

Dating safely in college, 6



Hispanic Cultural Center
kicks off Hispanic Heritage Month, 5



/theallstate



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#TheAllState

APSU dedicates housing, dining complex

» By **PHILLIP SWANSON**
Staff Writer

On Monday, Sept. 9, after having spent \$34 million and two years in construction, the Governors Terrace Hall, The Terrace dining complex and the Martha Dickerson Eriksson Hall had their official grand opening in The Terrace.

A wide range of the individuals involved attended the dedication including Vice President of Student Affairs Sherryl Byrd, APSU President Tim Hall and Vice President of Finance and Administration Mitch Robinson.

Other individuals outside of APSU who attended include Montgomery County Mayor Carolyn Bowers, Clarksville Mayor Kim McMillan, Rep. Curtis Johnson and Rep. Joe Pitts.

“These new buildings add 396 additional beds, increasing our residence capacity to over 1,700,” Sherryl Byrd, who opened the dedication, said.

These new halls replaced the old dorms Killebrew, Cross and Rawlins.

“Time moves on,” Byrd said, “and so [do] the amenities that our students require in order to live on campus. They are significantly different these days than they once were.”

Mitch Robinson spoke next about when the project first

began.

“We first had a vision for some of this back in 2003,” Robinson said. “That’s when we put together a housing master-plan for this campus. This is actually the first time we’ve increased our beds on campus and with the way we’ve been growing lately, I definitely think we need to have that.”

Between 2000 and 2006, APSU’s enrollment increased 30 percent, making it one of Tennessee’s fastest-growing universities.

In 2009, APSU exceeded the 10,000-student mark for the first time in the university’s history.

“Over the last few years we have grown, not only in the enrollment of our students and the number of faculty,” President Tim Hall said, “but we’ve grown in number of facilities and we’re not through growing because we are trying to provide a home for all the many students that are making this a great place”

Hall spoke about how the new dorm, Martha Dickerson Eriksson Hall, got its name.

“You’ve noticed that most of the buildings around campus have the names of governors and former presidents. Today, we are joining the name of a prominent alum to this university. Now we attach her



Top: APSU administration gathers as Lars Eriksson cuts the ribbon at the dedication of Governors Terrace North and South and Martha Dickerson Eriksson Hall on Monday, Sept. 9. Bottom: The grassy quad reaches from Governors Terrace North to the South hall. **BRITTANY WARREN | STAFF PHOTOGRAPHER**

name to this facility,” Hall said. Hall recognized Lars Eriksson’s initial donation in the spring of 2013, which funds scholarships to students that wish to teach in the area of math and science.

Hall thanked him for his donation and said APSU is proud to honor his wife, Martha.

“Having lived in one of the older dorms,” said Amber Law, a senior studying education, “it

is nice to see APSU renovating and taking the time to update the dormitories to meet the needs of students. I am sure this will help APSU for a long time,” Alicia De Jesus, a junior in communications, said. **TAS**

Students elect SGA senators

» By **DAVID HARRIS**
Guest Writer

From Tuesday, Sept. 10 to Thursday, Sept. 12, the SGA held its senator elections for five freshman seats and two graduate seats.

Eighteen freshman candidates were running and only five were to be accepted. There were 579 total votes. The winning freshman candidates were Olivia Bellar with 176 votes, Taylor Griffy with 144, Baylee Farrar with 193, Sam Hall with 170 and Tabitha Montague with 136. Five graduate candidates were also running to be in the Senate. Only two seats were open.

The winning candidates were John Dugger who won with 286 votes and Chris Tablack who won with 323 votes.

“This is my third term in SGA,” Chris Tablack, a corporate communications major, said. “Seeing the influence that SGA has over campus policies and changes all over campus keeps me wanting to be involved. I hope to be involved in any big issues and changes this year like I have been in the past”

“I have high expectations for our senators: writing thought-provoking pieces of legislation, participating in debate and discussion on the issues brought before SGA, and being visible, positive influences on campus,” said Vice President Jessi Dillingham. **TAS**

SGA tells students ‘Do-not Cheat!’

» By **LAUREN COTTLE**
Staff Writer

Students ate doughnuts and sipped on lemonade as they learned about the dangers of academic dishonesty last week.

The SGA-sponsored Academic Integrity Week, from Tuesday, Sept. 10 to Thursday, Sept. 12, included events such as a doughnut breakfast in the UC lobby called “Do-not Cheat!” and free popcorn and lemonade in the UC food court.

SGA members handed out fliers with information on plagiarism, cheating and fabrication to students.

These fliers also had the dates of citation and plagiarism workshops that students could attend to get more information.

Workshops took place in the Woodward Library on Tuesday, Sept. 10 and Wednesday, Sept. 11, to

teach students how to create in-text citations and bibliographies to prevent accidental academic dishonesty.

SGA member Molly Silkowski, a senior chemistry major, said Academic Integrity Week has received good feedback this year and in the past, and SGA plans on having this event annually from now on.

“Students don’t realize the importance of learning about cheating and plagiarism,” Silkowski said.

Academic dishonesty is not just a problem specifically for APSU, according to Silkowski, but for universities everywhere.

“Some causes may be temptation and stress,” Silkowski said. “Many students want a good grade and think that cheating is their only option.”

Silkowski stressed that cheating can happen with all types of students.

CONTINUED ON **PAGE 2**



Doughnuts, lemonade and popcorn were all offered to students who came to learn about academic integrity during Academic Integrity Week which took place from Tuesday, Sept. 10 to Thursday, Sept. 12. **PRINCESS ANDRESS | STAFF PHOTOGRAPHER**

APSU teams up with VA

» By **MYRANDA HARRISON**
Staff Writer

APSU is currently making the steps toward providing military veterans with rehabilitation counseling this month, according to an APSU press release.

Rehabilitation counseling is designed to help those with not just mental health issues, but also for those who want to achieve their personal life and career goals.

“I think that it’s very good, a one-stop shop for students” said Louanna Castellano, a graduate assistant for the Military Student Center.

According to Charles Booth, staff writer for

Public Relations and Marketing, the resource is going to be a partnership between the U.S. Department of Veteran Affairs and APSU’s Vet Success on Campus program. Its purpose will be to help military students make the transition from serving in the military to succeeding as a student. Other services that VA offers are occupational assistance, physical rehabilitation aid and independent living skills training.

APSU was selected to partner with VA due to their large population of student veterans and the fact that they serve as the college of choice for over 2,000 military students, Booth said.

CONTINUED ON **PAGE 2**

SGA considers QEP, events, *The All State*

» By **LAUREN COTTLE**
Staff Writer

At the third SGA meeting of the semester on Wednesday, Sept. 11, the senators discussed *The All State* and campus events, and guest speaker David Major of the Language and Literature Department spoke about the Quality Enhancement Program.

The QEP is a five-year academic plan routinely developed for APSU and designed to improve student learning.

Last year, the plan focused on student retention and promoted APSU 1000.

For the 2013-2014 academic year, the goal is to get students to reach certain learning outcomes. The program attempts this by

creating an electronic portfolio of students’ accomplishments, writing samples and other documents such as study abroad and internship experiences.

According to Major, this electronic portfolio can be shown to potential employers and will help the students that are applying to graduate school.

“Students are getting a good education,” Major said, “but this plan will provide an important follow-through of what students are truly gaining”

Chief Justice Kelsey Smith reported on MudBowl, Academic Integrity Week and SGA elections, which ended at 11:59 p.m. Thursday,

CONTINUED ON **PAGE 2**

SGA meeting

CONTINUED FROM FRONT

Sept. 12. Ratification of new SGA members occurred at 4 p.m. Friday, Sept. 13.

Toward the end of the meeting, Mike Rainier addressed the senators on interactions with *The All State*.

"If you guys receive a question or comment through email from an *All State* member regarding a piece of legislation or something like that, it's OK to respond," Rainier said. "Just make sure that the responses are sent through to Jessi, Singleton or me."

The SGA president and vice president are concerned with proofreading members' responses to make sure that "everyone is on the same page," Rainier said.

"Interactions with *The All State* are a good thing," Rainier said. "We want the university and other students to know what's going on with the SGA."

SGA Vice President Jessi Dillingham further explained this in an online statement:

"The SGA wishes to respond to *The All State* in a professional and proactive manner," Dillingham said.

Dillingham said the Executive Council might want to discuss *The All State's* questions with certain SGA members before they give a response.

Dillingham said this helps every SGA member "know what is going on."

Chief Justice Smith reported on the state of certain buildings on campus.

Miller Hall has been cleaned and officials are planning to move QEP offices into the area.

The former Kappa Sigma house will be used for more offices. Marion Street Apartments will be used for public safety.

Resolution No. 1 was passed unanimously after two spelling and

two stylistic corrections. This bill sends a letter of thanks to the office of housing for work on the new dorm buildings accessible to students.

Singleton reported that the Tennessee Board of Regents will be visiting APSU the week of Sept. 16. This is not a common occurrence, Singleton said, and it will give APSU a chance to "showcase the university and how beautiful the campus is."

Singleton thanked volunteers for working the Academic Integrity Week and SGA election tables.

Singleton also spoke about the new APSU Merit Page, which documents students' "noteworthy accomplishments" through Facebook and merit badges.

The program is free, and Singleton hopes it will "promote the university to prospective students."

APSU is the third school in Tennessee to participate in the Merit Page. Middle Tennessee State University also uses Merit Page. **TAS**



Students grab lemonade and doughnuts in the UC Lobby as part of the SGA-sponsored Academic Integrity Week Tuesday, Sept. 10. **PRINCESS ANDRESS | STAFF PHOTOGRAPHER**

Academic integrity

CONTINUED FROM FRONT

"Even honor students cheat," Silkowski said.

Desiree Pequeno, a sophomore elementary education major, gave advice for students facing temptation to cheat.

"Cheating is obviously not right," Pequeno said, "If you're having a hard time you should try going to a writing lab or asking for help from friends."

Pequeno also mentioned the advantages of tutoring and going to professors for help if you are a student considering cheating.

"They can understand your situation," Pequeno stated.

Honors Program Director and English professor Linda Barnes said learning about cheating is very important for students.

"Students sometimes do not know that borrowing another writer's ideas, even without lifting direct quotes, is plagiarism," Barnes said.

Barnes also said that to professors, it is "quite obvious" when students are cheating on a paper and that students need to "trust in [their] own ideas."

Barnes believes most students plagiarize not because of a lack of ethics, but because they are panicked about a grade or assignment.

Barnes's advice for students who are tempted to plagiarize is to seek help from

APSU's librarians.

"Our librarians will not be shocked or judgmental if a student says, 'My paper is due tomorrow, but will you please help me find and/or document a source?'"

Barnes also said it is important for honors students to learn about plagiarism because in graduate school they must know how to "use other writers' ideas appropriately."

Grace Saucier, participating in the free popcorn and lemonade event, is a freshman English major and said essay plagiarism is an important issue to her.

"Stealing someone else's ideas in a paper is somehow worse than just copying answers on a math test," Saucier said. "I never plan on plagiarizing in an essay, but I can understand why someone would do it. There are many scholarship students whose financial aid depends on them getting a 3.0. If they flunk a really important test, they may lose their scholarship."

Saucier admits that she would be tempted to cheat if she were in a position where she was about to be thrown out of APSU.

"If I had to make a decision whether to write the answers on my hand for a science test or be kicked out of the school and lose all the money I paid, cheating would be appealing," Saucier said.

However, Saucier said she wants to graduate APSU and "walk out having learned something." **TAS**

CRIME LOG

The campus crime log includes arrests and dispatch call-ins. As mandated by Tennessee law, the crime log is updated within two business days of an incident and new information to an incident available for public inspection any time during normal business hours.

- 2:40 p.m.; Sept. 12; Forbes Ave and York St.; unlawful drug paraphernalia
- 10:15 p.m.; Sept. 10; Governors Terrace South; unlawful drug paraphernalia
- 10:15 p.m.; Sept. 10; Governors Terrace South; simple possession/casual exchange

- 4:12 p.m.; Sept. 10; Meacham apartments; aggravated burglary
- 3:48 a.m.; Sept. 9; Governors Terrace South; domestic assault
- 1:30 p.m.; Sept. 6; Henry St. and Bailey St.; burglary
- 12:06 p.m.; Sept. 6; Foy Fitness Center; theft of property
- Visit [TheAllState.org](#) to see an interactive of the campus crime log.

Counseling

CONTINUED FROM FRONT

Before the idea of the new partnership, there was just training with different departments to help assist the veterans. The new partnership is just one of several ways APSU focuses their attention on the military student population. Other programs designed to help military

students include the Military Educational Task Force, the Student Veteran Organization and the Military Student Center.

According to Booth, there is a good possibility that this program will grow to having more than one counselor available for veterans.

Booth also said the new VA counselor to be brought in will be someone who exemplifies APSU's effort to always help students. **TAS**

GPC PRESENTS DINNER & A MOVIE:



M A N O F S T E E L

MONDAY, SEPT. 23
DOORS AT 6:00PM
MUC 303/305
FREE FOOD FOR THE FIRST 100 STUDENTS.

THIS EVENT IS FREE AND OPEN TO ALL APSU STUDENTS.
FOR MORE INFO VISIT [WWW.APSU.EDU/SLE/GPC](#).



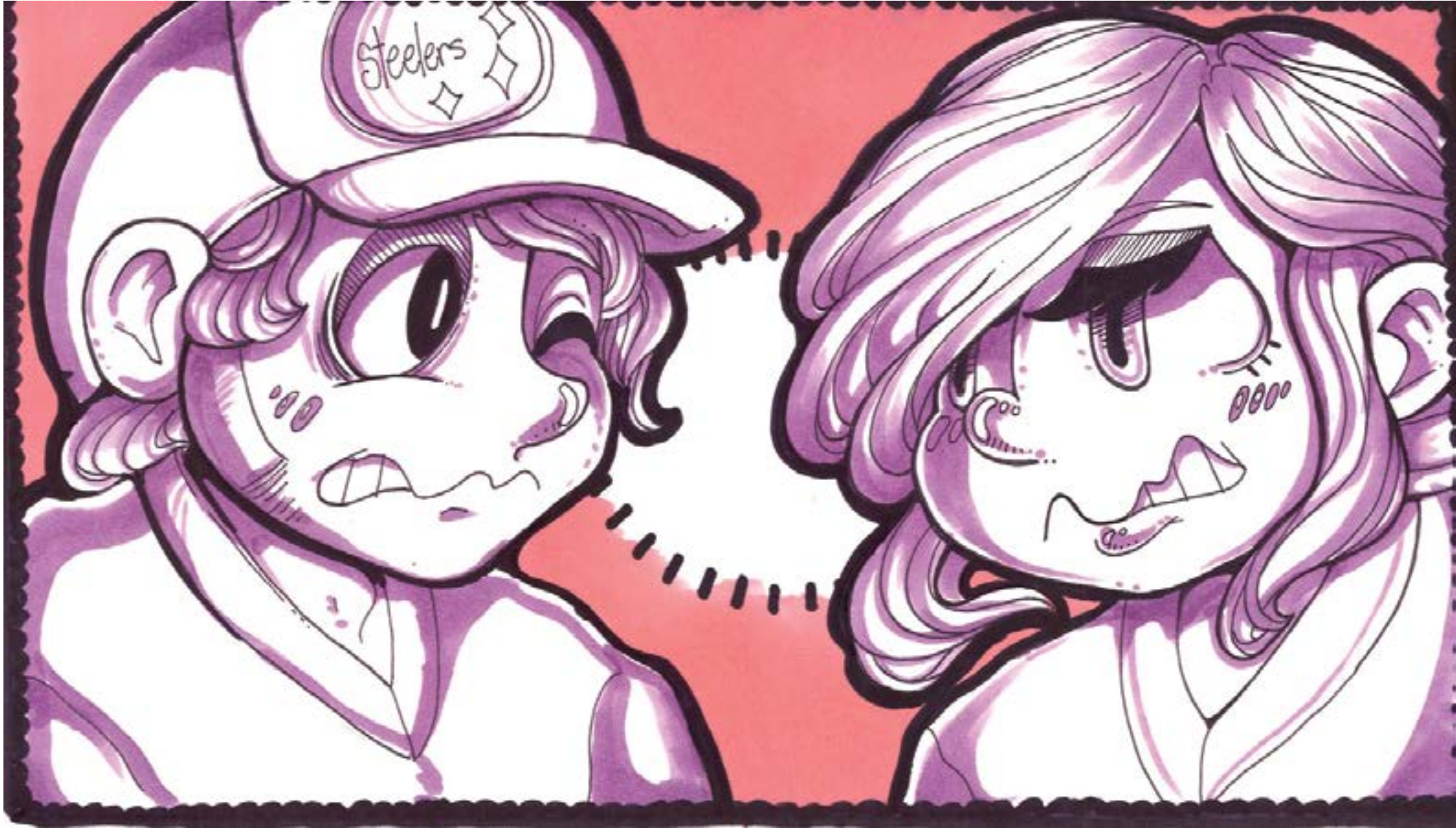


What's your favorite football team?



“
Dallas Cowboys, because I love Texas.”
— Nicole Carson, freshman elementary education major

“
Seattle Seahawks, they have an awesome defense.”
— freshman, journalism major



CHRISTY WALKER | CARTOONIST



“
The Georgia Bulldogs will always be my favorite.”
— Tay Mcdade, freshman, undecided



“
APSU, because I love my school.”
— Morgan Kauffman, freshman chemistry major



“
Denver Broncos, my favorite player is Peyton Manning.”
— Trevor Willis, sociology major

Letter to the Editor

» By CLARKSVILLE SDS

We of Students for a Democratic Society are glad to see the APSU College Democrats breaking with the Democratic Party to oppose U.S. attacks on countless innocent people after the invasion of Iraq and Afghanistan, the bombing of Libya and Obama strikes in Pakistan and Yemen.

We're glad that they understand attacking Syria would create pain, suffering and death.

We congratulate them for upholding the principle of humanitarianism against this unconscionable attack. Yet, we're quite confused. It seems their principle of humanitarianism doesn't correspond to their ability to recognize the truth.

In *The All State* article titled "Organization Spotlight: College Democrats" that ran on Sept. 4, they took credit for the most

recent campaign we launched against U.S. intervention in Syria.

While we certainly can understand why they would want to take credit for that impressive protest, it was SDS who organized it.

We worked hard chalking, [putting up fliers], tabling and holding rallies to demand "U.S. Hands Off Syria!" on campus over the past week.

We are confused as to why they didn't help us in any of the organizing but are now taking credit for our work. We would be happy to work with them.

Our confusion doesn't end there. The last edition of *The All State* stated that the College Democrats organized our campaign against U.S. intervention in Syria, however, they weren't involved in any capacity.

Phillip Swanson, a staff writer for *The All State*, attended our rally last Friday, Sept. 6, interviewed us and assured us that an article would appear about SDS's campaign to demand U.S. Hands Off Syria! in *The All State*.

Instead, the paper ran an article written by staff writer Julie Cole Hulsey which bizarrely claimed that APSU College Democrats and its President Ryan Whipkey were responsible for the work we have done. We think we and the student body deserve clarification.

Even so, we hope to work with the College Democrats in the future.

SDS remains the largest anti-war and education-rights student-activist organization in the U.S. today. We want to further build the anti-war and student movements.

We're inviting students to come to the upcoming SDS National Convention hosted at APSU during the weekend of Oct. 11.

We will hold workshops on everything from building the student movement to LGBTQ liberation, anti-war and more.

We'll also be bringing in dedicated anti-war activists. Sara Flounders from the International Action Center will be there, and immigration activists and hip-hop group Rebel Diaz will perform on Saturday night. We hope to see you all there. *TAS*

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ABOUT THIS PUBLICATION

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

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

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

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

is entirely managed and produced by APSU students.

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

Super Crossword

Creepy Movie

- ACROSS

1 Plot anew

6 Huffed and puffed

10 Droid oval

16 Letters after C

19 Puccini work

20 Lady — Chaplin

21 Actor Lon of children

22 Yale Bowl yellor

23 Start of a riddle

26 Actor Affleck

27 Work units, in 11-Down

28 BlackBerry device, e.g., for short

29 Floppy parts of a beagle

30 Youth's opposite

32 Partner of neither

33 Puccini's "O" — batbino caro

34 Miss the mark

35 Adherent: Suffix

36 Is, in Athens

39 Riddle, part 2

44 Rattled female professor

45 Metropolis of Japan

46 Funny Johnson

47 Biblical song

50 One sparring

52 Rio's car maker

54 Actor Tony

57 Riddle, part 3

64 Suffix with pry or play

65 Bread buy

67 Shoulder of a road

68 Hooting baby bird

69 Hollow between hills

71 Riddle, part 4

76 Infatined

77 Behave theatrically

79 Feline cry

80 Kosovo resident

82 Vote "for"

83 Riddle, part 5

88 Revised, as text

90 Dove noise

91 Unbusy bee

93 Sloppy

94 Ladder part

98 Explorer — da Gama

101 Hockey great Mario

104 End of the riddle

110 Trendily dated

111 Woodcutting tool

112 "So nasty!"

113 Pindaric poem

114 A line sign

115 Melodious

117 Actress Olin

119 Haloed Fr. woman

120 Spurt

121 Abbr. in co. names

122 Riddle's answer

127 Leisure shirt

128 Bee or flea

129 Axel or lutz

130 Word with city or circle

131 Part of OS: Abbr.

132 Capital of Kansas

133 — tentier

134 Foats of skull

DOWN

1 Ivanhoe's ladylove

2 Screenwriter

3 Scent, to a Brit

4 Part of M.A. 5 — "Man Fever"

6 Woman's bedroom

7 Former Vegas star

8 Terminus

9 Passenger-transporting motorboat

10 Champagne bucket

11 Nobel Prize category

12 — Solo

13 — scale of 1 to 10

14 Sci-fi manner

15 It has lashes

16 Participant in an arguing contest

17 Posh

18 Savoir-faire

24 Voice a view

25 Rabbit kin

31 TV "explorer"

33 Warm-blooded one

34 Consume, Bible-style

36 "Na Na" lead-in

37 Chicken — masala (Indian dish)

38 Last finisher: Abbr.

40 Fuse

41 1997 sci-fi spoof, briefly

42 Projecting window

43 Milk, in Metz

47 Innocent until — guilty

48 Deli staple

49 Alternative to digital

51 Person jostling someone in —

53 — Z (thorough)

55 Park place?

56 "Well, — di-dah!"

58 Hear legally

59 Medical ins. plans

60 "So nasty!"

61 Big London insurer

62 Flood zone structures

63 Unwavering

66 U.S. disaster relief org.

70 Ordinal number ending

72 Stitch up

73 Ratted out

74 Doctor's charge

75 It has triceps

78 Last finisher: Abbr.

81 Mystify

84 Harbor inlet

85 Lion sounds

86 Attendance-checking routines

87 Skulk around

89 Subsequent

92 They precede ens

94 Narrow ship passages

95 "Laura" star

96 Leads on

97 Firebug

99 Org. issuing nine-digit IDs

100 Unruly patch of hair

102 Related element

103 Quilt stuffing

105 Small, sticky note

106 "If it — broke —"

107 Like Swiss peaks

108 Not optional

109 High-rises

116 "How awful!"

118 Jazz singer

119 Totter

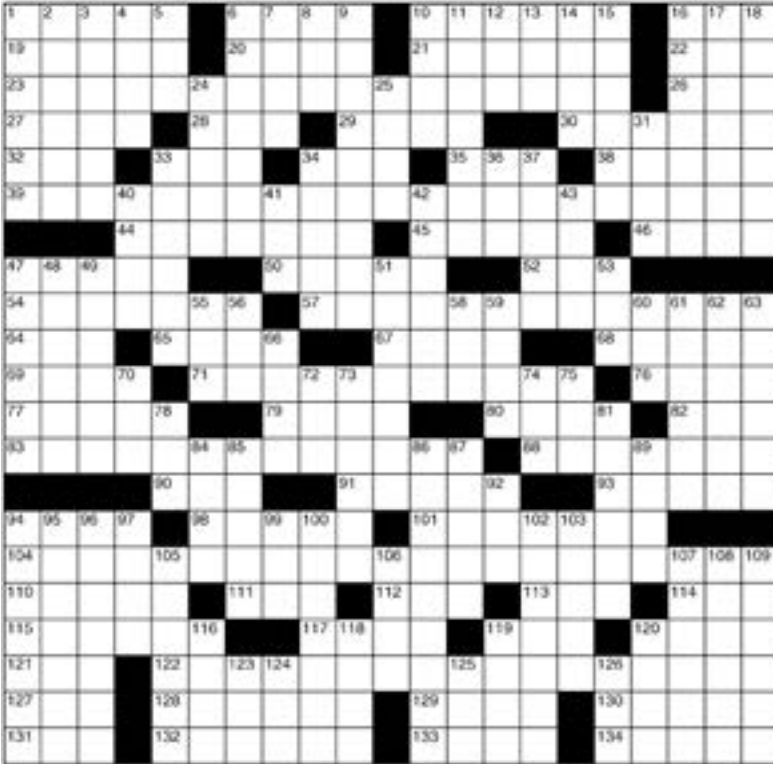
120 Clearheaded

123 Sci-fi talent

124 Director Spike or Ang

125 "I see mice!"

126 Prefix with life or size



Wishing Well®

4 2 3 7 8 4 2 5 3 8 5 2 4
U L A J J N O C W O O V E
3 6 8 5 4 5 8 3 8 4 8 2 7
A M Y N X F F R R P O E O
8 2 3 6 4 5 3 5 3 6 5 8 4
M O M A E I F D R K E H C
8 2 6 8 3 4 3 4 2 8 3 4 8
U F E M I T E E H O N D R
3 6 4 3 7 6 4 5 3 4 2 5 6
D C A S Y H I N H R O C A
5 2 4 7 3 6 3 4 6 4 5 6 4
E M T F I N P R G A S E V
7 5 2 4 7 4 6 5 7 5 7 5 7
U O E E L L S A D R A S Y

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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MAGIC MAZE ● TIME TO CLEAN HOUSE

P F C L Z W T Q N K I F C Z W
U R P M E V O M E R J H E C Z
X U D P S D D Y Q N L J G E C
Z X M I S I O V A T R P N L J
H U E T S C A M Y W W V T R P
D N L C O P K I E G A E C B Z
X W A H T U O W O R H T U S P
E R O T S R P S O M L J S I A
D G E D Y A W A E V I G B A R
E L C Y C E R T U O K C U H C
A Y X K N U J T W U F T S Q S

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

- Cast away

Chuck out

Discard

Dispose of

Dump

Give away

Junk

Pitch

Remodel

Remove

Scrap

Store

Throw out

Toss

Trash

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

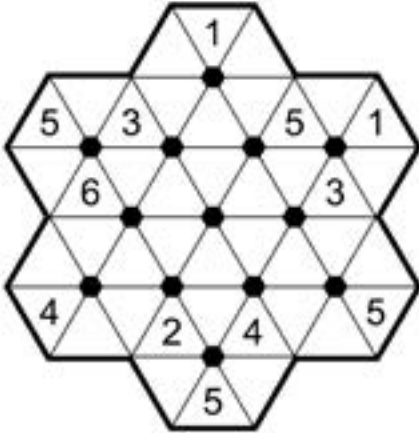
★ Moderate ★★ Challenging
★★★ HOO BOY!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

- Debate

RAGUE

Yield

SINGER

Limber

ALGIE

Unkind

DINES

TODAY'S WORD



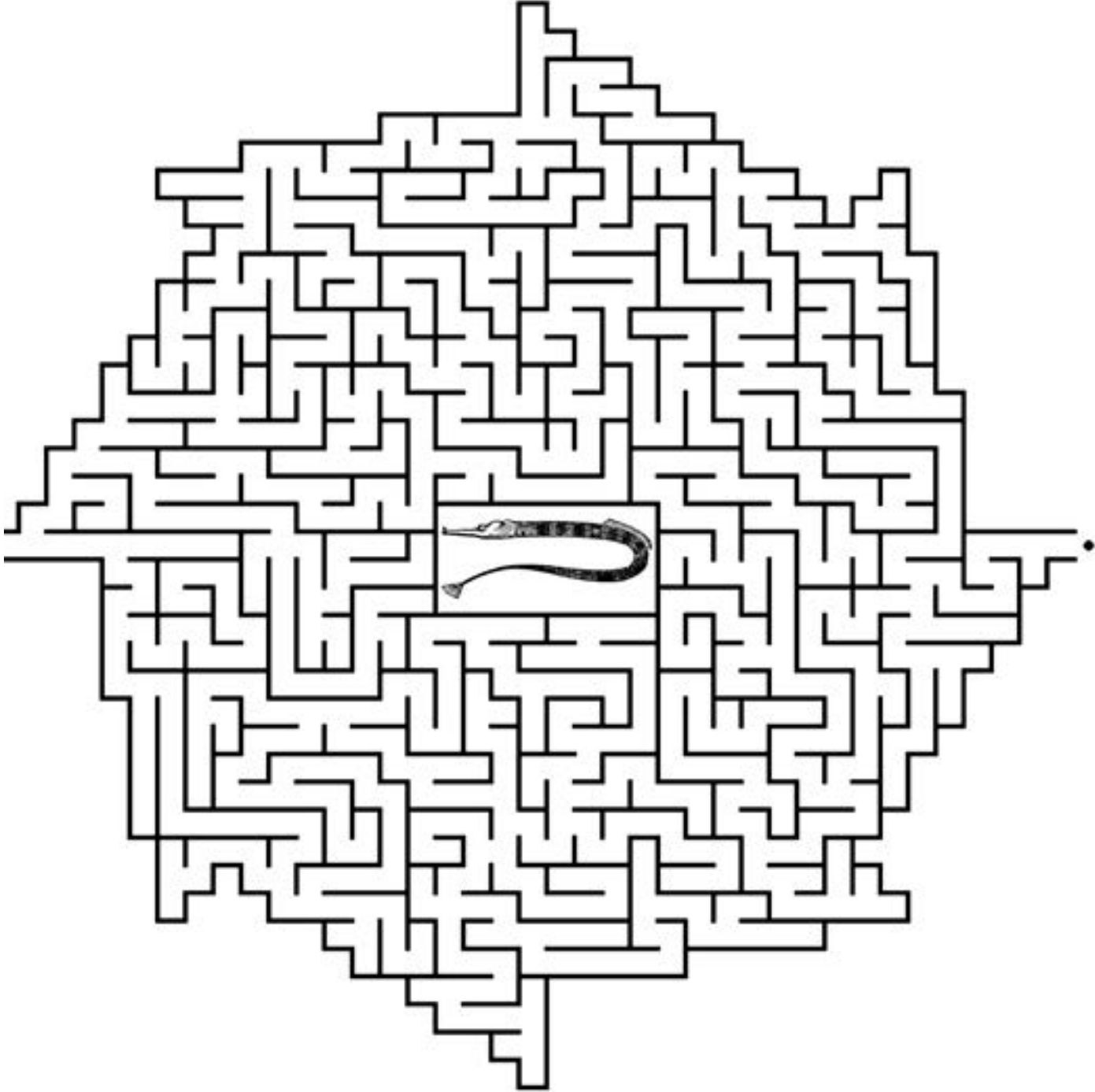
"Even if they came out with Clint Eastwood
aprons I wouldn't like doing dishes!"

AMBER WAVES



Mega Maze

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EVENTS

Wednesday,
Sept. 18

Spoken-Word
Workshops
with
Southern
Word

12:20-
1:15 p.m.,
WNDAACC

Sponsored by
WNDAACC

Peay Read
Book
Discussion
with
Appetizers

1-1:40 p.m.,
MUC 306

Spanish
Game Night

4:30-5:30 p.m.
MUC 213

Sponsored by
HCC

Comedian:
Adam
Grabowski

Doors open
at 6:30 p.m.,
show starts
at 7 p.m.,
Clement
Auditorium

Sponsored
by Govs
Programming
Council

Thursday,
Sept. 19

Not All
About Tacos:
Columbia

12:30-1:45
p.m.

Sponsored by
HCC

Friday, Sept.
20

URec Run@
Work Day

11 a.m.- 1
p.m. (run/
walk @ 12:15
p.m.) Foy
Center

URec
Canoeing
(9/28)

Registration
Deadline

Frat @ Bat

4-8 p.m.,
Intramural
Field/Castle
Heights

Sponsored by
FSA and IFC

» By **SABRINA NICOLE HAMILTON**
Staff Writer

In our society, thin is in, and fat-shaming is at an all-time high. Media portrayal of stick-thin women is up, and self-esteem has inversely gone down.

In a world where many would rather go hungry than be caught eating, eating disorders are trending, especially in the U.S.

The National Eating Disorder Association said, “Eating disorders arise from a variety of physical, emotional and social issues, all of which need to be addressed for effective prevention and treatment.” Which means an eating disorder can stem from anything: Stress, mood fluctuations, anxiety or depression.”

The most commonly recognized eating disorders are anorexia, bulimia and emotional eating. Anorexia is “the refusal to maintain a healthy body weight,” the National Eating Disorder Association said.

This is often accomplished through restrictive eating, over-exercise, as well as the abuse of laxatives and diuretics. Anorexic individuals experience intense fear from any actual or perceived weight gain. Anorexics also experience a distorted body image — the image they see in the mirror rarely reflecting their actual appearance.

Bulimic individuals live on a binge-purge cycle, in which they eat and use various tactics such as vomiting or laxatives to purge themselves after eating.

Emotional eating is the connection of food with emotions of comfort and/or sadness, or to reward oneself as stated by helpguide.org.

And it’s not just eating too little. Binge Eating Disorder is characterized as the habit of eating large quantities of food in short periods of time or eating until uncomfortably full and feelings of disgust or shame follow the act.

A common misconception is that women are the only ones with eating disorders. Men can have eating disorders; in fact, athletes are more at risk since sports such as gymnastics and wrestling sometimes require a specific build.

Weighing in on eating disorders

What eating disorders affect young people?



The uncomfortable truth facing many college students

Anorexia Nervosa

-A person with Anorexia Nervosa may have an intense fear of gaining weight or becoming fat. Someone with Anorexia may practice unhealthy behaviors such as restricting calories, only eating specific foods or skipping meals frequently.

91

percent of women surveyed on a college campus had attempted to control their weight through dieting.

86 percent report onset of eating disorder by age 20

Bulimia Nervosa

-A person with Bulimia Nervosa may also be intensely afraid of becoming fat or gaining weight. Someone with Bulimia may eat large amounts of food in a short period of time and then eliminate the food and calories by making themselves vomit. Someone with Bulimia may excessively use laxatives, diuretics or diet pills to purge weight or calories.

95



percent of those who have eating disorders are between the ages of 12 and 25.8.



One in four college-aged women engage in bingeing and purging as a weight-management technique.

Binge Eating Disorder

-This disorder involves rapidly eating very large amounts of food. These episodes of bingeing occur frequently. When binge eating, a person feels like he or she cannot stop eating or control what or how much is eaten.

Over one-half of teenage girls use unhealthy weight control behaviors such as skipping meals, fasting and smoking.

Source: www.anad.org

DAVID HOERNLEN | SENIOR GRAPHIC DESIGNER

Athletes often feel required to make drastic changes to measure up, said Meryle Gellman, author of “50 Things You Should Know About Eating Disorders.”

“Anyone can have an eating disorder,” Gellman said. The more aware you are, the better, because eating disorders are about much more than food.

They’re about emotions and how you see yourself, according to Gellman.

If you or someone you know is suffering from an eating disorder or for more information, visit Student Counseling Services in Ellington 202 or call them at 221-6162. *TAS*

Hispanic Cultural Center kicks off Hispanic Heritage Month



APSU students visit the booth set up by the Hispanic Cultural Center. **WHITNEY DAVIS** | STAFF PHOTOGRAPHER

» By **JULIE COLE HULSEY**
Staff Writer

APSU’s Hispanic Cultural Center initiated the first week of its yearly event, Hispanic Heritage Month, which consists of a full month of activities to commemorate Hispanic-Americans.

Last Thursday, Sept. 12, was the “kick-off,” which is being held simultaneously all across the U.S.

Every year during this time — September 15 through October 15 — contributions to society made by Hispanic-Americans are recognized. During Hispanic Heritage Month, the anniversary of independence for five Latin American countries is also celebrated.

Congress authorized former President Lyndon B. Johnson to celebrate Hispanic Heritage Week, which was expanded to a month-long celebration in 1989.

From 11 a.m. to 1 p.m. Thursday, Sept. 12 the HCC’s tents set up outside of the UC offered free food, including tacos and empanadas.

Bins of over 20 free Hispanic-related buttons were handed out, sporting slogans like the famous poster image “Keep Calm and Carry On” in the Spanish, “Mantenga la calma y continúe,” and “Me gusta!” with a thumb’s up.

Spirited music played in the background — a range of Salsa, Bachata and Merengue — meant to add to the festive atmosphere.

Daisy Torres, HCC coordinator and staff member of Student Life and Engagement, said,

“The HCC operates under SLE and is similar to a department just as the SLE or the publications offices are. The HCC is not an organization for members to join, as we are often mistaken for. So, when people ask ‘how do I join?’, the answer is that there is no ‘joining.’ The HCC is a center located on the second floor of the UC. This is on the APSU campus to provide cultural learning and enrichment.”

The HCC maintains library resources for students to check out, including cultural materials. “We have many opportunities for students to get involved in at APSU,” Torres said.

Daisy said the HCC is open to help students learn about the cultures of over 20 Spanish speaking countries.

“Not All About Tacos” is a monthly activity the HCC hosts, focusing on Colombia. As part of this event, the Colombian documentary “Biblioburro,” will be featured, showing from 12:30 p.m. to 1:45 p.m. Wednesday, Sept. 25 in the HCC. This is a true story about Luis Soriano, an elementary school teacher who used a donkey to carry books around and loan them to children without access to a library or books at home in Northern Colombia.

As part of APSU’s Family Weekend on Saturday, Sept. 28, there will be a class offered called “Experience the Art of Capoeira.”

This will explore the Brazilian martial art known as “Capoeira Angola Palmares,” with movements influenced by Brazilian beats.

Sign-in for this activity will begin at 1:30 p.m.,

and the class will be held from 2 p.m. to 3 p.m.

“I would encourage everyone to attend,” Torres said. “The class is taught by a group from Nashville. Anyone of any age can learn the basic movements of Capoeira.”

Another event hosted by the HCC will be Sabor Latino Festival on Sunday, Oct. 6. The Festival will be held in the UC Plaza, or in the event of rain, it will be moved inside the Memorial Health building.

“The Nashville band Revolfusion will be playing original music and covers in the genres of Salsa, Merengue, Bachata and Cumbia. There will also be traditional Mexican and Panamanian dance groups giving performances,” Torres said.

Other events this month include Spanish Game Night, involving cultural trivia and food, a lecture given by a professor from the University of Birmingham U.K. and Cafe Controversial, an event focusing on Latino portrayal on TV and serving coffees from different Latin American countries.

The next Spanish Game Night is scheduled for Wednesday, Sept. 18, revolving around Bolivian food and the game “Loteria,” which is similar to Bingo.

The HCC is located in room 213 of the UC and is open Monday and Tuesday from 8 a.m. to 6 p.m., and Wednesday through Friday from 8 a.m. to 4:30 p.m. Information on the HCC can be found on PeayLink at atapsu.collegiatelink.net/organization/hispanic-cultural-center or on their website at www.apsu.edu/hcc. *TAS*

A classic tale: Tips on dating safety

Student Counseling Services offers students Gabriella Moller’s “5 Smart Steps to Dating Safety”

» **By SABRINA NICOLE HAMILTON**
Staff Writer

It’s the classic tale of boy meets girl: They fall in love, and neither sees the signs until it’s too late, having ignored the potential problems.

Gabriella Moller, author of “5 Smart Steps to Dating Safety,” said, “Whether you’re just getting to know a person or have been dating someone for a long time, it’s a good idea to think about how to stay safe.” Whether you’re male or female, relationships are always a time when you are most vulnerable.

Staying safe in a relationship means knowing the risks, using the rules and making active decisions to protect yourself and your partner.

The first step is prevention: Treating your partner with respect and asking for respect in return. Honors student and Harvill Hall RA, Julie Flowers said when it comes to dating, she usually has known a guy for a while before they go out. “I’m not afraid to say no,” Flowers said. “I’m not gonna be like ‘Please take me down a dark alley.’”

Women have to speak up for themselves more often in dating situations, but men shouldn’t go overlooked.

Austin Ward, musical education major, thinks sometimes women can be pushy and want to call the shots, so men have to be careful to avoid getting walked on, but the guy has to make a conscious decision to defend himself without forcing someone around.

What matters first and foremost is how you view yourself and making sure you don’t put yourself in situations that could be potentially dangerous. Be clear about your rights.

Moller said, “Both people should always be

free to choose whether or not they want to have sex.”

Even before sex, both parties should talk things out, state wants and needs and label expectations clearly and strongly. When decisions are made together, they are more often regarded as serious commitments.

Moller gives 5 basic steps to dating safely:

- 1) Lower the risks
- 2) Set the rules
- 3) Watch for trouble
- 4) Prevent problems
- 5) Protect yourself. When looking for a partner, make sure to listen to your intuition. If you see any signs that trigger red flags, take them seriously.

CFOC.org gives these tips as guidelines to making every date a safe date:

- First Time Together? Don’t go out as a twosome. Go out with another couple or go in a group.
- Know Your Limits. Before you go on a date, think through your own limits regarding sexual contact. It’s easier to stick to principles you’ve determined when you’re calm and alone.
- Express Your Wishes. Be wary when your relationship seems to be evolving with one person taking



College is the time to meet new people. Gabriella Moller gives tips on how to date safely and successfully. **WHITNEY DAVIS | STAFF PHOTOGRAPHER**

control or acting aggressively — this same pattern could occur in a sexual situation.

Be very clear in communicating what you feel, beyond just saying “No.” It’s important to be upfront and tell the person you are dating your expectations, such as discussing abstaining from sexual intercourse before you find yourself in a sexual situation. If a person you are dating wants to go further sexually than you

are willing, insist that the date and/or the relationship is over. If he/she won’t leave, leave your date.

A cautious date is a caring date. When looking for an ideal partner, the one that treats you with respect and consideration is the date that is your best choice.

On college campuses, people are always coming in and out of your life, so don’t take it too personally if something doesn’t work out. There are plenty of fish in the sea; don’t waste your time swimming in shallow water. **TAS**

Cyrus, Hemsworth call off engagement



Actor Liam Hemsworth and singer and actress Miley Cyrus arrive on the red carpet at the US premiere of the feature film “Paranoia” at the DGA Theatre on Thursday, Aug. 8, 2013 in Los Angeles. **ASSOCIATED PRESS**

» **ASSOCIATED PRESS**

NEW YORK (AP) — A wrecking ball has hit Miley Cyrus and Liam Hemsworth’s relationship.

Representatives for both celebrities confirmed Monday that the couple have called off their engagement.

The 23-year-old Hemsworth proposed to 20-year-old Cyrus last year. They met on the set of the 2010 movie “The Last

Song,” which they both starred in.

Cyrus, whose hits include “We Can’t Stop” and “Wrecking Ball,” will release a new album called “Bangerz” on Oct. 8. Australian-born Hemsworth was one of the stars of “The Hunger Games.” He will appear in the sequel, “The Hunger Games: Catching Fire,” that will be in theaters on Nov. 22.

Their breakup was first reported by People magazine. **TAS**

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Moves from Week 2 of fantasy football

»**COREY ADAMS**
Staff Writer

Welcome back, readers. Week 3 of the NFL season is upon us, so we now know the caliber of teams.

This will help your lineup strategy going forward to start/sit players you feel are playing tough opponents.

If you managed to improve to 2-0 after last weekend, congratulations. I wish I could say the same, but I am now 1-1 after bouncing back with a win.

Whether you are undefeated or haven't won a game, keep calm.

There will be plenty of weeks where you can catch up to stay in contention.

Just continue to keep track of your team, and you will be fine.

Injuries to Watch:

There were many players who left games with injuries in Week 2. Here are the names you should keep an eye on throughout the week: Maurice Jones-Drew (ankle), Reggie

Bush (knee), Malcolm Floyd (neck), Andre Johnson (concussion), Steven Jackson (thigh), Eddie Lacy (concussion), Larry Fitzgerald (hamstring), Ray Rice (hip) and Vernon Davis (hamstring).

The majority of these players will likely play next week, but just as a precaution, read online each day to check the status of each.

Breakout Players to Add:

As is the case every week in the NFL, there were breakout players that you likely had either sitting on your bench or in free agency. If the players I list are available in your league, I highly recommend adding them, unless you can't afford to release anyone.

QB Philip Rivers —You may have a really good quarterback starting for you, but if you are in need of a backup, picking up Rivers isn't a bad idea. He put up 419 yards and three touchdowns against the Eagles in Week 2.

WR Eddie Royal — Royal will be this week's most popular addition among fantasy owners. Royal caught all three of Rivers' touchdown passes, finishing with 27 fantasy points. If he is

available, add him to your team.

RB James Starks — As mentioned, Green Bay's starting running back Eddie Lacy left Sunday's game with an injury. Starks came in and did very well by 132 rushing yards and a touchdown, totaling 22 points. If Lacy is unable to play in Week 3, Starks would be a huge addition for you.

TE Martellus Bennett - Bennett is owned in most leagues, but if he is available in yours, get him. In two games, he has had three touchdown receptions.

WR DeAndre Hopkins — Hopkins played a big role in the Texans' win over the Titans on Sunday, as the rookie had 117 yards and a touchdown. With teams focusing highly on Andre Johnson, Hopkins has been able to get open and produce for Houston.

TE Charles Clay — If you are in a deeper league with more owners, Clay would be a solid addition. The tight end had a touchdown in Week 2 and has five receptions in each game so far this season.

RB Bilal Powell — Last Thursday, Powell received the majority of the carries for the Jets and got into the end zone. It appears he is a

starter at this point, so there's no reason he won't get more touches.

Defenses to Get:

If you play your defense on a week-to-week basis, here are the top options for you.

Minnesota D/ST — The Vikings had 17 defensive points in Week 2, and now have the Cleveland Browns coming to town. Need I say more?

Bills D/ST or Jets/ST — Both teams play one another, so take your pick. Personally, I like the Bills over the Jets, so I'd add Buffalo.

Awards of the Week:

I'm handing out awards, or disappointments, for players in Week 2.

Best Performances: Aaron Rodgers (35 points), Michael Vick (33 points) and Marshawn Lynch (30 points). Biggest Letdown: David Wilson (one point). Defense of the Week: Vikings (17 points). Kicker of the Week: Nick Novak (18 points).

Best of luck in Week 3. *TAS*

The 5 things learned from the Titans-Texans game

»**ASSOCIATED PRESS**

HOUSTON — 1. CUSHING'S CONTRIBUTIONS: Linebacker Brian Cushing had 11 tackles and a career-high two sacks in his second game since sustaining a season-ending knee injury in Week 5 last season.

Cushing has impressed since his return, and had an interception for a touchdown in Houston's season-opener. He is thrilled to be back after having to watch most of the season from the sidelines last year, and he's expecting a big season.

"I put in a lot of training to be better than I ever was before and I think I am," he said.Watt couldn't be happier to have him back on the field.

"If they're going to try to do a little game-planning around me, Cushing will make them pay," Watt said.

2. INCONSISTENT OFFENSE: The Titans put together some good drives, highlighted by the 99-yard march they made to take a 17-16 lead early in the fourth quarter. But they also had some terrible possessions, and will have to find a way to

be more consistent if they hope to improve.

"We just weren't as productive on first downs as we would like to be," quarterback Jake Locker said. "We had some penalties that put us in some tough down and distances and we didn't convert on third down."

3. HOPKINS IS A PLAYMAKER: The Texans drafted Hopkins to help take the pressure off Johnson. On Sunday he showed that he's capable of making plays both with and without Johnson on the field. Hopkins, a first-round pick, finished with seven

receptions for 117 yards.

"This team today basically said Andre was not going to beat them in the way they played us," coach Gary Kubiak said. "Somebody else had to come up and make some plays and Hop played huge in the back end of the game. Made some big plays, that's what he's here for."

4. PENALTIES HURT: The Titans finished with nine penalties for 70 yards on Sunday. Three of those penalties came on one drive, and it pushed them back to their own 1.

Houston tackled Chris Johnson in the end zone for a safety on the next play.

5. SHARING THE LOAD: Houston coach Gary Kubiak said this week that he wanted to split the carries between Foster and Ben Tate. The division wasn't exactly even on Sunday, but both back did get a number of carries. Foster ran 19 times for 79 yards and Tate had nine carries for 93 yards.

A big chunk of Tate's yards came on a career-high 60-yard scamper that helped set up Houston's opening score in the first quarter. *TAS*



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Coach Loos shares new outlook



Coach Loos addresses the media as he steps down from the position of athletic director after hiring Derek van der Merwe. Loos will still be coaching the men's basketball team this year after serving 16 years in both positions. **BETH LIGGETT | PUBLIC RELATIONS PHOTOGRAPHER**

Coach looks to change identity of his young team

»**ANDREW THOMPSON**
Guest Writer

Following an 8-23 season, Governors fans look to the 2013-14 basketball season with hope.

The return of previous talent mixed with just the right new circumstances will propel APSU to a successful year.

By the time our discussion was over, coach Loos had managed to instill in me hope for something spectacular and the belief that this season would be different.

The first of many changes for the upcoming season revolves mainly around Loos himself and his responsibilities. For the last 16 years, Loos has served as the athletic director in addition to his coaching duties, but after the hiring of Derek van der Merwe as the new A.D., Coach Loos now has less on his plate and looks forward to the change.

"Coaching and basketball have always been my passion. I certainly enjoyed my time as the athletic director, but coaching was always my passion" Loos said.

But don't think Coach is putting his feet up and taking a load off. "I've been

darn busy, but it's been with basketball. Coaching is a full-time job, and I'm doing different things now.

"I look forward to coming to work every day," Loos said.

"We need a new identity, and especially on the defensive end. Playing harder, playing tougher, and having a tougher identity would serve us well," Loos said.

While the promise of a new identity may cause some Governor fans to be a little worried, the direction the coaching staff wishes to take the team fits well with APSU's strengths and returning players. One of which is returning OVC Freshman of the Year, Chris Horton.

Horton's 100 blocks last season and team-leading rebounds meshes perfectly with the team's new philosophy, and a new mindset should put everyone involved in a position to succeed.

Leading the charge alongside Horton is another member of last year's Ohio Valley Conference all-newcomer team, Govs' leading scorer, Travis Betran. Betran averaged 17.2 points per game last year and was the Govs' leading offensive threat.

Entering the new season, Loos expects Betran to have grown from the pressure of being counted on to score and hopes new and returning players can help balance the load.

On the relieving of that pressure, Loos said, "I think just having some other guys that are capable of scoring so we can kind of balance this thing out and spread it around a little bit will take a lot of pressure off of him, and therefore create some other opportunities for him."

Entering into each new season, every college basketball fan has hope. Hope that this will be "their year" and that the sky is the limit.

Students believe their schools have good cause for optimism, and headed into the 2013 campaign, Governor fans should have that belief as well.

This season brings with it many changes, from the coaching staff to the players, and those shifts should have the Govs excited.

Every team in the conference is 0-0, and this will be a fight until the end. There are a lot of unknowns, but one thing is certain: APSU is going in swinging. **TAS**

Tennessee among top sports states

»**JOSHUA STEPHENSON**
Sports Editor

Sports fans love to sit around and make lists of their "greatest" of all time, be it players, coaches, teams, uniforms, stadiums or fans.

Whenever a conversation like this is started, it can take hours to finish, with every person involved trying to get in the last word.

The "greatest" I want to look at is the state of Tennessee possibly being the greatest current state for sports, in general, encompassing college and the pros.

There are a lot of great states that house great sports teams, but this is my take on why Tennessee is on the rise.

When we look at tradition, the state has to look no further than the University of Tennessee.

The university was established in the late 1700s and for the last century, has had a great football tradition, racking up six national championships in their storied history.

Great rivalries like Alabama, Florida and Georgia with legendary players and coaches like Robert Neyland, Peyton Manning, Johnny Majors and Phillip Fulmer make this a program that rivals anyone in college football.

The women's basketball program is also steeped in tradition, with former Head Coach Pat Summit being the coach with the most wins in Division I history, men's or women's. UT's men's basketball program is also on the rise and could be challenging for many years to come. The University of Tennessee competes successfully in multiple sports, and I think that makes them one of the best programs in sports.

Now, let's turn our attention to fan-base loyalty. There is no better example than the loyalty of the Grizzlies fans in last year's NBA playoffs. This is a franchise that has recently risen to the top tier of the Eastern

Conference, and Grizzly fans will tell you it has been a struggle.

Suffering through years of mediocre teams and losing records, the franchise has finally found a formula that works and has done it without huge, star players. Marc Gasol and Zach Randolph play a style of basketball long-forgotten, and that rugged mentality seems to fit the city of Memphis very well.

It is a small-market team that takes in castaways and system players and turns them into a team that reached their first conference championship in franchise history last season, and the fan base "don't bluff" on how they feel about their hometown team.

Memphis will be a hot spot for basketball for the next few years as the core of this Grizzly team stays together and continues to compete in the Eastern Conference.

Tennessee, as a whole, is a vibrant sports state with a lot to offer. College football is stronger than ever, with Vanderbilt and Tennessee making moves in the conference. The college basketball scene is strong with Memphis, Vandy and Tennessee looking to be strong this upcoming year and the Lady Vols and Lady Commodores leading the way on the women's side.

The Titans look to push for a wild card berth in the behind running back Chris Johnson and young quarterback Jake Locker.

One of the best goalies in the National Hockey League, Pekka Rinne, plays for the Nashville Predators. Nashville also added Seth Jones who is one of the most exciting prospects in hockey with the fourth pick in the 2013 NHL draft.

Every state has their own stance and belief that they are better than the others. This is my opinion on Tennessee being one of the top sports states in the nation, and I feel this upcoming year will only strengthen the outlook for the state. **TAS**

Govs fall to 0-3 as the Mocs run wild

»**JOSHUA STEPHENSON**
Sports Editor

The unforgiving start of the football season continued for APSU's football team this past Saturday, Sept. 14, when they lost to Chattanooga 42-10.

APSU did score their first touchdown of the season, but were unable to stop the Mocs' running attack, which tallied 270 yards on 44 carries with an average of 6.1 yards per carry.

This was the Governors return to the Football Championship Series competition after their first two opponents, Tennessee and Vanderbilt.

The step down in competition did not help the Govs as they still tried to find their identity on both sides of the football.

"It's very much a disappointment because the plan is: Work hard, give great effort and through that, get better every week," said Head Coach Kirby Cannon following the game.

"We had more mistakes on the defensive side today than our first two games had together."

The rushing attack of Chattanooga was well documented through their first two games of the season, averaging 271.5 yards a game on the ground. They hit that number almost exactly against an APSU defense that struggled to get them off the field.

"Our first two games, our mistakes on defense were forced by very good players on very good teams, where as a lot of our undoing tonight was us," Cannon said.

"We didn't play with much emotion on defense, and when that happens it's usually because you have asked them to do too much. There are too many checks or too many reads, and that occupies their minds and they don't have the speed or physical play," Cannon said.

The 10 points scored by the offense is the most the Govs have scored in a game so far this year.

The charge was lead by Tim Phillips, who had the lone touchdown in the game, the first of his APSU career, and ended with 78 yards on 18 carries. The only other points of the night were by junior kicker Walter Spears on a 26-yard

field goal in the third quarter.

Cannon considered the first touchdown of the year a "small victory," but focused on the problems the offense had in the game.

"The offensive issue is consistency of play, and we are still experimenting trying to find the right combination of plays," said Cannon.

"Offense is hard; it is not something that occurs overnight. You get good on offense by establishing certain plays in the running game and pass game that you are very good at and then having enough surprise and variation in your calls that you keep people off balance."

The passing game still struggled accumulating only 94 passing yards on just 12 completions as neither Andrew Spivey nor Jacob Sexton emerged as the true quarterback on this team.

APSU's road games this season get no easier, as they return to FBS competition next Saturday, Sept. 21 at Mid-American Conference member Ohio.

This will be their fourth stop on a five-game road trip to start the season. Kickoff is scheduled for 1 p.m. **TAS**

APSU kicks off new season of intramurals

»**COREY ADAMS**
Staff Writer

The APSU football and women's soccer seasons have begun, but that's not all campus is buzzing about this fall.

Intermural sports for this season are beginning to form as players organize their teams in preparation for a new season. Intramural sports can provide rivalries between teams, which makes things even more entertaining as players compete to win leagues.

For football and women's soccer, all deadlines have passed, but there will be more opportunities to participate in other sports this year.

If students want to play ultimate frisbee, racquetball,

outdoor soccer or volleyball, they have until October to sign up.

Kicking off first will be six different activities: Tennis singles, tennis doubles, flag football, four vs. four flag football, dodgeball and cornhole.

Tennis is currently underway, as play began on Sunday, Sept. 8, while football began on Monday, Sept. 15 with co-regs, men's, women's and fraternity leagues on display. Dodgeball begins on Thursday, Sept. 19.

Visit IMleagues.com/APSU to view schedules for each day and to view other leagues and when each team plays. **TAS**

