Dreaded Downtime: Students Search for Ways to Spend Time Between Classes

Every semester students are faced with the dilemma of choosing online classes versus on campus classes. Students come from all over North Alabama to attend on-site classes at Athens State University. These students often have lengthy commutes and are left with downtime between classes, and the need to fill that time with meaningful activities. There are many things to do in downtown Athens, such as window shopping, walks in the park, and visiting local eateries, there is a shortage of activities.

The Student Government Association at Athens State continues to provide a diverse set of planned activities to improve the on-campus experience. However, there are some things to do in addition to SGA events. The Common Grounds Coffee Shop in the Student Union Building is open daily with an array of beverages and treats from which to choose. The daily specials offered give students an affordable caffeine option. There is seating available for students to study, or to socialize with fellow students. Just upstairs from Common Grounds is an area known as the Bear Cage. There you will find a ping pong table and booth type seating available for student use.

For those that are more active or are looking to spend some time in the sunshine, on the back lawn of the library there is a public garden with picnic tables, and the first hole of Athens State disc golf course. Despite these attractions, however, students still struggle to find things to do during downtime. Ryan Davis says, “I don’t really know what to do with my time. I actually have 2 classes on Wednesday, and I typically have about 3 hours of time to kill. But I don’t want to drive back to South Huntsville because that would just be a waste.”

“There needs to be more of a hangout spot,” says Kyla Lumpkin. “There’s a coffee shop, but not much to it. I wish they would make things (around campus) more inviting. I usually just spend my down time in the library, studying or on Facebook.”

There is an excellent gym at Athens State from the days when Athens State had an athletic program, but now, the space is mainly used to house events and gatherings instead of sporting events or for student recreational use. Even though the gym has easy access, there is a surprising lack of its use.

Lindsay Adams says, “The gym is open… but there is nothing to do. I went there recently with a friend of mine to play basketball, but the goals were up. Intramural sports would help to fill the time in between classes. There at least needs to be a fitness center if not intramural sports.” The implementation of a sports program or the addition of a fitness center may help support extracurricular activities as well as increase on-campus participation.

Even with the SGA providing numerous and diversified events to attend, student participation is still low. Many students show up to extracurricular events more by chance than by design.

“I’ve only been to a few on-campus events, and I have never planned to go to any ahead of time. It was just something to do that I happened upon by chance,” Davis admits. “The only event I go to every year is the Fiddler’s Convention.”

While the future may bring about some new and exciting ways to spend downtime by doing something other than studying, there just aren’t too many options available right now. Extracurricular activities will only become available if the need for them arises. The Athenian wants to know what the students think. What are your ideas? What activities would you like to see on campus? What can Athens State do to better serve the students and get them involved in on-campus activities?

Email ideas to: the.athenian@athens.edu
Alabama Center for the Arts to Host Exhibit and Lecture by Sara Good

The Athens Center for the Arts will host a lecture and exhibit by Memphis artist Sara Good. The exhibit, entitled Seed to Soil to Sediment, will open April 14 at the Center which is located at 133 2nd Avenue in Decatur. The exhibit will run through June 26. A lecture by the artist will be held at 5:30 p.m. on the evening of the 26th.

Good is an installation artist working within the realm of organic material. The environments she designs are reminiscent of a space somewhere between the arena of landscape as it occurs in the natural world, and the cultivated, domestic landscape of a garden.

Seed to Soil to Sediment presents a series of soil-related works created over a broad period, and inspired by the artist’s range of sources, ideas and experiences. The artist gathers ideas from human narratives, the visual power of found materials, numerous botanical sources, and her own gardening experiences.

“My connection to the earth has always felt very deep and direct,” states Good. “It is my center. It has shaped my sensibility as a sculptor.”

The lecture is sponsored by Athens State University’s Livington Concert Lecture Series. Both the exhibit and the lecture are free and open to the public.

The Alabama Center for the Arts is a collaborative project between Athens State University and Calhoun Community College. The Center opened in 2012 and combines the two institution’s art programs. Gallery hours are Monday through Thursday, 8:00 am to 8:30 pm, and Friday from 8:00 to noon.

Campus News

Athens State Community Band Spring Concert Announced

The Athens State University Community Band under the direction of Dan Havely will present its annual Spring Concert on Sunday, April 27 at 3:00pm in the Carter Gymnasium on the Athens State campus.

“We are looking forward to another great concert,” states Havely. “As we have now surpassed our tenth year together as a band, the concerts we perform throughout the year are a great way for us to express our love for all types of music. I applaud each and every member of the band – and our audiences - for their loyalty, talent and their perseverance.”

The concert is free and open to the public. Reservations are not necessary to attend. For more information about the concert, call 256-233-8296.
Athens State Takes Top Awards at the State Poster Competition

The first, second and third place Post-secondary Division winners in the statewide Alabama Department of Rehabilitation Services 2014 “Ability Counts” Poster Competition are all from the Athens State University Art Department. Rachel Monroe was awarded first prize, Autumn Letson took second place and Megan Graves received third place. All are students in the Graphic Design track in the Art Department at Athens State University.

The purpose of this competition is to reward artistic ability and excellence, and to promote awareness of the talents that people with disabilities bring to the job market. This year’s theme is “Because We Are EQUAL to the Task”.

“Our students did a tremendous job of working creatively and professionally with this task,” said the student’s instructor, Pamela Keller, Professor of Art for Athens State University at the Alabama Center for the Arts in Decatur, Alabama. “Students in the Advanced Graphic Design class enter this competition annually and because we have top quality students, we usually do have one or two posters place in the awards but this is the first year we have taken all three competition prizes. We are extremely proud of the talent in our students and their level of ability.”

The competition prizes for the Post-secondary division are 1st place - $300, 2nd place - $200 and 3rd place - $100. The winners will be recognized at an upcoming awards luncheon in Montgomery.

At a reception prior to their annual meeting on February 28, the Athens State University Alumni Association recognized Dr. Sandra Sims-deGraffenried by awarding her the 2014 Distinguished Alumnus Award.

Sims-deGraffenried is a strong advocate for the University and has boldly shared her love for the institution with alumni, state officials and the community. She earned not only her bachelor’s degree but also her master’s degree from the University in 1970.

Sims-deGraffenried led a very public career as Executive Director of the Alabama Association of School Boards. She was known for her hard work and dedication to the issues most important to school boards and the communities they represented.

In 2012, Dr. Sims-deGraffenried was nominated to serve on the newly created Athens State University Board of Trustees. Her fellow trustees recognized her work and understanding of educational issues and elected her the first chair pro tempore under the new governance.

Vice President for University Advancement Rick Mould has long worked with Sims-deGraffenried on legislative issues for Athens State. In his introduction of her he remarked, “Sandra is passionate about Athens State University. She loves this institution and is dedicated to it. We are all proud of her and her accomplishments in serving education. Tonight we recognize her and in this small way say thank you for representing our University so well.”

Athens State President Bob Glenn presented Sims-deGraffenried with a framed proclamation from Alabama Governor Robert Bentley commending her for her career in education and her advocacy for the state institution. Glenn read the proclamation to the reception attendees.

Sims-deGraffenried is a native of Hartselle, Alabama and currently resides in Orange Beach and Huntsville.
Community Service Should Be On Your Resume!

Stacie Hughes, Assistant Professor of Accounting
Chase Moore, Student

Students at Athens State are busy! With classes, work, and family, sometimes it seems impossible to fit one more thing into your busy schedule. But there is one thing that will be very beneficial if you can fit it in and that is community service. Everyone knows how beneficial community service is to the community and those in need so we’re going to focus on how it benefits you, as a college student and job-seeker. As you near graduation, you’ll most likely be sending your resume for every job posting that is even remotely associated with your major. Employers will scan your resume and make a decision, usually in less than 30 seconds, on whether or not to bring you in for an interview. You need to make your resume say as much about you as possible.

Having community service on your resume tells potential employers that you are not only involved in your community but it tells them so many other things about you as well. It tells employers that you’re willing to go beyond what is required and willing to try new things. It also tells them that you’re not afraid of challenges and that you can look beyond your own self-interest. All of those things are important to employers. Employers value citizenship, social responsibility, and a sense of community and one way to demonstrate that is through community service by both the company and its employees.

Community service on your resume might be the difference between getting an interview or not. Once you’ve gotten an interview, community service could be the deciding factor between hiring you or another candidate. If you’re already involved in community service, that’s great (make sure you’re putting it on your resume)! If you’re not involved in community service but you want to get involved and just don’t know where to start, the IMA Student Chapter can help. We have created a page on our website that lists out many different types of community service organizations, the kind of volunteer work they need, what would be expected of you, and contact information for the organizations.

To get more information, go to https://sites.google.com/site/athensimasc/volunteer. You can also contact any of the Board Members or Faculty Advisors listed on our webpage to join in on one or more of our community service projects. We would love to work with you!

The Skinny On Carbohydrates

Jeremy Young, Student and Guest Writer

This spring millions of Americans will be trying to lose weight. With all the diet plans out there, how does anybody know which is the right one to follow? While we Americans have been instilled with the thought that calories are all-important, it turns out to be carbohydrates that determine energy levels in an individual.

“It has nothing to do with calories” says Dr. Jamie Sharpton. Dr. Sharpton is a practicing family physician in Cullman, AL. He explains that if an individual consumes between 120 and 150 grams of carbohydrates a day that he or she will maintain a steady weight. However, anything below 100 grams may lead to weight loss, which is the basis of low-carb diets.

Where are carbs located in our diet? According to Dr. Sharpton, carbohydrates come from breads, pasta, potatoes, pizza, pie, an orange, an apple, milk, and juice, just to name a few.

“There are three types of foods that have zero carbohydrates, and that is your proteins – meats, eggs, cheese.” he adds. “The lower carbs one eats per day the quicker one will lose weight.”

So just how does a low-carb diet work? The basis of weight loss within a low-carb diet is to switch an individual’s metabolism to fat-burning mode, known as ketosis. Ketosis occurs when carbs are restricted to about 20 grams per day. During this process, the liver produces ketone bodies in order to break down fat for energy.

Is ketosis safe? “I believe it is medically safe”, states Dr. Sharpton, “It is a heart-protective diet.”

Basically, a person is burning off, like a furnace, what is normally stored. This can lead to lower cholesterol levels, despite it seeming quite the contrary.

This spring and summer look and feel your best. Cutting out starchy foods and replacing them with lean proteins will kick-start your metabolism into a fat-burning machine. Low-carb versus low-calorie is a debate for the ages. Nevertheless, Dr. Sharpton clearly states that carbs have the power over calories. Despite opposition to the facts, science trumps popular belief.
Upcoming Events April 2014

April 9th
Spring Fling (SGA Cookout)

April 15th
Community College Month Event  5:30 p.m.
Ballroom of the Sandridge Student Center

April 19th
Dinner Theatre and Production  
6:30 p.m.
Dinner at the Ballroom
Production in McCandless Hall

April 26th
Prancing Paws Carnival Celebration  
10:00 a.m.-1:00 p.m.
Athens State University on the Beasley Field

Reasons to attend Career Fairs

• Learn about career opportunities and research prospective employers
• Identify and/or create employment opportunities (intern/co-op, full-time positions)
• Sharpen job-hunting skills
• Network and meet hiring managers
• Land a job

Career Fair Preparation Tips

1. Research Companies in Advance
• Review websites of companies you plan to visit.
• Study the floor plan of the fair and map out the companies you will visit

2. Have a Well Written Resume
• Take 20-50 copies of your resume to the fair.
• Carry them in a Portfolio to keep resumes organized and ready

3. Know Your Job Interests and Qualifications
• Be able to express your qualifications including strengths, academic preparation, related experiences, and skills (i.e.: communication skills, technical, leadership).
• Prepare a 30 second introduction that highlights what you can do, not what the prospective employer can do for you.

4. Appearance Counts
• Demonstrate confidence: make eye contact, give a firm handshake, and smile!
• Dress professionally, Wear Business, Business Casual or Interview attire.
• If available, visit your school Registration booth to sign-in and obtain a name tag.

5. Ask Questions, Listen, and Keep Notes
• Find out what you can do to be considered, get more information, and arrange an interview or secure an on-site visit.
• Make notes after each stop at the fair on the information you gain, especially follow-up and interview plans.
• Pick up business cards and firm literature.
• Write a follow-up note as soon as possible expressing interest and further research findings.
Campus Events

Congratulations to the new Mr. and Mrs. Athens State University Forrest Carter and Rebecca Dubach

Mardi Gras Celebration-Steampunk Circus

CARNegie CARNiVAL

March 1st http://www.carnegiecarnival.org
Campus Events

2014 Spring Fling Cookout

Photos by Jonathan Mann
Athenian Players Breathe New Life into Renovated McCandless Hall

Most Athens State University students who attend class on campus have noticed the construction taking place around McCandless Hall. The renovation project that has been going on for the past 2 years or so is winding down, and the old building is looking more grand than many in our generation have ever seen. The building was built in 1912 and has been used as a playhouse, concert and lecture hall for the university and community for the past hundred years. The renovations have brought the building up to date by making it handicap accessible, by repairing the once structurally unsound balcony area, and by giving the building a much needed freshening up.

Marking the finish of the renovation project and the building's re-opening, the Athens State Theatre Department's Athenian Players have helped breathe new life to the once busy theater with their production of Oscar Wilde's *The Importance of Being Earnest*. Directed by Dr. Hugh Long, this production has been one to remember. The play, which only predates the building by a mere 20 years seemed right at home in the theater. The small acting troupe brought the play to life in a uniquely southern way. The exaggerated southern drawls, with which the actors delivered their well rehearsed and witty dialog, fit well with the subject matter of Wilde's farce driven play. The elaborate costuming designed by Dr. Kimberly Jack offered the audience a glimpse into the past and what the earliest visitors to the building may have looked like.

The cast and crew, which is comprised of students from all areas of study, was energetic, well rehearsed and enthusiastic. Each cast member did well, but stand-out performances were given by Stephanie Cooper and Jensie Britt. Stephanie Cooper, a Calhoun Community College Student and community actor portrayed Lady Bracknell, a meddling, status driven, mother who is determined to see her daughter Gwen-dolen Fairfax, played by Courtney Croxdale, appropriately married to a gentleman of a certain station and prosperity. Stephanie gave life to the character with authority and through her performance gave us insight into the hypocrisy and triviality of the Victorian societal norms.

Continued on Page 9
Jensie Britt who played Cecily Cardew also gave an entertaining performance. Jensie gave the young, naive Cecily an edge of believable mischievousness which was fun to watch. While these performances were notable, the entire cast did an exceptional job bringing Wilde’s classic characters to life.

The costumes, which were designed by Athens State University English and Drama Professor Dr. Kimberly Jack, were a fabulous representation of Victorian dress and were impeccably well done. The costumes helped make each character unique and were as much a part of the performance as the actors themselves.

The simple set consists of three double-sided panels that act as the backdrop for the play, and a suit of antique furniture. The set was just enough to bring the setting to life without drawing too much attention away from the actors.

The Athenian staff congratulates Dr. Long and The Athenian Players, both cast and crew, on producing a successful and entertaining show.

For those who would like to see The Athenian Players’ production of *The Importance of Being Earnest*, tickets are still available for upcoming performances. Tickets are $10.00 per person, $7.00 for students and seniors. The remaining performance dates are Thursday and Friday April 17 and 18 at 7:30 p.m. There will also be a special “Dinner & Theatre” benefit production performance presented on Saturday April 19th at 7 p.m. and will be catered by Picasso’s Grill. Tickets for “Dinner and Theatre” are $30.00 and may be purchased in advance by contacting Tena Bullington at 256-233-8243.
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256-534-2423 or 1-800-547-8172

Madison Office
7559 Hwy. 72 West, Suite 114
256-722-5046

Sparkman Office
2100 Sparkman Drive
256-832-0408

All funds are federally insured by the NCUA up to $250,000.

The Importance of Being Earnest
by Oscar Wilde

ATHENIAN PLAYERS
Special Dinner & Theater Production
Saturday, April 19 at 7:00 p.m.
Bainbridge Student Center Ballroom
Athena State University
$30 per person
Catering by:

Jiffy Food Store
Down home friendly service

Deli & Bakery

Y'all come and see us!

232-6915

1202 W. Market Street
Athens, AL 35611

More information: www.athens.edu/drama/athenianplayers
The September edition of The Athenian included an article on the Adult Degree Program at Athens State University. Featured in the article was Athens State University senior Wes Canestrari.

Wes attended a number of colleges before he found his home at Athens State University and the Adult Degree Program. Wes began his time at Athens State in the Spring of 2006 but had to put his studies on hold when he was critically injured in a car accident, he did not give up. Wes continued to work hard, and as a result, he will finally be graduating on May 3rd with a Bachelor of Science in Management of Technology with a Minor in Acquisition and Contract Management.

Since we last spoke, Wes has completed his last ten classes and is extremely excited to have completed his coursework. Early in the semester, Wes expressed his goals to be involved in the Defense Industry in Huntsville to a few contacts within the industry. As a result, he started a “Student Hire” position with Intuitive Research and Technology in Huntsville. He is busy learning and becoming familiar with corporate structure and processes. He hopes that upon graduation this position will transition into a full-time career opportunity.

Wes attributes his success to Athens State University and the Adult Degree Program, “Without the support of both the university and the program I would have never been in a position to take advantage of the great opportunities I have before me.”

Please join us in congratulating Wes and his fellow graduating class of Success Stories.

Bridgette Pylant, Assistant Editor

New Website Devoted to College Writing

Building Success through Writing is a website for Athens State students. It provides tips and examples about being a young professional, the writing required for a particular field, and student voices that reflect writing within the Colleges of Arts & Science, Business, and Education. It is located on the Athens State homepage.

- Dr. Tedi Gordon, Student Success Team Chair

New Toolbox of Writing Resources

The Faculty and Staff Success Team created the Writer’s Toolbox as part of the Building Success through Writing program. This is a resource that faculty may use to share with student writers for clarification on basic writing standards. These standards appear as Word Documents in the QEP Blackboard Organization. Currently, the new Toolbox includes resources on email etiquette, plagiarism, citation styles, grammar, punctuation, and sentence structure. More resources may be added by faculty members at any time: please send submissions to the Writing Center writing.center@athens.edu.

One pair of tickets available to the first student with the correct answer.

Movie Trivia

Karen Gillian plays lead role in the movie ‘Oculus’, what other role is she famous for?

All movie passes courtesy of Cinematic Theatre Athens, AL

Submit answers to Student Activities Office in Classroom Building.
Congratulations to Athens State’s new SGA officers-Kelci Carter, Kar’Michay Pope, and Kara Hooper.