



Workout with the best gear

A quick guide on all the things you need in order to feel comfortable while being in the gym.

On Page 5



APSU soccer

Women's soccer opens CVC play with 2-0 record. Their two win starts the best in school history.

On Page 10

Gas supply competes with high prices



AP PHOTO/WILLIAM T. MARTIN

Lynn Todino fills up gas cans before topping off her pickup Friday, Sept. 23, 2005, in Rome, Ga. Although prices were up slightly drivers were beginning to stock up on fuel in advance of possible shortages related to Hurricane Rita.

By SARAH BULLOCK
Staff Writer

Gasoline prices are creeping back up as Hurricane Rita stormed the Texas coast after recently falling back from the record highs reached after Hurricane Katrina struck three weeks ago.

Now that the hurricanes have subsided, will consumers ever see \$2.50 for a gallon of gas again?

Is the hurricane still going to affect prices and cause shortages? While some maintain this theory, crude oil distributors in Clarksville remain unconvinced.

Al Boswell, Chief Financial Officer Texaco in Clarksville seems to think otherwise and said "I don't see prices going much higher than \$3, if that, now that Hurricane Rita has hit. We are not taking precautions for a shortage but if there is a shortage it will only be for about a week."

According to Christopher Wang, AP business writer, the coastal region of Texas in Rita's crosshairs is home to roughly 27 percent of the nation's crude oil refining capacity, or 4.7 million barrels per day.

Luckily, Rita narrowly missed most of these damaging only one refinery significantly and closing almost 29. He even predicts seeing gas prices sink to as low as \$2.10 per gallon.

Honda doesn't plan to sit still while gas prices rise. Honda has released a natural gas powered automobile one could refuel at one's home.

They have been popular in California and Honda is hoping the trend will spread. Other automobile companies are building hybrids that can last on a tank of gas for two months for the average commuter.

see gas prices, page 2

New peer support group to encourage non-trads

By ROBERT BUTLER
Staff Writer

The Austin Peay State University counseling services is forming a peer support group for non-traditional students. The program's primary focus is not to help students with academic tutoring, but to help them cope with multitasking college and home life.

The program defines non-traditional students as 25 years old or older, students with children, and students who have been out of high school for a few years. The program focuses on financial planning and time management.

Anita Randolph, the organizer of the program, says that time restraints are almost twice as difficult for non-traditional students than traditional students because of family and job concerns.

Randolph is a non-traditional student, training to be a counselor after college and is currently interning with the counseling department here at APSU.

"I want to meet with students who wish to participate in this program in order schedule times to meet first before we

see non trads, page 2

Rita hit hard, but no Katrina



AUSTIN AMERICAN-STATESMAN, MATT BOURKE/AP PHOTO

Lester Levene, left, and Dustin Hymel, 19, support their elderly neighbor George Readom in Abbeville, La., Saturday, Sept. 24, 2005, as Cody Vice, 20, right, pushes bags floating on a tire. Readom is crippled and was unable to leave on his own as waters rose in rain from Hurricane Rita.



PAT SULLIVAN/AP PHOTO

A steady stream of traffic travels south on I-45 in Houston as evacuees head back home Saturday, Sept. 24, 2005. Even though Hurricane Rita hit hardest in East Texas and southwest Louisiana, Houston and Galveston officials have asked that evacuees not try to return home yet.

By MICHAEL GRACZYK
Associated Press

Hurricane Rita pummeled east Texas and the Louisiana coast Saturday, battering communities with floods and intense winds. But residents were relieved the once-dreaded storm proved far less fierce and deadly than Katrina.

After the storm passed, authorities pleaded with the roughly 3 million evacuees not to hurry home too soon, fearing more chaos.

"Be patient, stay put," said Texas Gov.

Rick Perry. "If you are in a safe place with food, water, bedding, you are better remaining there for the time being."

In any other hurricane season, Rita might have seemed devastating.

It knocked out power for more than 1 million customers, sparked fires across the hurricane zone and swamped Louisiana shoreline towns with a 15-foot storm surge that required daring boat and helicopter rescues of hundreds of people.

But the new storm came in the wake

of Hurricane Katrina, with its 1,000-plus death toll, cataclysmic flooding of New Orleans and staggering destruction in Mississippi.

By contrast, Rita spared Houston, New Orleans and other major cities a direct hit. By Saturday evening, the only reported death was in Mississippi, where one person was killed by a tornado that spun off the remains of the hurricane.

Damage to the vital concentration of oil refineries along the coast appeared relatively light, although industry

officials said it was too early to assess whether there would be an impact on oil prices. Valero Energy Corp. said its 255,000-barrel-per-day Port Arthur refinery sustained significant damage to two cooling towers and a flare stack and would need at least two weeks for repairs.

Rita roared ashore at 3:30 a.m. EDT close to the Texas-Louisiana border as a Category 3 hurricane with top winds of 120 mph and warnings of up to 25 inches of rain. By mid-afternoon, it was downgraded to a tropical storm with top sustained winds of 50 mph as it moved slowly through east Texas toward Shreveport, La.

Before it weakened, Rita showed its strength across a broad region between Houston and New Orleans.

The Texas Department of Transportation dispatched a 30-vehicle convoy from Beaumont to clear a debris-covered highway to the north toward Lufkin. Authorities used military helicopters and a bus to move some nursing home residents who had been stranded since Friday at an elementary school without power in the small town of Fred.

Some of the worst flooding occurred along the Louisiana coast, where transformers exploded, roofs were torn off and trees uprooted by winds topping 100 mph.

Floodwaters were nine feet deep near town of Abbeville; farther west in Cameron Parish, sheriff's deputies watched appliances and what appeared to be parts of homes swirling in the waters of the Intracoastal Waterway.

The region was largely evacuated ahead of Rita, but some residents stayed behind and were rescued by helicopter. "Among them were a pregnant woman and her 4-year-old son stranded in Port Lafourche, a Gulf Coast outpost about 60 miles south of New Orleans.

see Rita, page 2

Leadership to unify under proposed organization

By AMANDA COCHRANE
Assistant News Editor

Austin Peay State University's Student Government Association is proposing a new organization to include SGA Senate, Govs Programming Council, Student Allocation Committee, Student Organization Council, and Student Tribunal.

According to presentation given at the Student Organization Council on Sept. 21, uniting these five groups will allow the student leadership to be more successful in their endeavors.

The proposed organization will provide another way to have clearer communication throughout the leadership of APSU.

The description of the proposed

organization is to create a team approach to student leadership, allows each branch to have representation at the administrative level, and sharing of resources from each group.

"We have been in the planning stages so far. What we are wanting to do is work together more as governing bodies so we can more effectively serve the student body," said Kevin Kennedy, SGA President.

"Specific details about the restructuring have not been decided yet to ensure that we continue to achieve the individual goals and visions of the organizations while meshing together to better serve students," said Kennedy.

The proposed executive committee for this organization will consist of one

member from each organization (i.e. President of SOC, Chairperson of SAC, Chief Justice, President of SGA Senate and Chairperson of GPC).

The SGA Secretary, Ally Lambert, will serve as ex officio. The executive committee will share information to each branch from meetings, brings issues to SGA president, Kevin Kennedy, to communicate to the universities President's Cabinet.

Positive benefits to the organization includes pooling resources, receiving better support for programs, and expands communication between all student organizations.

A task force will be created to plan and consider the ramifications of the new model.

Throughout the academic year, this group will work to identify the methods of communication between the groups, outline specific responsibilities for each branch, and as a resource for those who have questions.

"It is our hope that through our efforts each student will have better access to addressing their concerns," said Kennedy.

"Our primary focuses are to: create clear avenues of communication through a large student leadership network, utilize legitimate student power through increasing access and sharing of information, better represent each aspect of student life, and provide opportunities for students to have significant leadership roles," he said. ♦

Greek alphabet next option for storm names

By JOHN PAIN
Associated Press Writer

Hurricane Alpha? Tropical Storm Epsilon? Before this year is out, TV forecasters and coastal residents may have to break out their Greek dictionaries if the Atlantic hurricane season keeps up its frantic pace.

There are only four names left for tropical storms and hurricanes this year: Stan, Tammy, Vince and Wilma. After that, names switch to the 24 letters of the Greek alphabet: Alpha, Beta, Gamma, Delta and so on through Omega, if needed.

That has never happened in roughly 60 years of regularly named Atlantic storms. "If we get up into that league, we'll have issues larger than naming these storms," said Frank Lepore, spokesman for the National Hurricane Center in Miami. "The new phrase will be hurricane fatigue. Let's coin that right now."

So far this season, there have been 17 named storms. Forecasters expect a total of 18 to 21 when the six-month season ends Nov. 30. But with conditions in the atmosphere and Atlantic ripe for storm development, there could be more.

Only once, since record-keeping began in 1851, have there been 21 tropical storms and hurricanes in the Atlantic. That was in 1933 when forecasters didn't regularly name storms.

What's more, a storm name is retired if it causes widespread damage and deaths. So if there is a deadly Hurricane Alpha, what is it replaced with when it's retired?

When old names are retired, new names have to be drafted in to a database

Hurricane Omega?

With more than a month left in hurricane season, only four names remain on the list of names for hurricanes — Stan, Tammy, Vince and Wilma. After those are taken, hurricanes will be named for the 24 letters of the Greek alphabet. The 2005 hurricane season ends Nov. 30.

maintained specifically for Atlantic Ocean storms, said Mark Oliver, spokesman for the World Meteorological Organization in Geneva, which maintains the database.

"There's certain specifications which they have to meet," Oliver said. "They have to be fairly easily remembered, they've got to be in alphabetical order." The names are proposed by national weather services, which also take gender balance into account to ensure that storms rotate between male and female names.

But other regions take a different

NAME	U.S. LANDFALL	STORM TYPE	DATE(S)	LANDFALL LOCATION
Arlene	Tropical Storm		June 11	Ala./Fla. (also hit Cuba)
Bret	Tropical Storm		June 28*	Mexico
Cindy	Tropical Storm		July 5	La. (also hit Mexico)
Dennis	Hurricane (Category 3 at U.S. landfall)		July 10	Ala./Fla. (also hit Cuba)
Emily	Hurricane (Cat. 4 first hit, Cat. 3 second hit)		July 17/20*	Mexico (twice)
Franklin	Tropical Storm		July 22*	Bahamas
Gert	Tropical Storm		July 24*	Mexico
Harvey	Tropical Storm		Aug. 4**	SSE of Bermuda
Irene	Hurricane		—	Did not make landfall
Jose	Tropical Storm		Aug. 22*	Mexico
Katrina	Hurricane (Cat. 1 first hit, Cat. 4 second hit)		Aug. 25/29	Fla., then La./Miss.
Lee	Tropical Storm		—	Did not make landfall
Maria	Hurricane		—	Did not make landfall
Nate	Hurricane		—	Did not make landfall
Ophelia	Hurricane (Category 1)		Sept. 15	Near N.C. Outer Bank
Philippe	Hurricane		—	Did not make landfall
Rita	Hurricane (Category 2 near land)		Sept. 20**	S of Key West, Fla.

* Only non-U.S. landfall ** Date closest to land

SOURCE: NOAA

AP

Rita: Tropical storm outcome brings a sigh of relief

from page 1

About 500 people were rescued from high waters south of New Orleans, some by helicopters.

Another 15 to 25 people were reported stranded farther west along the shoreline of Vermilion Parish, but searches were postponed until Sunday because of high winds.

Elsewhere, a portion of Interstate 10 over the Calcasieu River in Lake Charles was closed after barges broke loose from their moorings and slammed into the bridge.

Some New Orleans residents who had evacuated to Houston because of Katrina were forced to move again as Rita approached.

"We're tired of being pushed from place to place," said Cora Washington, 59, as she and her family sat on cots in Texas A&M University's basketball arena in College

Station. "We want to try to go back to New Orleans and pick up the pieces."

About 3 million people had fled a 500-mile stretch of the Texas-Louisiana coast ahead of Rita. The mass exodus produced gridlock and heartbreak; a bus of evacuees caught fire south of Dallas while stuck in traffic, killing as many as 24 nursing home residents.

Though Houston authorities urged residents not to rush home to a city lacking many essential services, inbound roads were already clogged Saturday afternoon.

Most stores in Houston were closed, bank machines had no cash and police were controlling the long lines at the few open gas stations.

"Frankly the fuel is not going to come as quickly as those here might like and those traveling might like," said U.S. Rep. Sheila Jackson-Lee, D-Houston.

As Rita's winds swept past, several fires broke out in and around Houston,

including one in a two-story apartment building that damaged at least eight units. Several buildings were damaged or destroyed by fire in Galveston, and a blaze broke out before dawn at a shopping complex in Pasadena.

"We stayed in a stairwell most of the time," said Rainey Chretien, who works at the front desk. "I didn't think it was going to be this bad."

As the storm raged, the torches of oil refineries could be seen burning in the distance from downtown Beaumont.

The facilities represent a quarter of the nation's oil refining capacity and business analysts said damage from Rita could send gas prices as high as \$4 a gallon. Environmentalists warned of the risk of a toxic spill.

President Bush, mindful of criticism the federal government was slow to respond to Hurricane Katrina three weeks ago, visited the Texas emergency operations center in

Austin on Saturday.

Like other officials, Bush urged citizens not to prematurely assume the danger was over. "Even though the storm has passed the coastline, the situation is still dangerous because of potential flooding," he said. "People who are safe now ought to remain in safe conditions."

Wal-Mart Stores Inc., the nation's largest retailer, said Rita forced the closure of 150 of its facilities in Texas and Louisiana. About half of them were without power early Saturday. Home Depot Inc. said 46 of its stores were closed, including 41 in the Houston market.

More than 460,000 CenterPoint Energy customers in Texas were without power Saturday evening. More than 813,000 Entergy customers were also affected by power outages in Texas, Arkansas, Louisiana and Mississippi. TXU Electric Delivery said about 100,000 customers in East Texas lost service too. ♦

Communications department brings big names to campus

President of major record company shares experiences and insight

By KERRY KING

Staff Writer

Communication students at Austin Peay State University got a rare opportunity to meet a major force in the Nashville music scene Monday afternoon.

Mike Dungan, president and CEO of Capitol Records/Nashville was guest speaker for the APSU department of communication and theater speaker's program held in the Sundquist Science Center.

Dungan's music industry career spans 21 years with BMG, including 10 years at Arista/Nashville. In 2000, Dungan left Arista to take over as president and CEO of Capitol Records/Nashville.

Dungan took the advice of company executives to do whatever he wanted to

rebuild the record label.

Dungan decided to concentrate Capitol's focus on building a few artists, while maintaining the careers of anchors like Garth Brooks.

Dungan heard a unique, rich baritone voice in Trace Adkins and felt he just needed a great record to go with the voice. Five years and 3.4 million record sales later, Adkins has a great career.

Dungan also felt strongly about the untapped talent of Keith Urban. With 6.5 million records sold in five years, Urban is another success story.

Capitol's current roster of country recording artists includes Keith Urban, Trace Adkins, Chris Cagle, Dierks Bentley and many others.

Dungan's advice to anyone trying to

break into the business is to find an internship.

Most of Dungan's new hires have been interns. "They've come into the company and I've seen their dedication and character," Dungan said.

When the company recently needed a fresh perspective for A&R, Dungan gave another part-time intern the job.

"The Communication Speaker's Program's focus is on the music industry in Nashville, an area that our students would like to work in," Ellen Kanervo, professor of mass communication, said.

Jim Asker, an APSU graduate student, has played a key role in getting the speaker series off the ground.

As country editor at All Access Music Group in Nashville, Asker is in the middle

of the radio and music business and has lots of contacts.

"We've been trying to figure out how to use those contacts to help our communications students and Jim suggested he'd be happy to try and get some speakers to come to APSU," Kanervo said.

Other guests in the speaker's series have included John Sebastian, country programming director for "The Wolf" radio station in Nashville, and Jimmy Carter, a veteran of the broadcast business who has interviewed celebrities including Elvis Presley and Muhammad Ali.

The speaker series will stretch through the rest of September and October and wraps up on Nov. 4 with Suzanne Alexander. ♦

Good Morning APSU Campus Community

Breakfast in Bed

Gay Straight Alliance and Student Allocations Committee are sponsoring Breakfast in Bed on Sept. 29 from 7-10 p.m. in the African American Cultural Center. For more information please contact Chad Smith at 6627 or austinpeaygsa@yahoo.com.

APSU Policies Update

Three policies have been approved and updated on the Policies and Procedures website. The policies are 4010 "Business Meals," 1010 "Contracts and Agreements Requiring Presidential Approval" and 4015 "Purchasing." For more information please contact Pat Walton at waltontp@apsu.edu or 7883.

People and Places from the Highlands of Chiapas

"People and Places from the Highlands of Chiapas" is a photography exhibit by Matthew Kenney on display in Woodward Library through Oct. 15. An opening reception for the exhibition is scheduled for noon, Wednesday, Sept. 28, on the main floor of the Library. Following a brief talk, Kenney will answer questions. Light refreshments will be served. For more information please contact Elaine Berg at berge@apsu.edu or 6405.

Free Ad with The All State - Limited Time

Need to sell a book, car, find a roommate? List it for free with The All State for a limited time. Between now and Oct. 10, you can sign up for a free, two-week online classified ad. Visit www.theallstate.com to sign up or email your request to allstateads@apsu.edu. Call 221-7376 for more information. All classifieds are checked for authenticity and will post after approvals are made. For more information please contact Kristy Galbraith at 7375 or galbraithk@apsu.edu

Feminist Film Series

Woman's studies will be showing "Mona Lisa Smile" Thursday, Sept. 29, in Harned room 245 at 7 p.m. For more information please contact Jill Eichhorn at eichhornj@apsu.edu or 6314.

Women's Studies Booktalk

Charles Bussey, John Egerton, and Susan Ford Wiltshire—three contributors to "Where We Stand: Voices of Southern Dissent"—will be joined by Tom Osborne, former NBC bureau chief at the United Nations and APSU adjunct in Political Science, to discuss threats to our democracy. Wed., Sept. 28, 4 p.m., UC 303. For more information please contact Jill Eichhorn at eichhornj@apsu.edu or 6314.

Policy Update

Policy 4006 Major Disturbances, Disaster Control, and Indement Weather Plan has been updated under Attachment A - Building Security Coordinators. Please follow the link below to the policy to review. For more information please contact Pat Walton at waltontp@apsu.edu or 7883.

Healthy Lifestyles Group

Join our registered dietician and exercise physiologist as they share tips about ways to keep your life healthy and balanced. Bring a friend to help you both reinforce good habits on Wednesdays at 5 p.m. in the Memorial Health building room 104. For more information please contact Jenn Puhl at puhljl@apsu.edu or 7564.

Billiards Tournament

See how your skills stack up. Drop by Memorial Health 104 at 3:30 p.m. this Thursday! For more information please contact Andy Cox at coxat@apsu.edu or 7564.

G.H.O.S.T.
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OCTOBER 30TH

STUDENT ORGANIZATIONS
PLEASE SIGN UP TODAY IN THE
SGA OFFICE TO RESERVE YOUR TABLE!

FOR QUESTIONS EMAIL CANDY SMITH AT
CSMITH20@APSU.EDU

Gas supply: new worries emerge

from page 1

At a recent auto show, there were major announcements about new hybrids. BMW is teaming up with GM to make a half and half car that is 25 percent fuel economy. Honda, Ford, and Toyota have churned out automobiles with 40-100 percent fuel economy.

With any number of hurricanes in the future, gas supply might decrease and prices may rise. Yet, experts of the World Energy Council still believe fossil fuel only has about 50 years left on earth. Meanwhile, the power received in 24 hours from the sun is more energy than all of the energy humans have ever derived from fossil fuels. The WEC does not suggest worrying about price, but supply. ♦

Non trads: Join together for support

from page 1

make a final schedule," said Randolph.

The group will probably meet about three times a week. "As of last year, around 40 percent of students at APSU were considered non-traditional: the highest percent for a four-year program institution in the state. Some of those take online courses and some take courses here on campus," he said.

"This will be the first program that APSU has instituted that focuses primarily on non-traditional students."

"I hope this is successful and they continue with the program after I am gone," said Randolph.

Shawn McNatt, a senior non-traditional student, majoring in history with a minor in business, said it is a

step in the right direction but that more can be done. "I think that more non-traditional students should get involved in activities such as the student government association," said McNatt.

Karen Godwin, a senior, majoring in history with a minor in business, said that a non-traditional program would really help non-traditional students who are freshmen because it will keep them from getting discouraged by the extra workload.

Randolph will host a student workshop for non-traditional students to figure out times to schedule meetings on October 5, from 12 p.m. to 1 p.m. in the University Center, room 312.

The deadline to sign up for the program is October 14. For more information about the non-traditional student program, contact the counseling and testing center at (931) 221-6162. ♦

Staff Writer positions available

Come pick up an application from The All State.
Located in room 115 of the Morgan University Center.

OUR TAKE

Lack of planning permits calamity

After witnessing what was, by most (if not all) accounts, the worst traffic jam in history this past weekend, many are wondering what to make of what was clearly a reflection of poor planning.

While the damage and loss will continue to reveal itself in South Texas throughout this week, we have seen a major reduction in the expectations of severity. So far, only seven deaths have been reported, but this does not excuse the confusion; in fact, it once again underscores the lack of unity from local, state and federal entities. Here's why.

By their own admission, state and local officials say that there was more that could have been done to effectively plan for such a mass evacuation than was actually even considered.

According to a September 24 report from Newsweek, "The main problem was that far more people heeded warnings to evacuate low-lying areas than authorities expected."

Wait a second. If this is correct, that means that there were people told to leave home that weren't actually supposed to leave. So, were some expected to be left behind to rally around the destruction first-hand?

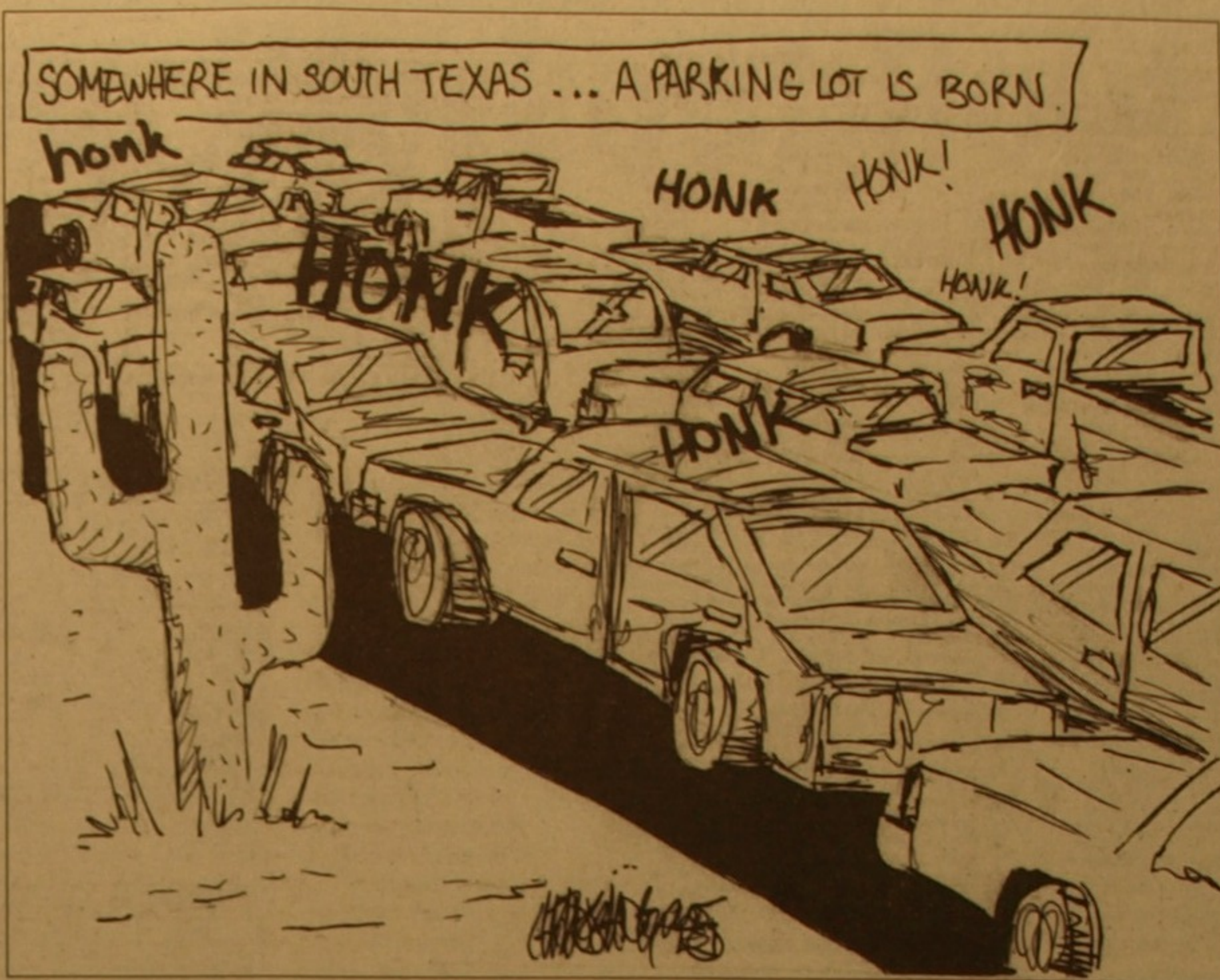
This sounds vaguely like the recent mess in New Orleans. However, there is a main disparity. At least the people in surrounding areas were actually told to leave. When Katrina hit, their plans for evacuation were minimal at best.

Now that we know that local authorities are capable of making plans, even if they aren't solid, we should be able to count on our federal government to back us up, right? Well, The Department of Homeland Security should now be the focal point for those in need of assistance before and after the destruction of this hurricane season, and it seems that they have a lot of catching up to do after the FEMA debacle. President Bush has made a call that echoes the concerns that priorities should shift to the U.S. His suggestion made to Congress this weekend was to utilize the capabilities of the armed forces more for the immediate concerns of disaster relief. This is a great proposal, but what about the plans that most major cities are without?

Some would ask, "why would cities like Nashville or Atlanta ever need the foresight of efficient evacuation plans?"

Consider what we've learned from this hurricane season. Assumptions are dangerous in the event of a disaster and expectations are rarely met. This disaster does not have to originate by the unrelenting disregard of nature's fury but could be from something that we never even expected.

We should not be terror alarmists, but that ever-hypothetical "what if..." should always keep us running to the blueprints for a way out, given the likelihood of that event that we could imagine being plausible but could never have foreseen. ♦



By MARTY FOX

YOUR TAKE

It's never too late to remember 9/11

"Today, our fellow citizens, our way of life, our very freedom came under attack in a series of deliberate and deadly terrorist acts. The victims were in airplanes or in their offices. Secretaries, business men and women, military and federal workers. Moms and dads. Friends and neighbors." - President George W. Bush

Four years ago on September 11, a tragedy struck this country that not only temporarily shocked and crippled us but also sent a nervous chill down the spines of every nation around the world. The number one super-power of the world, The United States of America, was attacked by dangerous, extremist terrorists.

In a cowardly way, the attackers flew planes into four locations - two at the New York City World Trade center (one for each tower), one into the Pentagon in Washington, D.C., and one that was destined for an unknown location which crashed into a field in Pennsylvania.

Though the confirmed victims of the attacks to this day are still unknown, it is estimated that the loss of civilian life to the terrorists numbered a minimum of 3,000 innocent men and women.

"Today, our nation saw evil, the very

worst of human nature, and we responded with the best of America, with the daring of our rescue workers, with the caring for strangers and neighbors who came to give blood and help in any way they could." - President George W. Bush

All was not lost though as America's heroic firemen, police officers and other rescue workers quickly jumped into action trying to save those that they could and ensure that the least possible damage was done to the communities that the events took place in. Several dozen of these rescue workers passed away due to collapsing rubble, and their deeds and contributions will always be remembered. Even today, there is not a man, woman or child alive that speaks ill of the New York City fire and police departments. Nothing but the utmost honor and respect is given to these literal heroes.

"Obviously, the enormity of the tragedy is here, but it's a very proud moment. These were clearly people who, when confronted with the unthinkable, digested and acted upon it in no time at all." - Hamilton Peterson, son of passenger Donald A. Peterson.

The passengers of Flight 93, the flight that crashed into a Pennsylvania field, showed bravery that could not be expected from anyone.

Knowing that their situation was

unavoidable, they did all they could to stop the hijackers from harming more innocents people. "Let's roll" will forever be remembered as the battle cry of these heroes as they saved the lives of hundreds and possibly thousands in, what many believe, would have been Washington, D.C.

"Tonight, I ask for your prayers for all those who grieve, for the children whose worlds have been shattered, for all whose sense of safety and security has been threatened, and I pray they will be comforted by a power greater than any of us, spoken through the ages in Psalm 23: "Even though I walk through the valley of the shadow of death, I fear no evil for you are with me." - President George W. Bush

Today, many Americans are still recovering from the shock that they went through on that terrible day four years ago. Together, however, our country presses on in the pursuit of terrorism. We do not and will not let an attack of this scale ever happen again on our land.

We will defend her from potential threats as long as it takes. Osama Bin Laden will be found, captured, and tried for the terrible crisis he put this country through. God bless America and her allies, and have mercy on the souls of our enemies.

Richard Longstreth
Freshman
Political Science

Oops...

Last week, the column "Follow the Rule of Law" was run under Amanda Wadley's name. The column, written by Christina and Christopher French was posted on theallstate.com with the correct names. Amanda's intended article is printed opposite this announcement.

Even when late always drive safe

I'm writing this on Saturday afternoon in Hendersonville. I just drove passed a terrible accident involving two cars: one in the ditch on the left-hand side of the road with the driver side tire and axle nearly torn off, the other on the right-hand side of the road flipped upside down and crushed. Ambulances and volunteer firefighters worked to free the



ASSISTANT
OPINION EDITOR
Amanda
Wadley

people in the flipped car as I slowly drove by.

On the way here driving down Vietnam Veterans Boulevard, three young guys revved their motorcycles to over the posted speed limit of 70 miles per hour while popping wheelies and standing on their seats.

I held my breath as the bike directly in front of me wobbled.

The driver regained control of his bike, and he and his friends turned off at the next exit.

It reminds me of a common saying my grandmother told me: Young people think they're invincible.

Even I am guilty of cutting a corner

too fast or turning between cars when I really should have waited. I guess I'm writing this just to remind you to be careful.

When you're traveling through suburbia over the speed limit, remember that it is the speed limit for a reason.

In the blink of an eye, a child could run out in the street and there will be no time to apply your brakes if you're doing 50 in a 35 speed zone. If you're on the interstate and the speed limit is 70, doing 90 will only endanger you and the people around you.

It's one thing to speed a little and be aware of your surroundings, but more times than not when I see someone doing 20 miles over the speed limit, they are not looking out for what's going on up ahead or beside them.

They are usually the ones darting in and out of traffic and tailgating other vehicles.

Reckless driving will only get you killed.

Remember this as you drive around school as well. Pedestrians are everywhere, and there is no sense in anyone doing fifty in a twenty around campus.

This is a good way to get someone killed.

I have almost been hit three times while crossing at a crosswalk, simply because the drivers were in a hurry and not paying attention to their surroundings.

Remember: It's better to arrive late than not to arrive at all. ♦

Mr. Veracity answers your mail, verifies all your worst fears about everything

At ten bucks a column, I am definitely not in this for the money. Oh sure, I pick up the occasional

gratuity from Karl Rove and the Bilderbergers for services rendered; in fact, the K-Man was kind enough to send me a yacht which I am currently using to store the looted treasures of the Iraqi National Museum - at least until I get

around to adding another wing to my mansion. So in answer to some of your questions; for which I receive only a public service for which I receive only the undying thanks of the Republican National Committee in the form of

large sacks of money delivered by political operatives in the dead of night.

Having dispensed with that, this week's column is being devoted to answering some of your other questions. Being that I am so far behind in answering my mail, I thought I might expedite the process through this forum which The All State has, after repeated threats and pressure from the Trilateral Commission, seen fit to grant me in perpetuity. And now, to your letters...

1). Dear Mr. Veracity: Is it true that the U.S. Army Corps of Engineers blew up the New Orleans levees in order to flood out minority populations? (Todd G., Bonerville, TN)

Why yes, Todd, it is. It is a well known fact - among those of us who are clued in at the highest levels - that the best way to deal with a political disaster is to do something which makes things much worse. In doing so, people tend to focus less on the initial

problem, which in this case was caused by evil government scientists screwing around with the weather. Their goal was to produce just enough rainfall so as to sustain golf courses through the summer drought, but wouldn't you know it; the weather machine got stuck on "Hurricane" setting after some dim-wad spilled a beer on the control panel. It's funny if you think about it.

Anyway, back to your question; yes, the levees were blown up on purpose and the water directed into Democrat-voting neighborhoods. The reason for this was so that the Republicans could increase their percentage of the Presidential vote in Louisiana before the next election, from 67 percent to 69 percent.

2). Dear Tool of the Oppressors: Is it not true that the World Trade Center was an inside job? I am enclosing a picture I got off "Democrat Underground." Look at the plane before it hits the tower. LOOK AT THE MISSILE PODS UNDER THE

WINGS!! I know you won't print this because you are a gutless coward. Hey, by the way, great article last week. (Raheem Van Houten, Skunk-lick, KY)

Well, you certainly have me there. Those missile pods under the wings where the engines should be were the most problematic part of the whole conspiracy. You see, the plane could not fly without engines.

Therefore, the entire plane had to be attached to the belly of the Space Shuttle - without the passengers knowing it - after which it was launched from a secret twenty-stories-tall gantry located behind some trees near the airport, flown into low orbit, and then dropped some hundreds of miles away, at which point the pilot was easily able to glide it to its destination.

Of course, thousands of people had to be paid off - air-traffic controllers, FAA officials, the Airport Authority, maintenance personnel, police, etc., as well as all the other employees,

passengers, and flight crews - but hey, that's what slush funds are for. I must say, I thought this was one conspiracy that was fool-proof in its simplicity, but you caught it. Oh, well...

3). Mr. Smart Guy: Answer me this; if Hillary runs for President as a fake Republican and Giuliani runs as a fake Democrat, then wouldn't a McCain victory as an Independent be at once a vindication and a repudiation of each of the other two and yet of neither one in a theoretical sense? (Marjorie Simpson, Springfield, TN)

(Insert sound of crickets chirping, a dripping water faucet, and the wind sighing through the lonesome pines.)

Well, gee, that was fun. I may or may not be back next week to answer more of your insightful questions. In the meantime, remember that even the truth is a conspiracy and that the rabbit hole goes way, way deep... so drink beer, watch football, and don't worry about it.

Until next time - if there is one - this is Mr. Veracity signing off. ♦

WE WANT YOUR OPINION

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

THE ALL STATE

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Comics

WEDNESDAY, SEPTEMBER 28, 2005, PAGE 4 THE ALL STATE

Super Crossword

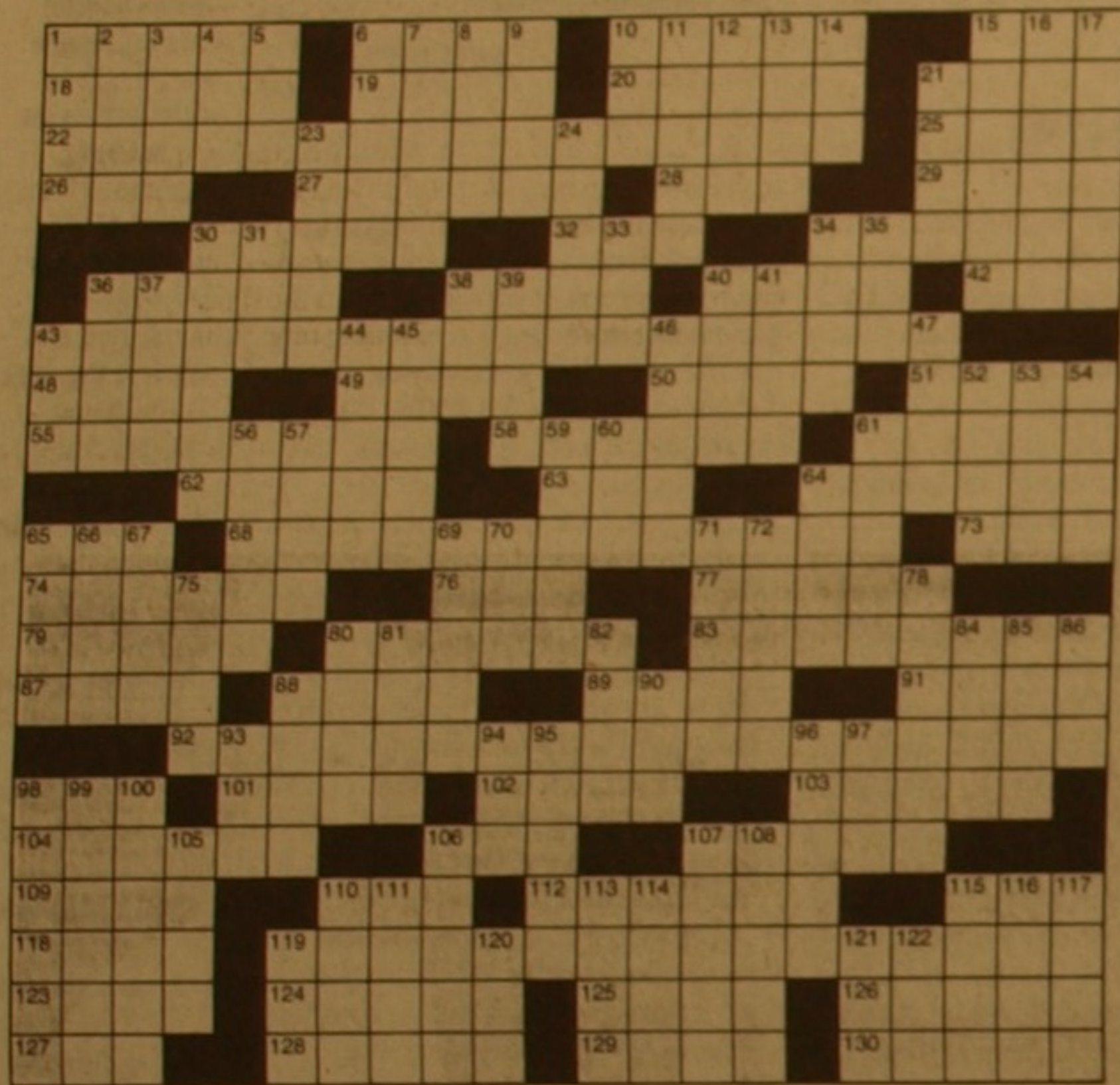
FLIGHT
MANUALS

ACROSS
1 Polish cake
6 Melodious
McEntire
10 Tower
13 Yak
18 Cautious
19 Mideastern
airline
20 '28 Irving
Berlin song
21 Antitoxins
22 Dashiell
Hammett
book
25 Evangelist
Roberts
26 Wild an
axe
27 Hood or Tall
dog
28 Have a hot
dog
29 Woods
dweller?
30 Explorer
Sebastian
32 Choose
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34 Actor
Howard
36 "Mr.
Television"
38 Loaded
40 Siouan
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42 Hill or
Haggerty
43 Harper Lee
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48 Utah city
49 Dole (out)
50 Algerian
seaport

51 "My word!"
55 Won over
58 Singer John
61 Work like a
horse
62 Slip cover?
63 Mauna —
64 Soap
ingredient
65 Actor's
lunch?
68 Mark
Bowden
book
73 "Ask —
Girl" (59
film)
74 Main drag
76 Mare's
morsel
77 Textbook
headings
79 Senator
Fong
80 Kathy of
country
83 Soldered or
stapled
87 Maintain
88 Splitter
group
89 Grandma
91 Emulated
the
Valkyries
92 Agatha
Christie
book
98 Conflict
101 Rational
102 Geometry
calculation
103 "Rawhide"
prop

104 Indifference
106 August
one?
107 Religious
belief
109 Big vein
110 I Down,
e.g.
112 Adds a lane
115 Bell and
Barker
118 Composer
Siegmeister
book
119 Willa Cather
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123 Word with
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124 Art
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125 — Nemes
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126 Tenor
Beniamino
127 Internet
acronym
128 Put on a
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129 Actor
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130 Burger
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2 Pain
3 Make
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4 With 46
Down,
"Verigo"
star
5 Oklahoma
city
6 So out
it's in
7 Vote in
8 Hit hard
9 Opposite of
weather
10 "Baby —
Want You"
(71 hit)
11 Jeeves'
profession
12 Nambu or
Willy
13 Crowded
14 Itch
15 McRaney or
Ford
16 Lawrence's
local
17 Scrimshaw
funny!
21 Weeps
23 Warhol
subject
24 Dress
30 European
peninsula
31 Hall and
Eddy
33 Sweater
letter
34 Meat cut
35 Always, to
Arnold
36 — yester-
day (naive)
37 Got by, with
"out"
38 "Baconey!"
39 Like some
donuts
40 Brute
41 Stowe sight
43 Sock part
44 Basic
organism
45 Battlefield
residue
46 See 4 Down
47 Farmer's
95 Adult
52 Festive
53 Connecticut
town
54 Moist
56 Photo
book
57 Annoy
59 Bring bliss
60 At once
61 Present
company?
64 Ridicule
65 "Very
funny!"
66 Tel —
67 Insignificant
69 Yaphet of
"Homicide"
70 Toque or
topes
71 Guitarist
Eddy
72 Available
75 DEA officer
78 Knee-
slapper
80 Nasty
81 Zenith
82 Play to
play
84 Night noise
85 Actress
Purviance
86 — Plaines,
IL
88 Corset part
90 "The truth
at last!"
93 Hibachi
residue
94 Rob Roy's
refusal
96 Coming
from Cork
97 "Saving
Private
Ryan"
extras
98 Solidarity
leader
99 Lunar
spacecraft
100 Tire type
105 Swarm
(with)
106 Surgical
tool
107 Postpone
108 Threshold
110 Food fish
111 Cuban
currency
113 Violinist
Oistrakh
114 Extinct
bird
115 Christmas
visitors
116 Chip off
Woody's
block
117 Rind
119 Actress
Leoni
120 Seville
shout
121 Self-esteem
122 China's —
Biao



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art: Heather Lee written: Eric Miller



HTTP://WWW.BEETTER.COM/SHOGUNALCARBON/



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Unmentionables by Martin Fox



WELLNESS BULLETIN

Boyd Health Services and the Wellness Task Force have new updates for a healthier you this fall.

IMMUNIZATIONS

The Meningitis shots are now available at BHS. The Flu vaccines are ordered and should be available by mid-Oct. Check your emails for date and time of clinic.

GERM PATROL

So you've heard about MRSA? So you've heard about MRSA? Here are the facts: Staphylococcus aureus, (aka "staph") are bacteria carried on the skin and nose of healthy people. Any staph germ that gets into the wrong place, such as a cut or open wound, can cause an infection. It may look like a pimple or boil and can be mistaken for spider bites. MRSA is a type of germ that is resistant to many antibiotics. Spread of MRSA includes skin-to-skin contact, openings in the skin like cuts and abrasions, contaminated items and surfaces, crowded living conditions and poor hygiene.

Do you want to stop the spread of germs and stay healthier? Then here is what you should do:

WASH YOUR HANDS!!!! Often, with soap and water or alcohol based hand wipes and gel sanitizers.

Stay away from sick people--and from others if you are sick. Cover your mouth and nose when coughing or sneezing.

WASH YOUR HANDS!!!!

Use bleach to disinfect counters, sinks, tubs, knobs etc.

Get lots of rest, exercise, and drink plenty of water and eat healthy food.

WASH YOUR HANDS!!!!

Avoid sharing personal items, including towels, washcloths etc.

Don't pick at cuts or sores. Keep them covered.

Want to know more? Check out:

www.cdc.gov (Center for Disease Control)

www.apsu.edu/healthservices/links.htm

LOOK FOR THE STUDENT HEALTH AND WELLNESS BOOKLETS AVAILABLE THROUGHOUT CAMPUS (UC INFO DESK, STUDENT LIFE AND LEADERSHIP, BOYD HEALTH SERVICE, PO BOXES)



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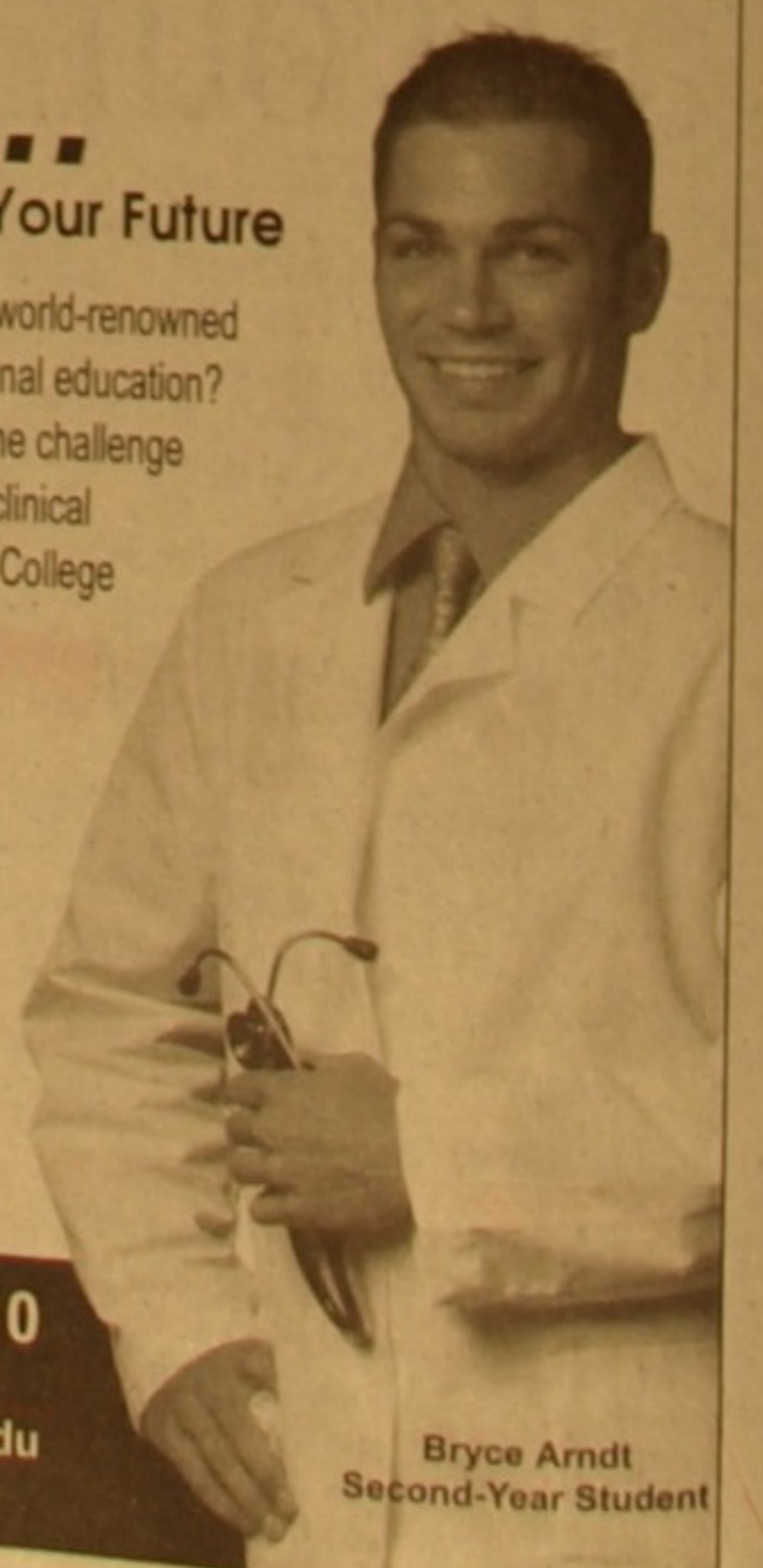
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Bryce Arndt
Second-Year Student

Maximize Your Workout Routine

Though it may seem hard, getting in shape doesn't have to be such an unbearable ordeal. From the right music to the right shoe, every detail matters when it comes to a comfortable, enjoyable exercise routine.



Apple has made many athletes happy with their iPod series. There are many arm and wrist straps available for the devices, making a workout less boring without the hassle of having to physically carry it around.

By ALEXANDER ELLIOTT
Staff Writer

Working out on a regular basis has never been the easiest thing for most college students. With the school semester being unpredictable at times, it's hard to make a definitive schedule in which to stick by.

However, when you do enter the realm of sweat, having the right gear is essential to encourage a more relaxed and rewarding experience. Below are three must-have products to aid those on the quest to a better body.

1. iPod Nano/Shuffle

Of course, what list of anything tech-savvy is without Apple's music products? The iPod Nano and iPod Shuffle are the perfect musical devices to accompany a run on the treadmill or a tourney with the weights.

Both versions share small dimensions and can be held in the palm of a hand with no worries. Additionally, an arm strap can be purchased to keep the iPod safe and hands-free. Depending on the degree of use, some people may not opt for the Nano's color screen and higher hard drive size (as it also

raises the base price of this machine \$100 compared to the iPod Shuffle).

The two-gigabyte version of the iPod Nano costs around \$200, and the Shuffle starts at \$99 (but it is highly recommended to spend an extra \$30 for double the memory).

2. Nylon workout shirts and shorts

Some individuals think that clothing does not particularly matter when it comes to working out in a gym, but they are sorely mistaken.

Simply wearing cotton can not only accelerate dehydration but can also make other patrons wish they had a bottle of Febreze around to fight the smelly odors that come trapped in the fabric. Close-fitting cotton/nylon blend tops are perfect for proper body ventilation, and nylon bottoms keep sweat and odor to a minimum.

These types of garments can be found virtually anywhere, but for those who are style-conscious, Target, FitCouture.com and any chain shoe or brand outlet store will do.

3. The Perfect Shoe

Not every workout requires the

same pair of shoes; some people may find that different soles, shock absorbers or fits help them in different situations.

If one finds that they focus more on running and cardio in the gym, then the New Balance M890 (\$65 to \$80), with its absorbent body and mid-foot support, is very appealing.

If yoga, pilates, and other stretch-oriented routines are preferred, then trying a light shoe such as the Nike Presto series (\$30-\$100) is perfect.

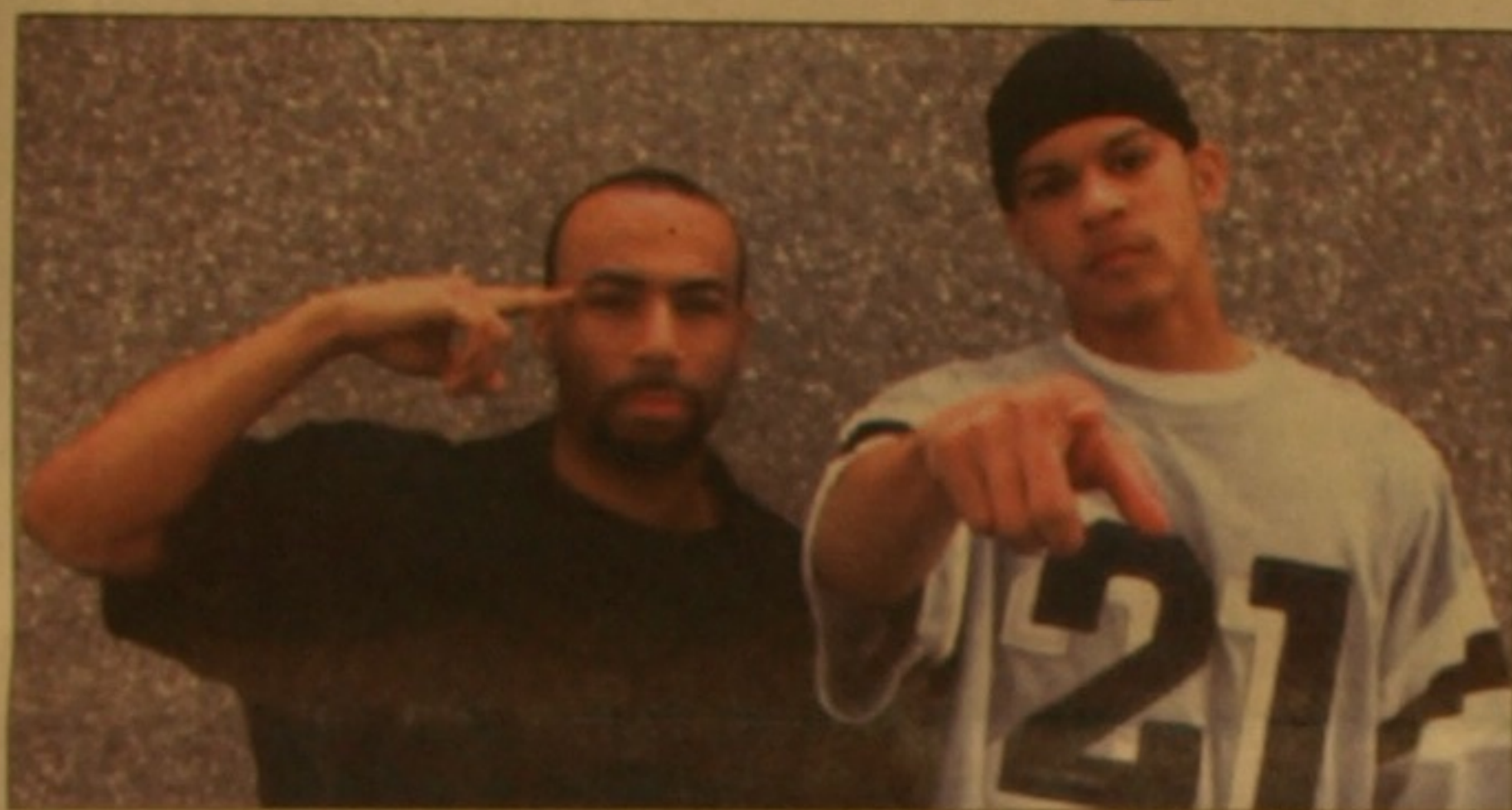
Not only do they provide adequate cushioning but they also make staying in those harder poses a breeze with their almost weightless quality.

For those who prefer weights to anything else, the Converse "Chuck Taylor" All-Stars (\$25-\$50) can't be beat.

With a structure emphasizing comfort and flat footing, the perfect curl, squat or leg press is made easier when the entire foot is level within the shoe.

Finding time to hit the gym and staying in shape is only half the battle; doing it with comfort and style completes the package. ♦

Book duo inspires



Olorunto and Powell, motivational Hip-Hop leaders, pose for a promotional photo.

By A.J. DUGGER
Guest Writer

Adabayo Olorunto and Arnett Kale Powell collaborated to create a hip hop masterpiece. Olorunto, an Austin Peay State University graduate, and his cousin Powell wrote "The Hip-Hop Driven Life," and while it may aim squarely at hip-hop fans, the book was also written for outsiders who are curious about hip-hop.

"So many people don't know that hip-hop is more than just music, dance and graffiti art," Olorunto said.

"There is an original thought basis that hip-hoppers use to make decisions in this society. Whether they know about it or not, they naturally use it."

While you may think that the book is an in-depth look into the rap world, Olorunto has a surprise.

"Our book's main concept is finding your divine purpose. Hip-hop is all about you being you and knowing who you are." A.K., the book's coauthor, adds wistfully, "Our youth are dying and being brainwashed, so we need to spit realism to them however it is easiest for them. Our book first helps you to awaken from

within, then covers ways for you to find the road of truth."

There is also an interesting part in the book called "Bayo vs. The Board of Education."

You might believe that this is going to be Olorunto and Powell verbally assaulting the Board of Education; however, it is actually about the simple truths that are really untruths. The book is truly an interesting read.

One of the reasons is because it's almost like having a conversation with the authors. They use slang in their language. When asked what people will learn from reading "The Hip-Hop Driven Life," Olorunto said, "People will learn that nothing is what it appears to be on the outside, and nothing is simple. Everything has an inner depth, and Powell feels the same way."

"Michael Jordan wouldn't have been a good basketball player if he had never worked on what is known as the fundamentals," Powell explained.

"The fundamentals we talk about are the fundamentals to hip-hop consciousness." Preach on, brother. Preach on. Truer words were never spoken. ♦

Renowned artist speaks at Trahern

Albuquerque native, Joel Peter Witkin, spoke to students and guests who packed the Trahern Auditorium Monday night.

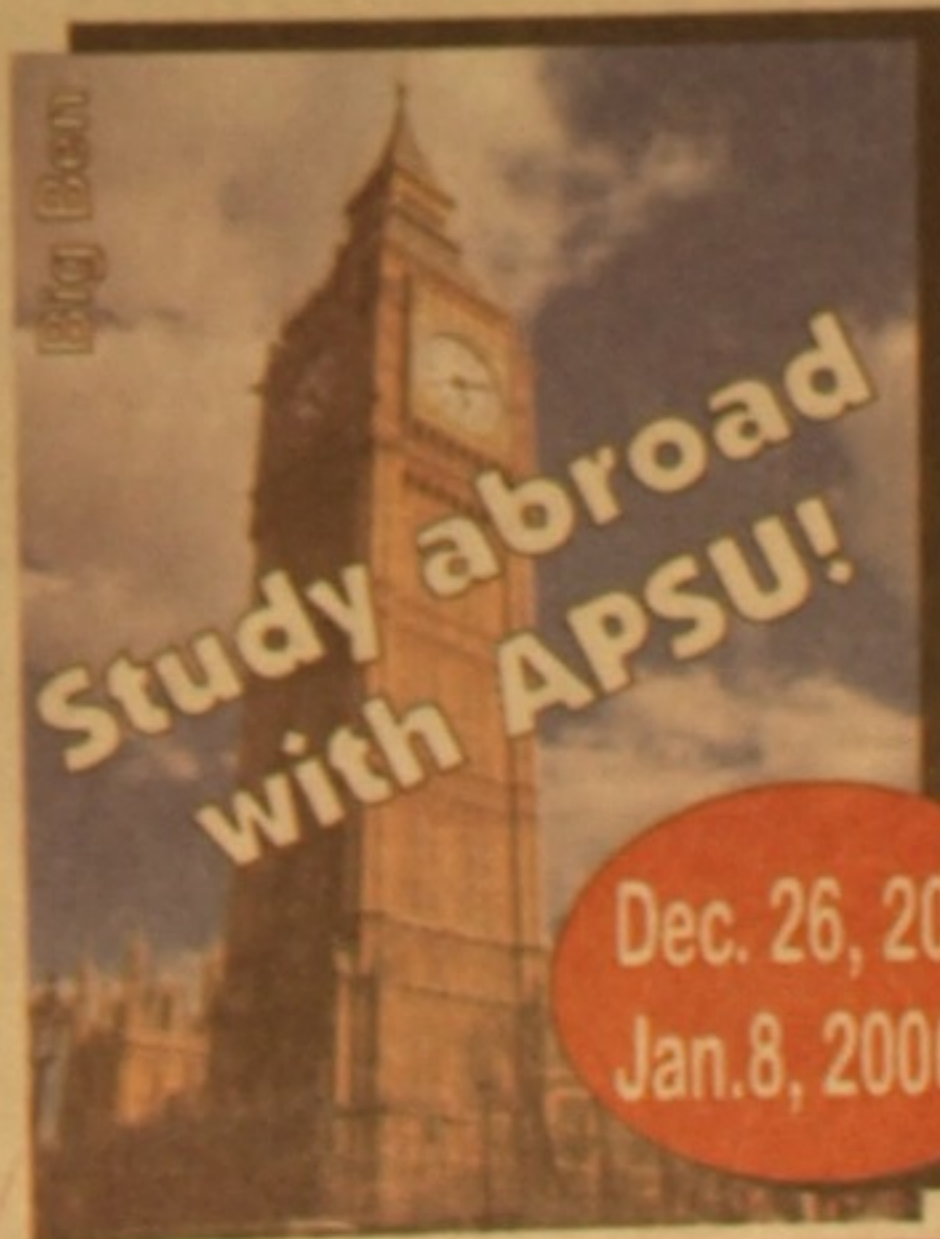
Witkin has received three grants from the National Endowment for the Arts and has shown his work in Europe, America and Asia. His work draws mixed emotions and has stirred some controversy.

Some of his photographs contain images of corpses, limbs and skeletal remains, while others show models with defects or missing limbs. His images are not intended to be grotesque.

"My work is deep and concerned," Witkin said, "I will never demean anybody." ♦



Above: Witkin's 2005 work "First Cast for Milo" Below: 1992 "Cupid and Centaur"



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Stonehenge

El Mes de la Hispanidad

By TINA TARPEY
Guest Writer

La influencia de la cultura hispana es evidente cada vez que va a la tienda local, enciende la radio, cambia sus canales de televisión. Puede ir al pasillo de comida hispana para recoger plátanos, chiles, u otras cocinas básicas. Si, la población hispánica esta creciendo y sigue influyendo la música y la vida nocturna hasta las políticas y la educación. De hecho, la comunidad hispana es la minoría más grande en Los Estados Unidos. Según las estadísticas del departamento de

Salud de Tennessee, hay más de 175,159 hispanos en Tennessee. El Condado de Montgomery es uno de los condados de Tennessee que consta con una fuerte población hispana: 8036. Para celebrar la riqueza de la cultura hispana, el gobierno de Los Estados Unidos ha designado el 15 de septiembre hasta el 15 octubre como el Mes de la Hispanidad. Un mes para celebrar el mejor de la cultura hispana incluyendo salsa, merengue, margaritas, quesadillas y los hispanos. La vida americana puede ganar mucho de la influencia hispana: un cambio de

ritmo con el tiempo hispánico, valores que tienen raíces fuertes en la vida del hogar, atención apasionante en asuntos políticos, sociales, y cualquier asunto que ofrece la posibilidad de debatir y conversar. La Universidad de Austin Peay ha mostrado su apreciación de la población hispana, abriendo el primer centro cultural hispánico dentro de todas las universidades en el estado de Tennessee.

Este centro ofrece un lugar para educar los estudiantes en la cultura hispana, y la historia rica de sus comunidades. +

Hispanic Heritage Month

By TINA TARPEY
Guest Writer

The influence of Hispanic culture is evident in local store, on the radio and even in your cable channel listing. You can stop by the Hispanic Food aisle at WalMart and pick up plátanos, chiles, or other Hispanic cuisine staples. Yes, the Hispanic population is booming and continues to influence everything from music and night life to politics and education. In fact, the Hispanic community is now the largest minority group in the United States. According to statistics from

the Tennessee Department of Health, there are 175,159 documented Hispanics living in Tennessee. Montgomery County is one of the fastest growing Hispanic communities with a population of more than 8,306. As a way of celebrating the richness of the Hispanic culture, the United States government has named Sept. 15 through Oct. 15, Hispanic Heritage Month. A month of celebrating the best of Hispanic culture including salsa, merengue, margaritas, quesadillas and Hispanic people. American life stands to gain much from Hispanic influences, a

change of pace, moving to Spanish time, values that are deeply rooted in the home life, passionate attention to governmental issues, social issues, and any issue that offers the possibility of debate and conversation. Austin Peay State University has shown their appreciation of the growing population of Hispanic students by opening the first Hispanic cultural center in any Tennessee state university. This center offers a place for students to come and learn more about the Hispanic culture, its people, and the rich history of the Hispanic community. +

Studies in Cuernavaca, Mexico

By DORAIDA de LEON-CHAMORRO

On May 15 this year, I went to study in Cuernavaca, Mexico. Many students and myself from Austin Peay State University studied Spanish in the "City of eternal spring". We studied in the Universidad Internacional on Calle San Jeronimo very close to where I was staying. The classes began at eight in the morning and ended at two in the afternoon. Each Monday I had to pick up my schedule of classes that included grammar, literature, and cultural studies. The university is very close to the town's center. After classes, I almost always returned to my house to have lunch, the largest meal of the day. After lunch I took a taxi which cost about 25

pesos. Cuernavaca is an old city founded in the 16th century.

The center is full of restaurants for every occasion and many stores in which you can find gifts for everyone, like silver jewelers. The treasures of Mexico are not in the museum, or the market, or a restaurant, but the soul of the town. If you are interested in learning Spanish and you can't speak fluently, the best way to learn is to practice speaking it. In the 84 days that I was in Mexico, I fell in love with the country, the people, the food, the environment and the pace of life. I didn't want to return to the United States, but when I return, I hope that it will be for more than a few months, it will be for a few years. This summer I had an unforgettable experience. +



CONTRIBUTED PHOTO
Ancient ruins in Mexico are just a few of the sites to be seen while on the trip.

Ruinas antiguos en Mexico son solo unos de los sitios que puede ver mientras el viaje.

Estudia en Cuernavaca, Mexico

By DORAIDA de LEON-CHAMORRO

El 15 de mayo de este año yo fui a estudiar a Cuernavaca México. Muchos estudiantes de Austin Peay y yo estudiamos español en la "Ciudad de la Eterna Primavera". Estudiamos en la Universidad Internacional en la calle San Jerónimo muy cerca de la casa de donde estaba quedándome.

Las clases empezaron a las ocho de la mañana y terminaron a las dos de la tarde. Cada lunes tenía que recoger mi horario de clases que incluían gramática, literatura y estudios culturales. La escuela está localizada muy cerca del centro. Después de clase yo casi siempre regresaba a mi casa para almorzar, la comida mayor del día. Después de almorzar tomaba un taxi que cuesta como 25 pesos. El centro es maravilloso.

Si no fuera por los coches, Cuernavaca es una ciudad antigua construida en el siglo XVI.

El centro está lleno de muchos restaurantes para cada ocasión. Hay muchas tiendas en donde puedes encontrar muchos regalos para todos como joyas de plata. Pero los tesoros de México no se encuentran en un museo o en el mercado o en un restaurante sino en el alma del pueblo. Si estás interesado en aprender español y no lo hablas con soltura, la mejor forma de aprenderlo es hablandolo. En los 84 días que estuve en México, me enamoré del país, la gente, la comida, el ambiente y el ritmo general del día.

No quería regresar a EEUU, pero cuando regrese, ojalá que sea por más de unos meses y sea por unos años. Este verano tuve una experiencia inolvidable. +

El programa a estudiar en España

By GRACE CATHERINE DORRIS and TULIN HARBIN

"Spaniards live in the streets!" No, I am not talking about the homeless. I am talking about hot night clubs, the clack of castanets, the cries of the flamenco dancers, and the taste of Sangria (a traditional Spanish drink) on your tongue—You are in Spain. Spaniards stay out with their children until 10 or 11 p.m. at night. They live for the night life.

Anyone can take a history class, but

how many of us can touch the Roman aqueducts, see Picasso's Guernica, or walk through a 16th century monastery. The school that you will attend in Spain, Estudio Sempere, is an international institution. The people of this country need to start thinking globally and what better place to start than in Spain? I tell you, there is no better place.

Let's talk cost. It only costs \$3,500 to go to Spain through the university's study abroad program. This cost includes tuition fees, books, room and board, laundry and three meals a day,

your round-trip plane ticket, and all costs to excursions, to museums, castles, monasteries, palaces etc. Can you say, "Wow"? The only things that you will pay out of pocket for are metro passes and any shopping or extracurricular activities that you choose to partake of in your spare time.

The university will measure your experience in credit hours. But your heart will find no means of measuring what you will learn and what you will experience. Viva España (Long live Spain). +



CONTRIBUTED PHOTO
The Post Office of Madrid is very impressive. La Oficina de Correos de Madrid es muy impresionante.

Study Abroad Program to Spain

By GRACE CATHERINE DORRIS and TULIN HARBIN

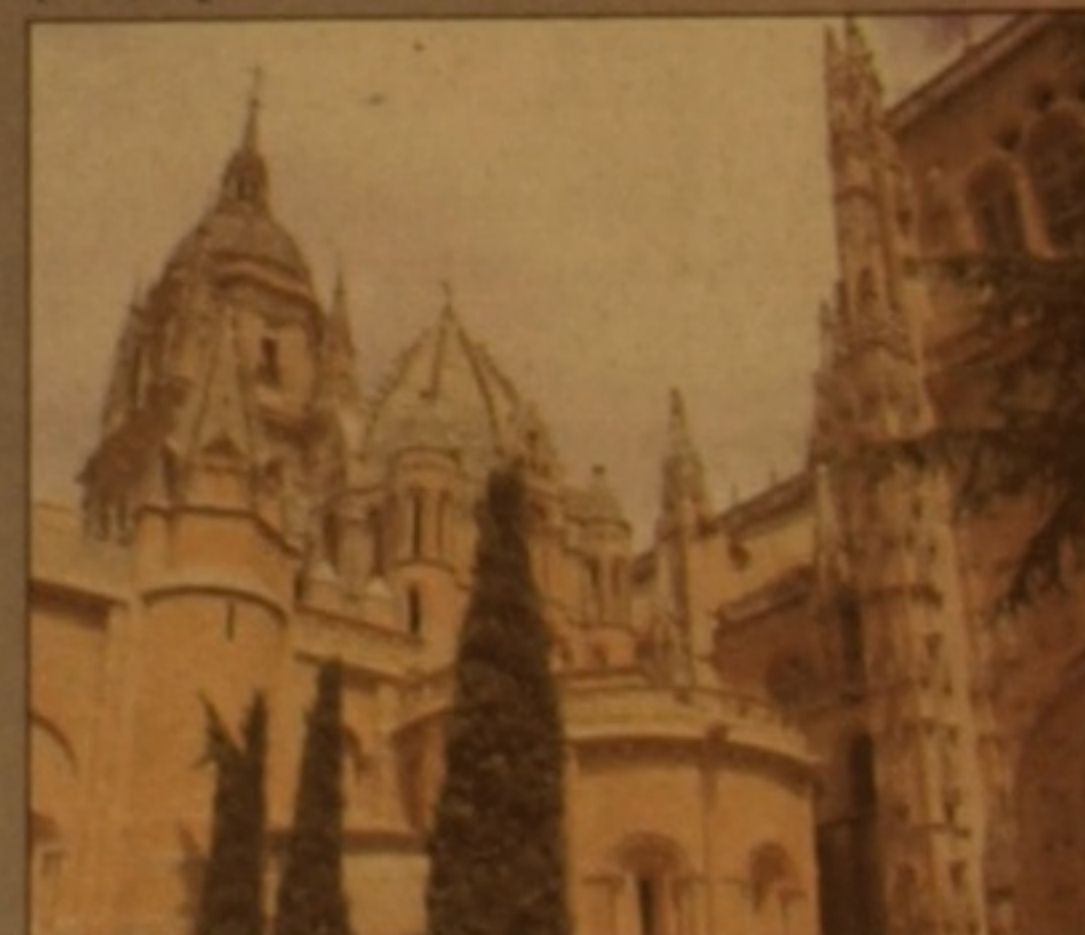
¡Los españoles viven en la calle! No, no es esto porque son pobres. Nos referimos a los clubes de música caliente por la noche, la palmada de las castañuelas, los gritos de los bailarines flamencos, y el sabor de la sangría en la boca (una bebida española tradicional). —Ud. está en España. Los españoles se tiran a la calle con sus niños y el abuelo o la abuela hasta las 10 u 11 de la noche y viven así su vida por la noche.

Ud. puede tomar una clase de historia aquí en Clarksville, pero cuántos de nosotros podemos tocar los acueductos romanos, ver de frente el Guernica de Picasso, o caminar por un monasterio del siglo XVI. La escuela a la que asistirá en España, Estudio Internacional Sempere, es una institución internacional con más de 50 años de experiencia y con cuatro escuelas en España y una en Ecuador. En este país tenemos que empezar a pensar como ciudadanos del mundo. ¿Qué mejor lugar para empezar que viajando a España? Le aseguro que no hay mejor lugar.

Hablemos del precio. Este viaje, que lo incluye todo, el único así en APSU, sólo cuesta \$3,500. Este precio incluye la matrícula (6 créditos), todos los libros, pasaje de ida y vuelta, estancia con una familia española con tres comidas al día y lavado de ropa, 4 excursiones en Madrid, 4 excursiones de fin de semana fuera de Madrid, y seguro médico. Por supuesto que las visitas a los mejores museos del mundo, palacios catedrales y monasterios están incluidas. Se puede decir que este viaje "le llega al

alma". A fin de cuentas dicen los madrileños que "de Madrid al cielo". Las únicas cosas por las que Ud. pagará de su bolsillo son los pases de Metro y cualquier compra que haga (y le aseguro que hay muchísimo que comprar en España), o por las actividades extracurriculares de las que Ud. puede disfrutar en su tiempo de ocio.

Nuestra universidad aquí en Clarksville medirá su éxito en términos de créditos y grados pero su corazón no encontrará medida alguna para lo que aprenderá y lo que experimentará en la madre patria. ¡Viva España!



CONTRIBUTED PHOTO
Tours of spanish cathedrals are included in the cost of the program.

La cuesta del programa incluye visitas de catedrales.

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Pi Nu, local chapter of Sigma Delta Pi, The National Hispanic Honor Society honors Hispanic Heritage Month with its Annual Hispanic Luncheon, October 14, 2005 from 11 a.m. - 2. All students, staff, and faculty are encouraged to join in the celebration which will include free Hispanic cuisine catered by El Toro, live musical performances, and a pinata-breaking finale.
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221-6645

Spotlight on healthy living

College life isn't just about good times and good grades; a proper diet and regular exercise should also be taken into consideration

By TIFFANI CARVER
Guest Writer

Returning to school in the fall is already a stressful and hectic time for many college students, so maintaining a healthy eating and exercise regimen is often the last thing on their minds.

"Yeah, it's very hard to keep up with a healthy lifestyle when school gets started," said Austin Peay State University freshmen Megan Barnett.

"We usually eat fast food three to five times a week." Fast food is something that is very easy and cheap for college students to obtain, therefore making it a target for students to flock towards.

Not all fast food choices can be bad ones, many have recently added healthy alternatives to their menus.

Anne Black, Associate Professor of the Health and Human Performance department at APSU suggests scaling down portion sizes when eating out. "Don't get the big burger, instead get a size smaller and add a side salad to the meal. Also try to substitute carbonated beverages with milk or water."

Black also suggests that students should try to incorporate a good variety of foods into their diets.

"Foods that come from the food categories of fruit, vegetables, meat and dairy and grain are essential for getting the right kind of nutrients."

For people who are concerned with their diet, WebMD.com recommends keeping a food journal for one week to track their normal day to day eating habits.

Analyze what's being consumed and the amount eaten after the week is over.

The health website also advocates making subtle positive changes to ones diet so it will over time become balanced.

WebMD states that the chances of a person contracting diseases is decreased when maintaining healthy eating habits.

Staying away from diet fads and limiting the consumption of altered and processed food is another recommendation from Dr. Black to students.

"Fads come and go and are usually not good for your health on a long term basis."

Eating a good variety of foods and eating them in moderation is what Dr. Black strongly suggests.

Exercise is another affair looked over in a college student's busy schedule. "Every semester I usually take an overload of class hours, so my free time is limited," said Austin Peay senior John Thomas Cecil. Cecil said he tries to fit exercising into his routine five to six times a week.

"I have had to make myself manage my time better though my time is limited. After I workout I usually feel sore but I guess that means that I am doing something right."

"When we do get back into the school routine, we usually try to exercise three times a week for about an hour each session," said Barnett of herself and her friend, Ashley Apple.

"We also cut out from our diet sweets and carbonated beverages and replace them with water."

In the Memorial Health Center on campus there are many recreational activities that students can get involved in.

One of which is PiYo. "PiYo is basically a combination of pilates and yoga," said Lacy Taylor, group fitness instructor for PiYo in the Memorial Health Center.

"Obviously, this is where the name comes from: Pi from Pilates and Yo from Yoga."

PiYo is a combination of relaxing and toning the body's muscles.

The class is an entry level class that is scheduled for Mondays and Thursdays at 5:45 p.m.

Taylor said that exercise is a good way to relieve stress, which is good especially for college students.

"Between thirty and forty-five minutes a day is a healthy amount of exercise for most people," Taylor said.

She suggests breaking up the work out into a combination of half cardio and half weight lifting.

Another point that Black made was to increase simple

physical activity.

"If you are able, walk to class instead of driving there, and make a point to avoid elevators. Use the stairs."

There are many ways for college students to gain or maintain good health. Although challenging at times, over long periods, good eating habits accompanied by physical activity prove to be beneficial towards overall health. ♦



Amy Larson, sophomore, public relations major, sits in a meditational pose. PiYo, a combination of pilates and yoga, is the perfect balance of relaxation and health.

JAROD LEONARD/STAFF

Helpful tips

By REBECCA YEATTS
Staff Writer

Okay boys and girls, it's officially fall and we all know what cooler weather and changing leaves bring us closer to.

No, it's not fall break or midterms. It's the ever-dreaded cold and flu season.

Changing weather and increased stress puts us all at risk for getting sick at some point during the semester. But, in anticipation of this problem, I have compiled a list of practical, mostly common sense things that you can do to avoid being bedridden and living off fluids for a week.

Bypass the junk food. Healthy food equals happy immune system. This should be a given, but I'll say it anyway. Try to maintain a healthy diet, incorporating all of the food groups. What you get out is only as good as what you put in.

Catch your Z's. College students notoriously have the worst sleep habits ever. In order to function properly, the average person needs of 8 hours of sleep. If your body is tired, it's hard for it to fight off even the most minor illness. So stop napping in class and just go to bed.

Reacquaint yourself with Fred Flintstone. Or Wilma. Or Dino. But not Betty Rubble, because they never made one shaped like her. Long story short: take a daily multivitamin to boost your immune system and help fight off those pesky colds.

Dry out. OK, this is pretty basic. If you drink too much, you're likely to be hung-over. In your hung over state, your immune system is down and you are at a greater risk of getting sick. So when you're partying, it's a good idea to quit while you're ahead.

Handwashing is a good thing. This should also be a given, but it bears repeating. Wash your hands. Often. And with antibacterial soap. This is one of the most effective ways of avoiding illnesses like strep and the common cold, neither of which are fun.

Put down the caffeinated beverage and walk away. Caffeine is good - in moderation. But it tends to be a sixth food group on college campuses, so instead of that double latte or Mountain Dew, grab a bottle of water.

You should drink at least eight to ten eight ounces glasses of water a day to keep your body well hydrated and flush out impurities that could lead to illness.

Be allergy aware. Changing seasons means new things blooming, which, for many, means new allergies to fight. This can be just as bad as getting sick, so be aware of what is in the air seasonally. Common fall allergy triggers are ragweed, elm, and mold. So when hay fever hits, be armed and ready with tissues and a good antihistamine.

Stress is not your friend. If you're constantly stressed, you're going to get sick. It's just a fact. Stress lowers your immune system, opening the door for all of those germs and other little ickies to come in and set up shop. Don't let it get to you. Take a deep breath, calm down and remember: you can't always control your environment, but you can control your reaction to it. Relax. Neither is procrastination. Schedule chunks of time to work on a big project and knock out smaller ones as they come along. Now let's face it, you can do every one of the things in this list, and a renegade flu virus or persistent cold may still find out. If this happens, please, for the sake of everyone, adhere to rule number 10. It's usually unwritten, so you didn't hear it from me.

Stay home. If you are sick, do not come to class. Your classmates do not want you to share whatever illness you have contracted.

They will give you copies of the notes, and, even though they may not show it, your professors will appreciate your absence. Stay in bed, drink fluids, take two aspirin and call me in the morning. ♦

Ashton Kutcher and Demi Moore take vows

By JAKE COYLE
Associated Press

Ashton Kutcher and Demi Moore, who reportedly wed Saturday, are the latest epitome of the May-December romance - a classic, gossip-loving match of young and old.

Us Weekly and People magazines reported that Kutcher, 27, and Moore, 42, tied the knot in Beverly Hills, Calif., after dating for two years.

At first, many wondered how Kutcher and Moore fit as a couple and why Bruce Willis, Moore's ex-husband and the father of her three daughters, hadn't punk'd that kid from "That '70s Show."

Although extremely private, the couple offered glimpses of their connection.

Moore said in an interview in the September issue of Harper's Bazaar magazine that Kutcher was her "soul mate."

Willis, meanwhile, has been open about liking Kutcher.

Eventually, it was clear this wasn't an episode of Kutcher's MTV prank show. Instead, it was another story of love conquering age.

The younger man is attracted to an older woman most likely because of her

poise, her social graces, her contacts. She has a polish he hasn't yet acquired," Dr. Joyce Brothers says of the younger man-older woman dynamic.

"She, on the other hand, could be attracted to his promise in their mutual endeavor - in this case Hollywood.

Or his exuberance, his fresh way of looking at the world," Brothers told The Associated Press on Monday.

Brothers added that a woman's sexual peak is at a later age. The May-December match is happening more, she said, because "we're remaining vigorous, active and healthy longer - men and women. The younger person doesn't have to worry about spending long years nursing the older one."

Always a pairing ripe for fiction - the films "Harold and Maude," "The Graduate," "Something's Gotta Give" and "How Stella Got Her Groove Back" are examples - the allure of the older woman is also a Hollywood reality.

Tim Robbins, 12 years younger than his companion, Susan Sarandon, has shown for almost two decades that the power of love (and/or liberalism) is beyond numbers.

Guy Ritchie is 10 years younger than

Madonna; Sheryl Crow is nine years older than her fiance, Lance Armstrong.

Justin Timberlake, 24, and 33-year-old Cameron Diaz have been an item for over a year, while Julianne Moore, 44, is married to Bart Freundlich, 35.

Geena Davis, television's new "Commander-in-Chief," is married to 34-year-old Dr. Reza Jarrahy, who is 15 years younger.

Ralph Fiennes, 42, has dated Francesca Annis, 61, for years.

Elizabeth Taylor is 20 years older than her last ex-husband, Larry Fortensky. Cher's former boyfriend Rob Camilletti was 23 when she was 40.

And Mary Tyler Moore's husband, Dr. Robert Levine, is 18 years younger.

When comedian-singer Martha Raye married her seventh husband, Mark Harris, in 1991, she was 75 and he was 42.

Older men who have married younger women include Woody Allen (35 years older than Soon-Yi), Clint Eastwood (25 years older than Dina), Michael Douglas (25 years older than Catherine Zeta-Jones) and Jerry Seinfeld (18 years older than Jessica). ♦



Actors Ashton Kutcher, 27, and Demi Moore, 42, got married at a private home Saturday.

AP PHOTO/CHRIS PIZZELLO

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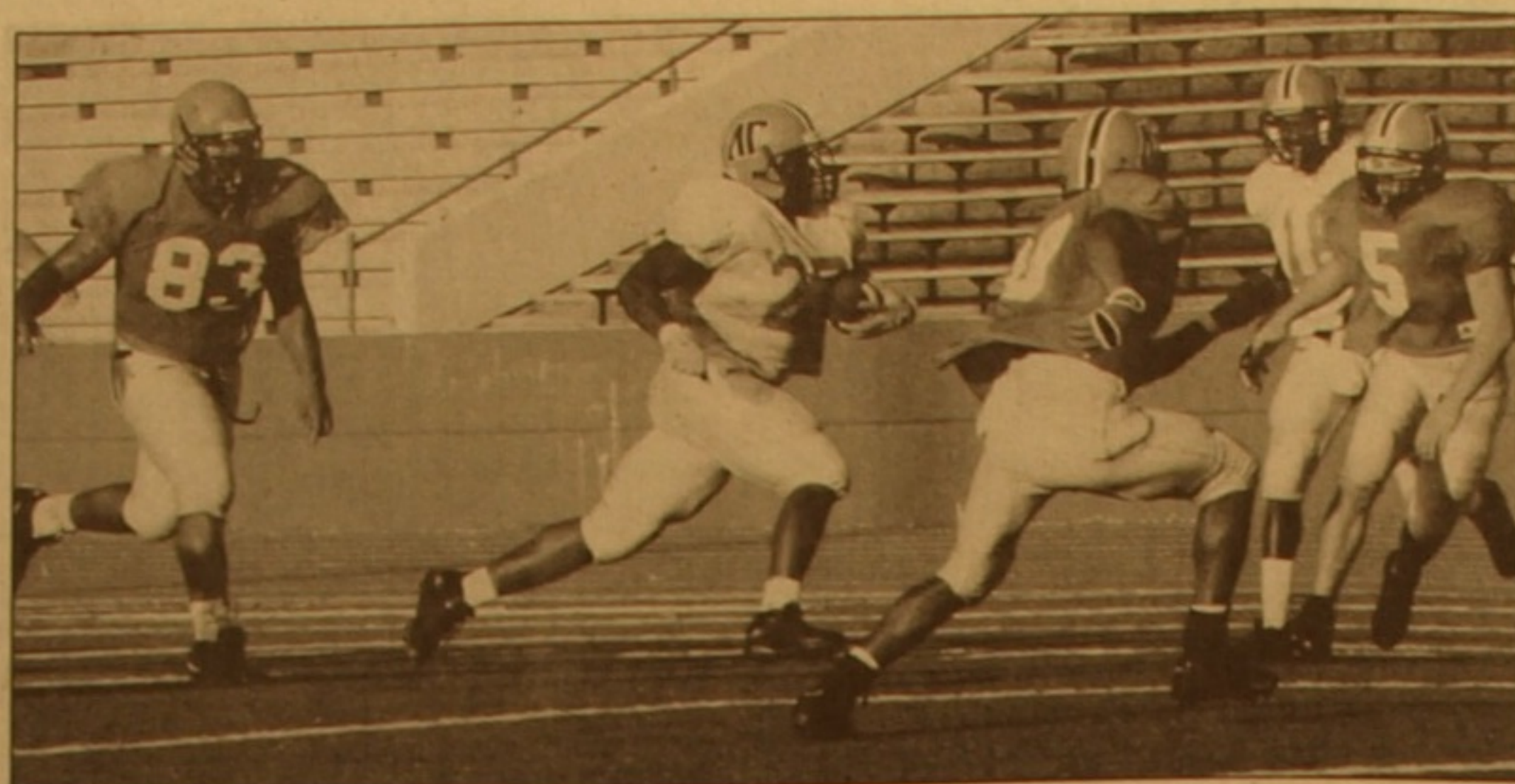
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STAND & DELIVER

7-10PM

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Same song, different verse



Govs football falls to Drake, a 'little bit louder, little bit worse' in 54-0 loss

By MICHAEL YOUNG
Assistant Sports Editor

After last week's devastating 46-0 loss to top-ranked 1-AA opponent Dayton, the Austin Peay State University football team probably did not think things could get any worse. But, for the second straight week, the Governors suffered a crushing loss to a Pioneer Football League North member as they fell to the Drake Bulldogs, 54-0, last Saturday.

The Bulldogs' defense held the Governors to just 113 total offensive yards while the Bulldogs' offense, led by sophomore running back Scott Phaydavong's 111 rushing yards, racked up 587 yards with 323 of them coming through the air.

"They threw the ball well on us," APSU head coach Carroll McCray said. "We loaded up to try and stop their tailback, and their quarterbacks and tight ends played real well. They proved to be very well balanced with their offense. Their quarterback

complemented their great running game, and credit goes to them for doing a really good job of being balanced."

APSU's running backs Chris Fletcher and Quea Williams were held to a combined 57 rushing yards on 17 carries. The Govs' offensive struggles also affected the passing game as senior quarterback Jesse Kellogg connected on 7-of-17 for 21 yards with two interceptions.

The Bulldogs took control of the game early when freshman defensive back Jordan Bontrager returned a Bradley Wilson punt 60 yards to take an early 6-0 lead.

"We had a breakdown early when they ran the punt back for a touchdown," said McCray. "That early you are looking for anything positive, and it doesn't take long for the wind to go out of the sails. That hit us pretty good."

Drake, who scored on five of their seven possessions in the first half, added

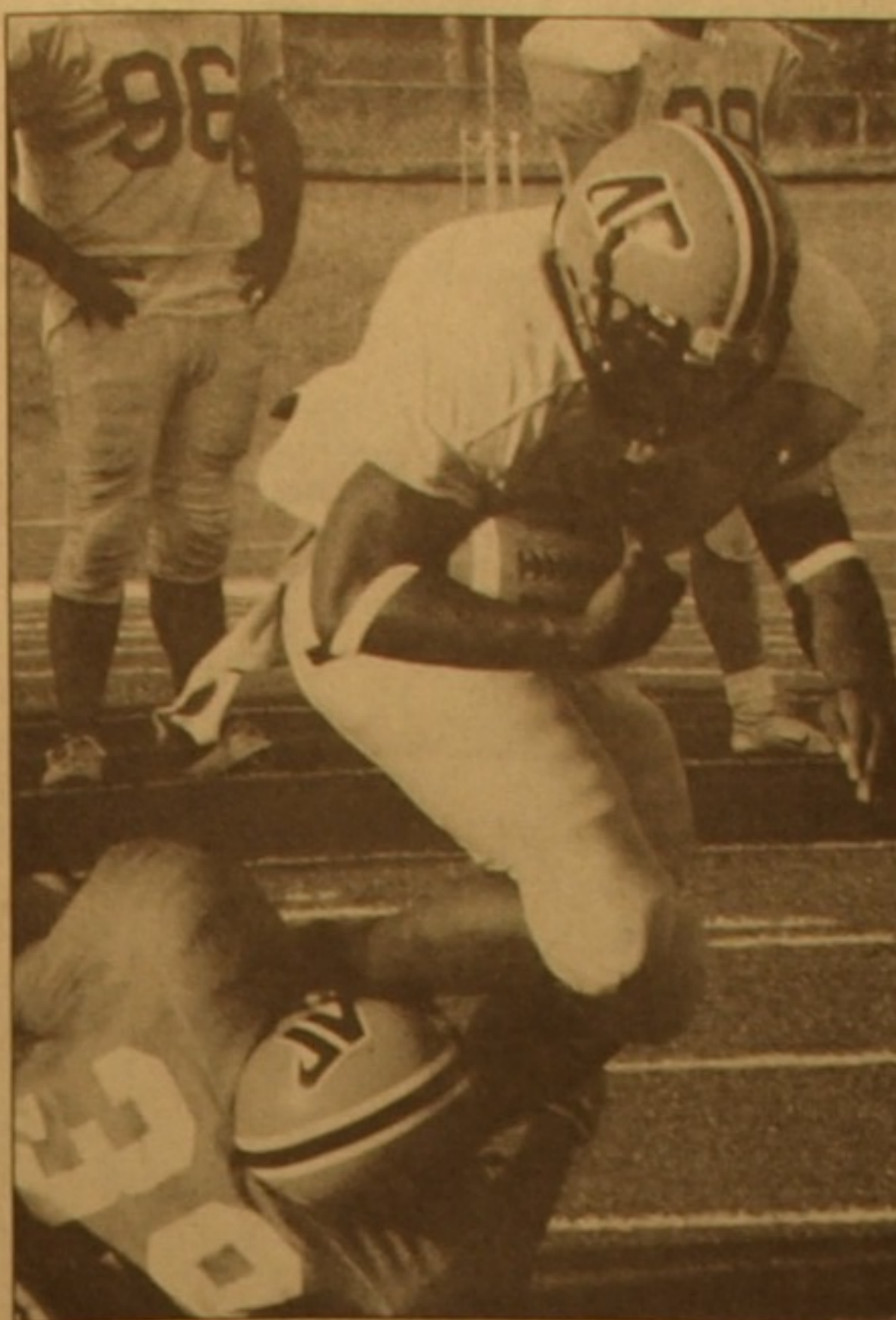
three touchdown passes from senior quarterback Connor Jostes and one rushing touchdown from sophomore running back Scott Phaydavong to take a comfortable 34-point lead into halftime.

The second half proved to be just as disheartening for the Govs as the Bulldogs drove 82 yards on nine plays during their opening drive of the third quarter to extend their lead to 41. The Bulldogs added two more scores in the fourth quarter with runs of 16 and 28 yards by running backs DeCarlos Love and Poul Collins, respectively, to round out the Bulldogs' scoring.

The loss marked the second straight week for the Governors to be shutout by a PFL North opponent while also allowing over 500 total offensive yards. "Anytime you give up a lot of points

defensively, it is cause for concern," McCray said, "but I think all of it goes hand-in-hand. Offensively we have got to keep the ball and score, and the defense has to stop the opposing team. The kicking game has to help you out with field position also. We have concerns in all three phases that need to be fixed."

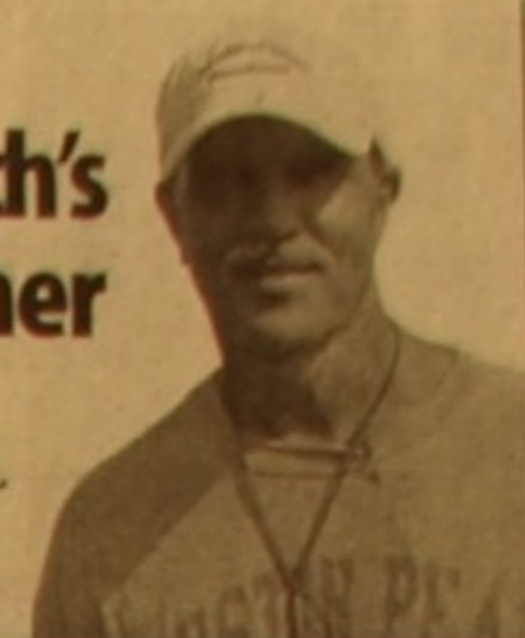
APSU drops to 1-3 overall, with a 0-3 record on the road, while Drake improves to 2-2. The Governors will defend their home field this Saturday in a 1:00 p.m. match-up with the Valparaiso Crusaders. ♦



MICHAEL YOUNG/ASSISTANT SPORTS EDITOR
APSU running backs Quea Williams, left, and Chris Fletcher, right, attempt to revive the running game during practice. The Govs' running back tandem was contained for a combined 98 yards on 48 carries during APSU's past two losses.

Coach's Corner

By CARROLL MCCRAY



Govs football defends home against Valpo

We are very excited to be playing at home this week, and I am sure that Valpo is also very excited. They probably expect to come here and pull out a win. Both of our teams have high expectations going in, so it is going to be a good contest.

Valpo has lost three straight games since their season opener, and all three have been severe losses. Our team is looking forward to coming home off the road and playing back in Governors Stadium in front of a friendly crowd.

We are definitely looking hard at our personnel this week to make sure we have the right players on the field. I am hoping that everybody can stay healthy and practice all week despite the big infection situation that has been around campus. We have not had everyone practice all week for about three weeks, and that's hurt us because we are a team that needs to practice each and every day.

We will have some extra time this week because on Thursday we won't have to pack up and leave. We can get some solid work done before our game on Saturday.

Valpo is a team that likes to throw the pass. Their offensive coordinator became their head coach in July, and he likes to try and spread out opposing defenses with two, one and even no-back sets. They have a strong set of receivers, but there is one big, strong guy that the quarterback tries to throw the ball to a lot.

They also have a good running back and a solid running game. Valpo will be a team that will run the ball when they have to, but they will really try to attack us with the passing game and exploit some of the weaknesses that Dayton and Drake exposed in our defense the past two weeks.

Offensively, we need to try and get some things done with our running game so we can spread the ball around the field.

Recently, teams have really stopped our running game and forced us to throw the ball. Valpo will try the same strategy because we haven't done anything to counteract it yet.

It is really going to be up to our coaches to have a good plan going in and up to our players to step up and make plays. ♦

Austin Peay Player Profile

By MICHAEL KELLUM
Staff Writer

Monica Storey came to Austin Peay State University not really knowing what to expect but has found success in her favorite pastime: golf.

Storey, a freshman, has the Lady Govs' lowest score this season with a 78; she tied for 16th place in the Lady Herd Fall Classic and finished in a tie for 20th at last weekend's Eastern Kentucky's Colonel Classic.

Storey is averaging an 82 on the season, and she is looking to continue to play well and improve.

"I chose APSU because it was a good school for my major, and they offered me a scholarship," Storey said.

Head golf coach Sarah Burkhead said the thing she really likes about Storey is her dedication to the game.

"She is willing to learn, anxious to

improve and is a really good student."

At Lincoln County High School, Storey won the Horizon Award as a freshman. Most Improved as a sophomore and she also was named her team's Most Valuable Player during her junior year. Storey said there was a big transition from playing in high school to coming to APSU.

"We practice a lot more here than in high school," Storey said. "In high school, we practiced twice a week. Here we practice four hours a day including workouts, and we do everything as a team."

Storey looks to improve more and more as the season continues. Her goal for the rest of the season is to place lower each tournament.

"I really would like to gain distance on my iron and help our team by getting my score lower," she said. "I just want to help out our team anyway that I can." ♦



THOMAS VAN HOOSER/STAFF
Freshman Monica Storey shows off a tiger head cover that she has sported since her years in middle school. Storey showed much potential when she fired a team low 78 in her 16th place finish at the Lady Herd Classic earlier this season.

Vital Stats

Name: Monica Storey
Class: Freshman
Major: Business
Hometown: Fayetteville, Tenn.
Favorite Place to Eat: Shogun Japanese Restaurant
Sports Idol: Tiger Woods

How do you get pumped up for the match? "I hit balls and just think about how good it is to succeed."

What is your favorite place to take someone on a date? "I like to go play paintball, eat and go dancing."

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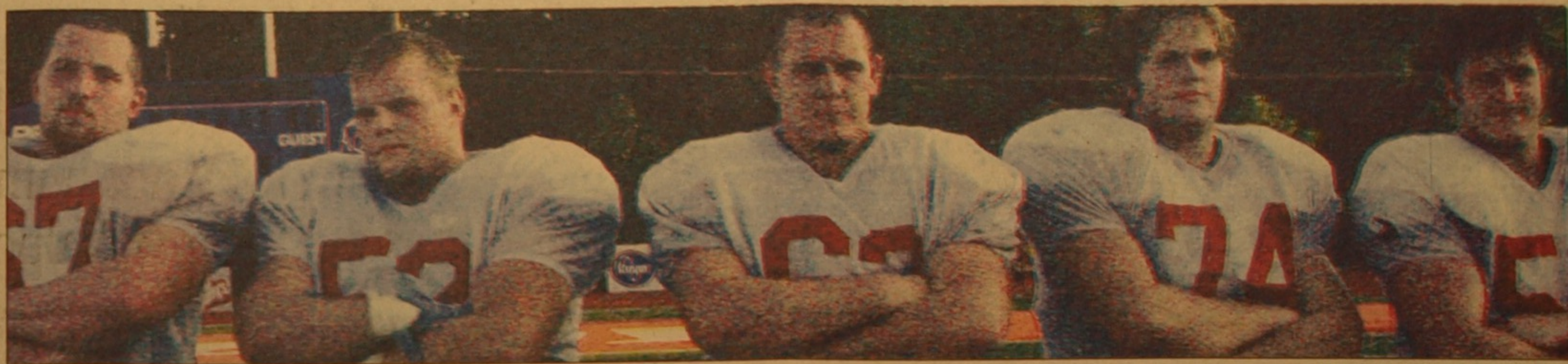


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Linemen play whole different ballgame



Pictured from left to right is tackle Jeremy Bentley, guard Matt Lawson, center Wes Proctor, guard Duncan Williams and tackle Brandon Hufstetler who make up APSU's starting offensive line. The offensive line opens up running lanes and provides the initial push for APSU's running backs who have racked up 613 rushing yards so far this season.

MICHAEL YOUNG/ASSISTANT SPORTS EDITOR

Large players get no glory, but they're all guts

By MICHAEL YOUNG
Assistant Sports Editor

A loud, reverberating clap signals for the huddle to break. Each player makes his way to his position as the quarterback begins to call out the cadence. The offensive line follows with signals of their own as they adjust the blocking scheme according to the defense.

Once the ball snaps, however, the identities of the 'men up front' are lost in the midst of quarterbacks, running backs and receivers, and life is no longer so picturesque.

The roar of the crowd becomes faint to the sound of clashing helmets and the grunts of lineman knocking defenders from their paths. Time almost seems to stand still for seconds on end as each lineman pounds away at their blocks until the shrill of an official's whistle blows the play dead. From there, each lineman returns to the huddle only to come out again and attack their opponents play after play.

"It's a whole lot different for us," senior center Wes Proctor said. "We are in the trenches. We are hitting and going at it every play with somebody in front of us. The hard work, I think, is in the middle. I don't mind giving credit to the running backs because they reflect off of us and we reflect off of them."

Offensive linemen, historically, are the largest players on a football team no matter what level of competition comes under

"It's a whole lot different for us. We are in the trenches...hitting and going at it every play with somebody in front of us,"

— Wes Proctor, APSU center

question.

This statement holds true for the Austin Peay State University football team as the Governors' five starting linemen, which consists of center Wes Proctor, guards Matt Lawson and Duncan Williams and tackles Jeremy Bentley and Brandon Hufstetler, combine for an average height of 6'2" and a total of 1,439 lbs. (287-pound average).

As the largest players, however, offensive linemen also have the largest responsibility on the field.

"We are involved in every play," guard Matt Lawson said. "It all starts and ends with the line. Our backs' confidence builds off of ours so the better we do, the better they will do."

Many offensive linemen only become known during their career by the amount of penalties thrown on their behalf. To most fans, the constant barrage of yellow flags

serve as the only measure of success for an offensive lineman.

"Every single play there is a hold," Lawson said. "If they beat us to the side and we are supposed to be pushing the other way, then we are going to get called for pulling on their jerseys because we are not going to get beat like that. A good offensive lineman will not get beat like that."

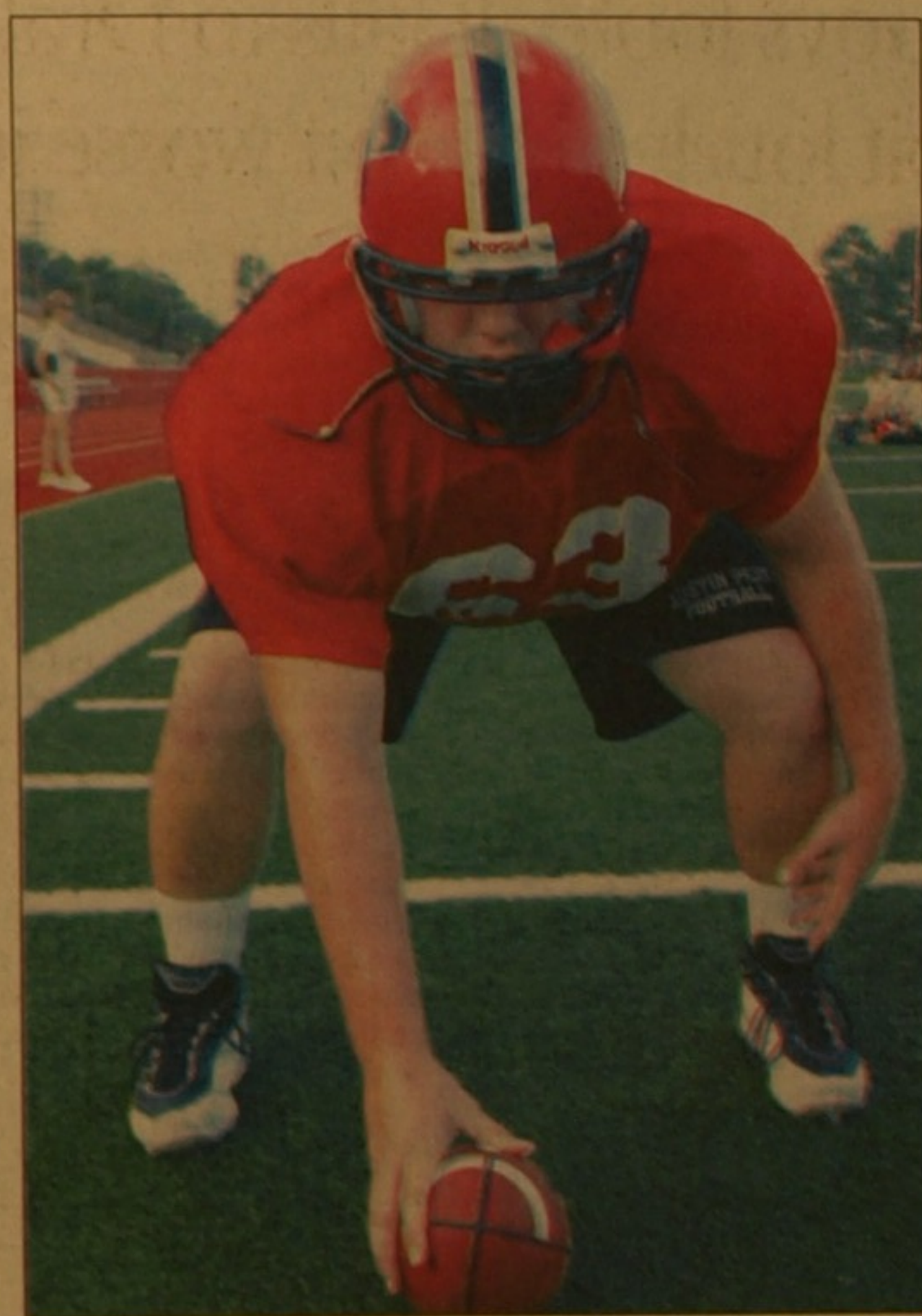
The offensive linemen, however, are not the only linemen that bend the rules from time-to-time. Whenever they are unsuccessful in penetrating the block, defensive linemen will sometimes take out their aggression on their designated blocker.

"There are a lot of cheap shots depending on how good the athletes are," sophomore tackle Brandon Hufstetler said. "If you are just dominating a defensive end the whole game, then he will start trying to get some cheap shots in like hitting you in the ribs."

"A lot of the guys will try and get their hands inside your facemask," added sophomore guard Duncan Williams.

Offensive linemen are players that, despite strenuous conditions, fight for every inch on and off the field. Despite being some of the most humble players on a football team, offensive linemen continue to pound one another during entire practices and games.

Many linemen will continue to do so just to earn the right to call themselves a member of the "starting five." ♦



JARED LEONARD/STAFF

Senior center Wes Proctor lines up in game position during one of APSU's practices earlier this week. Proctor was named a Preseason Mid-Major All-American and is currently APSU's only senior on the offensive line.

Cross country runs out of gas during meet

By ASHLEY SCHILLING
Staff Writer

Although it was a rough day for the Austin Peay State University cross country team, a few of the runners ran out to the intramural field for a round of Frisbee in the dark.

Earlier in the day last Saturday, the cross country team had traveled to Louisville, Kentucky where both the men's and women's teams competed in the Greater Louisville Invitational. Neither team finished in the top 20, yet the Gobs didn't let that stop them from getting ready for next week's meet at Memphis.

"We ran really bad Saturday, and I guess playing Frisbee just took it off our minds," freshman Matt Rowe said. "It was a pretty

rough day all together, and we were just trying to relax."

Out of 35 men's teams competing in Louisville, the Gobs finished 25th while the women finished 27th out of their 32-team competition.

The fastest runners on each of APSU's teams were freshmen once again, as Ryme Sexton and Jamie Babb topped the APSU's efforts by placing 69th and 142nd respectively. Sexton's time was 26:10.79, while Babb finished with a 20:41.57 performance.

Throughout the men's eight-kilometer race, five of their seven players scored, helping the Gobs place in front of such teams as Taylor University and Ohio Wesleyan University. The men racked up a total time of

"We are all going back to the drawing board...to have a tough week of practice,"

— Doug Molnar, head coach

2:16:17.23, which was barely behind Shawnee State University.

Other top runners for the men's team were freshman Tim Hall (78th, 26:18.49), sophomore Josh Yeckering (169th, 27:26.45), freshman Antonio Diaz (208th, 28:02.43) and sophomore Matt Rowe (222nd, 28:19.07).

"I think our performance was a combination of two things," head coach Doug Molnar said. "I think one was we went in a little too confident. We ran at a decent pace, and there were still 40 or 50 guys in front of us so we panicked a little bit. But that's just a matter of experience."

The women's team finished 27th in the five-kilometer race, right in front of Marian College and Cornerstone University.

The Lady Gobs posted a total time of 1:45:52.08 and once again had freshmen taking the lead. Behind Babb came freshmen runners Anna Clair Raines (142nd, 20:41.57) and Melissa Nobbs (160th, 21:11.22).

Other great finishes for the Lady Gobs went to juniors Mary

Honea (196th, 21:49.98) and her sister Denise Honea (203rd, 22:03.74).

Although the Gobs and Lady Gobs have a lot of work to accomplish before next week's meet, they will compete in the Rhodes Cross Country Invitational in Memphis with full force.

Last time the teams traveled to Memphis, the men finished ninth out of 11 teams while the Lady Gobs finished 12th out of the 20 competing teams.

"Well we are going back to the drawing board this week and we are going to have a tough week of practice," Molnar said. "We laid off a little bit last week. So this week we're going to go back and we'll get after it again." ♦

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Eyes on Michelle Wie as she prepares to turn professional

By DOUG FERGUSON
Associated Press

As a 13-year-old still wearing a retainer, she was warming up on the practice range for a junior pro-am at the Sony Open in Honolulu. When she pulled out her driver, five PGA Tour players on both sides of her stopped to watch her launch tee shots that approached the 300-yard marker.

Last year in Portugal, where Wie received the Laureus World Newcomer of the Year award, she walked into the banquet room filled with celebrities that included as Michael Douglas, Morgan Freeman and Placido Domingo.

"Everyone in the room stopped what they were doing and watched her go to her table," said Greg Nared, a Nike business manager who has been tracking Wie the last two years. "That told me a lot."

The 15-year-old from Hawaii who commands so much attention is on the verge of commanding top money. Wie is about to turn pro, and endorsements estimated to be worth as much as \$10 million a year await.

Two sources close to Wie, speaking on condition of anonymity because she is still an amateur, said the announcement will not be made until endorsement deals are signed.

That could be done before the Samsung World Championship,



LAURA RAUCH/ASSOCIATED PRESS

Michelle Wie, of Hawaii, watches her tee shot on the 11th hole during a practice round for the US Women's Open at Cherry Hills Country Club in Denver on in this June 22, 2005 photo.

which starts Oct. 13, two days after her 16th birthday. It will be the eighth and final LPGA Tour event Wie plays this year.

"There is nothing to say until everything is completed," her father, B.J. Wie, said Wednesday.

He added that "we are getting close," but said her decision to turn pro would not be related to Samsung.

"It doesn't have to be associated with a tournament she would play," the father said. "There is no target date we have to meet."

When it happens, she will be the highest-paid female golfer in the world.

One deal that is nearing

completion is with Nike, which is no surprise. Wie has been playing its irons and golf ball the last two years, and often wears the swoosh on her clothing. A source with knowledge of the negotiations said the deal could be worth anywhere from \$4 million to \$5 million a year.

She also is working on a deal with an Asian-based electronics company that could be worth about \$3 million a year. Golf World magazine reported another possible endorsement with an airline company.

Annika Sorenstam, the best player in women's golf, makes about \$7 million a year in

endorsements. No other female golfer is remotely close.

"Did I hear she might make \$10 million a year?" David Toms said Wednesday. "I'd like to get half that much. And I've won a tournament."

Early projections were that Wie could command up to \$20 million a year in endorsements, and her potential earnings could surpass that. But the family is starting slowly and conservatively, in part because Wie still has two years left before she graduates Punahou School in Honolulu.

"If I was handling the strategy, it would be a five- to eight-year strategy," said Steve Lauetta, who

ran Miller Brewing's sports marketing for 10 years and now is president of Omnicom's Radiate Sports Group. "Maybe you do one or two now, and 24 months down the road, you add another one or two. Not only are there commitments with school, but she's so young. You're interacting with corporate CEOs, older persons."

In golf, her plans took root in January, as Wie was getting ready to play in the Sony Open for the second straight year. Her father spoke that day of her becoming a global golfer, with a base on the LPGA Tour, but also taking her game to Europe and Asia to play against men and women.

As popular as she is in the United States — record crowds at the John Deere Classic, where she nearly made the cut, and spiked attendance on the LPGA Tour — Wie might be an even bigger draw in Asia.

She was born in Hawaii and has a Korean heritage, and she has spoken Japanese to Shigeki Maruyama while paired with him at a pro-am in the Mercedes Championships at Kapalua. And if the novelty of a 15-year-old girl who hits it a mile is starting to wear off in the United States, that isn't the case overseas.

"I went to her interview before the Women's British Open, and I couldn't believe how full the room was. The buzz for Michelle was amazing." ♦

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SPORTS SCHEDULE AT A GLANCE

Friday

Soccer at Southeast Missouri 7 p.m., Cape Girardeau, Mo.

Volleyball at Murray State 7 p.m., Murray, Ky.

Saturday

Cross Country at Rhodes Cross Country Invitational, Memphis, Tenn.

Football vs. Valparaiso 1 p.m., Clarksville, Tenn.

Volleyball at Tennessee-Martin 2 p.m., Martin, Tenn.

Women's Golf at Great Smokies Championship, Waynesville, N.C.

Sunday

Soccer vs. Eastern Illinois 1 p.m., Charleston, Ill.

Women's Rifle at Lady Goves Invitational, Clarksville, Tenn.

Women's Golf at Great Smokies Championship, Waynesville, N.C.

Next Week

Oct. 7 Soccer at Tennessee Tech 3 p.m., Cookeville, Tenn.

Oct. 7 Volleyball vs. Jacksonville State 7 p.m., Clarksville, Tenn.

Volleyball splits in conference-opening weekend

By BRIANNA VENABLE
Staff Writer

In their first weekend of conference play, the Austin Peay State University volleyball team split matches with Samford and Jacksonville State.

The Lady Goves won their first match against Samford, 3-0, improving their record to 4-7 overall and 1-0 in the Ohio Valley Conference. The match started off close, as the Lady Bulldogs forced six ties and two lead changes. The Lady Bulldogs were able to get within three points late in the first game, but the Lady Goves held them off, and Samford made back-to-back errors to end the game, 30-26.

In the second game, the Lady Goves came out in full force and easily built a 20-11 lead. After the Lady Bulldogs scored five more points to make it 21-16, the Lady Goves were able to shut



ALEXANDER

But the Lady Goves fought it out and won the game 30-28, sealing the victory.

"We played very well," head coach Corey Carlin said. "We came out with good energy, good focus and established a good rhythm and offensive consistency early."

In the match, APSU hit .333, a season best, and recorded 51 kills. Sophomore Kamaria Alexander recorded a double-double with 10 kills and 12 digs, while Junior Ashley

Genslak led the offense with 11 kills, posting a .316 attack percentage. Also sparking the offense were junior Laura Wussow with nine kills and freshman Allison Leonhard with seven.

The second day of conference play didn't prove as successful, as the Lady Goves fell to Jacksonville State, 3-0. Although the match was a shutout, the Lady Goves made it close, with 24 ties and 11 lead changes.

"It was a challenging match," Carlin said. "Jacksonville State has a very strong team, returning all of their starters from last season."

The Gamecocks, who were ranked second in the OVC pre-season poll, started the first game by winning five of the first seven points. But the Lady Goves countered and took a three-point lead at 12-9. The Gamecocks regrouped during a timeout and

halted the Lady Goves' momentum by scoring 21 of the last 27 points of the game to win game one, 30-18.

The second game was similar to the first, as the two teams stayed close during the first part of the game. But once the Gamecocks took the lead at 11-10, APSU could only muster 10 more points as they lost the second game, 30-20.

The Lady Goves would not give up so easily. They fought hard in game three, only allowing Jacksonville State to take a five-point lead at 20-15. APSU was able to come back and close the gap at 29-27, but it was too little, too late, as a Jacksonville State kill won the game, 30-27, and the match.

"We knew that it was going to be a challenging match; we tied with them for third place last year in the OVC," Carlin said. "They just played with

better consistency, which ended up being the difference."

Despite the loss, the Lady Goves' offense performed well and recorded 42 kills and a .214 attack percentage. But this wasn't enough to counter the Gamecock's 57 kills and .356 attack percentage.

Senior Amber Stein and junior Laura Wussow led the APSU's offense with 10 kills each, and sophomore Kristen Kirch led the defense with 13 digs.

The Lady Goves will return to OVC action this weekend. They will continue their string of road games as they play Murray State, 7 p.m., Friday, and UT-Martin, 2 p.m., Saturday.

APSU will return to the friendly confines of the Dunn Center when the team again plays Jacksonville State and Samford, Oct. 7 and 8, respectively. ♦

Soccer begins OVC season with best-ever, 2-0 start

By MICHAEL KELLUM
Staff Writer

Austin Peay State University Lady Goves soccer team is undefeated early in Ohio Valley Conference play. The team won Friday night against Murray State, 3-1, and again Sunday afternoon, 2-1, against UT-Martin.

Going into the weekend, the Lady Goves were looking for their first win at the new Lady Goves Soccer Park, and now the team has two wins at home under its belt.

Friday night, the Lady Goves came out striking fast and hard. Junior Erica Dengler picked up a rebound and put it past the Murray State goaltender in the first 27 seconds. Only seven seconds later Adonia Bivins intercepted a goal kick and lobbed it to freshmen Ashley Beck, who scored, making it a 2-0 ballgame.

Head coach Kelley Guth said the team has not been used to scoring that early and needed to gain some experience.

"We haven't been in that situation yet this season, and soon we started to get comfortable," Guth said. "We let Murray stay in the game and play with us."

The Lady Racers came back and scored with 47 seconds left in the first half, making it 2-1. APSU finally pulled away in the 86th minute when Dengler, who took a pass from Kaylee Yago, scored once again.

Guth said those final few minutes was scary for her.

"The 85th to the 90th minute in a close game is the hardest part, but we got our insurance goal," Guth said.

After her first goal Dengler said she was on the prowl for an opportunity to score another one, which would secure a win for her team.

"I was definitely looking to score again, and was doing whatever I could to try to make sure our team won," Dengler said.

APSU out-shot Murray State, 24-12, with 12 shots-on-goal.

Unlike the Murray State match-up, the Lady Goves game Sunday afternoon against UT-Martin was not decided until two overtimes later. Neither team scored in the first half, but in the second half the Hawks came out with all kinds of shots trying to



THOMAS VAN HOOSER/STAFF

Junior forward Heather Miller celebrates an APSU goal against OVC-rival University of Tennessee-Martin this past Sunday. The Lady Goves went on to win their second straight OVC match against the Skyhawks 1-0 in two overtimes.

score. Senior goaltender Sarah Broadbent, who had 11 saves, did all she could, but Martin's Paula Sanematsu found space and scored with less than ten minutes remaining in the match. With the game looking all but over, the Lady Goves rallied and managed to score off a goal by Beck with only 19 seconds left, forcing overtime.

In the first overtime the teams remained even with neither team scoring. Finally in the 101st minute of the second overtime, junior

Heather Miller placed a header in the back of the net off a corner kick from sophomore Jessica Hosse to secure the win.

Guth said the team was very fortunate to get the win.

"UT-Martin pretty much beat us the whole 90 minutes," Guth said. "After we scored with 19 seconds left, we knew we had a chance. It was a whole new game."

Beck led the Lady Goves' offensive attack with two of her three shots on goal. The Lady

Hawks out-shot the Lady Goves, 26-14, including a 12-3 shots-on-goal advantage.

With each win, the Lady Goves are getting closer to their goal of winning the conference.

"We are playing better every game and are using this as a building block to the OVC tournament," Guth said.

With the weekend wins, the Lady Goves are 2-0 in conference play and 5-4 overall. The conference record also marks the best start in the program's history. ♦

Goves not even close to being worst NCAA mascot

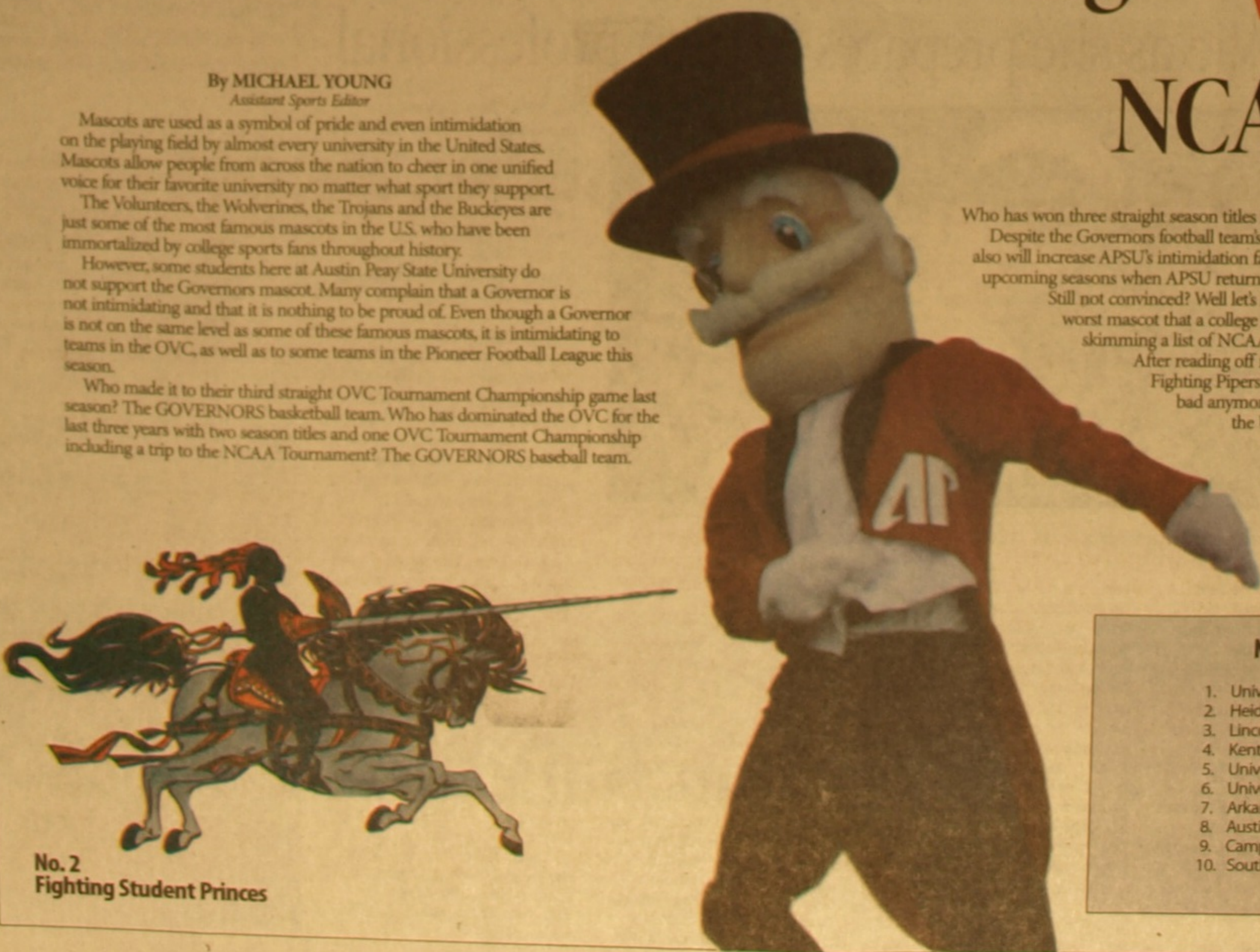
By MICHAEL YOUNG
Assistant Sports Editor

Mascots are used as a symbol of pride and even intimidation on the playing field by almost every university in the United States. Mascots allow people from across the nation to cheer in one unified voice for their favorite university no matter what sport they support.

The Volunteers, the Wolverines, the Trojans and the Buckeyes are just some of the most famous mascots in the U.S. who have been immortalized by college sports fans throughout history.

However, some students here at Austin Peay State University do not support the Governors mascot. Many complain that a Governor is not intimidating and that it is nothing to be proud of. Even though a Governor is not on the same level as some of these famous mascots, it is intimidating to teams in the OVC, as well as to some teams in the Pioneer Football League this season.

Who made it to their third straight OVC Tournament Championship game last season? The GOVERNORS basketball team. Who has dominated the OVC for the last three years with two season titles and one OVC Tournament Championship including a trip to the NCAA Tournament? The GOVERNORS baseball team.



No. 2 Fighting Student Princes

Who has won three straight season titles in the OVC? The GOVERNORS golf team.

Despite the Governors football team's recent struggles, a stronger fielded team this year also will increase APSU's intimidation factor not only this season in the PFL but also for upcoming seasons when APSU returns to the OVC.

Still not convinced? Well let's look at this from a different angle. Is a Governor the worst mascot that a college athletics program could have? After carefully skimming a list of NCAA teams, the answer is definitely not.

After reading off mascots such as the Quakers, the Pequots, the Fighting Pipers and the Anteaters, a Governor really doesn't look so bad anymore. In fact, it moved even farther up on the list when the University of California, Santa Cruz's mascot, the

Banana Slugs, scrolled across the computer screen.

So sports fans, when you refuse to shout, "Let's Go Goves!" at the next sporting event, just remember that you could be like many students across the nation whose mascot only inspires laughter from opposing teams. A Governor might not be too intimidating or famous, but it could be a lot worse. ♦

NCAA Top-10 Worst Mascots

1. University of California, Santa Cruz Banana Slugs
2. Heidelberg College Fighting Student Princes
3. Lincoln Memorial University Railsplitters
4. Kent State University Golden Flashes
5. University of Delaware Fighting Blue Hens
6. University of Hawaii, Manoa Rainbow Warriors
7. Arkansas Tech Wonder Boys
8. Austin College Kangaroos
9. Campbell University Fighting Camels
10. Southern Arkansas University Muleriders