

Summer Galore

Learn the history of some summer



Groundbreaking on the horizon

Astronomy education expanded with new telescope and observatory

Page 15

Dog-gone fashion

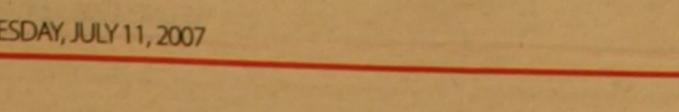
These days, pooches seem to be living the life of luxury

Page 11



Jazz on the Lawn rocks Clarksville through the summer and into the fall

WWW.THEALLSTATE.COM





JENNY WALLACE/FEATURES EDITOR

Patrons of Jazz on the Lawn can enjoy a variety of wines produced at the Beachaven winery. The wines range from super sweet to very dry blends.

CHAM OTO OTOO TOUNTS AS TOUR CTEN NOTO

By JENNY WALLACE
Features Editor

Perhaps one of the most treasured adjectives in any college student's vocabulary is the word "free." This said, Beachaven Winery's summer tradition of Jazz on the Lawn, provides a wonderful opportunity for students to enjoy free outdoor entertainment with friends and some food.

Celebrating its 20-year anniversary, the Jazz on the Lawn festivals draw large crowds to the Winery grounds, which sit on the outskirts of the Industrial Park on Alfred Thun Road located behind the Governor's Square Mall. Pack up your friends, a picnic and some lawn chairs or a blanket and pick out a swatch of ground as close to the stage as possible, so you can enjoy the talents of local music artists. Be prepared to use some creative parking methods to squeeze yourself into an impromptu

Upcoming bands at Jazz on the Lawn:

July 28: Clarksville Jazz Quintet

Aug.11: Shawn Jones

Sept.1: Richard Waters & The Blues Boyz

Sept. 15: King Bees

Oct. 6: Jerry Vinett Band

Oct. 20: Richard Griffin Band

parking spot.

On June 16, the crowd "jazzed" the night away with local band Hypertension, a group of locals who are mostly either active or retired military. Hypertension played both funk and R&B covers, moving fluently from Stevie Wonder to Alicia Keys. However, they are also incorporating more and more original work into their act.

In fact, the group has recently laid down two tracks with record company BMI, and plan to release a CD at some point in the future; however, since the majority of the band is active duty military, deployments continue to delay the production

The band is owned by Freddie Jefferson, who also provides the keyboard for the group's sound, and is directed by Carlos Llanes, who also plays the trombone and does vocals. +

FAST FACTS: WINE

- One bottle of wine has approximately 2.8 pounds of grapes
- One ton of grapes produces approximately 60 cases of wine, which equals roughly 720 bottles.
- The number of commercial wineries in the U.S. has tripled in the last 20
- · Each of the 50 states has at least one winery within its borders.

Source: http://www.merryvale.com



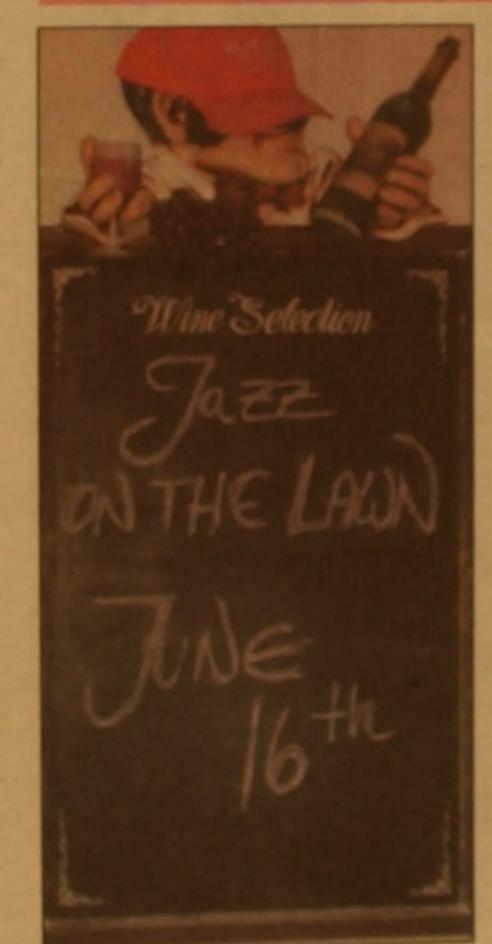
JENNY WALLACE/FEATURES EDITOR Once these grapes reach maturity, they will be harvested and used in one of Beachaven's signature wines.



JENNY WALLACE/FEATURES EDITOR

Patrons of Jazz on the Lawn wait in line to purchase the Beachaven Winery's fare. The winery offers 22 different wines: eight dry, six semi-dry, eight sweet, and also two types of champagne.

Jazz on the Lawn in Photos





Below, Freddie Jefferson, owner of the band Hypertension plays the keyboard as his band entertains the crowd with various funk and R&B hits.



JENNYWALLACE/FEATURES EDITOR

Far left, Beachaven Winery will be featuring local music and talent during upcoming Jazz on the Lawn events.

Near left, feel free to bring your favorite picnic foods and Beachaven wines. Obviously foods that compliment wine, such as cheeses and fruits, are always a favorite.

Validis Resources moves into Bookstore

By KYLE NELSON News Editor

As of July 1, Follett Higher
Education Group was replaced by
Validis Resources as the company
operating Austin Peay State
University's bookstore.

Validis, a division of the Nebraska Book Company, began providing for students' book needs during Summer II Session.

With Follett's contract with APSU ending in June, APSU set up a selection committee to review the request for proposals of three possible companies to operate the Ann Ross Bookstore.

Out of Follett, Barnes & Noble, and Validis, the committee, which was made up of faculty, students, and staff, chose Validis to replace Follett.

"The criteria in the selection Folled process was based on qualification and experience, technical approach and cost proposal," said Tammy Silva, was the manager of APSU's auxiliary Folled support services.

"The committee unanimously selected Validis Resources," Silva said.

Currently, changes are underway at the bookstore.

"Planners have gotten involved and are currently working out some new designs for the store," Silva said.

from other stores."

Silva also said that store will be undergotten.

"I know they want the bookstore cosmetic changes before the to be all about APSU. The bags, the merchandise ... will have Austin Peay

State University/Ann Ross Bookstore; cosmetic changes before the semester, "they will have see fully operate for the Summ Session and thereafter."

Session and thereafter."

"Planners have gotten involved and are currently working out some new designs for the store,"

– Tammy Silva, manager of Auxiliary Support Service

not Validis Resources."

Also, Silva said that there will be some give-a-ways for students and other activities organized by Validis.

"Validis seems very eager to be on our campus and do a good job," she said.

Of the 14 full-time employees who worked in the bookstore under Follett, two will not be rehired.

"The only company that could have [fired] any of the bookstore staff was

Follett," said Silva. "Validis was clearly interested in hiring all of the staff or they would not have taken the time to interview them first before advertising any of their positions or just bringing in their own people from other stores."

Silva also said that even though the store will be undergoing some cosmetic changes before the fall semester, "they will have services to fully operate for the Summer II Session and thereafter." •



KYLE NELSON/NEWS EDITOR

Top and bottom: Bookshelves lay bare, but APSU apparel will be in stock as of July.

Bottom left: The APSU bookstore sits across the courtyard from the Morgan University Center and housed in the same building as Austin's.





The All State

Positions
are open!

Summer enrollment stays on track

Arrival of Banner system only causing a few snags

By DAVE CAMPBELL Managing Editor

Summer enrollment is "on track" according to Austin Peay
State University Director of Admissions, Ryan Forsythe. "The
applications are where we would expect them to be," Forsythe
said.

Forsythe's job is to attract and recruit students and help walk them through the application process and then accept or decline students for entry into the university.

This summer marked the end of the APWeb system and the ushering in of Self Service for the fall.

As well, workers in the office of the registrar are adjusting to been up and functioning.

the arrival of the entire Banner system.

Problems will arise with any new program, according to APSU Registrar Telaina Wrigley.

She hasn't seen much to be concerned about in using the new Banner system.

"Our current students help us do some testing, and they say it's been pretty seemless," Wrigley said. "It's just like anything: It takes time to convert over to another system."

Wrigley added that with or without a new system, "you run into problems," but so far, the students haven't really had the chance to experience these problems since Banner has only been made available for the Fall 2007 semester.

And preparing Banner for student use has been a work in progress.

"We've been building [Banner] over the last 18 months,"
Wrigley said. Certain other applications of Banner have already
been up and functioning.

"It's just like anything; it takes time to convert over to another system."

- Telaina Wrigley, APSU Registrar

Wrigley confirmed that any problems in using Banner have been limited to office workers, adding that there have only been "a few snags in the registration process."

"We've been undergoing some major changes with Banner;
I think we're doing pretty good," said Carol Winfield, who is a
technical clerk in the registrar's office.

Even though the numbers aren't currently in for this year's summer enrollment, Wrigley said that without any way to calculate the numbers of students, her estimate is that the numbers will remain close to last year's.

Politician intervenes in university tuition

Associated Press

Former Gov. Bob Graham and others sued Friday to have the courts declare that tuition for Florida's 11 public universities should be set by the Board of Governors rather than the Legislature.

The lawsuit follows an effort this year by the state's universities to raise tuition by 5 percent, which lawmakers approved but Gov. Charlie Crist vetoed.

Crist then signed a separate bill that will allow the state's largest universities to raise tuition incrementally over several years, but keep student costs the same at smaller schools.

Graham, former Congressman Lou Frey and former Florida State University president Talbot "Sandy" D'Alemberte and others allege that when the voters created the Board of Governors in 2002 and gave it broad power over the universities, that included the power to set tuition.

A state law that gives the Legislature the ability to set tuition is therefore unconstitutional, the lawsuit argues.

Several university officials have complained that tuition in Florida is well below that of universities in other states and that they are falling behind in their effort to offer comparable educational opportunities.

In the suit, the plaintiffs say that tuition should be set by the board because the governor and Legislature may not be able to raise such fees because it is unpopular.

The governor appoints 14 of the 17 members on the Board of Governors.

The other positions are filled by the commissioner of education, chair of the Advisory Council of Faculty Senates

and president of the Florida Student Association.

"Whether Florida should have such a board is no longer the subject of debate," the suit says.

"In 2002, by a vote of more than 60 percent, the voters adopted Amendment 11," which created the Board of Governors and gave it authority to run the state's universities.

The suit, filed in Circuit Court in Tallahassee, names as defendants Senate President Ken Pruitt and House Speaker Marco Rubio in their roles as leaders of the Legislature.

Officials in their offices had only been made aware of the suit Friday morning and didn't immediately have a comment on it.

Officials in Crist's office also didn't immediately respond to a request for comment. Crist is not named as a defendant.

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Stop by UC 115 for an application!

Clarksville offers low-cost family fun

By APRIL MCDONALD Online Editor

By this time of the summer, most parents are at their wits' end counting down the days until school begins again for another year; what many don't know is that help is right here, right now within the city walls - and it's cheap.

Clarksville has 22 parks and three community centers located throughout the city. All are open from dawn until dusk, and there is no charge for admission. Several of the parks have additional facilities. Seven of the parks have swimming pools, for which there is a \$4 per person charge. They are open from 10 a.m. to 6 p.m. Monday through Saturday and 1 p.m. to 6 p.m. on Sunday. After 3 p.m., pool admission is \$2 per person. Smith swimming pool is the exception; admission is \$2 per person all the time.

There are also two bowling alleys in Clarksville: Skyline Lanes - located at 201 Kraft St. - and the Pinnacle Family Entertainment - located at 430 Warfield Blvd.

Dunbar Cave State Natural Park, located at 401 Old Dunbar Cave Rd., is also an option with fishing, hiking areas and cave exploration. Cave hikes are \$5 per person. Hikers must be at least 3 years old and be able to walk for one-and-ahalf hours without being carried. The park requires hikers to bring their own flashlights. For more information, visit http://state.tn.us/

environment/parks/DunbarCave.

Following is a list of all parks that offer family fun all summer long. For more information, visit the Clarksville Parks and Recreation Web site. http://www.cityofclarksville.com /parks&rec/parks.asp.

Airport Park, located at 240 Outlaw Field Rd., has a playground, picnic pavilion and walking trail.

Ashton Park, located at 3270 North Senseney Circle, has a playground, picnic pavilion, and a quarter-mile walking trail.

Beachaven Swimming Pool, located at 390 Gaylewood Drive, has an Olympic-sized swimming pool and bathhouse, baby pool, four lighted baseball fields, playground, pavilion and picnic tables.

"It gets busy here, but it's still fun," several patrons of Beachaven Swimming Pool said.

Bel Aire Pool & Park, located at 124 Marie Dr., has an Olympic-sized swimming pool, a water slide, bathhouse, baby pool, playground, two soccer practice fields, two picnic pavilions, basketball pad, and a

half-mile walking trail

Many patrons of the Bel Aire Pool & Park agree that it is not usually crowded, and there is always plenty of room to swim and have fun.

Billy Dunlop Park, located at 1930 E. Boy Scout Rd., has a



APRIL MCDONALD/ONLINE EDITOR The playground at McGregor Park offers athletic entertainment for the kids. The park is located just above the Riverwalk and

large pavilion with stage, picnic tables, restrooms, playground, open play areas, fishing, walking trails, and a walking bridge

adjacent to Wendy's.

room and meeting room.

amphitheater and pavilion.

over a creek. Burchwood Park, located at 2608 Burch St., has a

playground, picnic tables, open play area, basketball pad and sand volleyball court. Burchett Park, located at 520 Roselawn Dr., has a

playground, picnic area, barbecue pad, small pavilion and basketball court.

Dalewood Park, located at 6 Dalewood Dr., has a

playground, pavilion and a quarter-mile walking trail.

Dixon Park, located at 117 S. Tenth St., has a picnic

Burt-Cobb Community Center, located at 1011 Franklin St., has a gymnasium, racquetball court, weight room, game room, meeting room and stage.

105 Canterbury Rd., has a picnic pavilion, playground, quarter-mile

walking trail, and picnic tables. Crow Community Center, located at 211 Richview Rd., has a

gymnasium, racquetball court, weight room, game "Parents feel comfortable bringing their kids here," Barbara Dreher, manager of New Providence Swimming Pool said.

There is currently some maintance being done at New

playground, swimming pool, two pavilions and picnic tables.

Fairgrounds Park, located at 1190 Cumberland Dr. (Hwy. 48/13), has a fenced area (a large pavilion with stage, kitchen, restrooms, lighted show ring, small pavilion, open spaces for events by reservation); open park area (two small pavilions with restrooms, playground equipment, lake for fishing, model airplane field, two football fields, soccer practice fields, onemile walking trail, boat ramp to Cumberland River, Where Imagination Flows Community Built Playground with pavilions, and a Bark Park for dogs and their parents).

Fort Defiance Park, located at 120 A St., has an Old Civil War earthen fort, walking trail with informational signs, and picnic areas.

Heritage Park Complex, located at 1241 Peachers Mill Rd., Coy Lacy Park, located at has soccer fields, eight lighted softball and baseball fields, concession/restroom building, playground equipment, skate park, basketball courts, three pavilions and picnic tables.

Kleeman Community Center, and New Providence Swimming Pool, located at 166 Cunningham Lane, has a gymnasium, racquetball court, weight room, game room and meeting room inside the community center, as well as an Olympic-sized swimming pool and a baby pool.

"They know they'll be safe."

pavilion, restrooms, tennis courts, basketball pad, playground, Providence Swimming Pool; however it should reopen soon. Lettie P. Kendall Park, located at 300 A St., has a Edith Pettus Park and pool, located at 345 Farris Dr., has a playground, water play area, walking trail and historical area. Mason Rudolph Pool, located at 1514 Golf Club Lane, has a

large swimming pool, baby pool and picnic tables. McGregor Park Riverwalk, located at 640 N. Riverside Dr., has a pavilion, two stages, 1-mile walking trail, picnic areas, ADA accessible playground, restrooms, boat ramp to Cumberland River and As the River Flows Museum, depicting Clarksville's river history.

Mericourt Park, located at 1340 Madison St., has two lighted softball fields, two unlit softball fields, a playground, picnic areas, pavilion with restrooms and concession area.

Patriot Park, located at 3176 Fort Campbell Blvd., has a quarter-mile walking path, a Purple Heart Monument for Combat Wounded Veterans and a POW/MIA Monument.

Sherwood Forest Park, located at 229 Kings Deer Drive, has a playground, picnic tables, basketball pads, 1/4-mile walking trail and a pavilion.

Smith Swimming Pool, located at 742 Greenwood Ave., has a large swimming pool, lighted softball field and a concession/restroom/press box building.

Swan Lake Sports Complex, located at 2002 Sanders Rd., has three lighted softball fields; picnic pavilion, playground, concession, restrooms, press box building, eight lighted tennis courts and tennis center, shuffleboard courts, horseshoe pits, two sand volleyball courts, Olympic-sized swimming pool with water slide, baby pool and playground.

Valleybrook Park, located at 213 Crossland Ave., has a pavilion, restrooms, playground equipment, 1/4-mile walking trail, picnic tables, open play field, sand volleyball courts and basketball pads. +



APRIL MCDONALD/ONLINE EDITOR

The pond at the Fairgrounds Park offers hours of fishing fun; just watch out for the many ducks and geese that call the area home. There is also a walkway surrounding the pond for those who prefer rollerblading or walking to fishing.



At the Swan Lake Sports Complex, located on Sanders Road in Clarksville, children of all ages can harness their sense of adventure and sail down the spiraled slide.



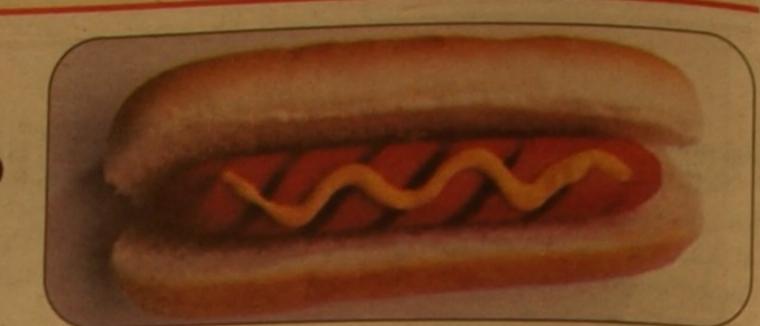
APRIL MCDONALD/ONLINE EDITOR

Top: The Swan Lake Complex beach volleyball courts offer fun in the sand and sun miles away from the shore.

Bottom: For those who prefer a more low key game, Swan Lake also offers horseshoe pits.



Summer Galore



By JENNY WALLACE Features Editor

When you think of summer, what things come to mind? Is and K-9. it the beach, barbecues, vacations, sunshine, sports, or a combination of them all? There are certain summer activities and things that most people associate with this hot period of the year, but perhaps you've never stopped to think about where fireworks originated or who had the idea to first toss around a Frisbee. Although there are way too many things associated with summer for each to have its own explanation, some of the most popular items of "summer lore" have been researched and the history behind them explained in this article.

Frisbee

The ancient predecessors of the Frisbee can be traced to the sport of cricket. early Olympic games in Greece nearly 2,700 years ago. At that time there was a popular sport called Discus (or the Discus throw) which is a track-and-field hurling sport. A discus was almost nine inches in diameter and weighed a little over four was called a variety of pounds, a weight which modern Frisbees obviously do not match. However, our modern Frisbee, which is celebrating its 50th year of mass production, originated when a group of bored Yale University students were looking for entertainment after a picnic.

The Frisbie Bakery was located in Bridgeport, Conn., and produced homemade pies along with other fresh bakery goods. On the bottom of the tin pie pans the company would stamp "Frisbie Pies" which obviously explains the name of the amazing flying disc. Nearby Yale University housed many students who would frequently consume the Frisbie Bakery goods, and one day after eating all the pie inside the tin, the students decided that the tin itself could serve a dual purpose as a toy. They began to toss the pie tin back and forth, and Viola! the Frisbie disc was born.

The first plastic models were produced by Walter F. Morrison, who patented the design after realizing that the tin models had obvious drawbacks. The design was then purchased by the Wham-O Manufacturing Company of San Gabriel, Calif., who began mass production in the mid-1950's. Since 1957, the company has produced 16 different models of Frisbee; however, there are now

frisbee

over 30 companies who also manufacture the flying discs.

Frisbee is a favorite American pastime that has its own clubs, tournaments and publications. The largest Frisbee event in the world is the National Frisbee Disc

Festival, which is sponsored by the Smithsonian Museum and held on the last Saturday in August in Washington, D.C. Every year, approximately 12,000 people Perhaps one of the most popular foods associated with

gather on the National Mall lawn to participate in Frisbee games and exhibitions by professional players, both human

Source: "Mistakes That Worked" Charlotte Folty Jones Baseball

Many people associate hot summer days with the return of "America's pastime," the great American sport of baseball. Many people like to believe that it was the Americans who invented this all-star sport, but in actuality, a reference to a game of "base-ball" appeared in a British children's book in 1744. Most baseball theologists agree that our modern day game probably evolved from the British sport of "rounders,"

which is an offshoot of the popular European Rounders was brought to the U.S. in the 18th century and at the time names, including "round ball,""goal ball,""town ball," and "base ball." The sport had no limit to the number of players, and

the fields could be any size, so rules were obviously desperately needed.

A man by the name of Alexander Cartwright, who played for the New York Knickerbockers Base Ball Club established the first formalized rules that were used in baseball play when he decided that there would be 90-foot baselines and the batter would stand at home plate, instead of having a separate batter's box. The first game played by "Cartwright" rules was on June 19, 1846, at Elysian Fields in Hoboken, N.J., where Cartwright's team, the Knickerbockers, were soundly defeated 23 to 1 by the New York Nine.

At first, baseball was a game for the social elite, but over time, the middle and lower classes began to assimilate their own teams.

Eventually the games became quite rowdy as liquor and gambling were openly permitted, so in 1858 the National Association of Baseball Players was organized to try and clean the game up. In 1869, the Cincinnati Redstockings became the first all-pro team, with an annual payroll of a meager \$9,300. The National League was created in 1876, while the American League wouldn't be created until 25 years later, in 1901.

Two years later, in 1903, the first World Series was held between the two competing leagues, which saw Boston defeat Pittsburgh 5 games to 3.

The first African American player was not brought into the league until 1947, when Jackie Robinson made history when he signed to play for the Brooklyn Dodgers. Source: Encyclopedia Americana, 1997 ed.

summer-time fare is the grilled classic, the hot dog. Although mustard has been ranked the number one condiment to perch atop your Ballpark Frank, hot dogs aren't picky about what they get topped with. Everything from ketchup to kraut, cheese to chili has been found atop this hand-held American favorite. which is celebrated in July thanks to National Hot Dog Month.

As with many historical items, the origins of the hot dog are disputed among several places, but most agree that the "littledog" sausage hails from Frankfurt-am-Main, Germany, hence the name "frankfurter." The people of Frankfurt claim that the popular sausage originated from their city in 1487, which would make the edible dog over 500 years old. Butchers of several nationalities brought the hot dog to American soil, and the first hot dog stand was opened in Coney Island in 1871. where German butcher Charles Feltman sold over 3,600 "dachshund sausages" in his first year of business.

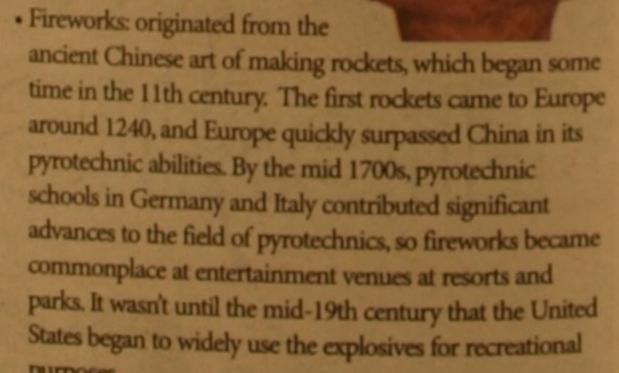
In 1893, the Colombian Exhibition brought many visitors to American soils who quickly developed a fondness for the tasty, easy-to-eat treat. This same year also saw the introduction of the hot dog to the baseball crowds, as the St. Louis Browns team owner began to offer hot dogs at his stadium.

Most culinary historians agree that the Germans can be thanked for the tradition of enjoying the hot dog inside a bun since bread and sausages were both staples in a traditional German diet; the two eventually merged. And the name "hot dog" was probably introduced as a joke to the dachshund dogs that German immigrants were so fond of. The dogs famous for the long, slim bodies resembled the popular sausages so the meats were called "dachshund sausages," thus creating the link between the meat and a "dog." The hot was probably added when hot dog street vendors would hawk their tasty wares by proclaiming them to be "Red hot! Get your dachshund sausages while they're hot!"

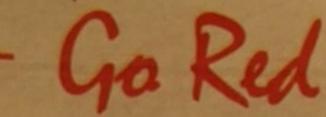
Source: http://www.hot-dog.org

Random Summer Lore

 Sunscreen: invented by founder of L'Oreal, chemist Eugene Schueller in 1936.



 Ice cream: probably originated in China around 2000 BC. Icecream was first made in Italy in the 17th century. The U.S. ice cream industry began in 1851.



Have a healthy meal that's convenient, too

Associated Press

Can fast food really be healthy? It can when it's a quick no-cook supper assembled at home.

On summer nights when the kitchen is scorching and the takeout temptation peaks, taking the healthy route is easy with dishes that take advantage convenient ingredients readily available at most grocers.

Deli meats, pre-washed and cut produce, and flavorful prepared sauces can be the healthy cook's secret weapons, but you'll need to use some nutrition smarts when you

For example, sliced deli meats are a good way to avoid cooking, but they can be loaded with salt and fat. The trick is the make smart choices. Such as deli roasted pork, which has only 70 calories, 3 grams of fat and under 300 milligrams of sodium per 2-ounce serving.

Roasted turkey breast is another possibility, though be warned _ while it usually is low fat and calories, it often has as

Check out 1

on the web!

much as 600 milligrams of sodium per 2ounce serving.

In this recipe for roast pork-hoisin wraps, which can be assembled in less than 25 minutes, common low-prep ingredients from case, frozen orange juice concentrate is used the deli counter, produce department and Asian aisle are combined for a sensational summer meal.

The veggies in this wrap also require minimal prep.

Mung bean sprouts need only be rinsed, and the carrots can be purchased preshredded. Only the scallions need to be sliced in your kitchen.

Pre-washed and prepped vegetables do cost a bit more than whole ones, but in many deli, roasted turkey will do just fine. cases the ease of use makes up for it. Plus, if the convenience means you eat more

A hoisin-based sauce, rich with the flavors of garlic, red chili peppers, vinegar and other spices, gives the roasted pork wraps its Asian

Hoisin sauce (found in the Asian food

WW.

section of the market) is a smart choice because it combines many flavors in one jar.

As with many prepared ingredients, hoisin is quite salty so don't use too much. In this to add a touch of acidity and extend the sauce without adding salt.

The roasted pork and vegetable mixture is wrapped burrito-style in a whole-wheat tortilla, which has more flavor, fiber and nutrients than white flour versions.

The recipe calls for heating the whole wrap in the microwave, but they're delicious eaten cold as well.

And if you can't find roasted pork at your

To make it a meal, serve roast pork-hoisin wraps with iced green tea and a salad of vegetables, then they are well worth the price. mesclun mix topped with orange slices.

ROASTED PORK-HOISIN WRAPS

Start to finish: 25 minutes Servings: 4 1/4 cup hoisin sauce

1 tablespoon frozen orange juice concentrate

2 cups mung bean sprouts 1 cup shredded carrots

1/2 cup thinly slice scallions 8 ounces thickly sliced deli roasted pork, cut into 1/4-inch strips

4 burrito-size whole-wheat flour tortillas

- In a large bowl, combine the hoisin sauce and orange juice concentrate. Add the sprouts, carrots, scallions and pork, then toss well to coat.
- Spoon 1/4 of the pork mixture in a line down the center of each tortilla. Fold the ends inward, then roll up the tortillas, finishing with the seam side down.
- · Heat the wraps on a plate in the microwave on high power until the filling is hot, about 2 minutes. Slice each wrap crosswise into two pieces to serve.
- Nutrition information per serving: 292 calories; 9 g fat (3 g saturated); 52 mg cholesterol; 31 g carbohydrate; 21 g protein; 4 g fiber; 561 mg sodium. +

New ideas for an old problem

By KYLE NELSON News Editor

Allergies are up again this season, leaving most with runny noses and watery eyes to name a few things, but hope may be around the corner.

"Claritin is available over the counter now," Lynn Woodard, LPN, said.

Claritin is a non-drowsy allergy medication, which can make for a good alternative to Benadryl. Allergy sufferers should be aware that there is a government body currently researching ways to relieve the ailments caused by allergies.

The National Institute of Allergy and Infectious Diseases (NIAID) is studying the relationship between allergies and the immune system.

Allergen immunotherapy, AIT, "reduces or prevents reactions to allergens such as pollen, dust or cat dander," according to the NIAID Web site,

http://www.niaid.com. AIT is the only disease-modifying therapy for asthma currently known. The process works by affecting the white blood cells of the patient by changing them from Th2 to Th1 cells. Th1 and Th2 are white blood cells that contribute to, or hinder, a person's development of allergies.

"Th2 cells produce a substance that contributes to the development of allergies," according to the NIAID Web site. Th1 cells produce substances that can inhibit the development of allergies.

Allergies are the sixth leading cause of chronic disease in the U.S., according to the NIAID, and costs healthcare providers nearly \$18 billion annually. Also, about half of all Americans test positive for one, if not more, of the 10 most common allergies: ragweed, Bermuda grass, rye grass, white oak, Russian thistle, Alternaria mold, cats, dust mites, cockroaches and peanuts.

According to a study posted by the NIAID, 30 million Americans had asthma that resulted in 480,000 hospitalizations and nearly 4,200 deaths. +

Allergy fast facts

- · Six to 8 percent of children ages 6 or younger have a food allergy.
- In 2002, asthma occured 30 percent more frequently in African Americans than in whites and approximately double in Hispanics.





Movies in the Park presents entertaining summer nights

By DAVE CAMPBELL Managing Editor

This summer, Movies in the Park was not just a Clarksville summer favorite. Nashville hosted a similar summer outing that just ended for the season.

Centennial Park in Nashville offered silverscreen viewing until the end of June.

"It's actually pretty cool," said Austin Peay State University alumni Brian Lipscomb. "They show some good stuff, and the best part about it is that it's free."

Some of this year's movies included "Napoleon Dynamite," "Grease," "Over the Hedge" and "Superman Returns."

The event runs every year from the end of May through the end of June. Movies are shown every Wednesday and usually begin about 8 p.m. or at sunset. Sponsors provide drawings for prizes.

On the most recent showing, the movie selection for the night was "Singing in the Rain," and although the grassy area in front of the Bandshell was nearly packed with people, APSU student Sienna Finney said that the event was typically more crowded.

"Tonight is not that bad. Usually there are more people," Finney said.

Arriving at 7:50 p.m. proved to be a bad idea on this occasion. As the time approached for the movie to start, people found it frustrating that they had to circle the park twice or even three times to find a parking spot.

"Parking was difficult, and there was a fair walk, but eventually we found a spot in an adjacent lot," said Madison resident Marvin Shackelford. The parking spot that Shackelford was referring to was located across the street at Centennial Sportsplex, which allows overflow parking for the weekly Wednesday night event.

Finney agreed, adding that the parking was the only negative about this summer outing.

"The only bad thing about Movies in the Park is that it can sometimes get pretty crowded, so if you plan on going you should get there early," she said. "Parking can be ridiculous."

Once the parking situation was settled, it was time to find a seat. Incidentally, if one were to forget a blanket, there is no need for worry since there are plenty of benches open for

alternate seating in case one wanted to avoid

The atmosphere surrounding Centennial is one of the things Finney said she likes most when Movies in the Park is going on.

"I try to go to at least two shows every summer. It's like going to a drive-in theatre; instead of being in a car, you're on a picnic blanket in a really nice park," Finney said.

Patrons were sprawled out on their blankets, enjoying the film. What was most noticeable was that the outing proved to be a family affair.

Parents brought their children, and one of the sponsors, Ben & Jerry's, provided a fitting option for those who may have forgotten to pack a snack should the need arise to satisfy a sweet tooth.

Overall, the event was one for the entire family and a great summer escape from the living room. If you put it on the calendar for next summer, be sure to bring lawn chairs or blankets if the bench is not an option for seating, and above all, make sure to arrive early enough to obtain a parking and viewing spot.

Maybe Movies in the Park is not on the agenda? There are plenty of other options for nearby entertainment.

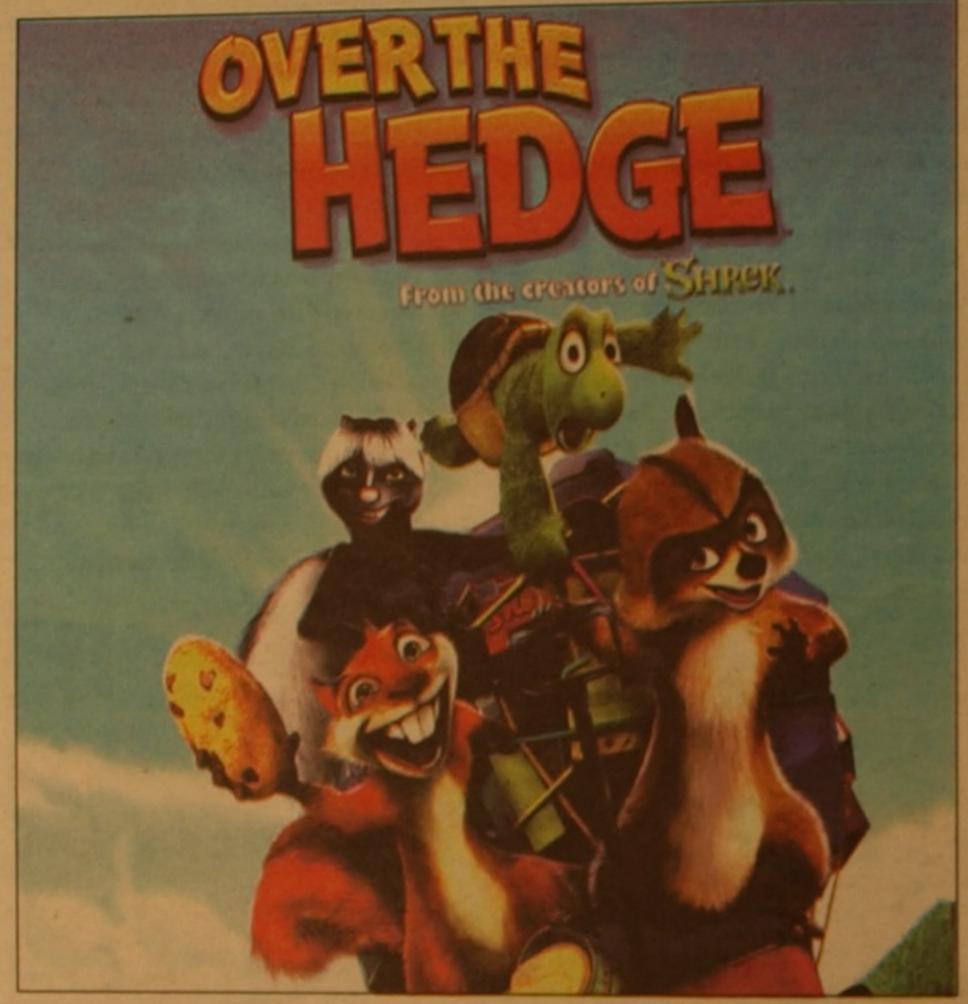
"My friends and I have either gone to a nearby restaurant like Calypso Cafe (on Elliston Place — right across from the park) and ordered out or brought food from home, so we could eat dinner while enjoying the film," Finney said.

The Nashville Scene (a co-sponsor of the yearly event) is a good source of staying up to date with Movies in the Park next summer when the event begins once more. +

Park Activities in Clarksville

· Movies in the Park: 7:30 p.m. July 28 at Fairgrounds Park; for more information, visit http://www.parksafterdark.com Concerts in the Park: 6 p.m. Aug. 11 at McGregor Park

· Movies in the Park: 7:30 p.m. Aug. 25 at Fairgrounds Park; for more information, visit http://www.parksafterdark.com Clarksville Riverfest Celebration: Sept. 7 to 9, McGregor Park RiverWalk; for more information, visit http://www.clarksvilleriverfest.com



CONTRIBUTED PHOTO

"Over the Hedge" is one of the many movies that showed this summer during Movies in the Park at Centennial Park in Nashville. The event takes place every Wednesday during the month



I-24, not pictured here, meets I-440 and from here runs into West End. After visiting Centennial Park, there are plenty of options for activities. For more entertainment options and information, visit http://www.nashvillescene.com

Fashion has gone to the dogs

By JENNY WALLACE Features Editor

Many times an older person will remark on "how times have changed" or that "things were so different when I was a kid." Something many people might not think about as having drastically evolved in the past 50 years is the role a dog plays in its owner's owner.

Not so long ago, a dog was, well, a dog. For the most part, they stayed outside, their owners used them for herding and hunting, they ate table scraps or Ol'Roy, and they were adorned with a basic collar - if they were

Today, many dogs eat better than a lot of humans do, as they dine on delicacies such as cheese biscotti biscuits or a 'lollipawp' cooked dog instead of having biological children. exclusively for them in doggie bakeries.

Dog fashion has risen into a behemoth market, as people now dress their pooches in everything from casual attire to wedding gowns to holiday costumes. Also, don't be fooled into thinking that high-end salons are only for humans any more.

More and more dog salons are popping up all across the U.S., but they are particularly popular in Japan, where a doggie cut and style can go for as much as a mere 12,000 yen, which is just shy of \$100.

Many of these salons will provide hair dying services and/or hair extensions to customize a pup's look. Dog salons also offer such pampering treatments as clay packs, massages and hot tubs for their K-9 clientele.

It seems as the money spent on pampering a puppy has increased, the size of the actual dog has diminished. Dogs are now the final accessory for any trendy outfit, and are particularly popular with young stars such as Paris Hilton.

Hilton, as well as many other fashion debutantes, is seen carrying a dog that rivals in size to her cell phone, such as the miniscule Chihuahua or Shih Tzu.

Dogs are often toted along in their loving owners' arms, as though their tiny little feet are perhaps to delicately precious to touch the pavement.

Another favorite means of transport is inside a large purse or in a dog carrier disguised as a trendy tote. Louis Vuitton will be happy to provide a chic travel carrier for your family. +

your dog for around \$1,620, or perhaps your pooch desires a diamond-studded collar.

Many Web sites offer gift baskets for birthdays, anniversaries and get-well-soon occasions, which could cause some confusion as to whether you purchased the gift to be delivered to the dog itself or its

No doubt there would be an unimaginable strain placed on a relationship if, say, a husband forgot his wife's birthday but yet had a gift basket delivered to their dog on her birthday.

In fact, according to Japan Today (http://www.japantoday.com), dogs have indeed become the new children in Japan, where many couples are opting to purchase

Dogs currently outnumber children under the age of 12 in Japan, and some Japanese dog owners fess up to spending in excess of 500,000 yen per year on their dogs, which is a little over \$4,000.

Obviously, such pampered pets cannot simply heel to the trusty names of yesteryear such as "Spike," and "Spot." According to a dog name Web site (http://www.doggynames.com), today's cultured pet can expect to be Max, Jake or Buddy, as those are the top three male pet names, or perhaps Maggie, Molly or Sadie if the pet is of the female persuasion.

Another big trend in pet names is the creation of new designer breeds with cute name cocktails such as Snoodles, Schnorkies, Labradoodles, Buggs, which result after the cross-breeding of two established species, such as a Boston Terrier and a Pugg, who have offspring, the offspring being the Bugg.

Although it might be fun to pamper a pet with such an extravagant life, it doesn't require a small fortune to get a good dog. Always remember to check with local animal shelters for adoption programs whenever a new pet is destined to become a part of your

Always remember that having a pet is a big responsibility, and it isn't always just a "walk in the park" so to speak, so make sure to do research on the breed, its habits, its temperament, and its grooming requirements before bringing home a new K-9 addition to





STEPHANIE COWARD/EDITOR IN CHIEF Patches, a four-year-old Cairn terrier models his doggie duds with pride. Many pet owners purchase dothing for their pets.



Gourmet doggie treats

· By them pre-made: p://www.squidoo.com/gourmet-dog-

http://www.kookiesonline.com, ttp://www.bonesandbonbons.com/

- Make your own: -http://gourmetsleuth.com/recipe_dogbisc -http://www.love-dogs.com/dog-food-

recipes.html, -http://www.hungrymutt.com/

Topper's Tipy Cookies

http://www.hungrymutt.com/recipes/view/551 1 (3.5 oz.) jar baby food (any meat flavor) 2/3 cup powdered skim milk 1/2 cup wheat germ

- Preheat oven to 350 degrees.
- Mix and drop your selected size on a greased cookie sheet.
- · Bake for 10 to 14 minutes. Adjust baking time based on cookie size.
- . Don't forget to let them cool before giving your dog a sample.

Banana Mutt Cookies

http://www.hungrymutt.com/recipes/view/127 3 cups bananas — mashed 1 tsp. vanilla 6 cups oats 1 cup peanuts — chopped 1/3 cup applesauce — unsweetened

- Preheat oven to 350 degrees.
- Mix all ingredients together thoroughly.
- Use teaspoon to drop on nonstick baking sheet sprayed and press flat.
- · Bake for approximately 15 minutes, or until slightly brown. Makes approx. 2 dozen.

Go Red

Pack up and get out of Clarksville

By KASEY HANRICKS
Perspectives Editor

Clarksville may be a new experience for some. For others, this place may be home. Whatever the situation might be, Clarksville has much to offer, but variety is the spice of life. If you're looking for a change of pace or you just want to experience something different, something for you might just be down the road.

Come join me for what I enjoy doing most in the area – getting out and driving down to Nashville. Don't get me wrong, Clarksville is a unique and wonderful place. Its centrally located parks let everyone take much-needed breaks from the work and school worlds without the inconvenience of traveling to some remote location. And don't forget about Clarksville's broad range of restaurants? I mean, in how many other towns can you get the world tour of chain restaurants? Clarksville has never met a chain it didn't like, and when you see near-extinct restaurants like Mr. Gati's, Long John Silvers and Godfather's Pizza, it's hard to disagree.

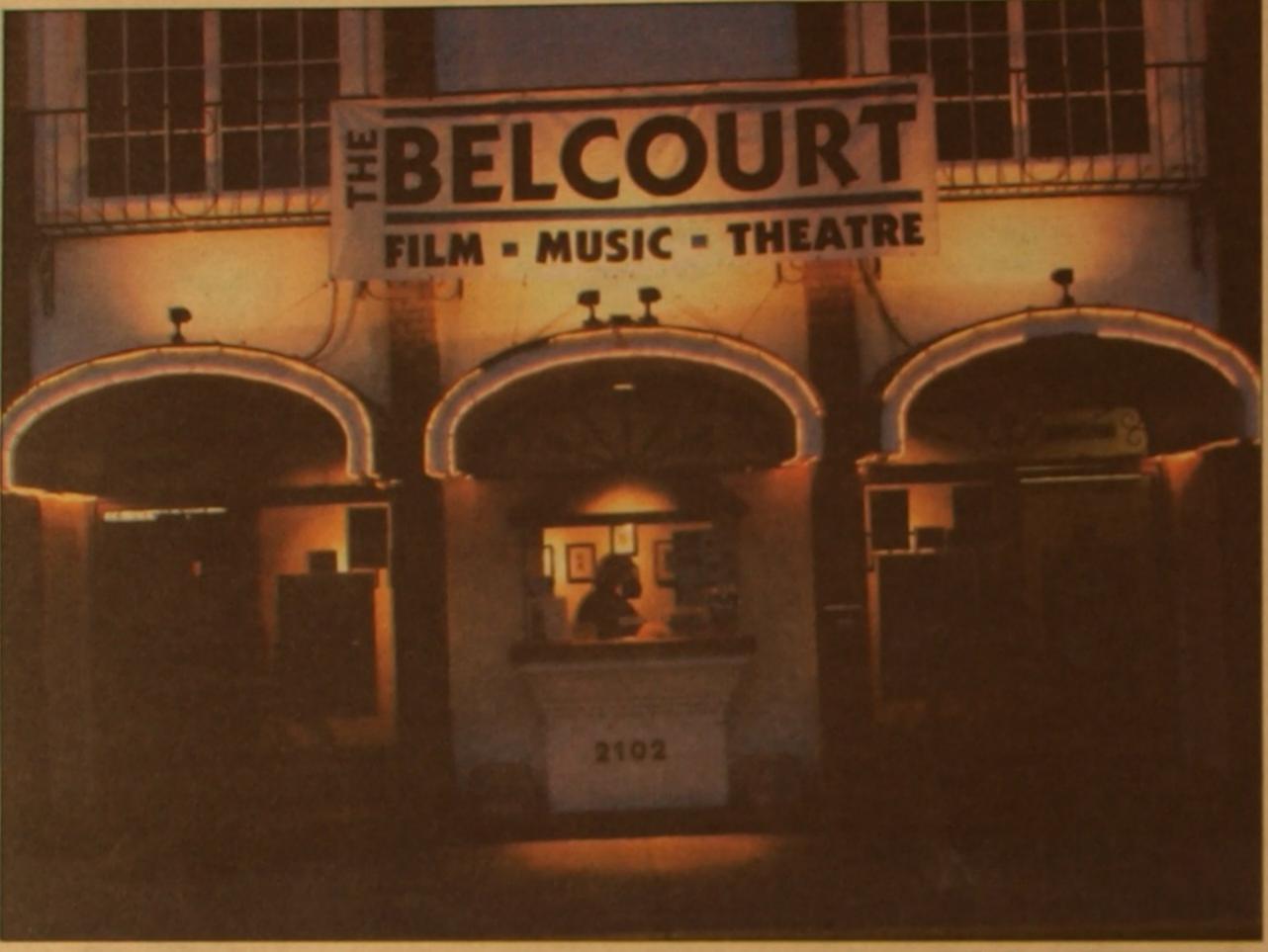
But anyways, if you want to enjoy a place with strong personality and trendy appeal, try Hillsboro Village. It's about a 45 minute drive from Clarksville, and you definitely won't be disappointed. This bohemian-vibe havin' place i one of Nashville's most underrated and low-key areas. If you're looking for a place where you can spend the da in an art district, sip espresso like an intellectual and just love life in general, then Hillsboro Village is calling you.

For a student with a limited budget, this place offers good times for anyone willing to give it the old college try. There are a variety of locally-owned restaurants such as the Pancake Pantry, the Taste of Tokyo and McDougal's that c fer a broad range of delicious food at reasonable prices.

If you want to soak up the arts, The Belcourt Theatre features independent and foreign films and live music. If there's some film you'd like to see that's below the radar of mainstream pop culture, this theatre is bound to have it. And if you want to take a trip back in time to enjoy classics such as Alfred Hitchcock, this theatre is the place to go. For example, this July The Belcourt Theatre is featuring Hitchcock flicks in a matinee series that will be showing such greats as "Psycho," "Stage Fright" and "Rear Window."

And after enjoying the arts, it's always good to wind down the day at Fido's coffee shop with your favorite triple-loaded espresso drink. (It calms the nerves). And while you're there, you can check up on The All State's latest breaking news online using Fido's free wireless internet network. It should be noted though, that this coffeehouse is a big Vandy-kid hang out. So if you want to blend with the crowd, you might want to bring in a Macbook or something Apple oriented. Trust me, nothing says that "I attend a Tennessee Board of Regents School" like pulling out your bulky, VCR-shaped Dell laptop. Yeah, I've been there and don't wish that on anyone.

So if you've got some free time and you'd like to see some of what Nashville has to offer, check out Hillsboro Village. You know you want to, hippie.



KASEY HENRICKS/PERSPECTIVES EDITOR

The Belcourt Theatre offers a wide variety of independent and foreign film and live music. To learn of upcoming concerts and other performances, visit The Belcourt's Web site at http://www.belcourt.org/

Coffee and other addictions

ido's

• Contact: 1812 21st Ave.

- (615) 777-3436

 Specs: Get coffee and espresso drinks complemented
- with free Wi-Fi access.
- Cost: \$4-5

Taste of Tokyo

- What: Sushi and other Japanese delights
 Contacts 1806 21st Ave.
- Contact: 1806 21st Ave. (615)292-8338
- Specs: Great cuisine at unbeatable prices.
 Cost: \$7-10

Pancake Pantry

- What: Pancakes and pastries
 Contact: 1796 21st Ave.
- Contact: 1796 21st Ave. (615)383-9333
- Specs: There's always a line at this place, from open until close. It's menu has bizarre pancake combinations that turn every customer into a regular.
- Cost: \$9-13

The Belcourt Theatre

- What: Artsie Fartsie
 Contact: 2102 Belcourt Ave.
- Contact: 2102 Belcourt Ave. (615)383-9140
- Specs: Independent and foreign films. Live music. Fun times.
- Cost: film / \$6-8 music / \$15-25

McDougal's Chicken

- What: It tastes like chicken
 Contact: 2115 Belcourt Ave.
- (615)383-3005
- Specs: Enjoy this comfort food where nearly everything on the menu comes fried.
- Cost: \$7-10

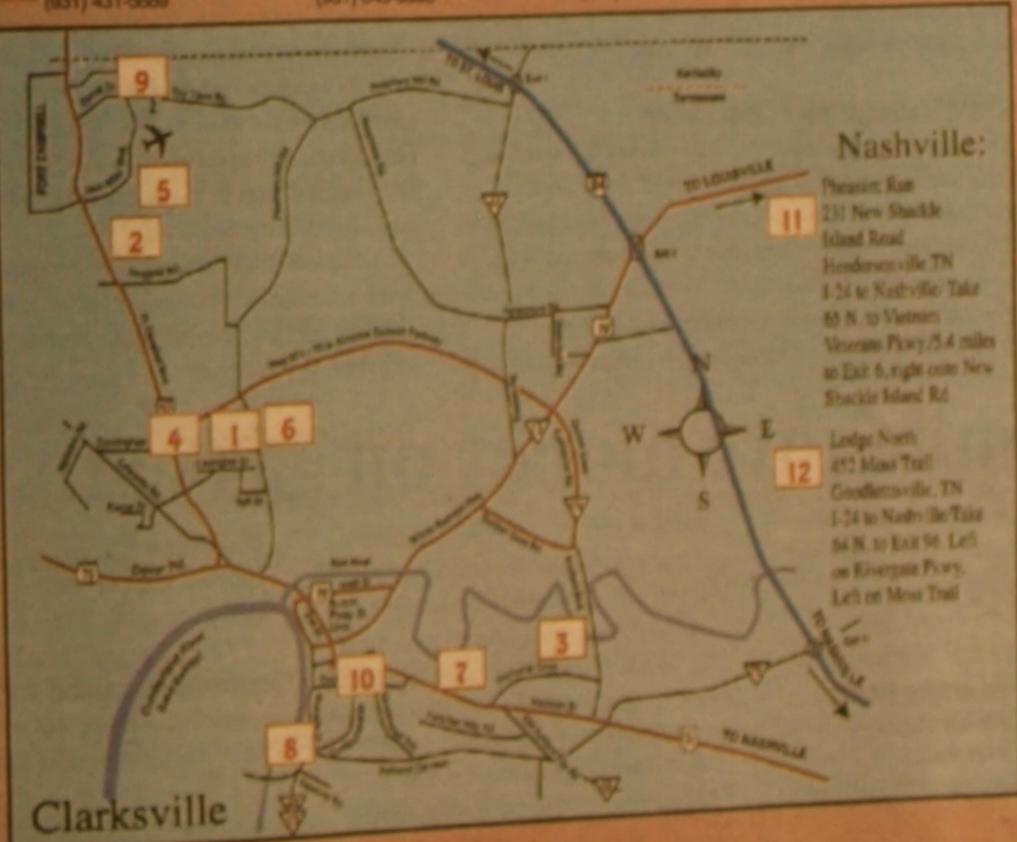
BookMan/BookWoman Used & Rare Books

- What: An Independent Bookstore that still exists?
 Contact: 1713 21st Ave.
- (615)383-6555
- Specs: There's a huge selection, but the Dewey decimal system isn't exactly in place. If you're looking for a particular book, just have patience and one day you'll find it.
- Cost: They sell books, not coffee. It broadly ranges.

Student Real Estate

One Stop Shopping... for Apartments in Clarksville and Nashville





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17

How to survive college in just four years

By APRIL MCDONALD

Fall Semester, and there are several things you can do to make the year go smoothly, depending on your classification.

Getting through your freshman year

Do not think that you won't get homesick; while it is possible that you won't, be prepared for the possibility. Bring your favorite blanket, the stuffed animal you have slept with since you were a kid, call home when you need to, and remember that your family misses you as much as you miss

Roommates do not always become best friends. According to J.A. Clark of The College of Charleston, if your roommate has problems with you, or you with your roommate, listen to what he or she has to say, and work on compromising. If you have still problems with your roommate, see if it is possible to change rooms. If changing rooms is not an option, sit down with your roommate and talk about the problems, then set some ground rules if necessary.

Your professor is not going to wait on you. Showing up to class is very important to your grade. You, your parents, or financial aid has paid for you to have those classes; get your money's worth from them. Learn all you can from your professor and classmates, ask questions, do the work; that's



what you came to do.

Do not be afraid to visit the Academic Support Center in Classes begin Aug. 27 at Austin Peay State University for the University Center if you feel you need a tutor or any other academic assistance.

Become involved and make friends. Don't sit in your room feeling homesick; get out and experience life, meet new people, and enjoy yourself - after your class work is done, of course.

Getting through your sophomore year

You made it through the first year, and now the second year is starting. Don't give up now.

Continue to develop good study habits. If you didn't consider your grade point average your freshman year, there's no time like the present to start.

The better your GPA is when you graduate, the better your job prospects might be.

If you have not decided on a major yet, now is a good time to do that, Most students will use their sophomore year to finish all general requirements. If you have not decided on a major before your sophomore year ends, this may delay your originally projected graduation date.

Visit the Career and Advisement Center in the UC to begin working on your resume. It's never too early to develop your résumé, and it may prove useful for that summer job or internship that you are looking at.

If you haven't already, become involved with a campus group related to your major, or the field you are considering entering upon graduation.

Getting through your junior year

The end is fast approaching; before you know it, you will be starting your last year of college and facing "the real world."

For most, this year sees the beginning of classes related only to their major and/or minor. Get a copy of your degree audit and an early appointment with your adviser. Make sure that your classes will be available when you are considering taking them.

If you have not already done so, begin looking into internships

or similar college credit work experiences related to your field of study. This will not only give you onthe-job experience, but may be a required course for your major and/or minor.

Learn the graduation requirements and the important dates that go with them. You don't want to miss your graduation ceremony because you did not know when to file the paperwork.

If you are considering graduate school, begin searching for the one you want to attend. Learn their requirements so that you do not miss a class that you needed. Explore financial aid options, and if you are able, apply for enrollment.

Getting through your senior year

Graduation looms just around the corner; you've almost made it. Don't give up now.

Look over your degree audit with your adviser again; make sure you are still headed in the right direction. Remember those important dates in the graduation requirements. Also, remember to update your résumé.

Attend career fairs wherever you can. You may not plan on working in Nashville, but the people you meet at a career fair there may just be able to help you find what you are looking for.

For many, this is the most stressful year, but don't forget to stop and relax. Go out with the friends you've made and enjoy yourself on occasion.

At the end, look back on it all and be proud of what you've accomplished. You've worked hard, fought hard, and sometimes played hard, but you've become a college graduate. Finding that first workplace may be tough, but you've earned the chance to find a career. Congratulations.

The University of California-Berkley provided many of these tips. If you would like to view the full list, visit http://ls.berkeley .edu/?q=undergraduate/preparing-graduate-school/

Drivers who 'hypermile' save money on gas with tricks

By KYLE NELSON News Editor

Gas prices have gone up again this summer, and along with it people's creativity. As any driver knows, how you drive determines how much gas you can save.

"Well, if I'm in a manual, I go into neutral when I go downhill," said Brandon Klins, junior. "Or I just don't go anywhere."

"I won't drive aggressively if I'm really thinking about saving gas," said Michelle Dempsey, junior.

These people can be considered "hypermilers", drivers who consciously do things while driving to maximize their fuel efficiency. A driver could be a hypermiler and not even know it. Some drive with the air conditioner off, and others drive close to the white lines on the road to avoid following into the highway ruts caused by the constant wearing of preceding vehicles.

The Hypermilers Web site, (http://www.hypermilers.com) hosts a large amount of stories, tips, forums and news all about hypermilers.

for the first time since August 2006 and gas prices reaching a national average of \$2.97 a gallon as of June 29, Congress has moved to try and find a way around the prices. The House Ways and Means Committee passed the Renewable Energy and Conservation Act of 2007. The act is meant to provide tax incentives to encourage energy efficiency and increase the production of renewable fuels.

According to a press release from Congressman John Tanner's office, some of the tax credits for gas stations to install E85 ethanol With crude oil prices surpassing \$70 a barrel pumps and new tax credits for producers of cellulosic ethanol to be used as fuel.

This type of fuel can be produced from corn "Buy a Honda. That'll save gas." +

stover and switchgrass, which the farming of has been set as a priority in Governor Bredesen's policy, according to Tanner's press release.

Also, it is important to know your vehicle's gas mileage. In an informal poll conducted by The All State, two out of seven people did not know the gas mileage of their vehicles.

Of those surveyed, all drive at least 100 miles per week and most drive over 200 miles per bill's provisions include extended and increased week. Most of the people surveyed who did track their gas mileage get 22 miles to the

In the end, Klins said as he worked on his car,

APSU observatory, telescope in sight



CONTRIBUTED PHOTO

Top: Mare Spurmans and Mare Undarum during the moon's Crescent Phase. This picture and bottom were taken through a 16-inch telescope at the University of Alabama. Below left and right: The twin galaxies, M65 and M66. These pictures were taken with 16 minutes of exposure through a red filter.



WEDNESDAY, JULY 11, 2007

By KYLE NELSON News Editor

Austin Peay State University's new observatory has yet to break ground, but nearly everything is groundbreaking.

"At present we are waiting on my bank to give approval for the gift of the land. It is part of my home mortgage, and so they have to approve the transfer," said Spencer Buckner, professor of the physics and astronomy. Buckner made a land grant to APSU earlier this year for the observatory to be built on.

"We are all anxious to see construction start," Buckner said. "Once the facilities are completed, we have great plans for how to use it. Since it is practically in my backyard, I will be using it the most, and I am looking forward to it."

The observatory will house a 16-inch telescope and will cost \$29,000, which was paid for by students' Technology Access Fee.

In all, the dome and adjacent building housing the new week. technology will cost some \$526,000, according to

The department had applied to the National Science Foundation for funding on a 32-inch telescope, which would have given APSU the biggest telescope in the state, but the grant proposal was not funded. However,

Buckner said the department is going to re-apply for

"One of the things researchers learn about getting funding from the NSF is: 'If at first you don't succeed, try, try again' It may take a re-submission or two but eventually we will get [funding]," Buckner said.

"Several universities in Tennessee have observatories," Buckner said. "ETSU has an observatory on campus that is about the same size as ours will be. Their telescope is smaller, though."

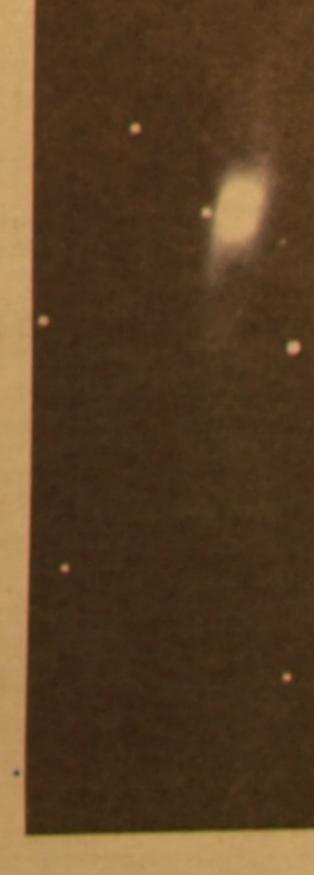
He also said Roane State Community College and Middle Tennessee State University have observatories, and Vanderbilt University also has an observatory with a 24-inch telescope.

There will be a classroom on-site that will host university classes at the new location.

Buckner said the introductory astronomy classes will visit the site five to six times per semester and the upperlevel astronomy classes will most likely meet there once a

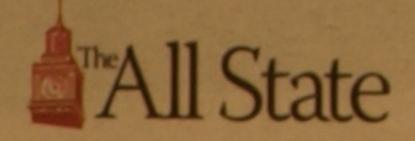
"We plan on having a public night at the observatory around the first quarter moon each month. In addition, special observing sessions for schools and organizations will be arranged on request," Buckner said.

Buckner added that after the groundbreaking, the construction should take no longer than three months. +



Go Red

Application Date



2007-2008 Staff Application

Name:		Major:		
Permanent Full Address				
Full Campus Address: _				
Home phone:		Campus phone:		
Cell phone:		E-mail:		
SS# (Last 4 digits only)	Classific		d semesters remaining:	
Applications n	nust be return	ned to The All Sta	te office in the UC Room 115.	
Please check which pos	ition you are app	lying for. Editor positio	ons require previous experience.	
Staff Reporter (5+	hours a week) (2	2.25 minimum GPA)		
News	Features	Perspectives	Sports	
Photographer* (5+	hours a week) (2.25 minimum GPA)	Market Market Branch Br	
Copy Editor (5+ ho	ours a week) (2.2	5 minimum GPA)		
Advertising Repre	sentative (5+ ho	urs a week) 2.25 minii	mum GPA)	
Graphic Designer	Illustrator/Carto	onist* (5+ hours a we	eek) (2.25 minimum GPA)	
News Editor* (20+				
		a week) (2.5 minimum	GPA)	
Sports Editor (20				
		a week) (2.5 minimun	m GPA)	
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Art Director* (15+1				
Photo Editor* (15+				
Online Editor (20+	hours a week) (2	.5 minimum GPA)		
		a week) (2.25 minimus	m GPA)	
		k) (2.5 minimum GPA)		
	Managing Editor* (20+ hours a week) (2.7 minimum GPA)			

*Please bring appropriate samples of your work to the interview.