Chess game becomes 'larger than life' art.

rins and guest speakers. Stu-

ttp://www.apsu.edu/ geoclub.

dorms will be Tuesday, Nov.

. The next meeting of the

aurel Wreath Honor Society is

· The induction ceremony has

een changed to Thursday, Nov.

The Student Government

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· SA 013 is an act to assist the

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· SA 014 is an act to assist the

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utors are wanted for High

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Jean Murphy, Austin Peay

ward Bound Coordinator, at

6200 or in the Dunn Center

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lutors wanted

s and 259.

r campus organizations.

Health checks

weep, dust and mop.

Honor society

SGA update

g \$412.38.

· Book by Austin Peay professor earns rave reviews. page 3

concern Austin Peay student.

for the Governors.

Features Everyday activities can count as exercise. page 6

Serving the Austin Peay Community since 1929

Volume LXIX, Issue 11 November 11, 1998

# 8 pages Peay Briefs Learning Center focuses on The GeoClub is open for all guidents interested in the earth ciences. The club offers a variation of opportunities throughout the club offers a variation of opportunities throughout the club offers a variable of opportunities throughout the club offers of opportunities throughout the club offers of opportunities throughout the club offers



photo by Carla Guerra Children from the Child Learning Center participated in a Trike-a-thon on Friday, Oct. 23. The Trike-athon helped to raise money for St. Jude's Children's Research Hospital, which is located in Memphis.

By SHANA THORNTON news editor

The corner of Eighth Street and Farris Street is a niche on the Austin Peay State University campus that few students visit. However, laughter, playfulness and the innocent enjoyment of life resound through the air on this corner.

The Child Learning Center is the final educational facility on the Austin Peay campus located along Eighth Street. The Center is the home and foundation of the Austin Peay community's youth. Yet, the child Learning Center has not only heard sounds of warmth and merriment; most recently, children and teachers have had to deal with violence and movement. In spite of such distractions, the Child Learning Center is still trying to focus on positive activities and the help of the university commu-

"We don't have structured learning here, we learn through play. We try to keep the children under as less stress as possible," Connie Sanders said.

Sanders is a senior teacher for the Infant/Toddler Program, which is a new addition to the Austin Peay community. The Child Learning Center and the Infant/Toddler Program had to be separated for lack of space in the Sexton Building, where the Child Learning Center is located. Therefore, the Infant//Toddler Program is now in Emerald Hills Apartment 3-C. The program began in August, after Sanders, Blanche Wilson, director of the Child Learning Center, other employees, parents and Student Affairs pushed for the program for five years.

"What is so scary is our waiting list. Right now, we are looking at 19 toddlers, 17 infants and 12 mobile infants on a waiting list. If we had a big enough building, it could be full. We all need to be in one building," Sanders said.

The program is currently set up so that infants six weeks to six months old, mobile infants 6-12 months old, and toddlers 12 months to two years old, are being cared for in Emerald Hills. Thus, the Infant/Toddler Program only has enough space for six toddlers, five mobile infants and four infants. The children are cared for by Sander, Helen Johnson, two foster grandmothers and eight student workers. When the children are two years old, they go to the preschool at the Child Learning Center in the Sexton Building.

Recently, the Child Learning Center had a disturbing incident occur across the street. A shooting disrupted playtime activities and jungle-gym games on Friday, Oct. 23. The shooting took place between the Austin Peay campus and the Lincoln Homes housing complex.

Rebekah Carver, sophomore agricultural science major, has one child, Hunter, in the Infant/Toddler Program at Emerald Hills. She also has another son, Garrett, in the Child Learning Center.

"I like the Infant/Toddler Program. I like the teachers. I am concerned about the safety of the Child learning Center because of the shooting. I am thinking of moving Garrett because of safety. If they [Hunter and Garrett] were in the same building, it would be more convenient," Carver

Parents are currently working with the Office of Student Affairs, the Student Government Association and Blanche Wilson to resolve the concerns about safety and inconvenience. They met for the first time on Friday, Nov.

"The meeting was productive. A lot of parents gave good ideas," said Cara Althoff, senior accounting major. From the proposed ideas of parents, the Child Learning Center is going to add a security door to the front of the building. They are also going to hire someone to stay at the door with a two-way radio for enhanced security.

Lieutenant Loris Ellsworth, security office supervisor for

Austin Peay, will meet with concerned parents and teach-

ers at the Child learning Center today at 2 p.m. "The most important thing is that we want parents to feel like their children are safe. We want parents to go to class and not worry about their children's safety," said

Sanders. One further concern is the division of the Sexton Building between the Child Learning Center and the Tennessee Department of Transportation. The building is presently occupied by both the Child Learning Center and the Department of Transportation. The DOT is the license renewal center and driver testing center for Clarksville/Montgomery County. The Student Government Association is working on a bill to move the DOT to

another location. However, Austin Peay has a contract See Child Learning Center page 2.

## New battle for parking erupts

By NATALIE KILGORE assistant news editor

A new battle for parking has been paved on the Austin Peay

Several weeks ago, residents of Harvill Hall were served with a letter from Housing and Residence Life requesting theat they not use the second row of parking spaces directly behind Henry Street that had previously belonged to them. Instead, these spaces had been reassigned as commuter parking spots to help assist in the loss of commuter spaces due to ongoing construction.

This revocation of spaces has upset Harvill residents and many are wondering what they are suppose to do now.

For the first time since Harvill was re-opened as a co-ed hall. every room in the building is completely full. Along with this influx of new residents has come an abundance of additional vehicles. Although the parking on Henry Street may have sufficed in the past, there are simply not enough spaces for the current amount of residents living in Harvill.

"I don't understand why the second row of parking was taken away in the first place," said Josh Marks, junior art education

major. "I would really like it to be explained to me."

In recent months, parking around the Harvill and Trahern area has become a race between commuters and residents for open parking spaces. Due to the lack of parking in the Trahern lot, commuters have often been forced to park in Harvill spaces. This poses an even bigger problem to the residents, who already suffer from an insufficient amount of spots delegated to Harvill. Many times there have been no other place for residents to park in than commuter spots. Residents have frequently been late to class when parking spaces they expected to be available were already full.

One resident was reportedly 20 minutes late to class because all of the available parking in the area was full. Another resident on crutches was forced to park at the Burt School, while still another resident was told by campus police to park at the Armory lot when all of the Harvill spaces were occupied. Several residents also reported receiving tickets for parking in the spots formerly reserved for Harvill when no other spaces were available.

"If they were going to take away the second row of parking, then they shouldn't be surprised See Parking Battles page 2.

Go Govs!

During the Austin Peay Governor's football game

Saturday against the Tusculum University Pioneers, running black, Chris Black catches a pass from Adam Pineo for a first down during the second quarter of the game. The Governors won the game 20-7, for their fourth win this season. The game was the final homegame of the semester. Next week, the team is playing Georgetown University in Washington

paraiso, Ind. on Saturday, Nov. 21 at noon.

game will be

played in Val-

Let's Go Peay!



photo by Kristi Curtis

### ree Career service areer Services recently

med copies of a new booklet tled "Getting a Job as a ical Writer." They will furfree copies to seniors planto work as technical ers. To pick up a free copy, by Ellington 217.

### Art intern wanted

he Clarksville-Montgomery my Museum is conducting ch for a student intern with lling experience for the ing semester 1999. The anship experience would be used on a mural painting prounder the supervision of Sue is at the museum. For inforn, see Mr. Hochstetler or phone Sue Lewis at 648-

### CPC study tips

Midterms didn't turn out the you planned? Then attend niversity Programs Counpresentation of Better s in Less Time on Thursov. 19 in the UC Ballroom p.m. Join study master Cohen as he shows the to improving grades by

ying more effectively. Briefs continued on News 2.

### News

### Peay Briefs cont. Red Mud Review

The Red Mud Review wants submissions for the Spring 1999 issue. The Review needs five to 10 poems that should be sent to campus P.O. Box 9579, 7-9 page short stories and up to 25 pages of longer fiction to be sent to campus P.O. Box 7202, and up to 5 pictures for black and white photography should be hand delivered to Zone 3, Harned 304. The deadline for all submissions is Friday, Nov. 13 at 5 p.m.

### Pi Nu society hosts sale

Satisfy your sweet tooth and aid a worthy cause by supporting Austin Peay's Spanish honor society, Pi Nu, in its annual Advent calendars sale.

The calendars are full of delicious chocolate and are only \$4. The proceeds of the sale will go to support orphans sponsored by Pi Nu in Mexico and to help students afford study-abroad programs in Mexico and Spain. Calendars can be purchased by contacting Dr. Ramon Magrans at 648-7847 or a member of Pi Nu.

### RA programs

· Sexual and Domestic Abuse by Lorneth Fahie will be in Blount Hall Lobby Thursday, Nov. 12 at 7:30 p.m.

· Mexican Cooking by Karen Pyle will be in the Cross kitchen Sunday, Nov. 15 at 5:30 p.m. · Social Skills . . . Are They Lost? by Mercy Cline will be in Blount Hall Lobby Thursday, Nov. 19 at 6 p.m.

#### Book Talk

The Women's Studies Brown Bag Series presents Book Talk. All Austin Peay faculty, staff, and students are invited to bring a lunch, listen to a review, and participate in a discussion about a particular book. The Women's Studies program will discuss "The Way We Never Were: American Families and the Nostalgia Trap" by Stephanie Coontz. The discussant will be Vlatka Velcic from the department of Languages and Literature. The discussion will be Wednesday, Nov. 18, from noon 12:50 p.m. in the library study rooms 5-6. For more information, contact the Women's Studies Program at 648-6314.

#### FOCUS meetings

FOCUS Young People Emerging is a program designed to aid in the positive self-awareness of African American students.

· On Thursday, Nov. 19, Dr. Michael Lee Graves will host a Thanksgiving Meal/Scholar's Dinner.

. On Saturday, Nov. 21, FOCUS will have a Welcoming Diversity Workshop. All FOCUS participants must attend at least one of the diversity workshops scheduled during the year. The meetings will be in the Executive Dining Room from 5-7 p.m. For more information, contact the Office of MultiEthnic Services at 648-7004.

### Java the Hutt news

The Jen Cohen Band will perform at Java the Hutt in the Clement Auditorium on Monday, Nov. 23. The doors open at 7 p.m.

### Graduate fellowships available

The Austin Peay chapter of Phi Kappa Phi National Honor Society is inviting applications from outstanding senior students and graduates who have not began graduate work to apply for competitive fellowships worth up to \$7,000 for first-year graduate or professional study. Fifty Phi Kappa Phi Fellowships will be awarded nationwide. Thirty additional Awards of Excellence of \$1,000 will be

The criteria used in the selection process include undergraduate scholastic achievement, which encompasses honors and enrichment program participation; leadership, service, and activities on campus and in the community; graduate study prospects including high standardized test scores; personal expression of educational motivation and goals; plus recommendations from persons who know the young scholar. Graduating seniors and recent graduates with superior academic and leadership records should contact the Phi Kappa Phi representative Dr. Jeanie Randall at Clement 144 or 648-7612 for additional information.

Phi Kappa Phi, which was founded in 1897, has more than 280 chapters at universities and colleges

scholastic honor society which recognizes academic excellence in all disciplines. The Fellowship Program was established in 1932 and since then has given more than 1250 Fellowship awards and 400 Honorable Mention Awards of Excellence.

### Christmas craft fair

Austin Peay will have a Christmas craft fair located behind the ROTC Armory Building on Marion Street Saturday, Nov. 14 from 9 a.m.-3 p.m. For more information, call the Child Learning Center at 648-6234 or 1-888-724-4499.

### Peppermint Affair

The Third Annual Peppermint Affair is on the way! This semi-formal event will be at the Holiday Inn on I-24 Saturday, Nov. 21 from 9 p.m.-1 a.m. Beginning Nov. 10, members of Delta Sigma Theta will have tickets available for sale. The prices will be \$7 in advance for Austin Peay students, \$10 in advance for non-Austin Peay students, and \$12 at the door. Get those dresses and suits ready for another OO-OOP production sponsored by Delta Sigma Theta Sorority, Inc.

#### UPC comedy show

The University Programs Council will present Spanky, one incredibly funny guy, on Friday, Nov. 20 in the UC Game room at 8 p.m. If you don' laugh at this show, you are either dead or in serious need of a humor transplant.

### Homestyle Contest Winners

The Homestyle Contest winners for the semester are as follows: Amy Baker and Marla Shelton, Blount Hall; Teri Galbreath and Paula Quarles, Cross Hall; Amber Perschbacher, Harvill Hall; Darin Dixon and Marshal Owens, Killebrew Hall Jonathan Walker, Miller Hall; Brent Clifton and Jonathan Gibson, Rawlins Hall; Kelly Priebel and Heidi Sanders, Sevier Hall; and Andrea Doyle and Kimberly Sipsy, Two Rivers Apartments.

#### Career Services course

The Office of Career Services will offer Resume Tips for Graduating Seniors on Wednesday, Nov. 18 at 12 p.m. For more information, call Career Services at 648-7896.

### Interim Housing available

For students who need a place to stay between the end of Fall semester, which is Dec. 11, and the start of the Spring semester, which is Jan. 8, the Office of Housing/Residence Life offers interim housing. All services will be provided as during the regular year. The cost is \$300 for the entire period. To be eligible, students must have applied for housing prior to the period. Applications are available from Nov. 23-Dec. 4 in Miller 121.

### Hall Closing information

• Hall closings will be Dec. 7-8, from 7-9 p.m. Dec. 9-11, from 1-9 p.m., and Dec. 12, from 8-10 a.m. If students cannot check out during posted hours, they can use the Express Check-Out System. Simply follow directions on the Express Check-Out envelopes located in all hall and apartment lobbies.

· Students who are cancelling housing applications for the Spring semester 1999 will only be refunded their housing deposits if they are a graduating senior or are not enrolling in any classes as a student for the 1999 Spring semester.

· Common hall closing charges are as follows: key replacement, \$35; improper check-out, \$10; late check-out, \$10; cleaning, \$25 and the cost of damages varies depending on severity.

Students who have questions or comments can call the Office of Housing/Residence Life at 648-7444, or visit them in Miller 121.

### Extended Ed courses

 Microsoft Office 97 will be Saturdays, Nov. 14. 21 and Dec. 5, 12, from noon-4 p.m. The course fee is \$116. The textbook fee is \$30.

· Managing Change Instead of it Managing You will be Saturday, Nov. 14 from 8 a.m.-noon. The course fee is \$26.

· Microsoft Excel for Windows 95 will be Tuesdays and Thursdays, Nov. 12-Dec. 3 from 5-7 p.m. There will be no class Nov. 26. The course fee is \$87. The textbook fee is \$33.

Participants must register at least two working days prior to the start of the course. Extended Ed courses are open to anyone over the age of 18. For throughout the nation. It is the only major national more information, telephone 648-7816.

# S.T.E.P. Team acknowledges abstinence awareness at APSU

By NATALIE KILGORE assistant news editor

The week of Nov. 9-13, the S.T.E.P. Team (Students Trained to Educate Peers) will be sponsoring Abstinence Awareness Week at Austin

The S.T.E.P. Team, which is a division of LifeChoices and the Student Development Center, will sponsor events to raise awareness of abstinence as a personal decision.

"We hope to acknowledge to Austin Peay students that it is okay to not have sex," said Re-Naisha Davis, president of the S.T.E.P Team.

The S.T.E.P Team is composed of a group of concerned APSU students whose purpose is to provide educational and preventative programming in order to help inform students of healthy, low-risk lifestyles they may choose to pursue.

In 1992, the S.T.E.P. Team thought up the idea of hosting an Abstinence Awareness Week because of the demand for recognition of those who have made a conscious decision to not be sexually active. Prior to this, the team had only recognized the national Sexual Responsibility Week. Abstinence Awareness Week is an event exclusive to Austin Peay.

Last week, the S.T.E.P. Team placed surveys in students' P.O. Boxes asking them to define their interpretation of what exactly constitutes first, second, third, and home base in regards to sexual activity and relationships. Students who filled out they are happy children," said Sanders. the survey were asked to return it to the Student Development Center. When all of the surveys were collected, the S.T.E.P. Team tallied the results and placed them in an ad in The All State. Anyone who with the phrase, "The bases are loaded. . .do you go home?"

# Chess game become larger than life' ar

By NATALIE KILGORE assistant news editor

Two Austin Peay art majors are combining intellectual strategy. artistic expression, and physical activity to add a new twist to one of the oldest games on the board.

Chip Boles and Miranda Herrick are organizing an interactive art show that will consist of a playable, larger-thanlife chess game.

The idea for the Chess Piece Show came to the two students during a random trip to the craft store Michael's. They had been thinking of a project to become involved in for some time. As soon as the inspiration hit, ideas for the project began springing five feet.

out left and right.

"When you get something like that, the muses start throwing ideas at you," said Boles, a junior art studio major. "The floodgates open and things just come out." A collection of 32 artists made

up of APSU students, faculty and alumni will be creating game pieces used to play chess. Each participant was assigned a specific game piece of their choosing that may be constructed out of any material they desire. The only requirements are that the pieces be moveable (either by wheels are light enough to carry) and be a designated height depending on the piece. Game pieces will range from three to

The shade of the pouc will be no black or white U scheme to the chem however, artists are ditio clearly convey when piece is light or dark to frey during play. The method method this is done is entirely a tent artist.

"The main feature of a No is for each artist to enindividuality," said Bo each of them explor particular piece's equivalent to a human role in the world."

Herrick and Boles constructing the 24 fe feet chess board. Each of See Chess art page 3

### Parking battles

continued from page 1

when we get upset about them ticketing us on the second row and not the people (illegally) parked on the first row," said Marks.

While fighting for parking spaces is a daily plight for commuters and faculty, residents argue that they are paying \$860 a semester plus a \$15 parking fee to live on campus and park next to their building. It seems unfair to residents that ample spaces are available, yet they are not allowed to use them.

"It's a pain to have to walk a half mile to the building that you pay so much to live in every semester," said Vanessa Walters, sophomore pre-medicine major.

The residential parking shortage is not exclusive to Harvill Hall. All of the residence halls have suffered due to the construction on campus. A large amount of parking spaces were taken away from Cross Hall and designated to commuters. Parking lots in Sevier and Blount Halls are also frequently not able to hold the cars of its residents the street.

Harvill expressed other concerns along with the lack of parking spaces. One major argument is the distance from the end of Henry Street to the entrance of the hall. Many students return to APSU on Sunday nights with heavy baskets of laundry from home and other baggage. Residents say that at times it becomes ridiculous to haul their stuff such a long distance, especially during inclement weather. Harvill residents have suggested dividing the two rows of parking originally designated to them into halves. The residents could be given the first half closest to the hall entrance, while the solve the problem. commuters could possess the second half closer to the together to come to a solution,"

academic buildings.

Perhaps the most important concern among residents is that of safety. The spaces at the Harned end of Henry Street are not well lit. A large number of the residents are female and it is simply not safe for them to walk such a distance alone late at night when coming home from work. Residents are urging that more lighting be placed in this "It's not safe for us to walk late

at night that far away from the building when we can park closer to it," said Lee Dubose, sophomore interdisciplinary studies major.

Although distance and safety are major concerns, the fact still remains that there are not enough spaces to accommodate all of the drivers living in Harvill. Of the approximately 60 residents that live there, only 32 parking spaces have been provided under the new ordinance.

Residents of Harvill recently spoke to Joe Mills, director of Housing and Residence Life, and many are forced to park on about ways to correct the problem. The students read Mills residents have a list of concerns and possible solutions compiled by residents. The students recommended that a shift in the current arrangement be made and the second row of parking be given back to the residents.

"I just wish they'd put the parking back the way it was originally," said Dubose. "Then everybody would be happy."

Mills listened to the concerns of Harvill residents and proposed a meeting between Housing and Residence Life, Harvill residents and the Department of Public Safety in the near future to discuss the problem and come to a general consensus on how to

"I'd like for all of us to work

said Mills.

On a later date, Mil had contacted Dour director of Public Safe mail about the situation

When questioned, Public Safety stated the nothing to do with de and restructuring park and that they only enfor they were told to do. ( also shied away involvement with the saying that they had asito serve as a communication the students. Officials de late further comment.

The department office an charge of changing eliminating parking spaces campus construction Ex Peay is the Physical Masoom Ali, director Physical Plant content more spaces were creat were eliminated as resul construction; however, a these spaces exist as on parking for commuters have said that the first row day on Henry Street had expanded in the summe Harvill residents. Reports department was unaway these spaces were approx 25 spaces short of being

Ali offered his help residents of Harvill, prot "accomodate with what " He said that part of his listen and help with the of residents.

"I would be happy to or and look if there is a p said Ali. "I would be git with anyone who has 10 or suggestion about the pa

Anyone who would speak with Masoom Ali current parking situation the Austin Peay can encouraged to contact 648-7456.

### Child Learning Center

continued from page 1

with the DOT hence the Infant/Toddler Center cannot share the space with the Child Learning Center. "It's amazing how many calls we get for childcare every day," said Sanders.

Students, faculty and staff are interested in the Austin Peay Child Learning Center because it has flexible programs and hours. Parents don't have to balance a class schedule around child care. The Child Learning Center is open anytime the university is open, even if there are no classes. From 6:30 a.m.-5 p.m. Monday through Friday, children fill

The after-school program, open until 8 p.m., is available for children up to age 12. The program is designed for parents who take evening classes. However, there is no after-school pick-up for the children. Parents must provide transportation from the school to the Child Learning Center.

the building.

The programs, as mentioned above, are based on play-time activities. The only schedule used is for meals and naps. Otherwise, the children participate in their own inventive games. The children also have circle time, which is a time when books are read and discussed. The teachers ask the children questions about books, as they openly speak about the ideas in the books. Open communication and genuine concern for the lives of the children are highly important to the teachers at the center.

"You've got to be flexible. As long as you are going with them [the children], you are happy and

In order to raise money for supplies, the Child Learning Center is sponsoring a Christmas Craft Fair in the Austin Peay ROTC Armory Building Saturday, Nov. 14 from 9 a.m.-3 p.m. The Craft Fair clips the ad out and brings it to the Student is a positive event for the children and the center. It Development Center will be awarded a free T-shirt is free and open to the public, who will be able to purchase hand-crafted items from 25-30 different booths. Door prizes will be given away throughout

the day.

"People bring in everything. We have talent in the local community. It is under said Sanders.

Booths are still available for anyone w hand-crafted items of any kind. The booting which they sell. The Child Learning Cents receives profits from the booth rental fees said that plenty of parking is available Clarksville community to browse at the Craft Fair.

The Child Learning Center also has a ) every spring in May as another way to

"The Austin Peay community makes " donations to the yard sale. We couldn't do it them," said Sanders.

Several Austin Peay organizations also Child Learning Center by providing dona sponsoring activities. The Student Gov Association has donated playground equ napping cots. The Pi Kappa Alpha frate helped move storage sheds.

"We really appreciate the Greek and of pus organizations. They come out during and help with parties for children. Anythin help, they are available," said Sanders.

The services provided by the Child Center and the Infant/Toddler Program all Austin Peay students, faculty and stal even a school-age care program in the su

"It is a good center. They take a lot Althors. Both of my kids are really happy Althoff.

There are now a few available slots of Child Learning Center. For more information childcare or to rent a booth at the Christ Fair, call 648-6234 or toll free at 1-888-72

# REWS

# Non-traditional students seek solutions

CARA ALTHOFF

nue to the increased enrollment of traditional students at Austin Peay University, the Office of Student mairs had a meeting recently for nonditional students. Barbara Phillips, ociate dean of Student Affairs, and frey Pyles, a graduate student, held meeting to see what Austin Peay can n to meet the needs of non-traditional

phillips and Pyles want to re-activate Non-traditional Student Organiza-Having an active organization will inform the university of special

needs and concerns which non-traditional students have, Phillips said. The organization can serve as a network for members, and help give members a connection to Austin Peay.

"If we can change one thing to make the university non-traditional friendly, then the Non-traditional Student Organization will be worthwhile," said Pyles.

Currently, the organization is still in the planning stages. Pyles and Phillips plan to hold meetings twice a month. They want to get an agenda and continue to get ideas from other non-traditional students. However, students have a difficult time deciding exactly who is nontraditional. There is no true definition of

non-traditional. Some circumstances include: married, over 25, second-time college students, parents, prior military and mid-career.

"Anyone who feels they are non-traditional can be a part of the organization," said Pyles.

Students filled out a survey which asked questions concerning things they think are important as non-traditional students. The surveys will also help officials to see what activities non-traditional students want Austin Peay to implement.

Students at the meeting came up with the following ideas to help improve the Non-traditional Student Organization:

more social activities on campus which involve and welcome children, specific career counseling, parenting classes, babysitting services at night and during the weekends, classes on study habits and time management, all geared toward the non-traditional students

"It is good to know they're concerned about non-traditional students. I thought the meeting was a good idea. It allowed me to express things I was concerned about. We need a student organization for non-traditional students," said Wendy Warren, freshman music education major.

"I think it is a good thing because there is such a high percentage of non-

traditional students at Austin Peay. It is good for students who have not been in school for awhile. It also helps them establish their own community and not feel so lost," said Jay Richardson, senior elementary education major.

If you are a non-traditional student and you missed the first meeting, you are always welcome to attend the next, Pyles said. Children are welcome to attend meetings as well.

To answer questions about the organization or to express concerns, contact Jeffrey Pyles in the Office of Student Affairs, located in Ellington 202, or call 648-7341.

Sara Beth

Lockard takes

the time to

enjoy one of

the final

remaining days

of fall sunshine.

She studies on

the steps of the

Music/Mass

Communi-

cations

Building

between her

classes.

Students can

find other

enjoyable

locations on

campus that

offer natural

seclusion and

peaceful

solitude such

as: the oak

grove behind

the Marks

Building, the

front lawn in

front of the

Browning

Building, the

front lawn of

Claxton, the

fourth floor of

Trahern in front

of the window

where the

wagon-wheel

table is located

and finally the

knoll behind

Rawlins Hall.

# Book by AP professor earns rave reviews

IEROME PARCHMAN

This is part one of a two-part series Dewey Browder's book.

A new book, "Americans in Nuisances," written by Dr. eived rave reviews.

erman and a professor of rman history at Mississippi te University, praises the new atbook as an "Astute amination of the American tical and cultural institutions Germany after 1945."

second reviewer, John F. nn, a professor of German tory at the University of the th in Sewanee, said, owder has vividly illustrated serican occupation as well as archives.

by 3 feet. The size of the

servers to walk around the

and in the 52 feet by 52 feet

wersity Center Ballroom

trick and Boles currently

looking for enthusiastic chess

yers to participate in the

the games will be held.

thess art

its significance for Germans. . . he concerned with the impact of is especially informative about some hidden areas such as military spending, consumerist culture and interpersonal contact."

st-World War II Germany: Hayes, professor of history at chers. Thinkers, Neighbors Northwestern University, said,

". . . (Browder's) book is a wey A. Browder, associate valuable step toward rounding fessor of history at Austin out the way in which Germany State University, has Americans relations (positive, negative and neutral) have been Johnpeter Horst Grill, a native discussed..."

Browder, a retired U.S. Army officer with a doctorate in European history, lived 12 years in Germany, where he observed German-Americans relations on a pact on social, economic, first-hand basis in Stuttgart, Zweibrucken, Ansbach, Bruchsal and Heidelberg. He did most of his research in Aweibrucken. where an earlier book. "Zweibrucken Yesterday and Today," had earned him the title of honorary citizen and a key, not many faceted sides of the to the city, but to the library

continued from page 2

three days of the exhibit. Playing

the chess players. Anyone

interested in learning more

information about participating in

the ultimate chess game can call

open at 7 p.m. on Nov. 23 in the

The Chess Piece Show will

Boles at 648-7318.

ares on the board will be 3 games that will be held over the

d will still allow a large times will be scheduled

ce for the players and according to the avaliabiltiy of

Americans in post war Germany. The Americans were intent on rebuilding German society in a democratic fashion.

Browder wanted to determine In the book's preface, Peter or assess the degree of American influence in German society.

> "I discovered that the American contribution, at the grassroots level, was more than twice the money from the Marshall Plan," said Browder. "Furthermore, I show that on a national and regional level, the U.S. Army was one of the major employers in post-war Germany."

"I'm dealing, really, at the grassroots level," Browder said. 'I talked with Germans who grew up with Americans, I lived next to Americans and taught Americans about German history. I talked to Americans who were instrumental in teaching Germans about Americans."

Browder's book is on sale for \$29.95 in the APSU University Bookstore and can be made available to students at the APSU The book is specifically Center at Fort Cambell.

University Center Ballroom.

Refreshments will be provided.

The exhibit will also be open to

viewers all day through Nov. 25.

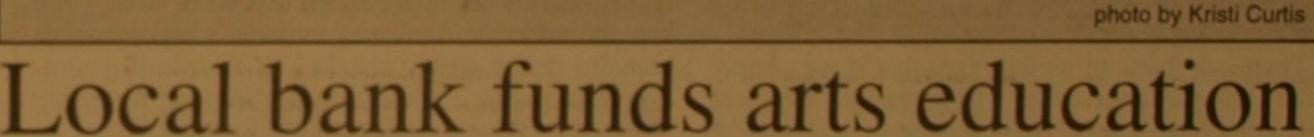
A series of games over the course

of the three days will be held

with an expectation of two games

per night. All events are free and

open to everyone.



By AMY E. SPICELAND guest writer

Area teachers will benefit from a First Federal Savings Bank grant designated to support an ongoing arts-in-education partnership between the Clarksville-Montgomery School System and Austin Peay State University.

First Federal Savings Bank of Clarksville has committed \$11,200 for the 1998-99 season to fund the APSU Center of Excellence for the Creative Arts and the Clarksville-Montgomery County School System Partners in Education Program of the John F. Kennedy for the Performing Arts.

"James T. Mann, president of First Federal, is a generous supporter of the arts and also is a member of the school board," said Marlon D. Crow, associate director of the APSU Center for the

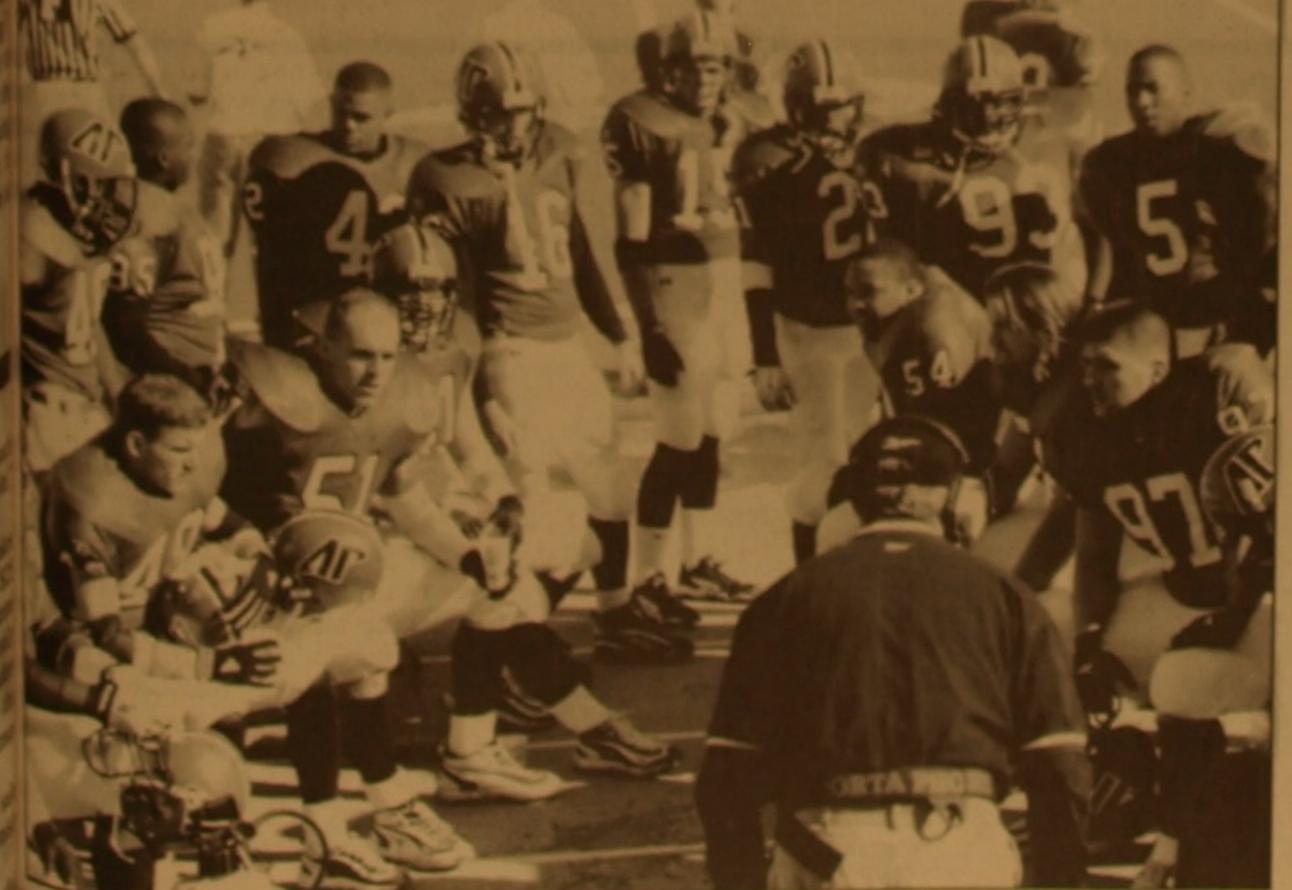
Creative Arts. According to Crow, First Federal is providing the funds for the program through the Clarksville-Montgomery County Education Foundation. The foundation is designed to engage the community in supporting the school system by creating opportunities for high expectation, maximum achievement and an enhanced quality of life.

"Partners in Education" poster by the school system and APSU. The generic characters in the poster were created to portray either gender or any ethnic

The center, represented by Crow, and the school system, represented by director of instruction Betty M. Cobb, became the only Tennessee team in the prestigious program in 1995. The national program, established in 1991, is based on the belief that the professional development of teachers is a vital component of any effort designed to increase the

through the arts.

For more information on the program, contact

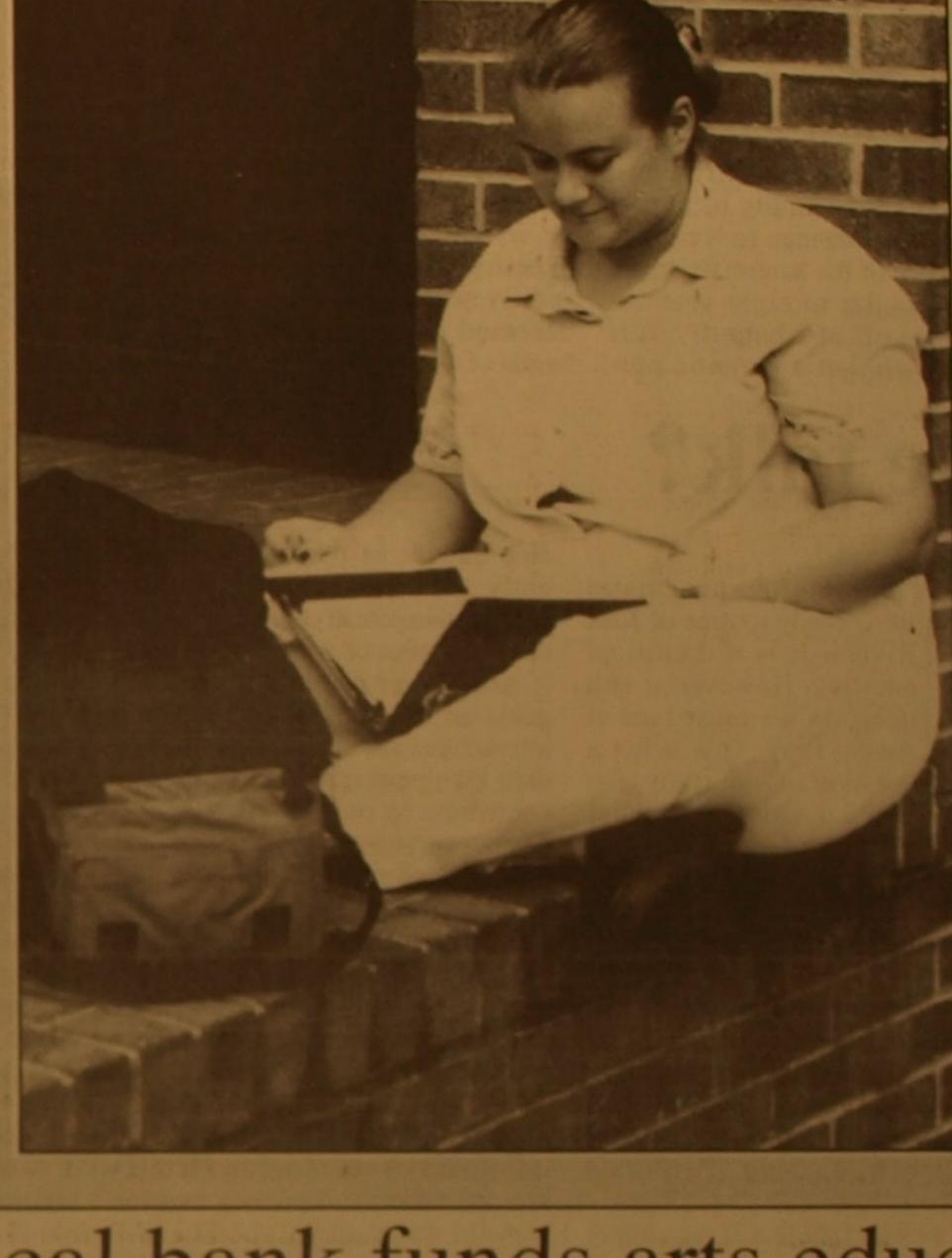


We) Steve Haywood, the defensive line coach, instructs the defensive line of the

nor football team during the first half of Saturday's game. Process, the teams find themselves in a pile-up of sweaty bodies.

photos by Kristi Curtis





In appreciation, Mann was presented a framed

artistic literacy of young people. The professional development workshops provided by the program aid educators in teaching about the arts or teaching other subject areas

This past summer workshops included "ARTech: Integrating arts resources and technology, K-5 Social Studies Curriculum, "Science Alive", "Bringing Literature to Life and Using Themes for Interdisciplinary Teaching" and "The Arts as a Basis for Relating Ideas in Literature and Social Studies."

Crow at (931) 648-7034.

### WARNING NOTICE FROM YOUR CAMPUS POLICE

'Tis the season to be jolly. As you may have already guessed the HOLIDAYS HAVE ARRIVED. THIEVES ALSO KNOW THIS TIME OF YEAR.

#### REMEMBER THIEVES THRIVE ON NEGLIGENCE

- 1. BY LEAVING YOUR PROPERTY UNATTENDED.
- 2. BY NOT SECURING YOUR INNER AND OUTER
- DOORS AND WINDOWS 3. BY NOT HAVING YOUR SERIAL NUMBERS, MODEL NUMBERS AND CREDIT CARD

NUMBERS

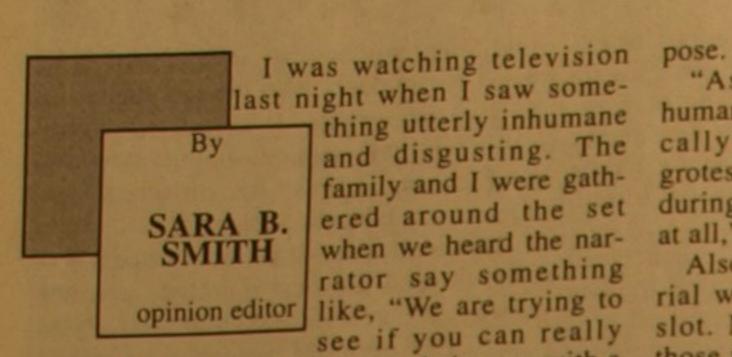
BE CAREFUL. YOU MAY END UP GIVING SOMEONE SOMETHING YOU DON'T PLAN TO.

OPERATION ID IS ALSO AN EXCELLENT DETERRENT FROM THEFT Contact Campus Police at 7786 to set an appointment

> DON'T BE THE NEXT VICTIM!!!

# Opinion

### Dissections should be humane



draw a persons brains through their nose with a hook supposedly as the Egyptians used to do while in the process of mummifying bodies."

Not only was the statement disgusting, but the show actually pictured this procedure being performed. What is the point in doing that? Who really cares except some sick, twisted, psychotic scientists that have nothing better to do with their time than to mutilate a cadaver?

"When I was dissecting cadavers in medical school, I felt that it was a great honor that the donors would let me use them to benefit my medical training," said Dr. Rhonda Gilmore, a dentist in Nashville.

How would proving their hypothesis help society? These mummies have been dead for quite some time. Why bother to do such extensive research to prove a point that is worthless except to the few people who like trivia? And even then, is it worth it to dishonor a cadaver for it? When I see documentaries such as this, it really makes me doubt the validity of importance to donate my body to science for research after I die. The mentality of the scientists who I viewed seemed very similar to eight-year-old boys plucking the wings off of a butterfly. It is cruel, inhumane, and without a genuine pur-

"As a scientist, I find that dishonoring a human being dead or alive is morally and ethically wrong. It was disgusting to see a grotesque procedure being performed like this during dinnertime. I don't see any value in this

at all," said Gilmore.

Also, I am concerned that such graphic material was being shown during the prime time slot. Not only does it turn the stomachs of those who may be eating during the show, I am worried about kids getting the wrong ideas about human dissection.

"What are we teaching our children? By having them watch this "educational" program we
are actually teaching them to have no respect
for life and humanity," said Gilmore.

I asked a younger person what he thought about the program.

"I think animal rights activists would have a cow if this stuff was being done to an animal."

said Nick Selleh, 13.

Said simply but, oh— how true. What is it about dissections and experiments that animal rights protesters protest about? Point being, when animals are mistreated or used for invalid purposes most of them would see it as being very cruel and inhumane.

Not only was this experiment inhumane and unethical, it was also one that probably was costly to perform. I believe if the donor had known what his body was going to be used for, he would have never had consented to the experiment prior to his death. I also think his family would be mortified to see that their deceased loved one was being mutilated at the hands of a few heartless scientists.

### Can we talk?

By This phrase the come Rivers. question question

guest writer

the comedy routine of Joan Rivers. It is a rhetorical question. However, it is a question we must face at Austin Peay. This is not a question of ability to talk; it is a question of willingness and the correct

forum/atmosphere in which we talk. Recently, there have been events and incidents on campus that have increased the tension between African Americans and Whites.

As tension increases, communication tends to decrease. We seem to gather in our small, comfortable groups of people who are similar to us—those who look like us and think like us. We become hesitant, even afraid, to address the root issues, believing that we are, somehow, opening "Pandora's box."

There are those of us who feel that if we simply ignore the challenges, they will go away—they will not. Some feel that we have talked enough; we're tired of dealing with the same issues repeatedly with no solution. Still others will say that talking will never resolve the challenges we face—I agree! Talking does, however, begin the process of developing a bridge, a place where honest dialogue can begin and coalition building can develop.

This tension is not unique to our campus. In a national survey of college and university presidents, one in four report racial tensions to be on the rise and racial and ethnic divisions to be deepening on their campuses. Certainly as we approach the next century, our country must also face the increasing tension. Carl Rowan states that "(in America), there is no sense of community that reaches across racial lines. So walls of fear, suspicion and hatred are maintained."

Talking with tension takes courage. We must Services.

step outside of our comfort zone to think differently, to learn how to be flexible, open-minded, cooperative, creative, and adaptable to change—all characteristics of a truly educated person.

As Director of MultiEthnic Services, two of my goals on this campus are: 1) to provide deliberate interactions for all students interested in improving their own personal skills and sensitivities and 2) to contribute to our efforts to make APSU a place where everyone is respected.

This opportunity will come on Saturday, Nov. 21, from 9 a.m. to 2 p.m. in the African American Cultural Center. APSU students and national trainers will lead this workshop, entitled "Welcoming Diversity". The methods used will be the same ones designed to make it easier for people to talk in Northern Ireland, South Africa, and in Los Angeles during the Rodney King beating. APSU residence hall directors, MAPEX and APEX leaders and many others have experienced this workshop. They say that taking it decreases tension. I invite you to come to this positive, upbeat experience. Registration is required. Lunch will be provided for those registered. Forms are available in the University center or the MultiEthnic Services Office in Ellington 337. The phone number is 648-7004.

Even if you are unable to attend, you still can talk, you can listen without interrupting, and without judgement, realizing that listening is not agreement. Take the courage to sit and listen to someone who is not "like" you, someone who may look or think differently.

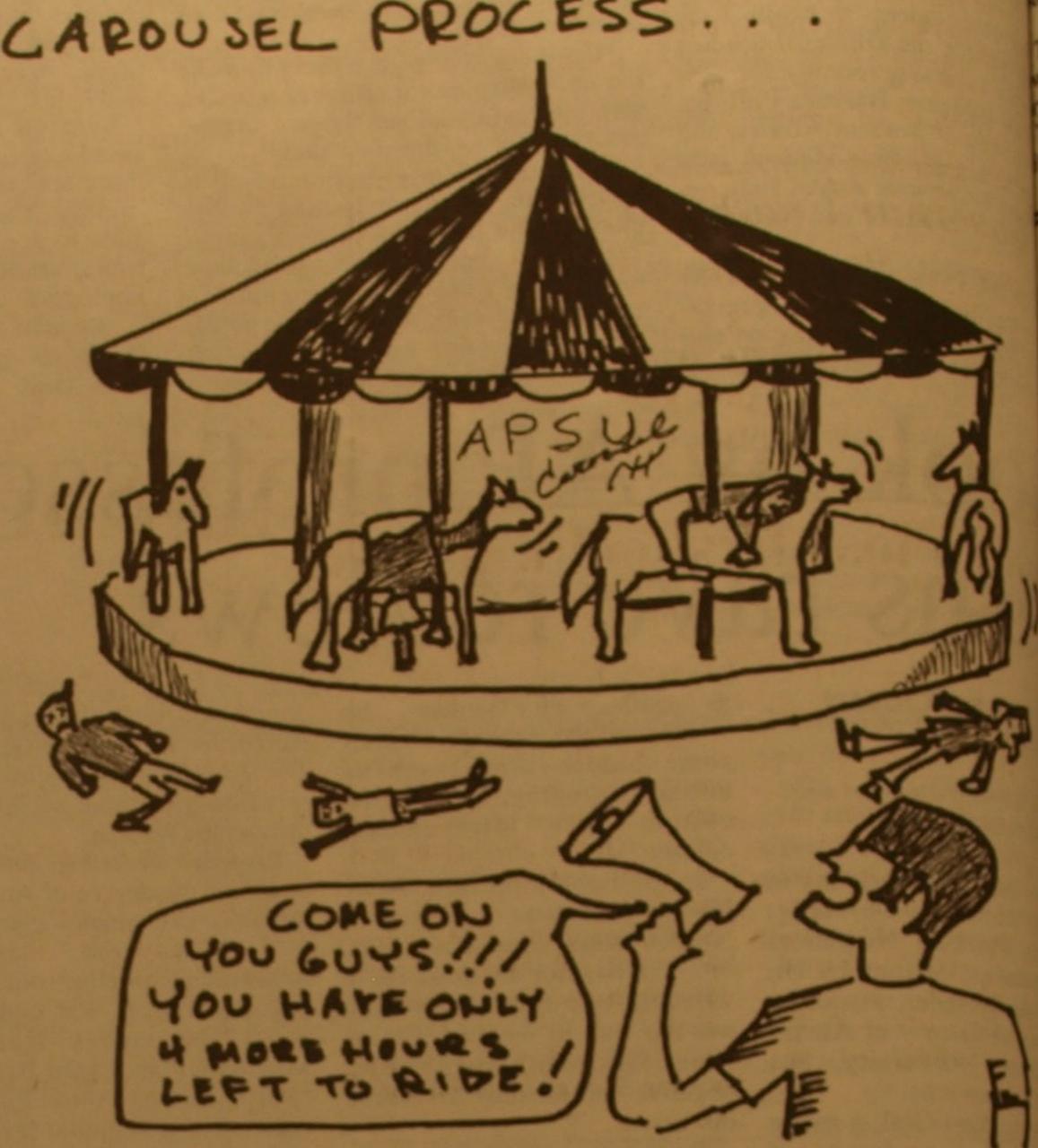
Can we talk? Yes, we can and we will. I believe that APSU can become more of "a community of learners" that is "committed to the open exchange of ideas for each other's welfare, community involvement and an appreciation for individual and cultural differences." (Excerpts from APSU vision statement)

Eleanor Graves is the Director of MultiEthnic Services.

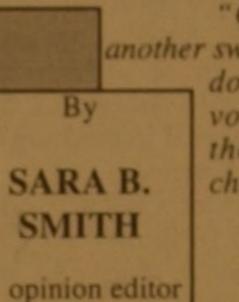
### PEAYNUTS

Sara B. Smi

AN INSIDE LOOK AT THE RA CAROUSEL PROCESS...



### Surviving Nicaraguans need help



another swell of mud rushing down the shoulder of the volcano, sweeping away the trees and the crying children clinging to them."

—Washington Post

opinion editor When I read this passage, it horrified me. Children and adults are dying because of a mud slide in Nicaragua. I can't even fathom such a disaster of it proportions. It is estimated that 10,000 people have died, due to suffocation, starvation, disease, and physical trauma. Does anyone realize that that is more than the enrollment here at Austin Peay? This

does not even account for the people who are still surviving.

Why is this country starting to lose its ground on media coverage? They are still suffering! There are no roads, and there are no bridges! President Clinton has given the cause \$70 million in aid, but my question is, why can't we send 100 helicopters down there? My reasoning for this is that food aid is not very efficient, but it is there. One of the reasons that the people are starving is because the food cannot get to where the survivors are. The truckers have been sleeping in the cabs of their trucks

because that is all they can do. There is now go. So if the United States sends some helic we could transport the food and medical support them from the trucks. They could then distribute supplies to the people who so desperately them.

We bicker over the silliest things as American think that sometimes we forget what the important things in life are. We have so much food, most have places to live; we have the luxury of taking showers. We can drink clean water. We have a that are clean to wear. We are dry and ware have a way to receive medical attention. Have forgotten this?

Instead of continuing about how lucky we am going to try to pose a more important on What can we do to help the survivors in Nice They are in utter ruins, people! Is there as ANYONE on this campus community who solution? Perhaps a committee could be for something. I am sure there is something we to help, whether it is collecting canned for even getting together to present our ideas to senator. We can't let this go, the numbers death toll are real and there are still people who need us desperately. So if you have any please call The All State at 648-7376 or do note at P.O.Box 8334.

## Letters to the Editor

Letters to the editor must include your name and address, and must be sent to P.O.Box 8334 by the Friday prior to publication. All letters are subject to editing for space and clarity.

If you would like to respond to anything you see in this paper, or if you wish to have your opinion published, please write it and send it to The All State at P.O. Box 8334.

### The All State

Austin Peay State University's official weekly student newspaper

Editor-in-Chief Kristi Wyatt

News Editor Shana Thornton

Assistant News
Editor
Natalie Kilgore

Opinion Editor Sara B. Smith

Sports Editor Johnny Sparks

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

All editorials are the officers.

All editorials are the official opinion of The All State with the exception of letters to the editor and personal columns.

Letters to the editor should be less than 300 words and have the full name, address and phone number of the author. Letters must be received no later than 5 p.m. the Friday before the Wednesday printing to be considered for publication.

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### Poetry and Perspective Place

The Crescent Moon

The crescent moon,
Hidden behind the highways
Lost above the skyways
Left alone behind darkened clouds,
Places unknown and far away...

The crescent moon,
Guiding all men, women, and children
Giving them hope, love, and joy
Shining days and nights, with might
Tis here, there, but always out of sight...

The crescent moon,
Will soon be yule but will never be full
Will free the cloud from her embrace
Bringing tears, rain, but never rainbows
Leaving lovers in loneliness and despair...

The crescent moon,
Talks to the flowers, birds, and trees
Like the sacred voices of nature
Harmonizing heart beats and the tides of the oce
Tis a star standing far beyond the galaxies...

-Anonym

# Sports

# That's four for the Governors

VIOHNNY SPARKS orts editor

The Austin Peay football Governors took another important step ward the much publicized pride restoration of 1998 with a 20-7 vicwover the Tusculum Pioneers on Saturday at Governors Stadium. The Govs opened up the scoring midway through the first quarter th an eight-play, 70-yard scoring drive. The drive was capped off by

Governor Football Game 10 **Austin Peay State University** 

> Georgetown Washington, D.C. Saturday, Nov. 14, 11a.m.

### Women lose first exhibition

Seven Austin Peay State Uniersity women's basketball playis began their careers as Lady lovs, Wednesday Nov. 4, in their est exhibition game of the preeason with a 75-79 loss to Free ryle Express.

"We jumped out pretty quick. I as pleased with the intial way e were running the floor. We bstituted more than we norally would to see what would ad would not work," said head such Susie Gardner.

The Lady Govs built a 49-40 affime lead, shooting .541 perent (20 of 37).

I think it is good that it was a

overnor's 1998 Football Schedule

Western Kentucky Bowling Green, Ky.

Clarksville, Tenn.

Clarksville, Tenn.

Birmingham, Ala.

Clarksville, Tenn.

Jacksonville, Fla.

Clarksville, Tenn.

Clarksville, Tenn.

Washington, DC

Valparaiso, Ind.

Lebanon, Tenn.

Opponent Location

Cambellsville

Samford

Jacksonville

Cumberland

Georgetown

Valparaiso

Tusculum

Charleston-Sou.

Dayton

Morehead State

close game, so we can show our weaknesses and watch it on tape, but overall I think the effort was pretty good," Gardner said.

The Lady Govs were led by senior Angelica Suffren, who scored 15 points and grabbed a team-high eight rebounds.

Junior Quin Sullivan, in her debut, tied Suffren in scoring with 15 points.

Sophomore Tiffany McCarley was the only other double figure scorer with 10 points in just 10 minutes.

The Lady Govs faced the Shooting Stars at 7 p.m. on Tuesday at Dave Aaron Arena.

6:30 p.m L (23-36)

6:30 p.m. L (21-44)

6:30 p.m. W (21-17)

W (40-25)

L (14-17)

W (29-21)

W (20-7)

6:30 p.m. L (14-56)

2 p.m.

2 p.m.

2 p.m

1 p.m.

Il a.m.

6 p.m. L (7-47)

a 26-yard touchdown pass from Adam Pineo to Vince Tweddell.

The new Governor place-kicker Dustin Anderson booted a 22-yard field goal through the uprights to put Austin Peay ahead 10-0 with 3:55 remaining in the first period, and maintained that margin going into the second quarter.

The teams struggled offensively in the second quarter. The Govs defense played well but gave-up a late touchdown with 3:18 remaining before half-time.

The Govs held a slim three-point lead as the second-half began. The Governor offense failed to provide the points needed to put the Pioneers out of reach.

Anderson scored the only points of the third quarter with a 30-yard field goal. The Govs were leading by only six points through much of the fourth quarter. The game was not decided until DeAunta McAfee Ind.

ran into the end zone from one yard out to give the Govs a 12-point lead with 1:13 remaining.

Anderson added the point after to give the Govs a 20-7 win in their home finale. DeAunta McAfee's rushing touchdown, his 12th of the season, pulled him within one of the single season record set by legendary Gov John Ogles in 1966.

Senior quarterback Adam Pineo had another huge day for the Govs. Pineo completed 26 of 36 passes for 212 yards, one touchdown and one interception.

The Govs kept hopes of a .500-plus season alive with the victory over the Pioneers improving their record to 4-5.

To finish above .500, the team will have to win on the road against Georgetown at Washington, D.C. and against Valparaiso at Valparaiso,

### Lady Govs home winning streak snapped by conference-leader EIU

BY JOHNNY SPARKS sports editor

The volleyball Lady Govs won two more home matches in Ohio Valley Conference action this week against Murray State and Southeast Missouri, extending their home winning streak to nine games. In the their third home match of the week the Lady Govs streak was broken by conference-leader Eastern Illinois.

The Lady Govs played Murray State on Tuesday night at the Dunn Center. The Lady Govs won over the Lady Racers (15-10, 15-7, 8-15, 15-8) in four games. The win clinched a spot in the OVC tournament for Austin Peay.

The weekend brought the No. 1 and No. 3 teams in the conference to Clarksville. On Friday night, the Lady Govs hosted the third ranked Lady Otahkians from Southeast Missouri.

The Lady Govs honored their parents on Friday evening, as a part of parents' weekend, between games two and three.

The Dunn Center crowd grew silent as the Otahkians took the first game 15-5 and ran out to a commanding lead in the second game. SEMO was sailing to victory when a sudden awakening changed the complexion of the game.

The Lady Govs raised their intensity level and stole the once lopsided second game from the too comfortable Otahkians (16-14).

The Lady Govs engines sputtered again in

game three. The game was a long and hard fought battle, with the Lady Govs coming out victorious, 18-16.

The cheers of Gov fans fell silent in the fourth game. SEMO stepped up their performance and ripped past the Lady Govs in quick 15-5 win.

During a time out late in the fourth game, the silence of the home crowd was broken. Above the muffled voices of the home crowd one voice was heard loud and clear, "Don't y'all worry about it, because everybody knows that the Lady Govs don't lose at home," a fan shouted.

SEMO heard the voice. The Lady Govs dominated the fifth game winning 15-11. The Lady Govs took the match 3-2 over the Otahkians. The victory brought the Lady Govs into a tie for third place in the OVC with the Otahkians.

"Tonight was a great team effort. We knew we had to have a balance attack and play great defense. I think we settled down after the first game and played some very good volleyball at times," said head coach Cheryl

The Lady Govs were led offensively by junior Kim Smith, who recorded 20 kills with a .298 hitting percentage, along with 11 digs, three block assists and a service ace. Freshman Jennifer Brooks had a team-high .364 attack percentage with 11 kills and six block

"Jennifer Brooks came off the bench and hit in double-figures in digs.

had one of her finest offensive performances. She was a key factor for us. Kim Smith gave a steady performance and Becky Sowinski had a great game," Holt said.

Sophomore Sowinski tallied 16 kills with .234 hitting percentage, 19 digs and a block assist. Junior Jenny Wenning recorded 13 kills, 23 digs, a block solo and two block assists, while Annie Glieber had six kills (.333 pct.), 53 assists, 24 digs and two block assists.

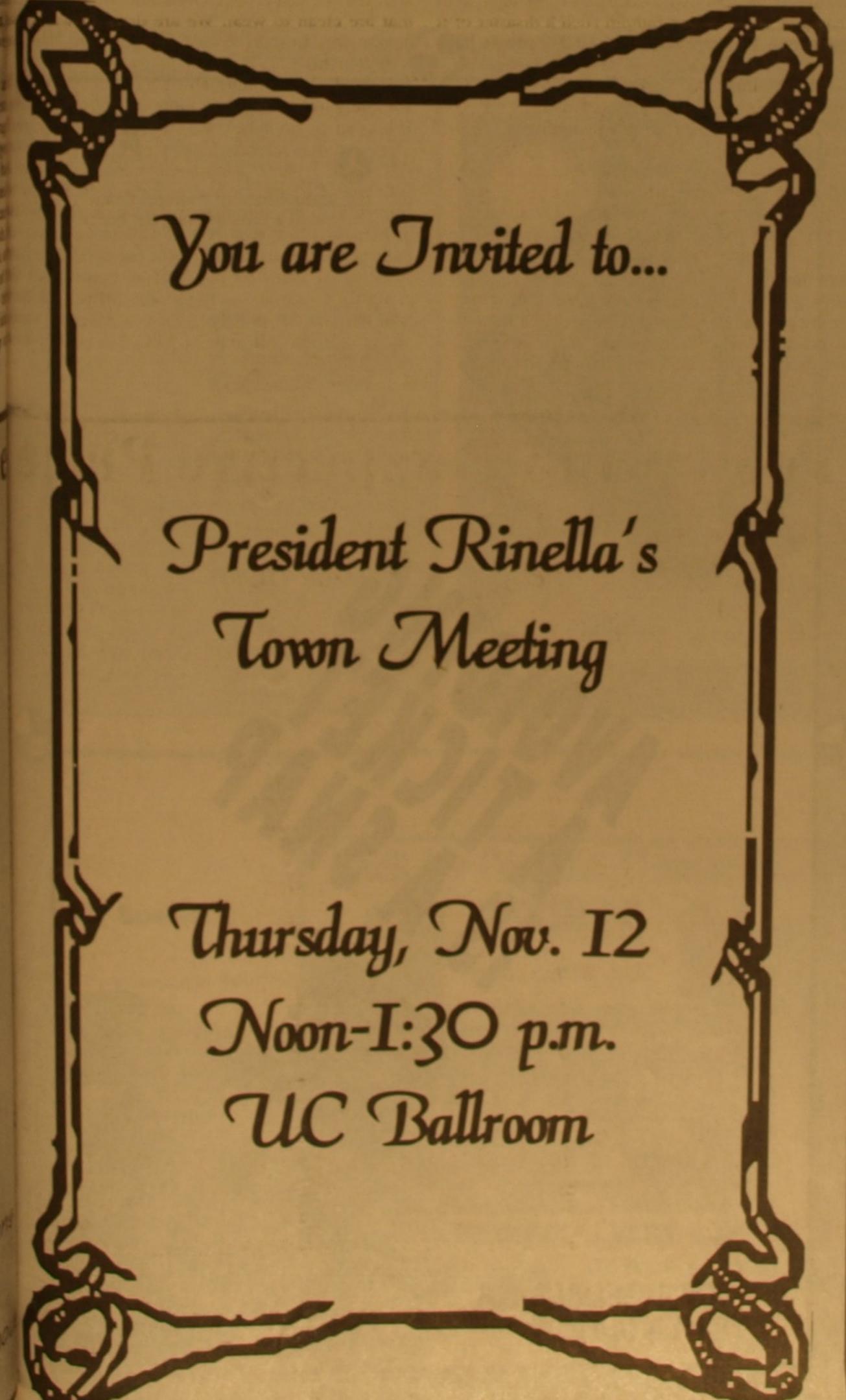
The Lady Govs wrapped-up with SEMO at 9:30 p.m. on Friday, and returned to action against Eastern Illinois on Saturday at 4 p.m.

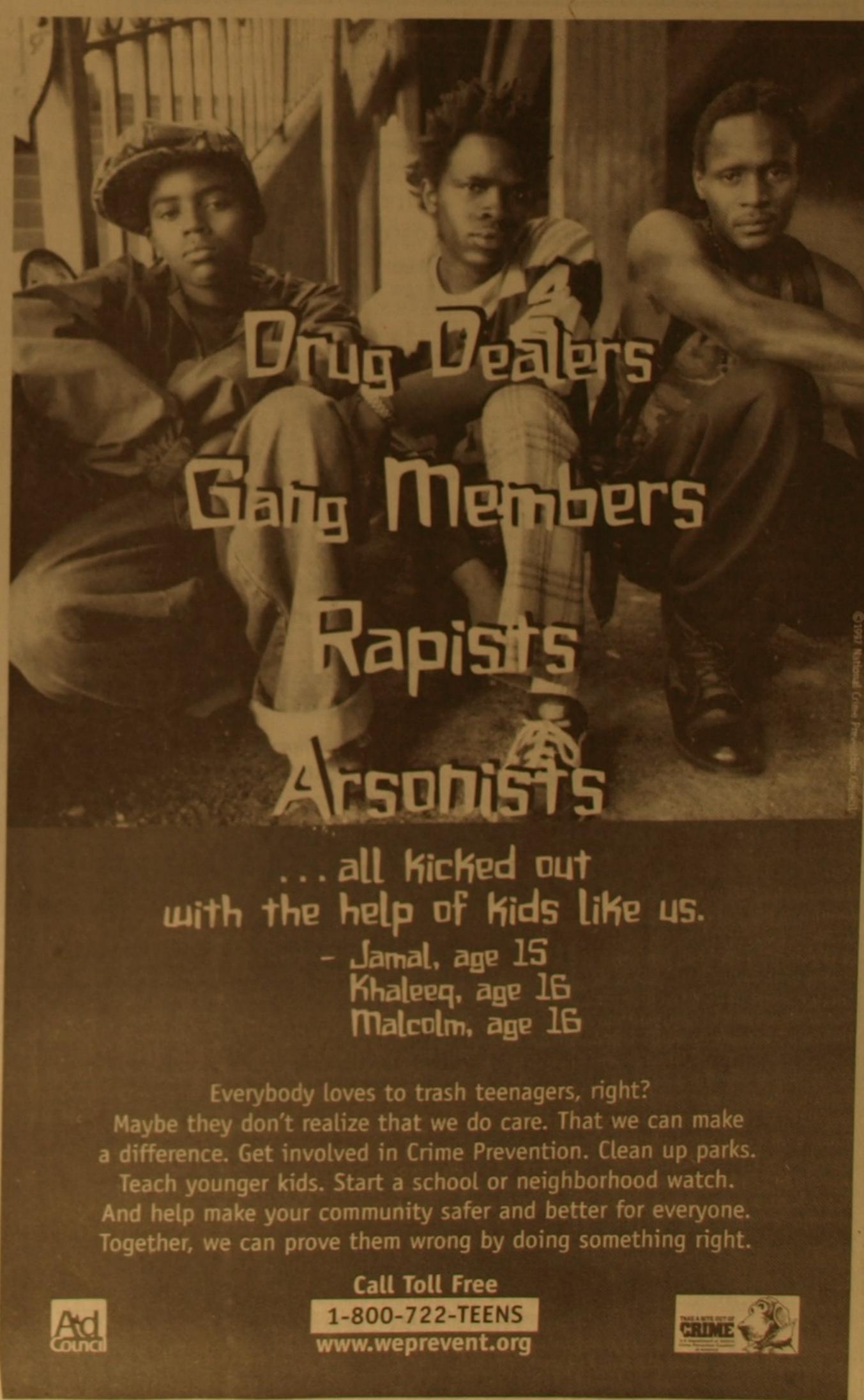
Too bad someone forgot to tell conferenceleader the Eastern Illinois Panthers "the Lady Govs don't lose at home."

In the their next to last home match of the season, the Lady Govs were swept in three games by Eastern Illinois (12-15, 4-15, 9-15). The loss snapped the Lady Govs nine game home winning streak.

The Lady Govs hold a 17-11 record overall, 11-6 league record going into the final week of regular-season play. The Panthers move to 19-6, 14-1 in the OVC.

Glieber recorded her third triple-double of the season with 10 kills, 35 assists and 21 digs. She hit a team-high .450 for Austin Peay, and had a service ace. Smith and Sowinski each tallied nine kills. Sowinski also had a team-high 22 digs. Six Lady Govs





# Features

# Everyday activities can count as exercise

College Press Service

You ride your bike to class, always take the stairs instead of waiting for and elevator and carry a heavy bookbag wherever you go. Does any of this count as real exercise, the kind experts recommend?

New thinking in the fitness industry says it does.

Today's guidelines indicate that exercise of any kind adds up to better health, says Christine Bourgeois, membership and fitness director at the University of California at Berkeley. Experts used to emphasize that exercise had to be done in bouts of at least 20 minutes three times per week.

"But fitness organizations have changed their perceptions and ing busy now say any exercise is better times like than nothing," Bourgeois said. "You should use your muscles as week, much as you can.'

Yet even though you're getting health benefits by moving your body in everyday life, you can daily and should do more.

Adding regular, sustained exercise to an already active lifestyle increases health benefits tremendously, Borgeois said. "Exercise reduces stress, increases and strengthens the immune system."

Everyday workouts

The American College of Sports Medicine in Indianapolis, Ind., advises adults to get at least 30 accumulated minutes of exercise five to seven days a week.

The exercise can be done in short durations several times a day, as long as it adds up to at least a half-hour activity.

and dancing at a club count toward that goal, said Anthony Wilcox, associate professor and chairman of the Department of Exercise and Sport Science at the University of Oregon in Eugene.

Yet that level of physical activity is not going to produce high

that you are hitting the target for long term health benefits. Studies show the amount of exercise positively affects risks for chronic diseases such as heart disease, diabetes and cancer, Wilcox said.

A more vigorous, planned workout schedule can bring additional and immediate results.

For example, lifting weights for an hour everyday after classes helps David Amejka, a sophomore at the University of Michigan in Ann Arbor, look and feel better, he said. "It gets my

blood going and takes my mind off of school for a while." Even dur-

finals Amejka fits exercise into his making sure he does it before he settles into studying for the night.

"Sometimes I'm tired, but I go and do it anyway. It gets rid of a lot of stress, and I end up feeling better. I have more energy and can study better after working out."

#### Real need

As active as college lifestyles seem some things can put students at risk and increase their need to exercise.

College students' diet can be Things like walking to class high in calories and fat. That means they have to do more than the minimum amount of exercise to gain balance and stay out of a weight-gaining situation, Wilcox

And huge amounts of time spent in class, studying or in front of a computer means students are levels of fitness. It simply means sitting around a lot and need

more than just the "maintenance" level of exercise to stay physically fit.

Exercise has psychological benefits as well. Overly stressful times such as finals are when students can benefit the most from exercise Bourgeois said.

"It takes you out of the study situation and gives you a break. It's a healthy release of the ten-

While college life can mean

students need to exercise

more, it also gives them plenty of opportunities to fit workouts into their routines. Most schools ational facilities close to

classrooms or dorms. They often feature workout equipment and classes. Intramural sports are popular, too.

Taking elective activity courses such as tennis or ballroom dancing also is a good way to learn new exercise skills and have fun, Wilcox said.

"Exercise can be a significant part of students' college experience if they want it to be," he said. "The college environment offers students convenient opportunities to be active. These are opportunities that are less accessible once people are off campus, where exercise requires more travel or higher fees and things like that."

Scheduling it in

About half of the 30,000 students at the University of California at Berkeley exercise and use the sports facilities on campus.

About a year ago, senior Linda

Castellanos realized she was beginning to enjoy working out. She looked forward to it. So she decided to commit to doing aerobics for an hour five days a week. "It's a stress-release process for me, and I wanted to build up my stamina," she said. "Now I can't imagine not doing it. For me, it's a need."

Castellanos also fits in weight training when she has time and takes modern dance classes through the university. She's been able to keep up with the exercise plan because everything is east to get to, she said. "Colleges foster an exercise-friendly environ-

Like Castellanos, all students should set up an exercise routine that they can follow through on, said Bourgeois. "One of the biggest factors in keeping it going over time is convenience."

Bourgeois offers these tips for fitting exercise into a busy life:

·Schedule exercise. Plan for exercise as you do a class. Decide what time of day you are going to do it, and stick with it. Don't say "If I finish all of this reading, I'll go work out."

Work out in realistic doses.

·Pick something you enjoy. Any physical activity counts, so you might as well do something you like. That way, you're more likely to continue.

\*Increase the intensity or duration of activities. For example, the weight of a backpack worn in the center of your back increases the intensity, and therefor the benefits, of walking to class.

· Vary workouts. Throw something different into the mix to challenge your body.

And always keep in mind that things like riding your bike to class or taking the stairs are great too, Bougeois said. "It means fitness is a part of your life, and that's just what it should be."

Listen



to the Music Raviacos by Shacon Dava

-Music Director at 91.7 WAPX-FM

This week Tribe Called Quest "represents, represents," "The Love Movement" on Jive Records and something new from Neil Finn "Try Whistling This" on Work Records are reviewed.

The Love Movement is un ast studio CD from Tribe Called Quest - Shaheed, Phife Dawg. and Q-Tip. From "Start It Up" the head bouncing is the same as it ever was - right on time.

Q-Tip's voice is the most unique in hip-hop. Future hiphoppers can sample Q-Tip, but they will never capture his

Other tracks to listen to include "Da Booty," "Steppin' It

Up" (with Busta Redman), and "I That" which has a c feel to it, "tell me if like that."

The first 15 tracks recordings, but six bo incorporate their uni and style from nine working together. tracks are "attempts music from its rece including "Money M remix of "Scenario" My God," and the class Sex." If you do not Tribe start with this work your way back to Instinctive Travels and of Rhythm," the first for

And now, for somethi pletely different, the released "Try Whistling from the former me Crowded House Neil Fine tened to.

"Last One Standing other cuts are insight. singer/songwriter's leaving Crowded House a very soothing, tran-"Sinner" is a ready for "hit" in the making He "forgotten soldier." Other tracks include "Souvening "Truth."

I hope you enjoy both CDs as much as I have next week, don't just her ten to the music!

### Poetry contest

The National Library of Poetry has announced that \$48,000 in prizes will be awarded this year in the North American Open Poetry Contest.

Poets in the Clarsville area, particularly beginners, are welcome to try to win their share of the 250 prizes. The deadline for the contest is Dec. 31. The contest is open to everyone and entry is free.

"Any poet whether previously published or not, can be a winner," said Howard Ely, Contest director, in a press release. "Poets from the Clarksvile area have successfully competed in past

competitions."

1, 1999.

Every poem entered al chance to be published

deluxe, hardbound antho To enter, send one poem, any subject and The National Library of Suite 1946, 1 Poetry Owings Mills, MD, 2111 or go to www.poetry.co poem should be no more; lines and the poet's na address should appear on of the page. Entries must be marked or sent via the int Dec 31. A new contest on

### PERSONALS P.O. BOX 8334

Val J.! you a hair brush for Your Daughter Congratulations to Christmas.-Your

Terry- I just really, you! -Johnny really LOVE you, Yanni- I'm still and I'm going to availiable!-Sara Ronnie, Patsy,

Jeff, Tommy, and Adam-Have a safe trip to D.C. and PLEASE kick their butts!!-Shana

Alpha Kappa Psi on Katie- Hand going Big Orange. your initiation .- over the City of Johnny Jeremy J. Angels CD!!!-Sara and Shana Tammy-I love

coolest dad in the

You did it Nick-I'm getting whole wide world! -

you and the other annoying sister It's great to be a Gamma Rho Sara Tennessee pledge class of Volunteer. Keep on

keep telling you Adam, Amanda, until it makes you Rhonda- Let's John, Linda, sick! Thanks for the go see another Christopher, food.-Shana depressing movie Candice, Nana, this weekend! - and MOMMY- Hello Bodie, Doug, Sara from Johnny and Tony, Mike, Tom, Shana. We love Dave- your the you all very much!

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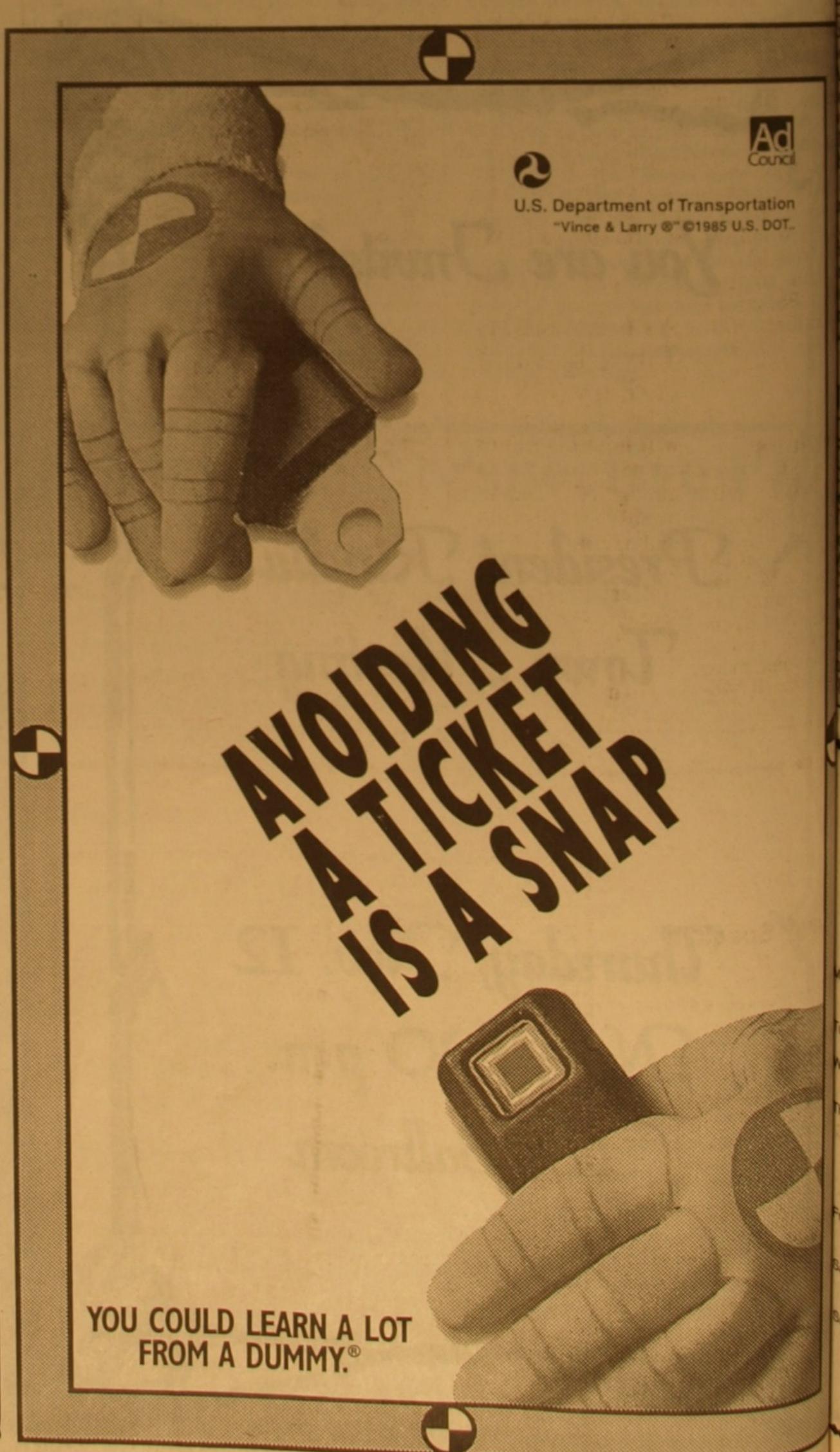
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# Deatimes

ntertainment Spotlight

### Former wrestler beats incumbent-becomes Minnesota governor

NATALIE KILGORE istant news editor

Former pro wrestler Jesse he Body" Ventura defeated thert Humphrey III to become governor of Minnesota last esday night. Ventura, whose conventional campaign ads trayed him as an action figure ing on the problems of the te government, was as ounded as Humphrey's porters. The ex-wrestler, who an his candidacy as a protest mpaign against Humphrey, is first Reform Party nominee the United States to win a tewide election.

Jim Carey is scheduled to in filming a new movie in the is to come. Carey will play the d role in "Spyville," based on art" starring Don Adams.

Whitney Houston is slated to gin filming a new romantic medy co-starring Will Smith itled "Anything For You."

Actor Tom Cruise has a new wie in the works. The sequel to blockbuster "Mission possible" will begin filming

next year in Australia.

may have Romanian royal blood flowing through his veins. Reports of family records were released that indicate Charles may be a distant relative of Prince Vlad the Impaler, known throughout history for his nasty habit of piercing his enemies' heads with spikes. Records show that Vlad had a brother who married into the British royal family hundreds of years ago. The Romanian prince was also the model for Bram Stoker's classic novel "Dracula."

competitors, ABC has no television cancellations to report for the fall season. The network's current top rated show of the season is "The Hughley's," a 1960's television show "Get situation comedy about an Winters" has recently revealed african-american family. The FOX television network, which has already cancelled a number of its new fall shows, reported "That 70's Show" as the top ratings grabber.

> Actor Jason Priestley has left "Beverly Hills 90210" after eight seasons to pursue a feature film

career. Priestley will be co-•Prince Charles of England starring with Ashley Judd in the upcoming suspense thriller "Eye of the Beholder."

·Cameron Diaz was voted "Hollywood's Next Big Thing" in the December issue of Premier magazine. Editors credit Diaz with creating the highest sensation at the box office this year with her sleeper hit "There's Something about Mary" since Julia roberts appeared in "Pretty Woman."

 Princess Stephanie of Monaco has produced a special on sorcery that was shot in various ·Unlike many of its locations around Monaco. "Champions of Magic III" will air later this winter on ABC.

·Alex Kapp Horner, who plays Faith Ford's best friend on the television sitcom "Maggie her involvement with Robert Chambers, otherwise known as "Preppy Murderer." Chambers and Horner were involved in a romantic relationship when he murdered Jennifer Levin in New York's Central Park in 1985. Apparently, Horner and Chambers had fought

the night of the murders which resulted in Chambers going out with Levin. Chambers later pled guilty to manslaughter and was sentenced to 15 years in prison. A recent request for parole was denied on the grounds of drug

possession.

•Elton John is auctioning his two and a half acre estate overlooking Beverly Hills. The five bedroom, limestone mansion which includes a pool, tennis courts, stained glass windows,

and a kitchen with tiles from the Metro in Paris, has been reduced from \$24 million to \$13.9 million. Previous owners of the estate have included screen legends Katharine Hepburn and Greta Garbo.

**ANSWERS** 

DMAN ELMER LORE

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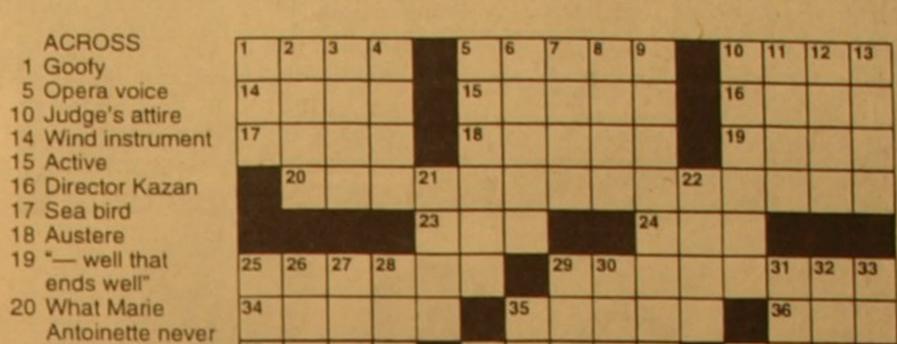
LETTHEMEATCAKE

THE TORAH.

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### The Crossword



23 That girl 24 Coped with 25 Houston players

29 Godsend 34 Peeler

35 Honky-tonk 36 Caviar 37 Under the

38 - Sound, WA 39 Volcanic rock 40 Gun the engine

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60 Arabian sultanate

61 Mr. Fudd 62 Learning 63 Crave

64 Takes to the sky 65 Swiss painter,

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2 Cain and -

3 Golfer's cry

1 Period

4 Pavilion

5 Parties

8 Father

10 Behaves

12 Gyp

6 Fall flower

7 Gobiet part

9 Christmas tree

11 Earthenware pot

decoration

13 Facility 21 God of thunder

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47 Provide food 48 Till the soil

27 It. fountain

29 Phony

30 Misleads

32 Unique

35 Apostle

31 Up in arms

33 Toothed wheels

41 Actor Paul of old

38 Meat and -

39 Fall behind

42 Remained

44 Singer Anita

45 Prickly shrubs

28 Danger color

49 Buddhist monk

50 Alda or Ladd 51 Singer Guthrie

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53 Dr. Jonas —

55 Nothing more

54 Off base

than

59 Poor grade

TENNESSEE DISABILITY INFORMATION &

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THE TAO OF POOH.

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Unitarian Universalist Fellowship of Clarksville meeting at the: L&N Train Depot 189 N. 10th St. 552-7996

Services begin @ 10:30 a.m.

### Art Scene For the week of Nov. II-18

Kelly Young will

hold her senior

trumpet recital at 3

p.m. Sunday in the

concert theater at the

Music/Mass

Communications

building. This event

is free and open to

the public. For more

information call 648-

Woodwind

Woodwind Quintet

will perform at 7:30

p.m. Monday in the

concert theater at the

Music/Mass

Communications

building. This event

is free and open to

the public. For more

information call 648-

Art Exhibit,

Trahern

John Montgomery

will hold his senior

art exhibit Monday

through Nov. 20. An

opening reception

will be held from 7-9

Gallery hours are

Thursday and from

2-4 p.m. Wednesday

from 4-6

Tuesday

and Friday.

Monday.

p.m.

and

Gallery 108

### rt Exhibit, rahern

allery he Biennial Art culty Exhibit will ive an opening ception Monday ght from 7-8:30 m. The show will n until Dec. 11. allery hours are 9 m.-4 p.m. Monday rough Friday, 10 m.-2 p.m. Saturday d 1-4 p.m. Sunday.

### rt Exhibit, arson allery

lections from the PSU permanent art lection featuring orks by APSU umni, will be on ow through Dec. . Gallery hours e from 8 a.m.-4 Mondayiday. This is free d open to the blic. For more formation, call 8-7333.

ollegians

APSU Jazz ollegians will form at 7:30 p.m. ursday in the ncert theater at the usic/Mass mmunications ilding. This event free and open to public. For more ormation call 648-

### Senior Recital Chicago rass Quintet,

The Chicago Brass Quintet will perform at 7:30 p.m. Tuesday in the concert theater at the Music/Mass Communications building as part of APSU/Clarksville

Community Concert Artist Series. Admission by series membership, remaining seats are \$15 at the door. APSU students will be admitted free of charge if they pickup

tickets in advance at the Music Ticket Office. APSU students may also purchase one guest ticket for \$7.50. For more information call 648-7876.

### Art Exhibit, Trahern Gallery 108

Arvis Guilbault will hold his senior art exhibit through Friday. Gallery hours Wednesday through Friday from 5-8:30 p.m.

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# She's a gang leader with a goal.

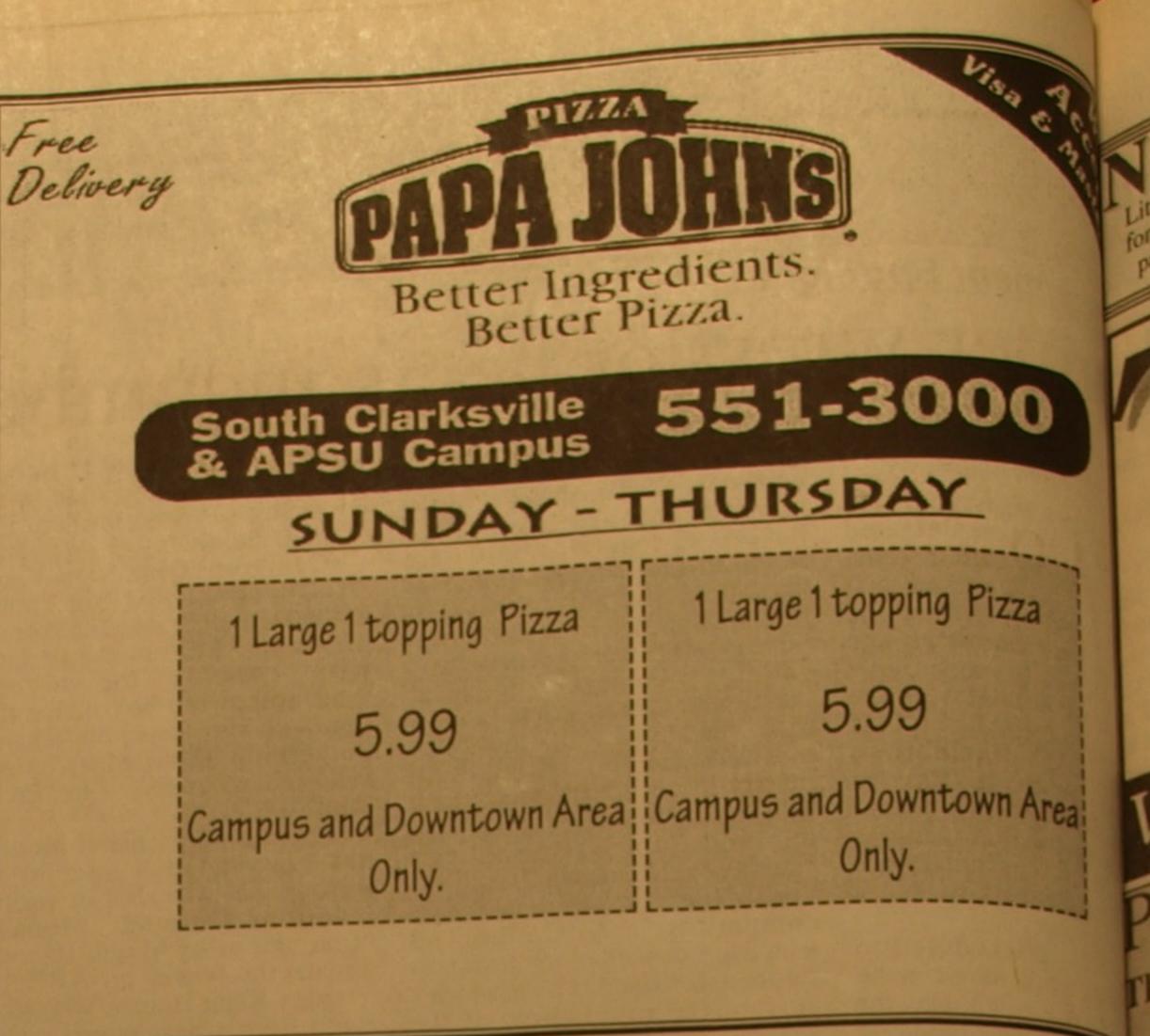
Theresa was looking for acceptance but all her friends were in gangs. For Theresa, it was just a matter of time. Choosing between gang life and soccer wasn't easy. But thanks to adults like you and after-school programs like these, she's now devoted to her teammates — learning new skills, self esteem, and the confidence to lead.

LESS CRIME IS NO ACCIDENT

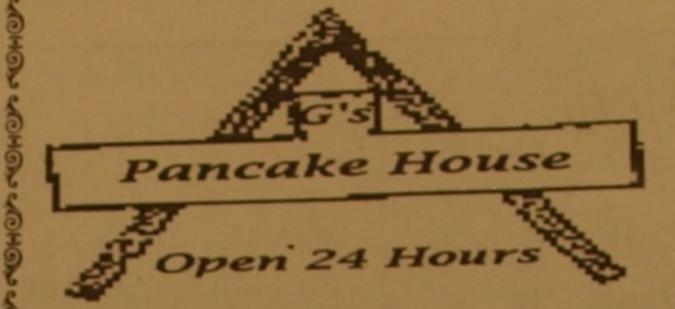
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THOSE YOHOSE YOU

# Abstinence Awareness Week

### Survey Results\*

# Definitions of:

### Abstinence

- 1. No sexual intercourse
- 2. No sexual activity until marriage (6)
- 3. No sexual contact except kissing and masterbating (2)
- 4. Refraining from any activity (1)

### 1st Base

- 1. Kissing (22)
- 2. French kissing (14)
- 3. Kissing/holding hands/ hugs (9)
- 4. Over the clothing stimulation (6)
- 5. Dating only (4)

### 2nd base

- 1. Serious kissing, heavy petting (genital stimulation),
- "making out" (19) 2. Touching, kissing, feeling above the
- waist (18) 3. Holding hands, communication,

### 3rd Base

- 1. Feeling without clothing 1. Sexual intercourse
- 2. Oral sex (18)
- 3. Kissing, dating, touching (8)

### Home Plate

- (21) 2. Getting engaged (2)
  - 3. Kissing (1)

\*Survey results were based on Austin Peay campus responses to define each of the above terms. Answers were then catagorized together with similar responses as the (#) displays.

"talking" (2)

Be one of the first 50 to return this advertisement to the Student Development Center and you can reserve a # Abstinence Awareness Week T-shirt! Ellington 214 648-6242