugs will continue to be funded by you, the tax payer.

Other drugs that are actually as harmful or more so, such as nicotine are perfectly legal to sell here the good old U.S. of A.

Where do we draw the line? When do we stop ruining lives based on the assumptions of others?

When marijuana has been proven not to cause problems except by those who wish to criminalize the use of it for their own protection.

We've all seen the commercials that say way more than they will admit to. They are assuming that there is a necessity to spread the word about the impairment of driver capabilities when smoking.

While the agencies that are promoting these studies are both biased toward their cause: The War on Drugs, and necessarily bound by government officials to actively obtain reports implicating the use of marijuana in tragic incidents such as a car accident where marijuana was present but not smoked.

It is hard to prove that the usage of this drug leads to criminal behavior, impaired judgment and motor skills. In fact in many cases, it has been known to improve social functioning and perception.

Granted, marijuana is not meant for everyone. Some people experience effects that far outweigh any pleasure principle they may be fulfilling.

Some people just do not need to be smoking and should be discouraged from doing so. This is a matter of personal responsibility. This is not a matter of government intervention.

Laws in this case, ruin lives and have been in certain cases linked to the seizure of personal property for simply having it in the home.

This is the reason that as responsible, autonomous individuals, we should be aware of our own limits and taboos and not those of an impersonal irrational organization that would just as soon fill the jails with people who are only motivated to drug use and crime because society has given them no other options.

Society has given them no options even after some return to a normal life.

Here it is first hand according to a report from Libertarian World:

"Increasingly, the mere suspicion of a government official is sufficient proof to nullify all claims that a citizen legitimately owns his property.

"The Volusia County, Florida, sheriff's department set up a 'forfeiture trap' to stop motorists traveling Interstate 95 and seized an average of over \$5,000 a day from motorists between 1989 and 1992—over \$8 million dollars total. In three-quarters of the seizures, no criminal charges were filed."

Even our own State Department has admitted that the Dutch government can draw direct correlations to their decreased drug consumption following their decriminalization of usage.

Honestly, the idea that marijuana leads to "other things" is a bit ridiculous. This is a subjective statement that differs from person to person.

However keep in mind that the National Institute on Drug Abuse or NIDA claims that chocolate and ice cream are gateway drugs.

The point is that it's not our government's place to tell us what we can and cannot do. It is up to us to know what we should do. ♦

Truth about anti-pot laws is discovered

Perhaps you have the urge to seek other relevant information such as why marijuana was outlawed in the first place. Or perhaps you're just reading this to kill time, curse hippies and liberals or just read-up on the opposition. Whatever the case may be, there are a

plethora of facts that must be exposed. Forget all of the governmental, institutional and/or parental propaganda you've been listening to for your whole life and prepare to learn the truth.



OPINION
Kurt Niesner

The crusade against marijuana found its footing in the 1930s with the establishment of the Bureau of Narcotics, headed by Commissioner Harry Anslinger. Anslinger was a moral entrepreneur (a reformer on a crusade to legally enforce his morals) who believed that marijuana was the bane of American society. During the

Great Depression, his department's budget was drastically reduced, which consequently made the proposition of banning marijuana quite lucrative. He and his department unleashed a massive campaign of propaganda directed against marijuana including scientific misinformation regarding the medical, psychological and criminal effects of marijuana use.

Anslinger's propaganda inundated American society via the mass media. Media outlets such as movie theaters, newspapers and radio shows cited "professionals" who falsely described how marijuana use would undoubtedly lead to sexual aggression, random violence, madness and ultimately "insanity induced" death (of the marijuana smoker). News reports of persons committing extremely violent crimes while allegedly under the influence of marijuana rampantly surfaced among such outlets. Eventually such a great interest was roused that town and church meetings were held to address the so-called "Marijuana Epidemic."

All of the aforementioned events were actually precursors to the granddaddy of all crap laws proposed by our government: the Marijuana Tax Act of 1937. Anslinger created and fervently lobbied for The Marijuana Tax Act, which incorrectly classified marijuana as a narcotic, thus banning it. With the monetary help of the liquor industry (which was terrified of marijuana becoming popular and encroaching on its business), Anslinger's bill was introduced to Congress on April 14, 1937 by Representative Robert L. Doughton, R-North Carolina.

Throughout all the propaganda, there was no actual scientific evidence with which to justify any form of marijuana prohibition. In fact, during the perfunctory congressional debates regarding the Marijuana Tax Act, Dr. William C. Woodward of the American Medical Association testified to the utter absence of any such evidence and that the act would severely inhibit medical doctors' ability to employ marijuana's medicinal advantages. Obviously, Dr. Woodward wasted his breath, as he was insulted during the congressional hearing and even incorrectly cited as supporting the bill during the laughable, three-minute debate in the House of Representatives. The bill soared through all legislative channels with amazing, ignorant ease until it reached President Franklin Roosevelt's eager, pen-wielding fingers.

The banning of marijuana has propagated many adverse effects from squandering natural resources to the unnecessary use of federal funds to enforce the ban. Although the possession, sale and transportation of hemp (the product of the marijuana plant which contains no psychoactive chemicals and was once commonly used for many economic reasons) are all legal, it is illegal to grow it in the United States due to the potential yielding of marijuana buds, which contain the psychoactive drug in marijuana known as Tetrahydrocannabinol (THC).

In other words, if hemp were to be legally grown in the U.S. it would be harder to determine the grower's purpose behind cultivating the plant. If the growing of hemp were legal we would have an abundance of paper, rope, clothing

and soaps, just to name a few. Hemp plants grow much faster than trees and are far easier and more cost-effective to cultivate. According to the U.S. Department of Agriculture, an acre of hemp plants yields four times as much paper as an acre of trees. We would no longer have to decimate entire forests to supply an insatiable need for paper goods.

According to the National Organization for the Reform of Marijuana Laws (NORML), taxpayers pay no less than \$7.5 billion a year to enforce the ban on marijuana, which also keeps the cultivation of hemp illegal. The aforementioned sum excludes funds utilized for the imprisonment of offenders; according to Sanho Tree's article "The War at Home," out of 2 million prisoners, 500,000 are nonviolent drug offenders. What is more, NORML also points out that 2.4 million law enforcement man-hours are wasted on the apprehension and prosecution of such offenders. Perhaps all of the time and money put into marijuana enforcement could be better allocated towards the apprehension of rapists, murderers and other violent criminals, who, by the way, spend less time in prison than some marijuana offenders. However, the government has yet to perform any fiscal research regarding the expenditures of marijuana prohibition. Why on earth would they want to point out any errors concerning their fallacy-laden "war on drugs?"

Perhaps money "that will be spent anyway" and conserving our trees are trivial woes to some of you. If that is the case, consider the tragic effects of the legal ramifications associated with marijuana enforcement. According to NORML, 500,000 people are arrested for marijuana charges annually, most of whom for simple possession (amount varies by state law). Penalties can range from the federally imposed one year incarceration and/or fines of up to \$150,000 for possession of a single joint or less to the death penalty for cultivation of 60,000 plants or possession of the same number in kilograms of weight (1994 Crime Act).

Granted, that is a lot of marijuana; but the states that have legalized marijuana for medicinal use (e.g. glaucoma and rheumatoid arthritis) are still governed under the undifferentiating federal laws. Consequently, medicinal marijuana farmers could face the death penalty simply for helping pain-afflicted patients!

Not only are the direct fines and sentences unreasonably harsh, but one may also have all of their belongings ultimately stolen by the government. Federal law permits the forfeiture of property (drug forfeiture laws) merely when a drug investigation is undertaken. So, just by being investigated for anything to do with marijuana, one may have her or his property and assets seized. Obviously, the property forfeiture law is quite unreasonable and often misused. According to Congressman Henry Hyde's 1993 report to congress, 80 percent of persons whose assets are seized under such laws are never charged. Our own government is regularly victimizing innocent people.

The average "pothead" is just that: innocent, with a penchant for getting high. If marijuana were legalized or decriminalized-as in many other countries-these people would be upstanding, law-abiding citizens. Contemplate the innumerable wrecked homes and families these arrests, penalties and effects thereof have caused. People may accrue enormous debt, lose their jobs, child custody, federal funds, and public housing. The list of irreparable damage is endless. I simply do not understand why such tragedies continue to occur and why marijuana has yet to be legalized. Oh yes, I forgot: large corporations such as paper mills and liquor producers would suffer greatly while certain federal agencies such as the Drug Enforcement Agency would receive a drastically reduced budget (and payroll).

The time for reform is long overdue. It is very unfortunate that 75 years of propaganda has so successfully brainwashed the citizens of our country that a viable end to such repression is in the distant future, if at all. I can whine and spout off facts all I want, but until enough citizens and legislators coalesce to promote an unprecedented campaign for the reform of marijuana laws, nothing can be done, and thousands of men and women will continue to suffer unjustly under a law passed by ignorance. ♦

OPINIONS.

Send your feedback to theallstate@apsu.edu in a Word or text attachment including name, phone number, class and major.

penny-pinching alternatives to eating healthy



Julie Schneider, freshman business major, eats a pasta dish with vegetables from the university cafeteria.

By MEGAN GREGORY
Guest Writer

You probably hear it every time your mother calls. She asks, "Are you eating well?" You look down at the box of cheese crackers you've been eating for dinner every day for the past week and tell her, "yes." Stop lying! There is a way for college students on a budget to eat right. Here are some tips for finding food that's good for you, and easy on the wallet.

Keep it simple by planning menus in advance. By doing this, money can be saved because you're buying only what you need. It also helps to keep track of how much and what is consumed. If you're unsure what you should be eating, a good place to start is at www.webmd.com, where you can find a copy of the food guide pyramid, and nutrition advice from experts.

According to the food pyramid, the average person needs two to three servings of protein, two to three servings of dairy foods, two to four servings of fruit, three to five servings of vegetables and six to 11 servings of carbohydrate-based foods. Take that information to a local grocery store and you're shopping smart.

There are a few tricks to this, the first being the definition of a serving. A serving is defined on the nutrition labels of most products, but labels are usually not found on produce. As a rule, a half-cup of chopped or raw vegetables, one cup of leafy raw vegetables or one piece of fruit counts as one serving.

Keep in mind that the amount eaten is not usually the equivalent of a serving, especially in foods like pasta or chips. The next question is, "who is the average person?" There is no rule, but it depends mostly on weight. A person who is heavier may need to cut back on calories, or add more, depending upon height

and activity level. Calories should stay under a 2,000 a day. Remember, never eat more calories than you know you can burn off in a day, unless you're trying to gain weight. This is why it is important to consult a physician or nutritionist before making any dietary changes. Students have access to these services through Health Services. Last, watch fat content. Keep a close eye on trans-fat, which has recently been found to be the least healthy of all fats. Manufacturers are becoming conscious of this, and most now make foods with reduced trans-fat levels which taste just as good as the originals.

Here is an example menu for one day, it sticks to the food pyramid as a guide, and prices are taken into consideration (all prices were found at a local Wal-Mart) for breakfast have cereal, milk, fruit and juice. A serving of cereal is three-fourths of a cup. Try Malt-O-Meal's Cocoa-Dyno-Bites, which are sold in 42-ounce bags for \$3.87. Add in one half cup of skim milk. Great Value sells it in half gallons for \$1.64. Bananas are \$.48 a pound, and they make a great topping. Drink 16 ounces of juice, such as Great Value Country Style from concentrate, which sells for \$1.50 for 64 ounces. Snacking is important, as going more than five hours without eating exponentially slows metabolism. Having snacks between meals is recommended even in the Slim Fast plan. For an early snack, try something healthy and light like carrot sticks. Peter Rabbit Farms sells mini carrots in bundles of four one-cup bags for \$1.50.

For lunch, it's Ramen Noodles. These are cheap, at \$.84 for six-pack bundles. Each package has two servings. If you're sick of Ramen, try a tuna fish sandwich on enriched wheat bread.

Great Value loaves of 22 slices sell for \$.97.

Their Chunk Light tuna in water sells for up to \$.14 less than brand name tuna and tastes just as good. Also, each can contains two and a half servings, so it really is a great value. Finish your lunch with a piece of fruit like a Fuji apple, \$.83, which are often large enough to count as two servings.

For your next snack, cheese and crackers are a good bet. Mini Baybel cheeses sell in packages of six for \$2.98, or a simple sliced cheese will do. Try to avoid fattening canned cheeses. For crackers, 16 reduced fat Nabisco Wheat Thins are a great deal at only \$2 for nine ounces.

Finally, it's time for dinner. On the menu is grilled chicken, salad and rice, with yogurt for dessert. Tyson's Boneless/Skinless Chicken Breasts are two servings a piece and are easily prepared in the microwave or a George Foreman Grill. They sell in the \$.35 range for three. Bagged salads, such as Fresh Express Spring Mix, sell for \$2.74 for five ounces. Fill them out with a head of broccoli for \$1.74 per head. Rice is easy to prepare in the microwave. A package of Great Value Chicken-Flavored Enriched Rice and Vermicelli is only \$.66 and makes three servings, or one cup. Watch fat content in yogurt. Breyer's Peaches N Cream Lowfat Yogurt is a good deal at \$.50 per container, or eight ounces.

The above meal plan is only a suggestion, and does not completely fulfill the required number of servings of dairy or carbs. Most people will want condiments on sandwiches and salads that often satisfy remaining servings. Remember that eating right doesn't always give you all the nutrients your body needs, so supplement your diet with a complete multi-vitamin. And of course, diets work best when paired with exercise and appropriate water consumption. ♦

Prominent author reads from her best-selling memoir

By MELISSA TYNDALL
Chief Copy Editor

Rebecca Walker describes herself as being black, white and Jewish in the title of her memoir, "Black, White and Jewish: Autobiography of a Shifting Self," however, there is much more to her than that.

Walker will read from her bestselling memoir "Black, White and Jewish: Autobiography of a Shifting Self" on Monday, April 4 at 8 p.m. in Austin Peay State University's Trahern Theatre.

Though Walker's writing began in high school, it seems that her first major step was as a contributing editor to "Ms. Magazine." The author has been featured in magazines and newspapers such as in "Essence," "Mademoiselle," "The New York Times," "The Chicago Times," "Esquire," "Elle," "U.S. News and World Report," "SPIN," "Harper's," "Sassy," and "The Black Scholar."

In Walker's memoir, the author gives intimate and poignant accounts of bouncing back and forth between her black mother and the family of her white, Jewish father every

two years.

The book honestly examines the difficulties Walker had identifying herself after her parents' idealistic love dissipates, as well as how she denied who she was and where she came from. The author also uses the memoir to depict childhood friendships, snippets of family memories and examine her sexuality, which emerged early on in her youth. To add to her lengthy resume as author or editor of anthologies such as "What Makes a Man," "To Be Real," "Listen Up" and "Testimony," Walker has also been featured on MTV, CNN and The Joan Rivers Show. However, the movement child of Pulitzer Prize winning author Alice Walker ("The Color Purple") and Civil Rights lawyer Mel Leventhal is not only a writer, but an entrepreneur and activist as well.

In 1996, she and partner Angel Williams opened Kokobar, a cybercafé and bookstore in Ft. Greener (in Brooklyn) in order to bring Internet access to urban communities, but it is her activism is even more impressive. Walker is a co-founder of the Third Wave

Foundation, the only national, activist and philanthropic organization for women between the ages of 15 and 30. The organization, which works to cultivate leadership and activism in women, registered over 20,000 U.S. voters in its first year.

Walker has also received many awards including the Feminist of the Year Award from the Fund for the Feminist Majority, the Vanguard Foundation's Paz Y Justicia (Peace and Justice) award, the National Organization for Women's Intrepid Award, the Women Who Could Be President Award from the League of Women Voters, and in 1994, "Time" magazine named her one of America's 50 most influential leaders under the age of 40. The event, sponsored by APSU's Center of Excellence for the Creative Arts, will be free and open to the public.

If the reading and following reception and book signing isn't enough, Walker will also host a lecture prior to the reading at 2:20 p.m. in Room 117 of Harned Hall. For more information on Walker, visit <http://www.rebeccawalker.com>. ♦



CONTRIBUTED PHOTO

Walker has lectured at more than 300 universities, including Harvard, MIT and Stanford. She will read excerpts from her revered memoir, "Black, White and Jewish: Autobiography of a Shifting Self," on Monday, April 4, at APSU's Trahern Theatre.

"Guess Who?" delivers contemporary comedy twist on 60s film



Simon Greene (Ashton Kutcher, left) tries to win approval from his soon-to-be father, Percy Jones (Bernie Mac) in "Guess Who?"



By JESSICA HAWK
Staff Writer

One Hollywood Reporter calls "Guess Who?" which was directed by Keven Rodney Sullivan (and starring Bernie Mac, Ashton Kutcher and Zoe Saldana), "...a certified crowd-tickler." The PG-13, sex-related comedy film, "Guess Who?" is an incredibly funny, interesting and realistic film that is based somewhat from a 1967 Stanley Kramer film called "Guess Who's Coming to Dinner."

In "Guess Who?" the hilarious Ashton Kutcher and Bernie Mac make a smashing

combination with their father and future son-in-law battles.

Simon Greene (Ashton Kutcher) is the stockbroker boyfriend of Theresa Jones (Zoe Saldana).

The nervous Simon proceeds to meet her parents for their anniversary party, not knowing that his girlfriend has left out the fact that he is Caucasian to her parents.

His visit starts with Percy Jones (Bernie Mac), humiliating Kutcher by mistaking him as the taxi-driver because of his race. This starts the war between the two characters. This movie mimics "Meet the Parents" in that Kutcher, similar to Ben Stiller, tolerates extreme abuse from the possible father-in-law

while seeking his approval.

"Guess Who?" does a great job in turning a very controversial issue of race relations into a successful and comical movie. In one scene in the movie, Kutcher is pressured by Bernie Mac to tell the "black jokes" that he knows to the entire family.

While it started with all members of the family laughing at the jokes, it ends with Zoe's outspoken and intolerant grandfather threatening to hurt Kutcher because of the them.

Although there are several movies that have the fiancée meets the in-laws' plot, "Guess Who?" throws in a different perspective with its racial subtext.

At times, this movie provides great humor, but it also touches on the honest drama of the world today. The couple not only has obstacles within their relationship, but those that come from their occupational, racial and sexual conflicts.

As the movie goes on, Bernie learns to accept Kutcher as a son-in-law while brushing up on his tango skills, accusing him being a liar, racist and straddling him while in bed.

Overall, the movie gets 4 out of 5 stars. If you are looking for an interesting and humorous film to lighten your night, don't hesitate to see "Guess Who?" at the Carmike on Madison; it honors an APSU discount on Thursday nights. ♦

GOVS MUSIC SERIES
Sponsored by the Office of Student Life and Leadership

3.31.05
7-9pm

august christopher

GOVS SPORTSFEST
A CELEBRATION OF ALL SPORTS

5 Dollars off food during concert
uc lobby

august christopher
office of student life and leadership

SPORTS
SCHEDULE
AT A GLANCE

Wednesday

Baseball
vs. Memphis
6:30 p.m.,
Clarksville, Tenn.

Thursday

Softball
(doubleheader)
vs. Cumberland
2 p.m.,
Lebanon, Tenn.

Friday

Men Tennis
vs. Western
Kentucky,
1 p.m.,
Clarksville, Tenn.

Women's Tennis
vs. Western
Kentucky,
1 p.m.,
Clarksville, Tenn.

Men's Golf
at ECU Spring
Intercollegiate,
Richmond, Ky.

Saturday

Men's Golf
at ECU Spring
Intercollegiate,
Richmond, Ky.

Track and Field
at Southeast
Missouri
Invitational,
Cape Girardeau,
Mo.

Softball
(doubleheader)
vs. Morehead
State,
noon,
Morehead, Ky.

Baseball
(doubleheader)
vs. Samford,
1 p.m.,
Clarksville, Tenn.

Sunday

Softball
vs. Morehead
State,
noon,
Morehead, Ky.

Baseball
vs. Samford,
1 p.m.,
Clarksville, Tenn.

Teams brush up for NCAA report card

By MICHAEL YOUNG

Staff Writer

"Confidence Boundary," "Quarter school variance," "0-2" and "Contemporaneous Penalties" are all the kinds of words that are not uncommon for the NCAA to publish. Beginning the 2005-06 school year, these words will not be uncommon to the general public as they are a part of a reform package implemented by the NCAA to improve the academic success of student-athletes and to hold universities accountable for each student-athlete's academic success.

The Academic Progress Rate (APR) is a new policy that will be implemented this coming school year to keep track of each university's academics for each sport

in that university. The APR is based on a points system that gives each athlete for a given sport two points - one for retaining eligibility and another for remaining at their chosen university. The total amount of points earned is divided by the total amount of points possible to give a percentage. That percentage is then multiplied by 1,000 to simplify the reading of these results.

According to the 2003-04 APR scores posted earlier this year, Austin Peay State University, along with Vanderbilt and Belmont, are the only universities in the state of Tennessee that are above the 925 cut-off set by the NCAA as the Governors netted a 937 overall score with a perfect 1000 score in men's basketball.



softball, rifle and volleyball.

"Austin Peay has demonstrated its commitment to academic success for its athletes for many years," APSU President Sherry Hoppe said. "Each semester, a large number of athletes earn a 3.0 GPA



LOOS

or higher. Thus, we are in an excellent position as the new guidelines are implemented.

However, our coaches, our athletic director and our academic coordinator are striving for even higher levels of achievement, and I am pleased with their commitment."

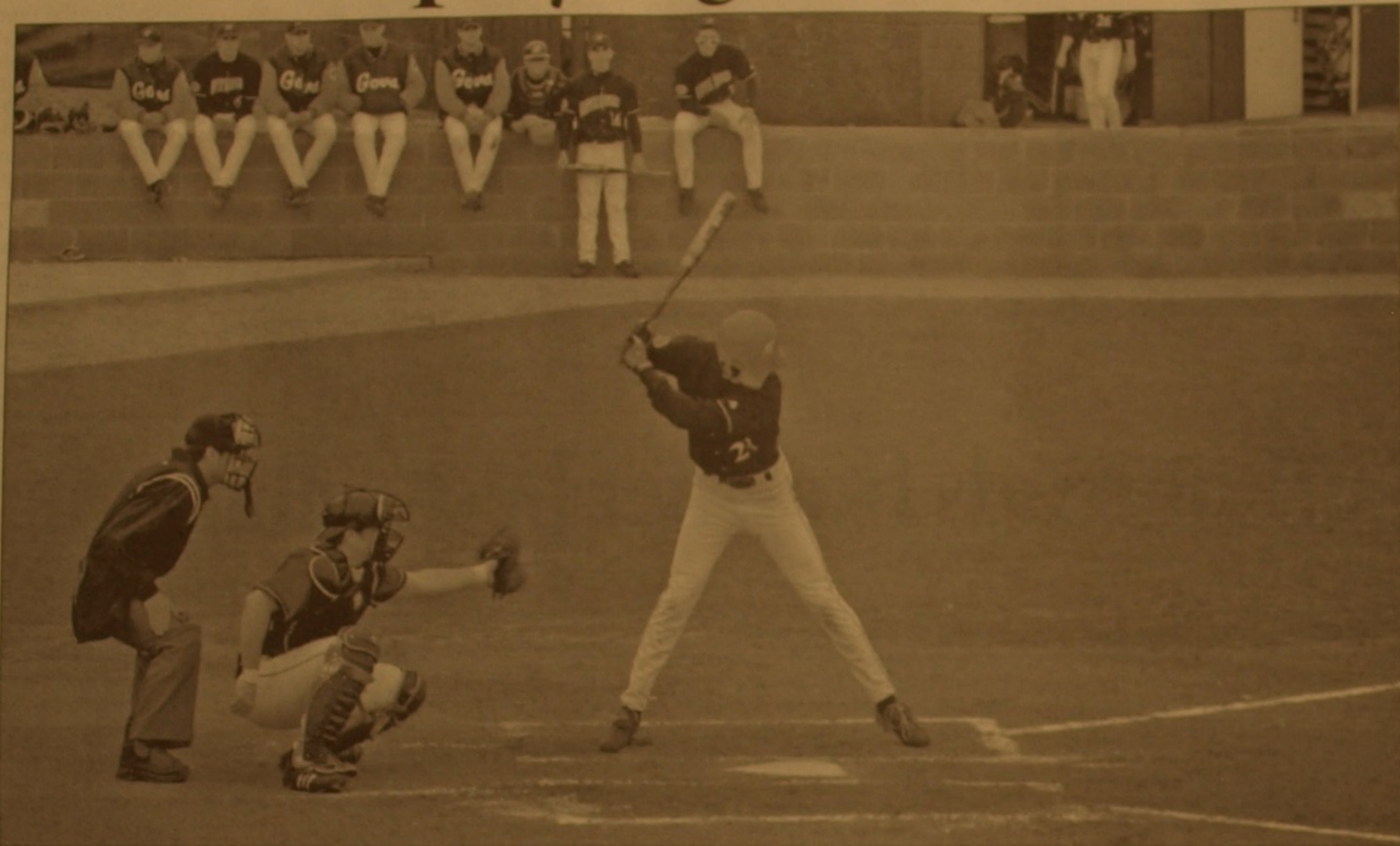
Approximately 7.4 percent of all Division I teams (410 teams out of 5,270) are below a 925 APR score with the confidence boundary and eligibility zone applied. Also, 25 percent of football programs, 23 percent of baseball teams, and 19 percent of men's basketball teams

are estimated to be in danger of contemporaneous penalties from the NCAA if the programs do not improve before the new reports are issued this December. APSU currently has six teams under the 925 cut line, which include football, cross country, track and field and women's basketball.

"We are careful to try to recruit people who want to be successful academically," said APSU Athletic Director and men's basketball head coach Dave Loos. "There really isn't any magic to it. I think if you recruit guys who want to be successful academically, and you give them the

see NCAA, page 8

Govs will play Tigers Wednesday



JAROD LEONARD/STAFF

Senior Devin Thomas prepares for an Akron pitch during a Govs' home game. The Govs are batting a .293 on the season with six players over the .300 mark.

Governors look to recover from 3-0 sweep by OVC rival Morehead State

By MICHAEL YOUNG

Staff Writer

The Austin Peay State University baseball team, currently part of a three-game losing streak, will host the University of Memphis Tigers, Wednesday, in a 6:30 p.m. contest.

The Govs (11-10, 0-3 OVC), fresh off a 21-day road trip, are 5-0 at home this season, as the Tigers (7-13, 1-4 C-USA) are 1-4 in away games.

"Memphis is just another team that we play," said APSU baseball coach Gary McClure. "This is Division I baseball, so everybody is good. We are capable of beating everybody on our schedule, and everybody on our schedule is capable of beating us. Memphis is somebody that we think we should beat. They have a new coach, and this is kind of a rebuilding year for them."

The Govs met the Tigers twice

during the 2004 season where the Tigers took the first game 5-2, but lost to the Govs 13-10 in the second.

"They are going to be a pretty solid ball club," said junior shortstop Jacob Schroeder. "We split with them last year, but I think it is going to be a good test for us."

The Tigers offense is led by senior outfielders Chad House and Ryan Martin who are currently batting .382 and .351 this season, respectively. However, the Tigers only have two rotation pitchers that currently have an ERA under 4.00, whereas the Govs have three.

The Govs go into this week's home games after being swept by the Morehead State Eagles this past weekend.

In game one, the Eagles scored one run in both the first and third inning off four hits and one error to quickly go

BASEBALL

up 2-0. The Eagles added to their lead in the seventh inning as another string of hits, mixed with a walk, scored two to up the lead to four.

The Govs finally got their bats rolling in the eighth inning as two walks and two hits put the Govs on the board and cut the lead to two.

However, a 40-minute rain delay in the middle of the eighth inning cooled the Govs' bats as the Eagles took the first game, 4-2.

"In game one we just didn't hit enough," McClure said. "We made errors and put ourselves in a tough position, and we got behind. We tried to come back, and we got the runners on, but we just didn't get it done."

On Sunday, the Govs lost 4-3 and 12-8 in the doubleheader as they

committed four errors in the field. The Govs came within one of Morehead going into the seventh inning of game three, but the game went out of reach after Eagles' catcher Donald Cheney blasted a three-run homerun in both the seventh and eighth innings. Cheney was named OVC player of the week for his brilliant batting display against the Govs.

The Govs were able to score four runs in the ninth, but eventually fell.

"We had a lot of mental errors this weekend," said junior center fielder Cody Youngblood. "It wasn't physical at all. We just still haven't come together as a team yet."

"We really have to work on coming out right away and setting the tone instead of trying to find it later," Schroeder said.

"It's too hard to come back after the time in late innings." ♦

APSU intramurals hosts All Star Weekend, sets record numbers

By MICHAEL TAYLOR

Assistant Sports Editor

Austin Peay State University recently held its intramural basketball tournament last week. With more than 30 teams in the tournament, including three different divisions, this is the biggest turn-out in APSU's history.

"We had a lot more teams than last year in both basketball and in flag football," said intramurals graduate assistant Kelly Dinnem.

More students every year are becoming more involved in the intramural activities. The basketball tournament took over three days to conduct, and it showed some impressive numbers in the audience, who were present to cheer on their favorite teams.

The winners in the different divisions were women's team, On Point, men's B team, Gang Green, and men's A team, Package Deal.

"We tried to develop a scheme like professionals do where we can come up with a seasonal ranking that would put all the teams into their true spots in the bracket," intramural coordinator Jason Elin said.

This year an All Star weekend was held. During the weekend, students were selected to participate in various events. A dunk contest was held to see who could display the most intriguing dunk, and a three-point competition took place to see who could hit the most threes in a short amount of time. These events allowed the students to show off their talents. Stephen Williams, and Latoria Jones won the three-point contest, while Brandon Evans won the dunk contest. After those events, everyone was split up and played against each other in a regulation game. Those who participated also received a free t-shirt.

Now the winning teams have an opportunity to see how well they measure up to other schools in the first annual Mid-State Battle of Champions that will be hosted by Middle Tennessee State University in the future.

Some of the schools scheduled to participate in the event are MTSU, Vanderbilt, Tennessee-Chattanooga, Tennessee Tech, Lipscomb, Belmont and Tennessee-Knoxville.

"We are very excited to be a part of this because it is good to interact with other schools and see how we will do," Elin said.

Next on the list for the intramural department will be softball, which will wrap up the 2004-2005 school year. There are 13 men's teams, eight women teams, and six co-ed schedules for this season's play, which will kick off this week. ♦

After long, eventful March, the road ends at the Arch

By MICHAEL TAYLOR

Assistant Sports Editor

This is it. March is almost gone, but the madness still reigns until the winner is announced in April. The nation is at last down to the final teams in the country for the men's and women's NCAA basketball tournament this year.

The Final Four have already been determined and are set to play this weekend. It has been said that this year's tournament has been full of many surprises. Make sure you tune into your televisions Monday for the men's Championship game and Tuesday for the women's Championship Game.

From Cinderella-story teams to buzzer beaters, they all have one thing in common: they want bragging rights as National Champions. So, it's not too late! Cut out these brackets and take a guess on which team you think will be crowned "Best at the Big Dance." ♦



The Elite Eight Seeds, teams and scores for men's teams.

National Champion			
1 Illinois 90		1 North Carolina 88	
(12) UW Milwaukee 77-63		(5) Villanova 67-66	
(9) Nevada 71-59		(9) Iowa State 92-65	
(16) E. Dickinson 67-55		(16) Oakland 96-68	
Chicago Saturday	1 Illinois	1 North Carolina	Syracuse Sunday
3 Arizona 89		6 Wisconsin 82	
(2) Oklahoma St. 79-78		(10) N.C. State 65-56	
(11) UAB 85-63		(14) Bucknell 71-62	
(6) Utah State 66-53		(11) Northern Iowa 57-52	
Final Four St. Louis Sat, April 2 6:07 p.m.		Final Four St. Louis Sat, April 2 8:47 p.m.	
4 Louisville 93		5 Michigan St. 94	
(1) Washington 93-79		(1) Duke 78-68	
(5) Georgia Tech 76-54		(13) Vermont 72-61	
(13) LA-Lafayette 68-62		(12) Old Dominion 89-81	
Albuquerque Saturday	4 Louisville	5 Michigan State	Austin Sunday
7 West Virginia 85		2 Kentucky 88	
(6) Texas Tech 65-60		(6) Utah 62-52	
(2) Wake Forest 111-105		(7) Cincinnati 69-60	
(10) Creighton 63-61		(15) E. Kentucky 72-64	

AP

The Elite Eight Seeds, teams and scores for women's teams.

National Champion			
1 LSU		1 Tennessee	
(13) Liberty 90-48		(4) Texas Tech 75-59	
(9) Arizona 76-43		(9) Purdue 75-54	
(16) Seton Hall 70-36		(16) W. Carolina 94-43	
Chattanooga Monday 9 p.m.		Philadelphia Tuesday 9 p.m.	
2 Duke		3 Rutgers	
(5) Georgia 63-57		(2) Ohio State 64-58	
(7) Boston College 70-65		(5) Temple 61-54	
(15) Canisius 80-48		(14) Hartford 62-57	
Final Four Sun, April 3 7 or 9:30 p.m.		Final Four Sun, April 3 7 or 9:30 p.m.	
1 North Carolina		1 Michigan State	
(5) Arizona State 79-72		(5) Vanderbilt 76-64	
(9) G. Washington 71-47		(8) USC 61-59	
(16) Coppin State 97-62		(16) Alcorn State 73-41	
Tempe Monday 7 p.m.		Kansas City Tuesday 7 p.m.	
2 Baylor		2 Stanford	
(3) Minnesota 64-57		(3) Connecticut 76-59	
(10) Oregon 69-46		(10) Utah 88-62	
(15) Illinois State 91-70		(15) Santa Clara 94-57	

AP

Lady Gavs gear up for Cumberland



Tina Nicky makes an out at first base against the Lady Colonels' Jackie Hucul in Saturday's 3-1 victory. Nicky led the Lady Gavs in put outs during the game with six. THOMAS VAN HOOSER/STAFF

Austin Peay looks to extend wins after topping ECU

By ASHLEY SCHILLING
Staff Writer

With a record of 9-20 so far this season, the Austin Peay State University softball team will once again play Cumberland University, Saturday in Lebanon. This constitutes the third time the teams have met this season. In the previous two match-ups this season, the Lady Gavs defeated the Lady Bulldogs 8-0 in the first game and 6-0 in a full game. "We played really well against Cumberland the last time we beat them," said head coach Jim Perrin. "We played well, and I was really happy with the way the kids played today. It was a big win for us." Before going into the previous Cumberland doubleheader, the Lady Gavs' record was 2-10. With more than 17 games under their belt since the match-up, the Lady Gavs plan on continuing their upward climb to a higher position in the Ohio Valley

SOFTBALL

Conference rankings.

"We need to continue with how we've been playing and play good defense, and then hopefully our offense will show up," sophomore Amy Bush said. "We just need to keep doing what we've been doing and get the job done."

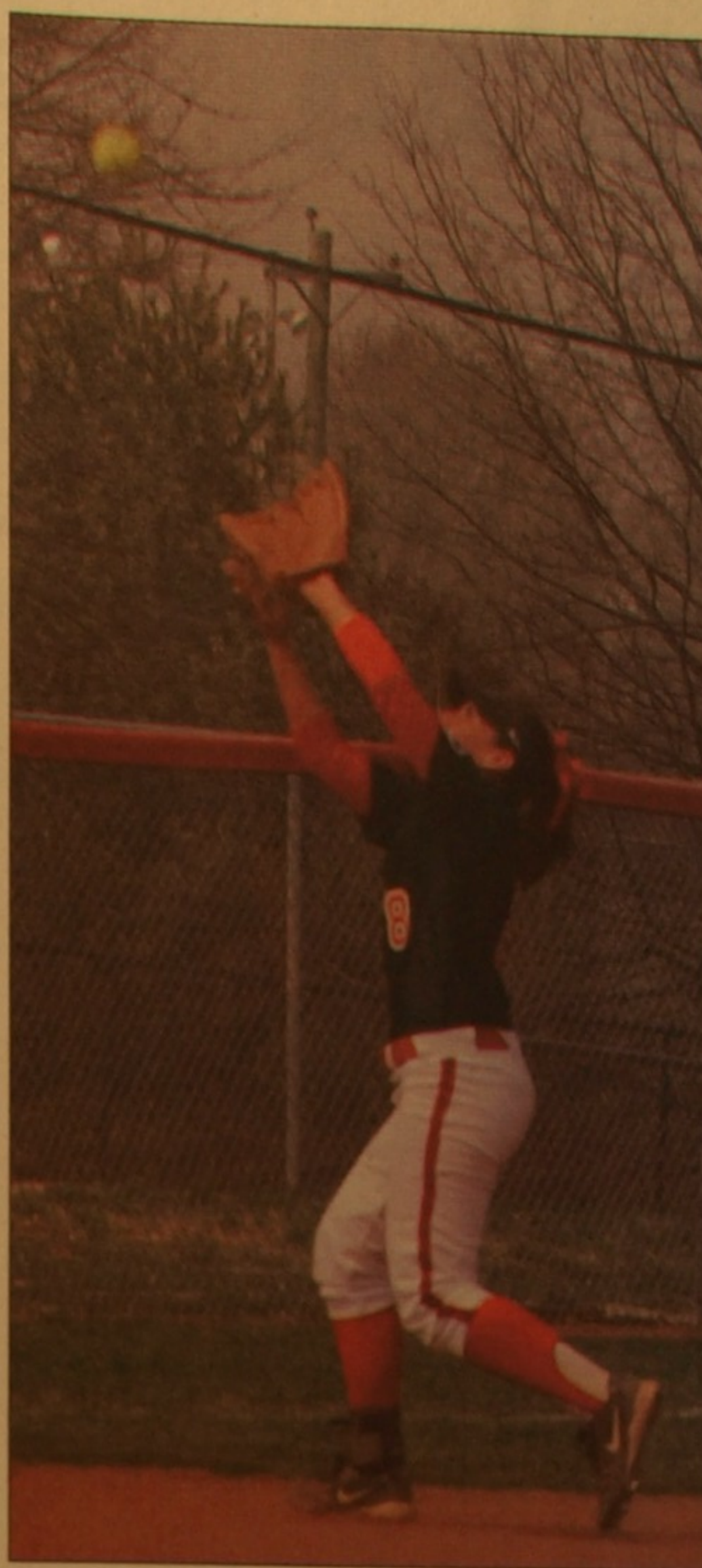
Winning pitchers Ashley Porter and Natasha Anderson led the Lady Gavs to their previous wins with a combined strike out total of 17. During the second game, Anderson had 13 strikeouts alone, which the Lady Gavs hope to repeat in their next games. The Lady Bulldogs come to APSU on Thursday in hopes to improve their season record. Though the upcoming double header does not hurt either team in their conference records, they do count on their overall season record.

"We need to beat them even more

than we did the first time," said sophomore Tabitha Nixon. "I do think that it will be a big confidence-booster for us."

The Lady Gavs are picked to defeat the Lady Bulldogs, but both teams are preparing for a win. With batting practice, fielding drills and conditioning, the Lady Gavs push for the next two wins. Unlike some of the previous teams that the Lady Gavs have competed against this season, such as the University of Tennessee at Knoxville and Auburn, this is expected to be a close match-up.

"We could sure stand for two more wins to help our record out, but things seem to be turning around for us and becoming a little more positive," Perrin said. "It really depends on which team shows up. If the good Austin Peay team shows up, then I think we can beat them by five or six runs. But if not, it will be a dog-fight, and we could easily get beat. We have got to be motivated to play." ♦



Junior Jennifer Simpkins catches the softball at short stop last week for the Lady Gavs. Simpkins leads the team in assists with 45 on the season. THOMAS VAN HOOSER/STAFF

Football should consider other arenas of play

By ERIC MILLER
Managing Editor

The possibility of scholarship football returning to Austin Peay State University means another chance for the university to slide off the track. APSU President Sherry Hoppe has stated that the feasibility of returning to scholarship football in the Ohio Valley Conference is being explored, and I've heard an announcement could be made in the next few weeks.

I have heard rumors floating around campus that speculate a variety of equally absurd amounts of money. Regardless of whether or not those figures are even remotely accurate, I believe spending six figures on non-academic scholarships to be a mistake. The problem with athletic scholarships in general is that, while they have academic requirements, students are being given money to attend an educational institution and have non-educational priorities. This problem is especially poignant for APSU simply because sports are not a cornerstone of the university. If people want a major football program, the University of Tennessee at Knoxville has a huge program and, like most state schools, has raised the bar for admission to be approximately on par with admission requirements for theme park rides. APSU has no need to spend a large sum of money on a scholarship program designed to benefit a very select number of students.

Luckily, I have a solution that will simultaneously improve the football team's performance and save APSU a lot of money. We know the football team is capable of consistently reaching at least the 50-yard-line. There's no need to spend a lot of money to lure better players. There's no need to devote more time to training the team so that they can figure out how to travel the second 50 yards. The solution is simple. Make the Gavs an arena football team. Since an entire arena football field is only 50 yards, the Gavs won't have to do anything to effect an immediate improvement. It wouldn't be long before the scores rival attendance numbers. In fact, Gavs arena football would be beneficial to the entire student body, not just the team itself.

If the football team is only using half of a conventional football field, then the school only needs half of the stadium. Cutting the stadium in half will have several effects. First, the reduced seating space will condense the crowd to provide an intense atmosphere during the games. Furthermore, that's more than 50 yards of brand new turf that can be rolled up and stored away, saving the university the expense of laying new turf when the current material wears out.

If passing the savings on to the institution is not sweet enough, cutting the stadium in half will also eliminate the frustrating student parking problem. Since the armory is being leveled to increase the number of university spinning rooms, APSU can replace the unnecessary portion of the stadium with an impressive parking lot.

I firmly believe that Hoppe makes decisions based upon what she believes is best for the university, which is why I hope she'll give my solution all due consideration. ♦

Johnson and Yeckering lead team at Relays

By ASHLEY SCHILLING
Staff Writer

Throughout the past two weeks, the Austin Peay State University track and field team has competed in their outdoor season with an amazing start. With their first 3-0 win at the 2005 Adidas Raleigh Relays this past weekend, the Lady Gavs were up against competition that they had not seen before and were not expecting. With only one jumper and one runner



JOHNSON

Doug Molnar said, "and I think it was a real eye-opener for some of us. When you go to a meet like this, you have to have confidence that you are prepared to do your best. You can't worry what it says across someone's jersey. You have to get out there and compete with a vengeance." Junior jumper Sherlonda Johnson placed 15th in one of her best events, the high jump,

placing in the top 20 at the Relays, the track and field team seem to be headed for a long week of practice and preparation.

"The Raleigh Relays are one of the best meets in the country," head coach Doug Molnar said, "and I think it was a real eye-opener for some of us. When you go to a meet like this, you have to have confidence that you are prepared to do your best. You can't worry what it says across someone's jersey. You have to get out there and compete with a vengeance."

TRACK AND FIELD

with a leap of 11.08m (36-04.25). Johnson's personal best for this outdoor season is set at 11.71m (38-05.00), which she achieved at the Vanderbilt Spring Classic just one week ago.

As one of top-achieving athletes on the APSU track and field team so far these past seasons, Johnson's hard work has paid off against some of the most difficult teams from around the country.

"There was a lot of competition there," said Johnson, "I was happy to be there. This is the most competitive meet that I have seen so far this year."

Johnson finished second in the long jump with a distance of 19-02 Freshman Josh

Yeckering also finished in the top 20. Yeckering finished 16th in the 10,000 meter run (32:50.91).

As one of the only two males on the track and field team this season, he has placed in both of his two competitions. This was Yeckering's first time running the 6.2-mile run. "When competing against teams such as Minnesota, Michigan and Penn State from the Big Ten, Georgetown and Virginia Tech from the Big East, and North Carolina, Duke and NC State from the Atlantic Coast Conference, you have to be ready to go," Molnar said. "We'll get back to work this week," he added, "and next weekend we'll head to the Southeast Missouri Invitational." ♦

NCAA buffs up on steroids



Cardinals slugger Mark McGwire smiles as he rounds the bases after hitting his 70th home run of the season in the Cardinals' 7-1 victory over the Montreal Expos at PNC Park, in St. Louis, in this Sept. 27, 1998, photo. McGwire's refusal to answer questions before Congress about whether he used steroids could cost him election to baseball's Hall of Fame, an Associated Press survey showed last Thursday. AMY SANCETTA/AP FILE PHOTO

By MICHAEL YOUNG
Staff Writer

With baseball's opening day rapidly approaching, no one is talking about the much anticipated rivalry between the Boston Red Sox and the New York Yankees kicking off the 2005 season. Instead, baseball fans are bombarded with pictures of Mark McGwire, Jose Canseco and Barry Bonds and the national steroid scandal currently plaguing Major League Baseball.

"Major League Baseball just didn't have anything in place that made (steroids) a serious issue," Austin Peay State University baseball Coach Gary McClure said. "But they are kind of working towards that right now. Hopefully they'll get even more strict about it than they are now."

Despite the problems with steroids in the major leagues, the NCAA policy on drug testing is a little more hard-nosed.

"I think that if you looked at steroids about 10 years ago it was happening and still being experimented with," McClure said. "We saw some guys get really big at some schools in a hurry... But I think as education has went on and as the NCAA has gotten tougher with it, everyone has started looking a lot closer at it and it has pretty much weeded itself out."

The NCAA subjects student-athletes to random drug screening where an athlete can be tested for illegal substances up to four times at anytime during the year. Any student-athlete who tests positive for illegal drugs is immediately issued a minimum of one-year suspension and a loss of eligibility in the NCAA.

For a student-athlete to regain eligibility, he or she must submit an institutional request for reinstatement to the NCAA lead administrator of student-athlete reinstatement. The athlete is also subject to random testing at anytime during their one-year suspension, including an exit test that occurs no sooner than the 11th-month of suspension.

"I have known people to take steroids," Gavs third baseman Jared Walker said. "I knew there were people who used weight gain and over-the-counter stuff, but I didn't realize that there were steroids actually being used that much illegally. Overall, it really doesn't affect me because I know nobody on this team uses steroids, and I am sure the majority of colleges don't have many people that use steroids, either."

With the strict, random testing of the NCAA, college baseball players who use steroids are one positive test away from sitting out a year.

"I think if somebody really wanted to pursue it, then it is just as likely to happen here at Austin Peay as it is at Cal State at Fullerton or LSU or any other big name school," Gavs power-hitting first baseman Chris Poynter said. "It can never go overlooked because it does happen." ♦

Austin Peay Player Profile

By MICHAEL KELLUM
Staff Writer

Consistency is one of the keys to the game of golf, and consistency is one thing senior Lady Gavs golfer Christine Idoux has.

"She's been consistent ever since she's been at APSU," coach Sarah Burkhead said. "She is always in one of the top four spots, and she knows her strengths and plays to them."

Last season Idoux played in all 11 tournaments, and she was one of only two players to have every round count towards the team. She also got a collegiate career-best (76) twice. After having a stellar high school career that included the 2000 St. Louis Metropolitan Girls Junior Amateur Championship, Idoux said she was determined to play Division I golf.

"I sent a tape to every Division I school south of St. Louis. It came down to four colleges, and after visiting them, I liked Austin Peay the best."

Even though the Lady Gavs got off to a rough start, Idoux said the team stayed upbeat and continued to try to improve. The work seems to have paid off. As a team, the Lady Gavs have finished closer to the top, and Idoux has continued to stay consistent, always being one of the four girls whose score gets counted. Idoux credits her improvement to hard work.

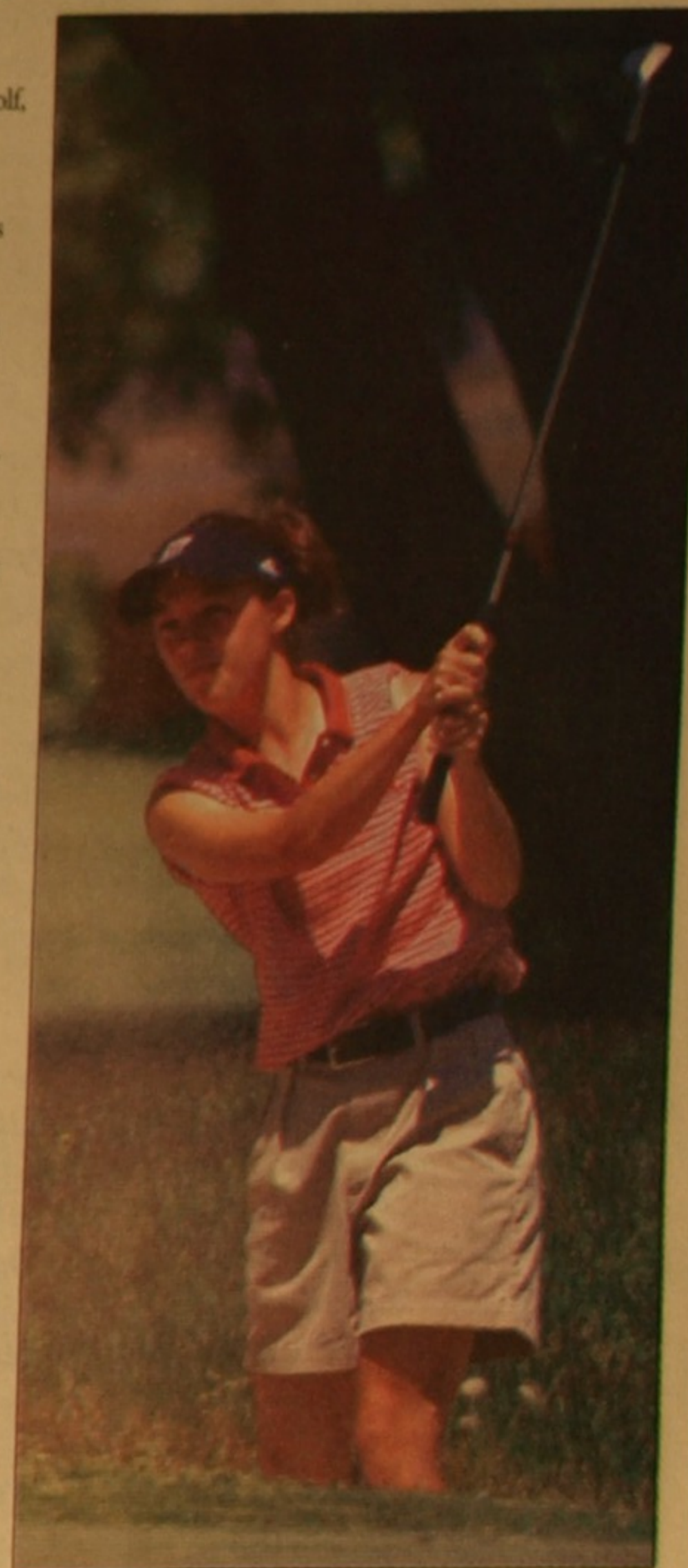
"I just try and work with my teammates, be a team player and play smart golf."

As far as goals for the rest of the season, Idoux said she wants to be a team player. "I want to be positive, and get along with the whole team."

Idoux said that she loves how diverse the team is. "Not one of us is the same. You can always find something to do and find someone to do it with." ♦

Question and Answer

Name: Christine Idoux
Class: Senior
Hometown: Waterloo, Ill.
Major: Business Management
After College: Get a master's degree in Corporate Communications
Favorite Place to Eat: Pamera Bread Company
Role Models: Johnnie Smith and Charlie Brooks
Favorite part about being an APSU student athlete:
Travel and the camaraderie of being on a team



Christine Idoux hits the ball during last year's OVC tournament. PHOTO COURTESY APSU SPORTS INFORMATION

NCAA: Most APSU teams receive passing grade

from page 6

support they need, then you will have a very successful athletic department."

The APR policy will be calculated as an average of two years when it is implemented this fall, and each year of data will be added to the calculation until a four-year average is acquired. A failure to comply with the APR policy will first result in a loss of a scholarship for one year for each athlete who leaves the university in poor academic standing.

If the failure continues over time, penalties such as scholarship reductions, recruiting limitations or even ineligibility for a team from the NCAA, will include bowl games for college football and NCAA championships. The



severe penalties, however, will not be exercised until at least the third year the policy is in effect. As with all rules and regulations in any sport, there is always a drawback or an exception to the rule. This is true with the new APR policy as many universities are concerned with being penalized if a student-athlete leaves the university in bad academic standing to become a professional athlete through the NBA or MLB draft.

"The NBA and MLB drafts are an issue for

some of the bigger schools, but I believe there is an avenue for appeal that is included in that situation so that a university would not have to count those people against you," said Bruce Meyers, APSU faculty athletic representative. Meyers is also a professor for the college of computer science.

"Even if you did count them against you, then it would only be one out of the two points if they stayed eligible," he said. "It's not a total impact. I believe that once the NCAA starts using a four-year average then one player one year is not going to count so much."

With the new APR policy, universities will no longer have an excuse as to why their players are struggling academically. They will be responsible for each student-athlete's

academic progress and held accountable through penalties if they fail to comply. "What the policy is intended to encourage, is to get coaches to be concerned about academics number one," Meyers said. "It will also try to discourage coaches from recruiting players and then running them off because they didn't work out like they hoped."

"I think the new policy will have a huge impact on collegiate sports," Loos said. "You know that if you don't follow these guidelines, then your athletic department can lose scholarships for players, so it can really hurt a university's athletics. But overall, I think the new policy will make many schools, and most importantly, student-athletes more successful academically." ♦

March mayhem causes headache

By HUNTER STAPP
Guest Writer

STAPP

After the Elite Eight games concluded on Sunday, one of my friends asked me what I thought of this year's NCAA basketball tournament. All I could do was shake my head in dismay as I watched the No. 5 seed, Michigan State, pull off an upset victory to beat the perennial powerhouse, Kentucky, in a double-overtime victory. Here again, another devastating

blow to what used to be my bracket. I thought this was my year to pick a good bracket. Instead, my bracket looks like someone gave it to a little child and let him or her scribble all over it. I don't understand. I had done all my homework. I watched countless hours of ESPN. I took into account playing venues. I made sure to allow for traveling time. I thought I had everything. I knew who was hot and who was not. I knew all the stats, but there was one stat that I forgot to take into consideration: March Madness.

Madness it was. Who would have ever picked Vermont over Syracuse? Maybe the Vermont faithful did, but not this guy. Or who would pick Bucknell beating Kansas in the first round? Give me a break. Where in the world is Bucknell? I mean honestly, who would pick these outcomes? There might have been a few, but did you know that out of the hundreds of thousands that filled out a survey on espn.com, no one picked all of the sweet-sixteen teams? Only fifteen out of those people picked fifteen of the sixteen teams correctly.

The madness ran rampant all of the way through the Region Finals, where three out of four games went into overtime. Illinois, Louisville and Michigan State all came out victorious in these games. It was quite a sight to see. This is the first time in recent history where so many Region Finals games went into overtime.

This year I have truly learned the meaning of March Madness. You see, every now and then, little things make me mad, such as having an annoying song stuck in my head, or watching as my team, Kentucky, lose in double-overtime, due to dumb mistakes. I also thought I was going to go mad when I saw several double-digit leads slip away and turn into come-from-behind victories. It is very easy to see where one would go mad, when there have been nineteen instances thus far where a lower seed has beaten a higher seed.

Will Illinois, the No. 1 ranked team in the nation, win the whole thing and finally put an end to this madness? Who knows? All we can do is wait and see. ♦

Fore! Young team turns heads

By MICHAEL TAYLOR
Assistant Sports Editor

The Austin Peay State University men's golf team is well on their way to an impressive spring season. After participating in three tournaments, they have placed fifth in two tournaments and third in one tournament, out of 15 teams in all three of the tournaments. Not to mention, they are a young team with only freshmen and sophomores on the roster.

"We are playing very well this season being so young," men's golf coach Kirk Kayden said.

This weekend will be a big tournament for the young team. They will travel to Richmond, Ky., to play in the Eastern Illinois University Spring Invitational Tournament, where they will get a preview of the Ohio Valley Conference.

The course has 54 holes and will

MEN'S GOLF

prove to be a difficult one.

"Most of the top ranked teams in the OVC will be there, and it will give us a good opportunity to see how we measure up against them," Kayden said.

In the last three tournaments, the team has showed some impressive numbers. At their first tournament this season, the Birkdale Collegiate Classic, held at the Birkdale Golf Club, freshman Grant Leaver shot a 74-73-73-220 to finish in a tie for eighth to lead the Gobs.

Meanwhile, sophomore Yoshio Yamamoto (72-75-74-221) was tied for 10th and Justin Metzger (79-71-74-224) finished in a tie for 18th. As a whole, the team combined to shoot for 887, which was one shot from the fourth place team, North Carolina, at Greensboro.

In their most recent tournament, the Homewood Suites Intercollegiate, played at Azalea City Golf Club, they finished in third place. Sophomore Justin Metzger continued his leading performance play with a final-round 72 for a two-under 214, which was good enough for a fifth-place tie.

Freshman Grant Leaver struggled on the final day, shooting a 76, finishing at one-over, 217, tying him for 11th. After the tough rainy and windy conditions on the final day, they didn't score high enough to move up in the rankings.

"We are in the full force of the season, and we are doing well and showing respectable play against these top-ranked teams," Kayden said.

"We have many great performances from our players," he said. "But we also will have tough competition on tough golf courses, against tough teams." ♦

CLASSIFIEDS

Child Learning Center:
APSU Child Learning Center
Open 6:30 a.m. - 5 p.m.
Serving children 6 weeks - 5 yrs.
Drop in care now available.
For more info. call 221-6234.

Employment:
\$450 Group Fundraiser

Scheduling Bonus - 4 hours of your group's time PLUS our free (yes, free) fundraising solutions Equals \$1,000-\$2,000 in earnings for your group. **CALL TODAY for a \$450 bonus** when you schedule your non-sales fundraiser with CampusFundraiser.

Contact CampusFundraiser, (888)923-3238, or visit www.campusfundraiser.com

Work in Nashville This Summer - Make \$656 per week while gaining sales and experience in Fastracs Summer Internship program. Call Jeff at 615-579-4513

DHS JOB OPENINGS-NASHVILLE

Are you ready to start your career? The TN Department of Human Services (DHS) is seeking motivated individuals to staff our expanding Davidson County office. These are full time openings with excellent benefits including health, insurance, 401K, and paid vacation and holidays. On the job training is provided.

Strong communication and organizational skills and a commitment to excellent customer service are a must. Duties include determining eligibility for DHS programs; assisting clients in achieving achieving self-sufficiency; and referring clients to supportive services.

Qualifying candidates must either be in their last semester/quarter of college coursework or possess a bachelor's degree. Candidates must also submit a State of TN Employment Application and achieve a competitive score on the written civil service examination for the position of Eligibility Counselor 1.

Additional information regarding the employment process and testing procedures is available at our website: www.state.tn.us/humanserv or you may obtain an Employment Application at any DHS office or Tennessee Career Center.

The deadline for receiving applications is April 7, 2005, and testing must be completed by April 16, 2005. Applications should be mailed to: DHS Personnel, 400 Deaderick Street, Nashville, TN 37248-2000, Attn: DHS Recruiter, or faxed to (615) 741-4398.

The State of TN is an equal opportunity, equal access, affirmative action employer.



Parent/Student Seminar

CHILDHOOD OBESITY

What is your child eating?

Childhood obesity is at epidemic levels. Join us at a seminar to learn the facts and methods of prevention.

Presented by:
Heather Perez,
Program Coordinator Child Care
Resource and Referral

Time: Noon - 2 p.m.
When: Tues., April 5
Where: UC 305

Specialty sandwich buffet provided.

Sponsored by the PAC and
the APSU Child Learning Center

Limited space available.

AP Austin Peay
State University