

Lady Govs rebound, 8



Facing stress during final's week, 5



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SGA legislation: a semester in review

» By **LAUREN COTTLE**
Staff Writer

RESOLUTION NO. 1

A formal letter of thanks was sent to the Office of Housing and Residential Life for its work on the newest dorms, Governors Terrace North and South and Eriksson Hall.

RESOLUTION NO. 7

Requested more vegetarian food options on campus since, according to the bill, “meeting the needs for a vegetarian diet is necessary in being an all-inclusive institution.”

RESOLUTION NO. 2

A recommendation was sent to the Physical Plant asking them to pour concrete on the gravel area of Govs Lane between the UC and the flowerbed many students use as a shortcut.

ACT NO. 1

Pushed the SGA to publish the voting records of senators so the organization can “be more open to the student body.”

RESOLUTION NO. 3

Aimed to form a “central repository for a four-year course plan” at APSU to “help students in their initial major decisions and cut the amount of time students spend at APSU.”

ACT NO. 2

Clarified and expanded legislation responsibilities for senators.

RESOLUTION NO. 4

Proposed to “properly update signage” on campus, such as the sign that states the Harvill building contains Austin’s, the restaurant replaced by Subway.

ACT NO. 3

Defined the veto power of the SGA president.

RESOLUTION NO. 5

Planned to send “a formal recommendation to the Physical Plant to install a sidewalk” along Marion Street to “reduce the number of pedestrians crossing.”

ACT NO. 4

Aimed to elect senators according to the number of credit hours earned and not semesters spent on campus.

RESOLUTION NO. 6

Aimed to “improve voting participation” in SGA elections by requesting information technology aid to improve online voting, making it more “widely known, more easily accessible and more user-friendly.”

ACT NO. 5

Required freshmen senators to have a high school GPA of “at least a 2.75 on a 4.0 scale” and graduate senators with no graduate credit to have an undergraduate GPA of “at least a 2.745 on a 4.0 scale.”

In SGA legislation, resolutions are generally suggestions or recommendations endorsed by the senators. Acts passed by the SGA affect the way the organization operates.
Act No. 6 and Resolutions No. 8 through 15 are to be read at the next SGA meeting on Wednesday, Dec. 4. **TAS**

Community competes at bouldering event



Luke Holliday scales the side of the Foy climbing wall for the sixth annual ‘Burn Out’ bouldering competition. Holliday finished in second place in his division. **ARIANA JELSON | STAFF PHOTOGRAPHER**

Students, community members climb to the top

» By **MYRANDA HARRISON**
Staff Writer

The Foy Recreational Center’s sixth annual bouldering competition on Saturday, Nov. 23, was open to all APSU students, faculty and community members.

According to Jefferson Defago, a staff worker and personal trainer at the Foy, the competition was started six years ago by Associate Director of the Foy, Jason Wills.

“It provides a sense of accomplishment,” Defago said. “It’s just you and the rock, and it utilizes every muscle to hold on.”

The competition began at 10 a.m. and had three categories: beginner, intermediate and

advanced, with men and women competing in all three.

Each climber received his or her own scoreboard that consisted of “problems” to attempt to finish. With six different routes and nearly 30 problems, climbers tried several different problems and, once finished, were able to check the problems off their scoreboards.

Competitors tried as many problems on the list as possible within the two-hour time period. At the end of the competition, scores were tallied up, and prizes were given to the three people with the highest scores.

“The trophy is awarded to the person who we don’t think is the best climber, but who gave it their

best,” Defago said.

In the beginner’s category, community members Daniel Gregg and Jason Forsyth won third and second place, respectively.

Freshman Daniel Kornbluh won first place in his division. In the intermediate category, alumna Mandy Hall won third place, senior Brandon Wood took second place and community member Amir Fathi came in first place.

For advanced rock climbers, graduate student Christian Nguyen finished in third place, alumnus Luke Holliday came in second and community member Mohssen Fathi earned first place. **TAS**

Campus parking enough even with reduction

» By **PHILLIP SWANSON**
Staff Writer

With the new stadium under construction, some parking spaces on campus have been lost. According to Eddie Gross, a staff representative for Campus Safety, there has been a loss of 127 commuter spaces, 10 faculty and staff spaces and six disabled parking spaces in the Foy parking lot.

According to Gross, there is ample parking space throughout campus and on its edges.

“The problem with parking on campus is that students want to park close to class and not have to walk,” Gross said. “You can walk across campus in 15 minutes or less from our farthest lot”

Gross said the Parham lot at the corner of Farris Drive and Parham Drive stays empty most of the time and can accommodate up to 124 cars. The lot at the corner of Eighth Street and Farris Drive holds 184 cars and generally remains half empty, according to Gross.

Total parking on and around campus makes 3,213 parking spots open to students, according to Gross. For commuter students,



Students and staff lost more than 100 parking spots to stadium construction, but administrators said there is plenty of parking on the edges of campus. **ARIANA JELSON | STAFF PHOTOGRAPHER**

this amounts to 2,162 parking spaces and 13 motorcycle spaces. For students living in resident halls, there are 1,038 spaces.

“I don’t think it’s smart that they took away spots,” said Andria Odom, a sophomore communications major. “It doesn’t give many people choices

on where to park.” Odom said she has seen people park their cars in the grass or park at The Gilroy on University Avenue.

Lucas Bandy, a junior criminal justice major, said he has ended up parking in visitor spots

Students help classmates

Struggling parents give gifts to children with help of students

» By **DAVID HARRIS**
Staff Writer

With the holidays approaching, Student Affairs is holding its annual “Help an Elf” program. Since 1994, the holiday gift program has assisted full-time students who have difficulties providing gifts for their children during the holidays. These students fill out applications for the office of Student Affairs asking for assistance. Individuals

can then adopt a family and go Christmas shopping for the children. The deadline for families applying for the program has passed, but the deadline for gifts to be turned in to the Student Affairs office is Thursday, Dec. 12. Student Affairs is hoping many students will participate and adopt a family. “From what I can tell, this is what we should be doing to assist our fellow classmates,” said Christian Moore, a sophomore health and human

performance major. “There are those who are trying to get a quality education, and they just can’t afford to get their kids presents. I am extremely grateful that we have those programs.” Amanda Miner, a sophomore computer science major, said she thinks the program is good to have in place. “There are a lot of parents who are full-time students who also have jobs to help support their families or just

try to get their education while being a parent,” Miner said. “With that being said, times are hard, and finals are coming up, as well. I think it is a good thing to offer support to our students.” Departments and on-campus organizations can get involved, as well as members of the community. This year, a local bank helped provide gifts. “I’ve been doing this program for some time now, and it’s a wonderful program,” said Vanessa

Fountain, administrative assistant in the office of Student Affairs. “It gives us an opportunity to assist students, those who wouldn’t otherwise be able to provide gifts for their children.” Fountain said many participants are single parents. “[I] and everyone else in the office can tell you we enjoy seeing students come in,” Fountain said. “Some of them cry because they’re so thankful that they’re able to provide gifts for their children.” *TAS*

Parking

CONTINUED FROM **FRONT**

because he couldn’t find spaces elsewhere. “I got three parking tickets, totaling \$85, because there is just no parking a reasonable distance from where my classes are,” Bandy said. “All the parking is at the edge of campus.” Carrie Coleman, senior social work major, said she only uses parking on campus for going to Subway or the post office. “One of the best things APSU could do would be to make a 15-minute parking space for those simply using either the post office or Subway,” Coleman said. “It might save trouble and walking.” *TAS*

APSU alumnus passes away

» By **RONNIESIA REED**
Perspectives Editor

APSU alumnus Perry Story died recently in what is believed to be an accidental shooting. According to the Montgomery County Sheriff’s Office, Story was shot in the head Sunday, Nov. 17, on Ashland City Road and died Tuesday, Nov. 19. His funeral was Saturday, Nov. 23, at the McReynolds-Nave and Larson funeral home. Story graduated from APSU earlier this year at the age of 25 and was a member of Alpha Gamma Rho fraternity. The reaction from social media shows Story was a loving, caring and kind person. Story is survived by his parents, Garry and Kathleen Story, his sister, Katherine Story and his fiancé, Stephanie Smalling. *TAS*

CRIME LOG

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

- 5:55 p.m.; Nov. 26; Eriksson Hall West; vandalism
- 10:11 a.m.; Nov. 25; Woodward Library; theft of property
- 6:15 p.m.; Nov. 25; Castle Heights Hall; vandalism
- 12:23 p.m.; Nov. 25; Woodward Library; vandalism
- 8:33 p.m.; Nov. 24; Hand Village; unlawful drug paraphernalia

Visit [TheAllState.org](#) to see an interactive of the campus crime log.

Obama reveals \$100 million HIV research initiative

» **ASSOCIATED PRESS**

WASHINGTON — President Barack Obama announced a new initiative at the National Institutes of Health in pursuit of a cure for HIV, saying his administration is redirecting \$100 million into the project to find a new generation of therapies. “The United States should be at the forefront of new discoveries into how to put HIV into long-term remission without requiring lifelong therapies, or better yet, eliminate it completely,” Obama said. Obama made the announcement Monday, Dec. 2 at a White House event marking World AIDS Day, which was Sunday, Dec. 1 — and as health leaders and philanthropists gathered in Washington to determine how to replenish the major global health fund that combats AIDS and two of the world’s other leading killers in low-income countries. Obama pledged that the U.S. would

contribute up to \$5 billion over the next three years to The Global Fund to Fight AIDS, Tuberculosis and Malaria — as long as other countries do their part and contribute \$10 billion. The U.S. matches contributions to the Geneva-based Global Fund on a 1-to-2 funding ratio set by Congress. “Don’t leave our money on the table,” Obama said Monday, Dec. 2. The Global Fund is trying to raise \$15 billion to cover its programs from 2014 to 2016. The fund supports HIV therapy for more than 5 million people, as well as treatments for tuberculosis and malaria, and the distribution of insecticide-treated bed nets. Also Monday, Dec. 2, billionaire Bill Gates said he planned to nearly double his foundation’s contribution to this next round of the Global Fund, to \$500 million. Gates had already pledged \$300 million, but told a small group of reporters at the National Institutes of Health that he would match an additional \$200 million from

private sources in an effort to draw in new donors. Gates donned a biohazard suit and respirator for a close-up look at how NIH scientists are hunting new therapies for increasingly drug-resistant tuberculosis. He emerged from the laboratory energized about promising candidates — but with a sober message for policymakers: Defeating global killers like TB and AIDS requires adequate funding of both the delivery of today’s treatments and the research required for better ones. “We’re deeply disappointed” in cuts to the NIH’s budget, Gates said. Earlier this year, NIH lost \$1.5 billion of its \$31 billion budget to automatic spending cuts known as the sequester, after years of budgets that didn’t keep up with inflation. NIH is scheduled to lose another \$600 million from a second round of sequester cuts set to take effect next month. “Investing in research has huge paybacks,” Gates said. *TAS*

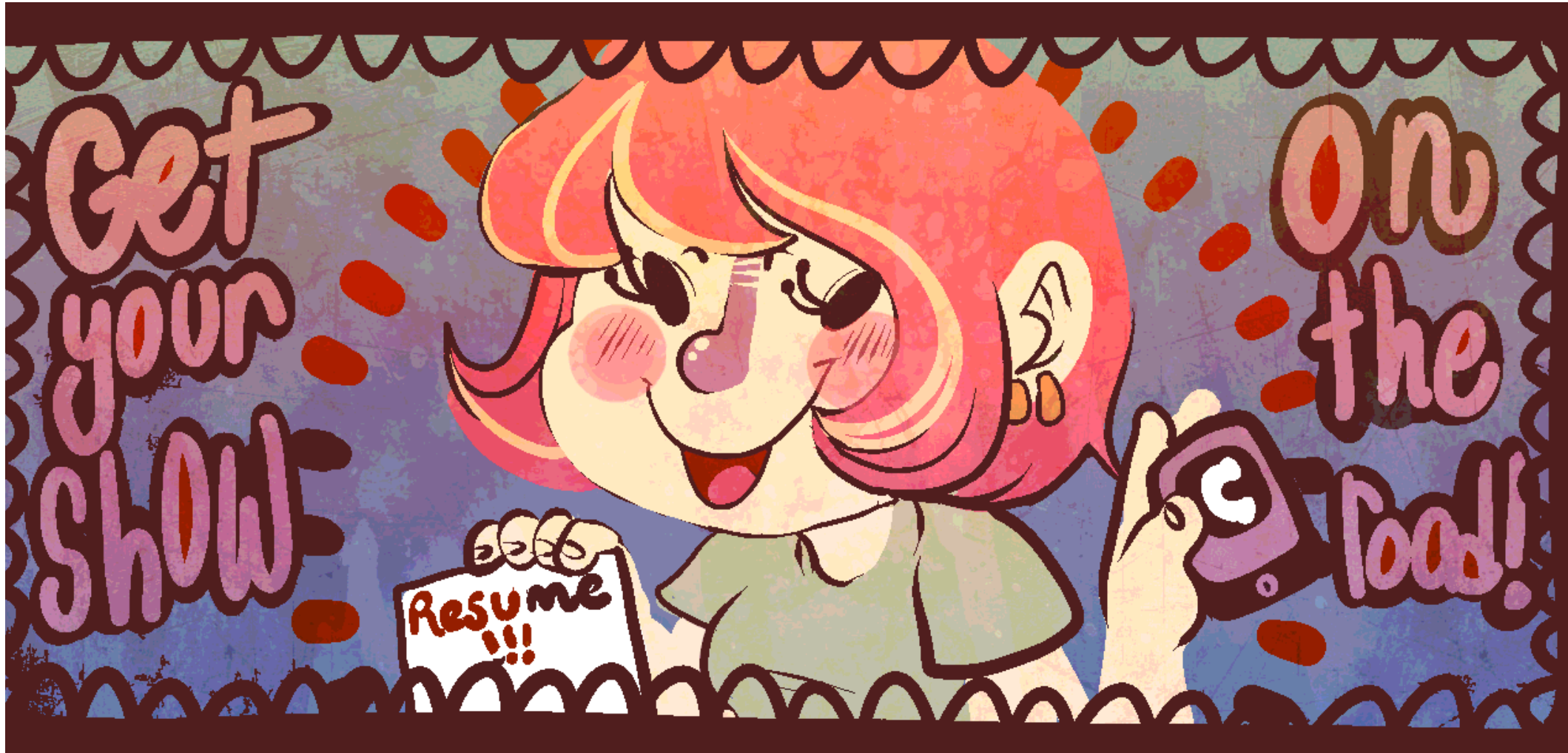
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Internships prepare students for future



CHRISTY WALKER | CARTOONIST

» **By DANIELLE BOOKER**
Staff Writer

Considering we are in college now, we are one step closer to moving into the real world and becoming an active part of society.

We came to college to get an education that will allow us to support ourselves in the future.

Being part of the workforce requires certain qualifications such as education and experience.

Internships are an easy way to see if you want to be a part of any particular line of work, as well as to gain experience.

"I think that internships are very beneficial," said Kahla Stewart, a senior and biology major. "They look good on your résumé, and they also give you a particular feel for what you will be doing in that field." Many students change majors more than once. I feel many students

do not know what they want to do in life.

They have not lived very long, and in the short time they have lived, they haven't given much thought to the future. Being caught up in the moment has caused some of us to fall behind.

In order to find internships in the field you choose, first conduct research so you have a knowledge base. I believe when you know what you're dealing with, you handle it better. Being in charge of your future means you are responsible for the outcome.

Second, after researching your topic, you should polish your résumé. By having a clean-cut résumé, you show your future employer you care about a career in whatever field you have chosen. Passion is always useful in your future plans.

Third, speak with your prospective employers in person, or if that is not possible, connecting with them by mail shows you are serious about the position you have applied for. Internships are a way of

figuring out your place in this world by first establishing where you will work and how you will support yourself.

In addition to the responsibility you learn, working allows for a broader outlook on life by giving you job experience.

I think it's better to be actively involved in everything that relates to your future.

No one cares more about you than you. School is hard and life is harder, but by taking on a little bit of the world at a time, we soon find nothing can stop us from getting what we want.

As students we have the privilege of attending college, so why not take advantage of our opportunities?

Being lazy never made anyone rich. I guarantee Steve Jobs didn't become an icon by letting life pass him by.

Instead, we should channel our efforts into hard work and dedication in order to achieve our goals. **TAS**

Letter to the Editor

» **By TREVOR BRAND**

I am writing this letter to make a clarification about a statement I was quoted on in the Wednesday, Nov. 20, 2013 edition of *The All State*, the article of which was titled "Race in Greek Life" by Lauren Cottle. The article misrepresented my words by quoting, "[Interfraternity Council] fraternities are traditionally white, and many people from other races won't be interested in it from the beginning. Culturally, black people hang out with black people."

I feel, in this print, the context of my words has been taken into a negative light. I would like to provide clarification here.

During the interview, Cottle asked me, "Why may minorities not want to join a fraternity that is primarily white?"

I responded, "Personally, since I am an African-American male, I have many black friends that I socialized with prior to college.

My friends may have been more inclined to socialize with other black people because this is what we are accustomed to. I believe this is probably true for a majority of other black students and white students."

The next question Cottle asked me was, "How do you feel minority representation is at APSU?" I responded, "At APSU, it is not an issue. My fraternity, Sigma Phi Epsilon, has many different

racess of people and backgrounds." Cottle followed up with the question, "How do you feel Greek life is as a whole?"

I responded, "I don't particularly know any numbers but I know that it could use some work." Cottle misattributed these two quotes by stating in her article, "Brand said he thinks minority representation in APSU Greek life is 'getting better,' but also, 'it needs improvement a lot.'"

The article painted my words in a negative light without actually giving the true context. I would appreciate for this clarification to be published so students and the university community will understand the true meaning of my words. **TAS**

Letter to the Editor

» **By BEN STERLING**

After hearing many opinions regarding the recent "Race in Greek Life" article in *The All State*, I have decided that I would like to clarify a few things. The fraternity and sorority community at APSU is one that is drastically more diverse than many of its counterparts. In comparison to other major universities, the diversity of the Greek organizations here is something we pride ourselves on.

The perception of fraternities and sororities is one that is very skewed and confused. The media often attacks these organizations as ones that "refuse" to "allow" minorities to become members. Ironically, at APSU and other colleges, the recruitment process is open to all students. Minority students are actually encouraged to participate in the recruitment process of the Interfraternity Councils, Panhellenic Councils, and National Pan-Hellenic Councils. At APSU, the Interfraternity Council's average non-white representation in chapters is 14 percent. That's a far cry from the mediocre 3.8 percent of non-white representation at the University of Alabama that was included in the "Race in Greek Life" article. The fraternities that represent the Interfraternity

Council are Alpha Gamma Rho, Alpha Tau Omega, Kappa Alpha Order, Phi Gamma Delta, Sigma Chi and Sigma Phi Epsilon. This percentage grows every year as the organizations become more and more diverse. The national offices for each of these organizations are encouraging their chapters to diversify their membership, and the chapters here at APSU are taking this encouragement in stride.

Nonwhite members hold leadership positions in each chapter, and are many times looked up to as leaders around campus. After speaking with the director of recruitment for the Panhellenic Council, the number of nonwhite women who are seeking membership in a sorority is higher than ever. After the negative publicity out of larger universities, it's nice to know who our community is making strides in integration of races.

The most common misconception of fraternities and sororities is the selection process. In order to join a fraternity or sorority at APSU, a person must have at least a 2.5 cumulative GPA. More often than not, though, the national offices of these organizations or the local chapters set higher minimum grade point averages for membership. In Sigma Phi Epsilon, a member must have a 2.9 cumulative GPA to be considered for membership. This is a

standard that is established by the local chapter. The Kappa Alpha Order requires the prospective member to have at least a 2.6 cumulative GPA to receive a bid.

This standard is established by their national headquarters. APSU fraternity and sorority members consistently out perform their classmates. In the spring semester of 2013, the Greek GPA was a 3.03, while the all-student GPA at APSU was a 2.94, according to the Office of Fraternity and Sorority Affairs, APSUGreeks.com.

The positives of being in a fraternity and sorority are endless, and the opportunity to reap these benefits are available to anyone meeting the minimum standard.

So, I feel perhaps the issue is not the percentage of minorities in Greek life at APSU, but rather the question should be why do Greeks face a negative stereotype for holding its members to a higher standard? Students at APSU, as I have stated above, no matter the race, traditionally enter APSU with a lower GPA and admittance test scores. Some will meet the standards of grades, character, and financial obligations that joining Greek organizations may entail and some may not, but it is certainly not at this time a question of race here at APSU. **TAS**

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ABOUT THIS PUBLICATION

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

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

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

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

is entirely managed and produced by APSU students.

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



Super Crossword

JOKE TIME JUMBLES

- ACROSS**

1 Joe of "Raging Bull"

6 Boss woman

13 Gabs with flirtatiously

20 Routinely

21 Explorer Leif

22 Carolina of fashion

23 Bought brass and bronze?

25 Swallow greedily

26 Selected passages

27 Mediocre grades

29 Field marshal Erwin

30 Took a chair

31 Where a beautiful woman swims?

34 Jay-Z hit, e.g.

37 Moon of Jupiter

40 Restroom, for short

41 City in central Sicily

42 "Alas, it's true, Ms. Bergen"?

47 Autumn chill

49 Dolled (up)

50 Library of Congress ID
- 52 "Hawaiian Favorites" singer

57 "Yer darn —!"

58 Show off parquet work?

62 Ocean Spray flavor prefix

63 Take — (chance it)

65 Oil qty.

66 "... some kind of —?"

67 Ruminant's chew

68 Guthrie launches a Jedi master into a somersault?

73 Addenda to ltrs.

74 Blind as —

76 Hesiod's H

77 Like Carroll's "borogoves"

78 Part of TLC

80 Tinkerbell's ancient milky gem?

84 "The Raven" maiden

86 Blasé feeling

87 Yemen port

88 Sugar quantity

90 During each

92 Maneuver to avoid a traffic jam doesn't work?
- 96 Hot tub locales

100 Succor

102 Beaverlike rodent

103 Driver's peg

104 Inundate

Liotta's bucket?

108 Size up from medium: Abbr.

111 Actor

Brando

112 Big drink

113 Recurring melodic fragment

118 Scale ranges

120 What each of this puzzle's eight longest answers is a

93-Down of

123 Least nice

124 Hit from behind

125 Rainer of film

126 Classifies

127 Myopic

128 Rocker Bob
- 5 Prefix with red

6 Pal of Ernie

7 Savings plans, briefly

8 Jazz poet

Scott-Heron

9 Cato's 1,150

10 Withdrawn from people

11 "True Blood" co-star

Stephen

12 Adams of photography

13 "Evita" role

14 Title king for the Bard

15 Strong rival of Sparta

16 — I'oeil

17 Homily

18 Spur

19 Simmered

Spanish dish

24 Decided to enter

28 "My Gal —"

31 Dandy fellow

32 GI's address

33 Popular Irish ballad

34 Spellbound

35 Like the conga drum, ethnically

36 Destine

38 Manipulate

39 Fishing stick

43 "— girl!"

44 1986 book by rocker

Turner
- 45 Sassy talk

46 Big inits. in fashion

48 Many a sharable PC file

51 Soft as a — bottom

53 Ending for Rock

54 Like the United Way and NPR

55 Locale-specific regulation

56 Meal bits

58 "What's the —?"

59 Molokai or Maui: Abbr.

60 Penny-pinch

61 Municipal pol.

63 Certain female opera solo

64 Writer Dahl

67 Snug eatery

69 Not a bus.

70 Ms. Zadora

71 Size that's the opp. of 108-Across

72 — clubs (certain card)

75 Capote, to his buddies

79 Kourmikova of the court

81 Quick bark

82 Berlin article
- 83 Yoko —

84 Sticking by

85 In addition

88 35mm camera type

89 Maui paste

91 Impassioned

93 Letter shuffle

94 Hwy. crime

95 Old religious scandal inits.

96 Gallery in western CA

97 Sites

98 Big arteries

99 California county

101 Bad: Prefix

105 Capital of Delaware

106 Bee cluster

107 Pied —

109 Fish parts

110 Come after

113 — concern

114 "— I" ("Me too")

115 Take — at (insult)

116 Hit with a zapping gun

117 — and terminator

119 Aves.

121 Lyric-penning

Gershwin

122 Tripod piece

1	2	3	4	5		6	7	8	9	10	11	12		13	14	15	16	17	18	19	
20						21								22							
23					24									25							
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86						87							88	89							
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104				105				106	107						108	109	110				
111								112					113	114					115	116	117
118								119		120		121	122								
123										124							125				
126										127							128				

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Weekly SUDOKU

by Linda Thistle

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

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

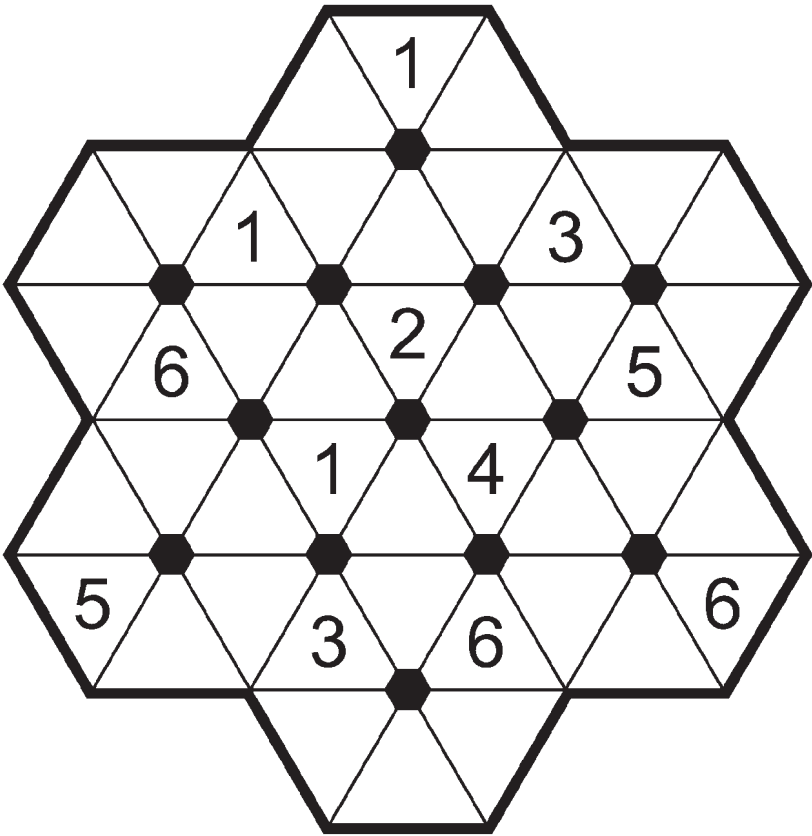
DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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SNOWFLAKES
by Japheth Light

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



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: **B** equals **H**

BZUF OQT FUFJ BFZIY JBF
KPZOVTP IHUFI WZWWZP NZP
BHG EHIPVIHFMY BHG
GHEMHVHNZMJ QJJFI?

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"Every time I hint at getting married he says he'd like to but it involves too much ————— work."

SCRAMBLERS

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

- Blunt

TUBRAP
- Close

BRANEY
- Chase

SUPEUR
- Spare

TAXER

TODAY'S WORD

—————

EVENTS

Wednesday,
Dec. 4

- Last Day of Classes
- 11:30 a.m.-1 p.m.; **African-American Cultural Center: Free Lunch and Conversations;** WNDACC
- 1 p.m.-3 p.m.; **Student Affairs Holiday Reception;** MUC Lobby

Thursday,
Dec. 5

- Study Day
- 11 a.m.-1 p.m.; **GPC Pre-Cram Jam: Be a Kid Again;** Foy Fitness Center Basketball Courts

Friday,
Dec. 6

- 12 p.m.-2 p.m.; **First Friday;** UC Plaza

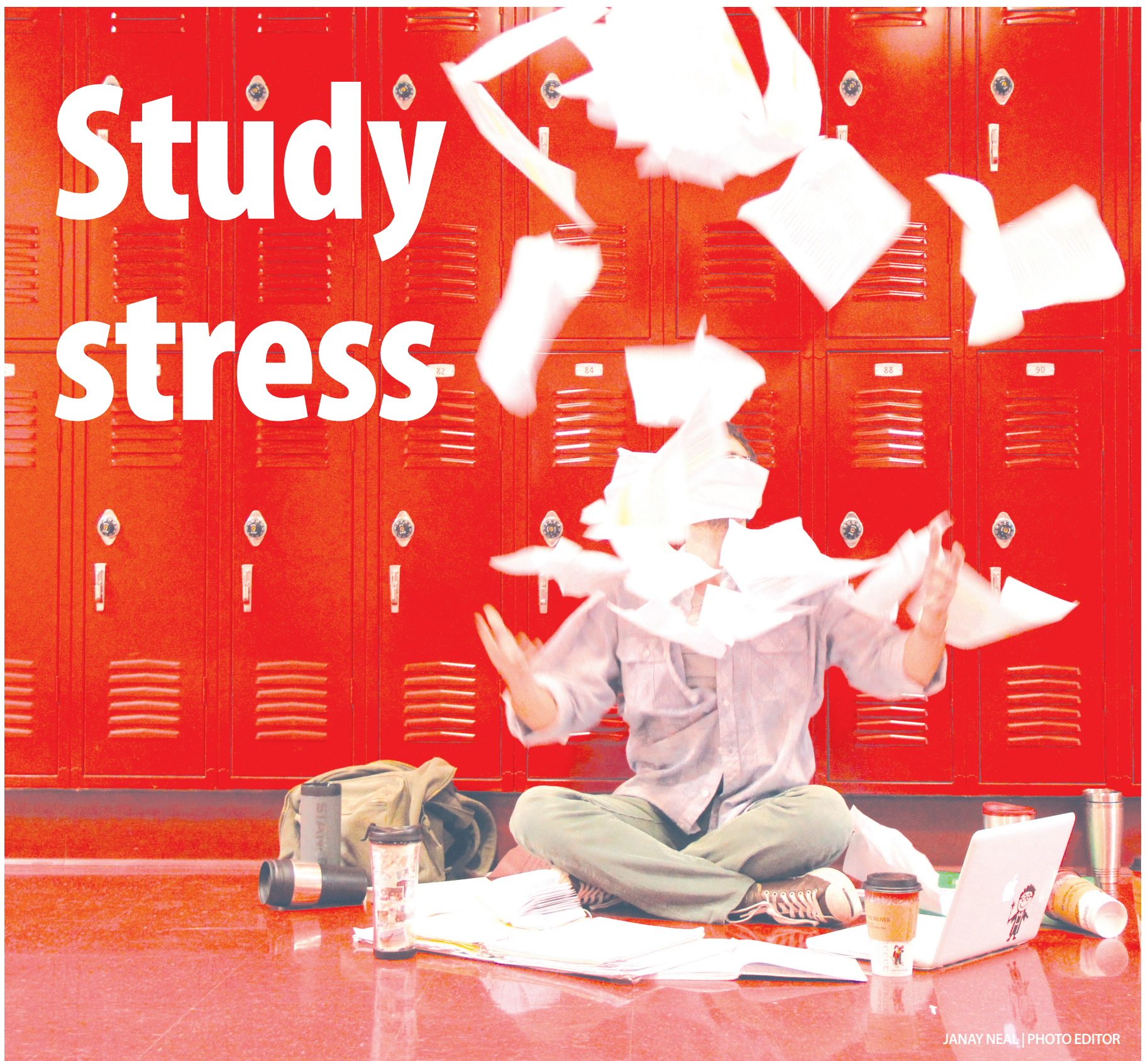
Sunday,
Dec. 8

- 9 p.m.; **Omicron Delta Kappa: Late Night Study Break;** Felix G. Woodward Library

Monday,
Dec. 9

- 6:30 p.m.; **Hispanic Cultural Center: Graduation Recognition Ceremony;** UC Ballroom C
- 9 p.m.; **Omicron Delta Kappa: Late Night Study Break;** Felix G. Woodward Library

To submit on- or off-campus events for future Community Calendars, email allstatefeatures@apsu.edu.



JANAY NEAL | PHOTO EDITOR

A student how-to guide on handling seasonal anxieties, final exam pressure

» **By PAYDEN HALL**

Staff Writer

'Tis the season of stress.

Christmas brings both pleasure and pressure as students make travel arrangements and schedule their holidays.

A certain level of anxiety accompanies the excitement of ending the semester, and it goes under the dreaded name "finals."

Because of exams and deadlines, a strong dose of pressure becomes a college student's most constant companion.

"Stress is our response to challenge," said psychology professor Charles Bonnington. "The term is called 'homeostasis,' and that is anything that throws us off balance."

While the tension is the same for everyone, people react in different ways.

There are students who need to release the excess energy through physical exertion.

"I need to run," said business major Tabitha Montague. "If I don't run every few days, I feel the tension build up and I get easily frustrated."

Working out is a common method of stress relief. According to the Anxiety and Depression Association of America, exercise "produce[s] endorphins — chemicals in the brain that act as natural painkillers — and also improve the ability to sleep, which in turn

reduces stress."

So, while some exert themselves physically, others seek various creative outlets to forget about school stress.

When asked how she deals with stress, freshman Victoria Simpson said, "I bake things, especially cupcakes."

While people react differently, there are healthy responses to stress that apply to everyone.

"The healthy response to stress is to avoid avoidances," said Bonnington. "Students ought to avoid avoiding responsibility, which

can cause unhealthy doses of stress. For example, they should not avoid exercise, eating properly, that kind of thing."

Bonnington also described how cold weather, with its shortened daylight hours, can increase a person's level of stress, sustaining some poor habits.

When students become stressed, they begin to skip steps which could actually reduce their stress, and

this becomes a perpetual cycle.

In the life of a college student, it is important to keep things in perspective.

"A bit of stress is a good thing," said Laszlo Stojalowsky, assistant director of Student Counseling Services. "It motivates us and gives us ambition. However, we have to be careful not to sell ourselves short when we become overwhelmed. We focus on two things: what we can control and what we can't control. Too often, we limit ourselves on what we actually can control."

Stojalowsky said there are numerous healthy responses to stress, including biking, running, playing a sport, talking to a trusted friend, watching a relaxing show, taking time for oneself and maintaining a healthy diet.

Ultimately, Stojalowsky said, the best response to stress is to "take a step back, regroup and rationalize what we actually can do to make the situation better." **TAS**

"A bit of stress is a good thing. It motivates us and gives us ambition. However, we have to be careful not to sell ourselves short when we become overwhelmed."

— **Laszlo Stojalowsky, assistant director of Student Counseling Services**

Maryville College provides 'condos' to campus bats

ASSOCIATED PRESS

MARYVILLE, Tenn. — Officials at Maryville College are working to provide new homes for nearly 2,000 bats that were removed from the belfry of a campus building.

The *Daily Times* reports the new accommodations should be in place by the time the colony returns in April.

David Unger, assistant professor of biology, said employees at the college have built 10 bat boxes in the campus orchards that can house about 30 bats each.

The university plans to install a bat condo in February that can house thousands of the little mammals.

Meanwhile, crews are continuing with renovations on Anderson Hall, where the bats were found.

"The college is undertaking these efforts in an act of stewardship, leadership and conservation," Unger said. "We can all live together."

The newspaper reports scientific experts were on site to make sure the bats, which are currently hibernating, weren't harmed while they were relocated.

Unger said Maryville College plans to set up benches and allow public access to the area.

"We represent a part of the community that's interested in promoting natural systems and lifelong education," Unger said. "We want it to be a source of education and recreation."

Merlin Benner, president of Wildlife Specialists, a company that is helping the school determine the best location for the bat condo, says the college has come up with a "very good plan."

"The college is addressing the bats' needs with a structure specifically designed for them," Benner said. "It's a safer, cleaner structure that will benefit the

bats and provide great learning opportunities."

Unger said the animals also can serve the students as a "living, breathing teaching tool."

"Many research opportunities are available to the college," Unger said. "If students get caught up in it, they could do almost anything. I'd

love to see these opportunities motivate them to pursue a career in science and work with bats." **TAS**

"The college is undertaking these efforts in an act of stewardship, leadership and conservation. We can all live together."

— **David Unger, Maryville College assistant professor of biology**

Movie star Walker dies

‘Fast and Furious’ star Paul Walker, friend Roger Rodas killed in tragic car accident

ASSOCIATED PRESS

LOS ANGELES, Calif. — Investigators sought to determine the cause of a fiery crash that killed “Fast & Furious” star Paul Walker while the actor’s fans erected a makeshift memorial Sunday, Dec. 1, near where the Porsche he was riding in smashed into a light pole and tree.

The Los Angeles County Sheriff’s Department said speed was a factor in Saturday’s one-car crash, though it will take time to determine how fast the car was going and gain full understanding of the accident.

Because Walker is so closely associated with the underground culture of street racing portrayed in the popular “Fast & Furious” film franchise, the fatal accident had an eerie quality — a tragic end for a Hollywood hero of speed.

The crash also killed Walker’s friend and financial adviser Roger Rodas, according to Walker’s publicist, Ame Van Iden.

She said Walker was a passenger in the 2005 red Porsche Carrera GT when they drove away from a fundraiser in the community of Valencia, about 30 miles northwest of downtown Los Angeles.

Sheriff’s deputies found the car engulfed in flames when they arrived at the site of the crash, near the fundraiser at Rodas’ sport car dealership. Officials have not identified either person found in the car.

On Sunday, fans of Walker, 40, gathered to leave flowers, candles and memorabilia from the action movies. His “Fast & Furious”

co-star Tyrese Gibson broke down when he visited the crash site.

“Paul is the heartbeat of this franchise, and we’re gonna see to it that his energy and presence live on forever,” Gibson later posted on his Instagram account.

He also posted a video of the film cast and crew recently celebrating Walker’s birthday.

Sheriff’s deputy Peter Gomez said investigators are working to determine how fast the car was traveling and what caused it to go out of control, including whether the driver was distracted or something in the road prompted him to swerve.

After the Porsche crashed into a light pole and tree, it burst into flames.

The downed light pole had a speed limit sign of 45 mph.

Walker rode the “Fast & Furious” franchise to fame, starring in all but one of the six action blockbusters, beginning with the first film in 2001.

He had been on break from shooting the seventh installment.

Production for the movie began in September and while much of the film has been shot, it’s incomplete.

Universal Pictures has not

said what it plans to do with “Fast & Furious 7,” which currently is slated for release in July.

Walker and Rodas had thrown a fundraiser benefiting victims of

the recent typhoon in the Philippines.

The event was held by Reach Out Worldwide, a charity Walker founded in 2010 to aid victims of natural disasters.



Marjan Bauman, right, and her daughter Alexandra Bauman join others on Monday, Dec. 2, at the site of the auto crash that took the life of actor Paul Walker and another man, in the small community of Valencia, Calif. ASSOCIATED PRESS

The fundraiser and toy drive took place at Rodas’ custom car shop, Always Evolving, in an area of warehouses and office parks.

Rodas, 38, and Walker co-owned an auto racing team.

Rodas competed in 10 Pirelli World Challenge GTS races this year, the racing organization said in a statement.

Attendees rushed to the crash, which was nearby but out of sight, to try to put out the flames with fire extinguishers.

One attendee of the event, Jim Torp, said he heard the loud sound of a car’s engine revving and then an explosion.

Walker and Rodas planned a quick ride, Torp said.

“The last words Paul said to anybody were, ‘Hey, I’ll be back in five minutes. All right?’ And that was it,” according to Torp.

Torp said Rodas had a young son, whom

he tried to stop from running to the accident scene. However, Torp said he could not catch the boy in time.

Walker left behind two completed films. He stars in the upcoming Hurricane Katrina drama “Hours,” which Lionsgate’s Pantelion Films is to release Dec. 13.

He also stars in “Brick Mansions,” a remake of the French action film “District B13” that Relativity plans to release next year.

His “Fast & Furious” co-stars reacted in shock the actor’s death.

Vin Diesel posted a photograph of him and Walker arm-in-arm on Instagram with the message: “I am absolutely speechless.”

Lucadris said on Twitter: “Wherever you blessed your presence you always left a mark, we were like brothers.”

Walker is survived by his 15-year-old daughter. *TAS*

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Week 14 Fantasy Football preview

» By **COREY ADAMS**
Staff Writer

It may be just another week in the National Football League, but for us fantasy owners, it is the start of the playoffs. All the preparation, draft strategy and long hours of managing your team has come down to this. Hopefully you had better luck than I and clinched a spot in the playoffs. I wish all the best to those battling to take home the trophy. The playoff settings all depend on how your league is set up. The standard is for the top

four teams to play in a single elimination bracket. In most leagues, you play each match-up for two weeks, meaning the point accumulation for Weeks 14 and 15. But in some leagues, mine included, it is just one week against each opponent, with the champion determined in Week 15. Regardless of how you play, here is everything you need to know for Week 14.

Injuries to Watch

Aaron Rodgers (collarbone),

Percy Harvin (hip), Julius Thomas (knee), Le’Veon Bell (head), Jay Cutler (ankle), Brandon Jacobs (knee), DeAngelo Williams (quad), Andre Ellington (knee), Rashad Jennings (head), Denarius Moore (shoulder), Eddie Royal (toe, chest), Jordan Reed (head), Delanie Walker (head), Aaron Dobson (foot)

Breakouts to Add

RB Ben Tate – Somebody may have released Tate in your league, since he’s owned in about

90 percent. Look for continued success following a 28-point performance. QB Josh McCown - McCown has passed for over 300 yards and two touchdowns in his past two games. Consider McCown if you need a quarterback. WR Brian Hartline - Hartline got out of his slump to score 18 points. Definitely a solid pick up this week, if available. TE Zach Ertz - Only pick up Ertz if you are in desperate need of a tight end. Nick Foles found Ertz for two touchdowns on Sunday. RB Andre Brown - I’m still

scratching my head as to why Brown isn’t owned in every league yet. RB Rashad Jennings - If he is able to go, grab Jennings. Four out of his last five weeks have been double-digit games. WR Michael Floyd - Three-straight weeks with 10 or more points. In three out of the last four weeks, he had double-digit fantasy points.

Defense to Get

Raiders - The Jets are bad no matter who starts at

quarterback. Oakland is a good defense play for this week.

Week 11 Awards

Best Performance: Eric Decker (41 points)
Biggest Surprise: Alshon Jeffery (36 points).
Biggest Letdown: Jordy Nelson (one point)
Defense of the Week: Lions (21 points)
Kicker of the Week: Adam Vinatieri (20 points)
*Updated before Monday Night Football game. **TAS**

Flyers edge Predators



Nashville Predators forward Mike Fisher (12) celebrates after teammate Colin Wilson, not shown, scored against Philadelphia Flyers goalie Steve Mason (35) in the third period of an NHL hockey game Saturday, Nov. 30, in Nashville, Tenn. ASSOCIATED PRESS

» By **ASSOCIATED PRESS**

NASHVILLE, Tenn. — The Philadelphia Flyers have started their six-game, 13-day road trip off in winning style even if they needed more than overtime to pull out the victory. Vincent Lecavalier scored the only goal in the shootout, and the Flyers edged the Nashville Predators 3-2 Saturday night for their second straight win. Claude Giroux scored in the first period, and Sean Couturier’s goal at 13:06 of the third tied it up at 2-2 to help the Flyers reach the shootout. “It’s huge to start off the road trip the right way,” Couturier said. “I think we deserved the win by battling hard, not quitting and coming back” Steve Mason made 34 saves and stopped Craig Smith, Matt Hendricks and Matt Cullen in the shootout for the second win in as many days. “It’s nice to come out on top in one of these games,” Mason said. “We’ve struggled in tight situations like this before. Being able to come out and get the extra two points is huge.” Mike Fisher and Colin Wilson each scored for Nashville, which has lost two straight. “We should have won the hockey game, but we didn’t,” said Nashville coach Barry Trotz. “We couldn’t hold onto the lead. Their one play, they capitalized on it, got it tied up and I thought Mason came up with some pretty big saves for them.” The Predators were playing their fourth game in six nights and without captain Shea Weber who is day-to-day with an eye injury after taking a puck to the face in Thursday night’s 3-0 loss to the Oilers. Their most experienced defenseman on the ice was Roman Josi with 116 career NHL games. Mason gave the Flyers a chance to win in the shootout. He had a big save inside the final 30 seconds of regulation when Seth Jones passed to David Legwand for a shot in front. In overtime, Wilson hit a post at 2:30, and Mason stopped him on a breakaway with about 30 seconds left. Matt Read was wide on a shot on

Nashville goalie Marek Mazanec during the extra period. In the shootout, Lecavalier was the first shooter for the Flyers and beat Mazanec with a forehand. Giroux was stopped at the post, but the Flyers didn’t need a third shooter when Cullen missed. Not only did Nashville not have its leading goal-scorer in Weber, but defenseman Kevin Klein also was out for the Predators with a lower body injury, their team leader with 58 blocked shots. Goalie Pekka Rinne also hasn’t played since Oct. 24 because of an infected hip. “When you lose your two All Stars, everybody has to pick up the slack, they say it, but I think everybody becomes a little bit more aware,” Wilson said. “Everybody is taking care of the ‘D’ zone and being more detailed. I think we saw that tonight the way everybody was playing and playing as a unit.” The Flyers missed a prime chance at scoring on their lone power play of the first period when a shot slipped under Mazanec and was lying just near the line only to be poked away by Philadelphia forward Jakub Voracek. The Flyers went 0-for-3 with the man advantage but killed off five power plays. “I didn’t think we were very sharp, but they hung in there, they battled and they won a game,” said Flyers coach Craig Berube. “A win is a win. The team showed character tonight, and that’s what is important. But we have got some things that need to be ironed out.” A couple of minutes after the power play ended, the Flyers took advantage of a Nashville turnover as Giroux scored on a slap shot that went up into the net over Mazanec at 16:49. The Predators answered right back a minute later when Fisher’s snap shot from the left circle beat Mason five-hole. Giroux hit the post during the Flyers’ second power play early in the third period, and Nashville killed it off. Then Wilson put a backhand under Mason’s left leg at 5:05 to put Nashville ahead 2-1. Couturier tied it up when Andrej Meszaros found him in front at 13:06. **TAS**

Titans’ late mistakes cost game, playoff control

» By **ASSOCIATED PRESS**

NASHVILLE, Tenn. — The Tennessee Titans keep making mistakes at crucial times, and now they’ve lost control of their playoff destiny and possibly their last chance at a winning record. A team that has scored 122 points in the fourth quarter this season couldn’t score late, and a defense that had been so stingy couldn’t get off the field when it mattered most as the Titans lost 22-14 to Indianapolis. Tennessee now has lost six of its last eight, and five of those losses have been by nine points or less. Coach Mike Munchak said Monday, Dec. 2 they don’t see some of the errors that may happen in games in practice and fix them when they do. “It’s the fact that, unfortunately sometimes it’s growing pains,” Munchak said. “Sometimes it’s you ... become a better team as you grow through some of the mistakes that do happen.” The Titans outplayed the Colts in many categories: outgaining them 347-264 in total offense, holding the ball for nearly 34 minutes, sacking Andrew Luck five times and holding the Colts to five field goals. It wasn’t enough to overcome four turnovers by Ryan Fitzpatrick, including an interception with 33 seconds left after driving to the Colts 33. “We all know what covers up bad mistakes or mistakes is someone making a big play that overshadows some of the mistakes that are made by other teammates,” Munchak said. The Titans had one interception and missed chances at two others, including early in the fourth quarter when George Wilson

dropped a ball that hit him in the chest. The Colts also fumbled the ball three times and recovered each one. “Unfortunately, when you lose, it just makes them all worse,” Munchak said. Defensive tackle Jurrell Casey said they can’t point fingers at anyone because everyone took a turn making a mistake. He said the Titans are playing with passion and heart but need to correct the mental errors. “That’s been our biggest thing all season,” Casey said, “mental errors when it comes to crunch time. We just can’t snap out of it and get these wins.”

“We all got tough roads ahead. We’ve made it harder without a doubt, so we have to go win a game this weekend which most people don’t think we have a chance to win,” — **Mike Munchak, Titans’ Head Coach**

Now the Titans (5-7) trail Baltimore and Miami, both 6-6, for the AFC’s final playoff spot with four games left.

They visit Denver on Sunday and a quarterback in Peyton Manning that Tennessee has struggled to beat for years. The Titans tried to sign Manning in March 2012 only to watch him pick Denver. The Ravens still must visit Detroit and Cincinnati and hosting New England. Miami finishes with trips to Pittsburgh and Buffalo and hosting New England and the Jets. Tennessee hosts Arizona before visiting Jacksonville and returning home against Houston. The Titans are 0-4 in the AFC South this season and 4-12 under Munchak. Tennessee does get safety Michael Griffin back after his one-game suspension against the Colts as a repeat violator of the NFL’s rules protecting defenseless players. The Titans are thin at tight end with Delanie Walker being monitored after being evaluated for a concussion that knocked him out of the Colts’ game, though Craig Stevens has a chance to return. “We all got tough roads ahead,” Munchak said. “We’ve made it harder without a doubt, so we have to go win a game this weekend which most people don’t think we have a chance to win.” In other Titans’ news: QB Jake Locker talked briefly to reporters Monday, Dec. 2 for the first time since having surgery to repair his right foot last week. He said he hopes to be back on the field for minicamps next spring with a definite return for training camp ... FB Collin Mooney was having tests on his left knee after leaving Indianapolis on crutches wearing a knee brace. Munchak said the Titans will look at the possibility of adding another fullback. **TAS**

SCHEDULE

Wednesday, Dec. 4
Women’s basketball v. MTSU at home

Men’s basketball v. ET at home

Saturday, Dec. 7
Track and Field against MTSU

Men’s basketball against Samford

Women’s basketball against Xavier

Saturday, Dec. 14
Men’s basketball v. Liberty at home

Women’s basketball at Louisville

Tuesday, Dec. 17
Men’s basketball at Vanderbilt

Wednesday, Dec. 18
Women’s basketball v. Chattanooga at home

Thursday, Dec. 19
Men’s basketball v. Lipscomb at home

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Stadium demolition begins full force



The Govs football team continue to practice despite the demolition of the Governor's Stadium. Construction on the new stadium will soon begin and is scheduled to be finished in time for next year's football season. **ELIJAH RODNEY | STAFF PHOTOGRAPHER**

Lady Govs rebound at home

» **By JOSHUA STEPHENSON**
Sports Editor

Considering they have won all season after losing a game, it's no wonder the Lady Govs were able to handle themselves at home against Central Arkansas (5-2) with a 81-60 victory on Saturday, Nov. 30. Sophomore Tiasha Gray continued her stellar play with a career high of 28 points on 13-20 from the field. Sophomore forward Jennifer Nwokocha had a near double-double performance with 14 points and eight rebounds on the night.

"We all played pretty good tonight, and our shot was just falling tonight," said forward Jennifer Nwokocha after being named player of the game. "This whole team has the same mindset. We know what we are trying to achieve and we know each time we step out on the floor we want to win, which helps us moving forward because we all have the same goal."

In their previous home game against Evansville, the Lady Govs struggled to get key stops on the defensive end of the court. That was not a problem against Central Arkansas as the Lady Govs forced 17 turnovers and held their opponent to shooting 35 percent from the floor for the game.

On top of the great defensive performance, the Lady Govs shot a blistering 59 percent from the floor for the game and scored 44 of their 81 points in the paint.

"It was so great to come out here and, from tip to buzzer, really play well and finish the game," said Head Coach Carrie Daniels. "We went back and watched the film from last game and really corrected the problems we had in that game against Evansville."

A big portion of the Lady Govs' offensive success against Central Arkansas can be



Jennifer Nwokocha was named Player of the Game for the Saturday, Nov. 30 game against Central Arkansas. **SPORTS INFORMATION**

attributed to the new style of offense being run by the team. The motion offense, better known by basketball fans as the triangle offense made popular by Phil Jackson during stints with the Los Angeles Lakers and Chicago Bulls, caused problems for Central Arkansas all game as the crisp passing led to quality shots that helped the Lady Govs immensely.

"What was seen tonight was just one aspect of our motion style offense," Daniels said.

"We have been getting better with our offense all season, and it was great to come out here tonight and execute it so well."

The Lady Govs now prepare for the tough part of their non-conference schedule. Five out of their next seven games are on the road, and they will face quality opponents Middle Tennessee State, Xavier, Louisville and Mississippi.

The current five-game homestand for the Lady Govs comes to an end this Wednesday, Dec. 4, at 11 a.m., as the Middle Tennessee State Blue Raiders come to the Dunn for a non-conference matchup. The Blue Raiders have played a challenging schedule to date that includes the University of Tennessee and will provide a tough test for the Lady Govs. **TAS**



Nicole Olszewski, senior guard, moves the ball across the court during a game earlier this season. **PRINCESS ANDRESS | STAFF PHOTOGRAPHER**

Review of Govs football season

» **By COREY ADAMS**
Staff Writer

It was a tough season for APSU football going winless for the fifth time in school history, but there are positives to take away from the 2013 campaign.

With new head coach Kirby Cannon coming in with a different system, it was nearly impossible to master the scheme in just one season. The Govs averaged just 230.6 yards per game on the offensive side of the ball, but inexperience played a key role in being outscored 476-90.

The Govs lose 16 seniors who graduate this semester, so there will certainly be key players gone in 2014. However, there were many underclassmen who stepped up throughout this season when needed.

On offense, you have to start with freshman running back Omar Williams. Senior Tim Philips was injured in the homecoming game against UT Martin, but Williams stepped in and filled the role by rushing for 636 yards on the season. Freshman Rashaan Coleman also emerged late in the season to be the team's leader in catches (30) and gain 323 total yards and three touchdowns. At the quarterback position, Andrew Spivey, Timarious Mitchell and Jacob Sexton will all return in 2014 for what could be a battle for the starting position in the offseason. Darryl Clack and Javier Booker will return to be the weapons on the outside for whoever is named the starter in 2014.

Defensively, leaders Craig Salley, EnRiques Perry and Iosua Silva will be missed, but the defense saw several young players emerge as contributors. Junior Johnathan Shuler led the team in tackles with 76, while linebackers Antonio Turner and A.J. Gray improved as the season wore on.

The 2013 season could be considered a learning experience for many, including Cannon. The season kicked off with games at Tennessee and Vanderbilt, which was huge for not only the players but the football program itself. It's hard not to get excited knowing there will be a new stadium ready to be played on when next season kicks off, so even after a winless season, there is something to look forward to in the future. **TAS**