



The Athenian staff from left to right: Erin Minor, Maggie Thomas, and Kara Faulk.

Photo courtesy of Student Activities

Athens State University's newspaper staff: Our story, lessons learned, and possible opportunities for leadership

Maggie Thomas, Erin Minor, and Kara Faulk

We have each had an amazing time providing this campus with news, opinions, and opportunities this year. We are happy to be able to serve the ASU campus. We each bring a different style and outlook on life to the paper; however, we all believe that hard work pays off. We would like to believe that we are living proof of that. All three of us are graduating this year and will no longer be able to bring our ideas and opinions to the students, faculty, and staff at Athens State University.

We thought you might like to know a little more about the superstars who have been bringing you campus news since July, so we would like to take this opportunity to offer a glimpse into our personal lives and future plans. We have gotten to know one another well while serving you and thought it would be fun to write a little piece about one another, for once.

Maggie Thomas, editor of *The*

Athenian, is a Secondary Education English major. She is a laid back individual, but one who takes her work and obligations seriously. She has a heart for service. She constantly pursues truth and is passionate about sharing it with others.

Maggie is truly humble and deserving of every good thing that comes her way. She is heavily involved on campus. In addition to being editor of your student newspaper, she also serves as president for Sigma Tau Delta. She is an active member of the Student Government Association, Student United Way, and the Quality Enhancement Plan leadership team. She plans to graduate in December and will follow her dreams of becoming an English teacher. She is grateful for the help she has received from her instructors and the guidance provided by Tena Bullington, Student Activities Director.

Erin Minor, assistant editor, is a

Religious Studies major. She has a bubbly personality, when she isn't freaking out over deadlines, class work, and grades. She is an extremely caring person whose goal is to use her life to serve others. Like Maggie, Erin is constantly involved with campus activities. She is a member of Student United Way, Student Government Association, and often participates in the Table Talks hosted by the Religious Studies program. After graduating in May, Erin plans to attend Southern Baptist Theological Seminary, and pursue a Master's in Biblical Counseling. She intends to use this degree to counsel children and teens with troubled pasts. Erin will never forget the life lessons she learned at ASU, and feels indebted to the university for the help they have provided.

Kara Faulk, assistant editor, is also a Secondary Education English major.

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SACS and the Quality Enhancement Plan: What now?

Dr. Jackie Smith
Guest Writer

In late October 2010, Athens State University hosted an On-Site Reaffirmation Team from the Commission on Colleges with the Southern Association of Colleges and Schools. This visit was the culmination of a long and tedious reaccreditation process that began in earnest in early 2008. Many of you served on committees and completed vital groundwork and documentation for this event – none of which went unnoticed by the On-Site Team.

While the Team was on our campus they spent considerable time in small group interviews with a variety of faculty, students, staff, and administrators. They traveled to our University Center at Wallace-Hanceville, as well as to the AMSTI facility here in Athens. They also talked with our Chancellor, Dr. Hill. After two full days of intensive activities the Team held an Exit Conference with Dr. Glenn, all vice presidents, and the QEP Leadership Team where they shared their findings. After a thorough review of sixteen Core Requirements, seventy-two Comprehensive Standards, and seven Federal Requirements, the On-Site Team noted only three recommendations and two suggestions. In addition, they provided valuable advice to the QEP Leadership Team regarding successful implementation of *Building Success through Writing!* Needless to say, ASU folks were extremely pleased with the positive outcome of the visit.

Now what? The visit is over but the work continues.

The On-Site Reaffirmation Team has already sent President Glenn their official final report. The next step involves preparing a plan/report to address the three recommendations. ASU has five months to prepare and submit this plan to SACS (March 2011). The institution's reaffirmation will be decided at the *Committees on Compliance and Reports* June 2011 meeting.

The institution will proceed with implementing "*Building Success through Writing*" as outlined in the QEP

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The Athenian is published with funds from the Athens State University Student Activities fund and advertising revenue. It is distributed free of charge to members of the faculty, staff, and student body.

The staff of *The Athenian* follows the Associated Collegiate Press, Model Code of Ethics for Collegiate Journalists. *The Athenian* office is located in the Sandridge Student Center, Room 215.

The Athenian welcomes letters and columns from students, staff, faculty, administration and alumni. All submissions are subject to approval of the editorial board and advisor. Submissions must be accompanied by a name, address and phone number. The editorial board reserves the right to edit submissions for brevity, style, clarity and liability.

Submissions should focus on the issues rather than personalities. Proof of identification may be required. Submissions must be limited to 300-400 words, and may be delivered via mail, e-mail, or in person.

Views expressed in this publication do not necessarily reflect those of the Athens State University Administration, faculty, or the student body at large.

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Maggie Thomas
Editor

I have recently discovered a new religion. Usually when people say that it means they've experienced major life changes, or had a serious epiphany. For me, however, it's a completely different story.

Let me just start from the beginning, in a David Copperfield sort of way. I am a huge fan of the actor Jeff Bridges. Any Jeff Bridges aficionado should know that the ultimate Bridges movie is *The Big Lebowski*. So, when I found an article on a *Lebowski* sequel, I nearly flipped out. Upon reading the article, I found that there isn't actually a sequel in the works. It turned out to be a sad ploy made by Tara Reid in order to make it sound like she can still find work in Hollywood.

You can imagine my disappointment. Luckily, the letdown didn't last long. One of the last things the article mentioned was "Dudeism," a legitimate religion based on *The Big Lebowski*. I had to know more about

Religion encourages followers to "Just take it easy, man"

Dudeism, and what better way to learn more than to check out its website?

On dudeism.com, I found "The Take it Easy Manifesto." In it, Reverend Dwayne Eutsey sums up the Dudeist ethos best. He uses the "To What/From What/By What Means" method of identifying a religion, so, when applied to Dudeism, it goes a little something like this: From what is Dudeism trying to liberate us? *Thinking that's too uptight*. To what state of being is Dudeism trying to bring us? *Just taking it easy, man*. By what means does Dudeism attempt to do this? *Abiding*.

Well, that sounded good to me, so I decided to read a little more. Eventually, I came across the "Ordination" page. Now, it's free and easy for one to become ordained as a Dudeist Priest, and I'm pretty impressionable. I decided to go for it! All I had to do was enter my full name in the box and click the "Ordain Me!" button. I now have the authority to

preside over a wedding, funeral, or christening, just to name a few.

I will say that almost immediately after I became ordained, I felt a little guilty. I was raised in a Catholic home, and I still attend St. Paul's Catholic Church. I wondered what being ordained as a Dudeist Priest would mean in the Catholic Church. I finally decided that being ordained doesn't really change anything about me. I've always had a take-it-easy attitude. The only difference now is that I can minister over weddings.

A few weeks later, I got a fancy certificate affirming my ordination by the Church of the Latter-Day Dude, as well as a Letter of Good Standing.

I've got a friend who is getting married in May. She came to me the other day and asked if I would preside over her wedding. Of course I agreed to do it. I now no longer feel any trace of remorse about being ordained in Dudeism. It's hard to feel bad when you know you have the power to make a friend happy.



Kara Faulk
Assistant Editor

On December 11, 2010, this writer took her first bite of New York City, and boy was it even sweeter than she had ever expected! I am not exaggerating when I tell you that while my sister and friends dreamed of growing up, marrying, and raising families, I dreamed of my future in "The big city." Though I dreamed and dreamed of my first trip to the city, it never really worked out previously (I'll explain that one later). I could not have had a greater experience than the one I found that week.

Brooke Norton, Jessica Aguirre, and I hit it off during our time in Dr. Elmore's Conflict Management course. We had weekly Starbucks meetings after class. The three of us always shut the place down and were still in need of more conversation. We had so many things in common, and one of them was a hunger for the lights and streets of NYC. This city was a topic of many of our conversations. One night we went to a movie, "Eat Pray Love" as fate would have it; I think that was the night that we decided that the talking had reached its peak. It was time for action. Brooke added herself to a website that sent out deals on last minute airline tickets. On December 7, I kid you not, she called to inform me that she had received an e-mail for round-trip tickets leaving on December 11, less than \$200. The rest

My first bite out of the Big Apple: This writer realizes the Empire state of mind

is history.

As our plane landed, I swear I felt butterflies welling up in my stomach. It was as if I was going on my first date with Mr. New York himself. I had to force myself to endure the ride through the city to the place that we would be staying, and I could hardly remove my bags from my arms before I was standing at the door ready to hit the streets. We started in Battery Park and made our way through Wall Street, Chinatown, Ground Zero, and Little Italy all in the first night. It was such a tease and left me sleepless that night, ready for the four things that I had really come for: Broadway, Central Park, Fifth Avenue, and John Lennon's apartment building. The next day exceeded my expectations as we traveled the streets like real New Yorkers. We watched the natives and tried to emulate their actions, enjoying The New York Times with an espresso and a bagel. We saw "Wicked" and "Phantom of the Opera," getting our Broadway fix all in one day. The theatres were amazing surpassing everything that I hoped musical theatre would be in the supreme theatres that are New York. We took a "Sex and the City" tour viewing different hot spots for the show that continues to give us glimpses of the big city. We closed the night by walking the streets of the city and eating dinner in the perfect little café, reminding ourselves that it would

only be a short while before we would wake up and return.

On our last day in New York City, we took our time doing what we do best, shopping. I will let it suffice to say that our eyes were much bigger than our wallets. I did, however, look at every case in Tiffany & Co. and browse through every purse at Louis Vuitton. That was enough for me. I had my picture taken with the doorman at Tiffany & Co., and from the look on my face, you would have thought that I had just bought the biggest rock in the place. We spent the last half of the day in Central Park, taking it all in and wishing that this was an everyday occurrence. I must take a moment to explain the most important moment of my trip: I stood in front of the apartment building where John Lennon once lived, where he was shot. I can't explain to you the reason that tears welled up in my eyes, but they did immediately. I was standing where my musical inspiration once stood, the person with which I had always been, I'll admit, slightly obsessed.

My time in New York City was nothing short of life-changing. Jay-Z and Alicia Keys were right, those streets really will make you feel brand new, and those lights will certainly inspire you. I hate summing up a trip that changed my life forever; however, to fully express my love for this place would mean that the next edition of this paper would be titled Kara's New York Times.

Editorials



Martin Luther King, Jr.'s "I Have a Dream" speech holds relevance today

Erin Minor
Assistant Editor

The moment we stop remembering our history is the moment we start repeating it. Martin Luther King, Jr. was the leader of a revolution that would change history forever. However, I don't want to concentrate on what he did but on what impact that has today. How can we push the words that King so eloquently spoke then into motion for today? It is important to read Dr. King's words and realize that he wasn't just speaking about injustice to African Americans, but about injustice, period.

Albert Mohler, President of Southern Baptist Theological Seminary wrote an article in 2006 titled, "The Content of Our Character – King's Dream and Ours." Mohler perhaps said it best: "In the midst of a nation torn by racial strife and social unrest, Dr. King painted an indelible picture of America as it could be and should be. His oratory was soaring, his imagery was vivid, and his cause was right. His cadences, inflections, and biblical allusions gave the speech its memorable structure. His powerful argument gave the speech its moral weight. The speech is as much



Photo from Internet

part of our national memory as Abraham Lincoln's 'Gettysburg Address.'" King's "I Have a Dream" speech is one of the most well-known and powerful speeches that America has ever heard and while it was given to advance the civil rights movement for African Americans, it still rings true today... for everyone.

February is no doubt a time for remembering the struggles, and injustices that African Americans endured and the freedom they gained. However, we must remember that we are all the same. Every single month African Americans should be admired for what they accomplished.

Why is there a need to set aside a month just for one "type" of people? That isn't what Dr. King would have wanted. His infamous words read: "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character" King's point is we shouldn't be separated at ALL... ever. What you look like doesn't matter; it is about who you are. The color of your skin should not make you more susceptible to violence or injustice but it also should not afford anyone special rights either. If Dr. King were alive

today, I feel he would agree. His goal wasn't to give African Americans special rights, but equal rights. "I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created EQUAL,'" not special. There is still a lot of work to do because we live in a fallen world. By God's grace, we know that real progress is possible and that ALL of us are accountable.

This much is clear: When Martin Luther King, Jr. spoke that day from the Lincoln Memorial, he demonstrated true moral courage and spoke as a prophet. His dream was the right dream. His dream must be our dream. Our response to that dream reveals the true content of our character. Our children aren't judged by the color of their skin anymore; we can go to the same schools, and eat in the same restaurants. We need to spend more time celebrating the things we have in common instead of the differences that divide us. As we remember Dr. King and those who fought courageously for their rights in the 1960s, let's take a new approach and remember how much we have in common.

The silence of the truth: This staff writer contemplates the difference between the truth and what is accepted

Grady Anderson
Staff Writer

We live in very interesting times. In the past year alone we have seen monumental change in the dynamic of how people approach the truth. It seems these days the truth is a rare commodity for the people of the U.S. Take Julian Assange and the Wikileaks issue for example. For those that don't know, Julian Assange is an Australian publisher, journalist, software developer and Internet activist. He is the founder, spokesperson, and editor in chief of WikiLeaks, a whistleblower website and conduit for worldwide news leaks, with the stated purpose of creating open governments. And boy has he done that. Recently Assange has come under heavy fire from the US government due to leaking classified documents implicating officials in Government from all over the world in various activities and practices that are, to say the least, questionable. Wikileaks began releasing some of the 251,000 diplomatic documents in November 2010. The United States Department of Justice launched a criminal investigation related to the leak. US prosecutors are reportedly considering charges against Assange under several laws, but any prosecution would be difficult. In relation to its ongoing investigations of WikiLeaks, on the 14 December 2010,

the US Department of Justice issued a subpoena ordering Twitter to release information relating to Assange's account. The Australian Federal police are also looking into Assange and Wikileaks. Daniel Ellsberg, the famous whistleblower who released the Pentagon Papers about the Vietnam War, spoke with Democracy Now!, the independent web based news organization about the situation, "If I released the Pentagon Papers today, the same rhetoric and the same calls would be made about me," Ellsberg says. "I would be called not only a traitor—which I was then, which was false and slanderous—but I would be called a terrorist... Assange and Bradley Manning are no more terrorists than I am."

Then we have the torturous and inhuman travesty being committed against Private Bradley Manning. Private Manning is and has been locked in solitary confinement after his arrest last July. He reportedly leaked a video showing US troops opening fire on two Reuters Journalist and unarmed civilians. The two journalists and several civilians were killed by US Apache helicopter gunfire. Two small children were seriously injured and it is unknown if they survived. Pfc. Manning is alleged to have obtained documents, both classified and unclassified, from the Department of

Defense and the State Department via the Internet and provided them to WikiLeaks.

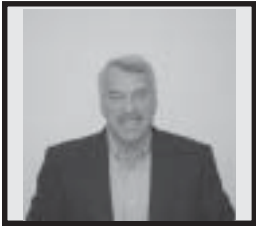
An article from the newspaper, The Nation, reported: In 2005, General Peter Pace, Chairman of the Joint Chiefs of Staff, told reporters: "It is absolutely the responsibility of every US service member [in Iraq], if they see inhumane treatment being conducted, to try to stop it." So unless we want our soldiers ignoring their duty; what General Pace meant was, trying to stop wrong doing was required of every service person in Operation Iraqi Freedom and remains the duty of every service person fighting in Afghanistan now. Bradley Manning kept his end of the requirement and fulfilled his duty as a true American soldier. The video of the helicopter attack can be seen in its entirety on YouTube.

In both these instances you have two men who have exposed wrong doing. In Manning's case it has cost him his freedom. Julian Assange may very well find himself in prison before all is said and done. And all the while, the people exposing these wrongs are being made the villains and the guilty go unscathed. Since when is it a crime to uncover wrong doing in the United States? When did truth become something we turn a blind eye to? There are people in office, elected officials, who want Manning

executed. The same has been said about Assange. How is it possible that our nation, built on a so-called democracy, can call for the execution of individuals that are exposing these hidden atrocities and hypocrisy, can be completely oblivious to the reality of what is right before our own eyes?

It seems that not only are you in danger of imprisonment for telling the truth in this country but you could be executed for it as well. So are we not to believe in our first Amendment right to freedom of speech, the right to speak of and bring forth these instances of wrongdoing? Or is it that we can pick and choose our own truths and falsehoods? If one had knowledge of an imminent terrorist attack but did not say anything, they would probably spend the next few decades in and eight by ten foot cell, maybe on death row. A soldier or soldiers covering up a murder or genocide, the C.I.A or Diplomats plotting foreign assassinations, or even the President carrying out or authorizing criminal acts should be held to the same standard of truth and punishment as the rest of us. The American people should learn that the truth is not something to silence, shy away from or sweep under the carpet, even if it bites us in the ass at times. Without truth nothing else matters.

Columnists



Comforting the afflicted, afflicting the comforted

Dr. Mark Durm
Professor of Psychology

Your health and an African-American lady

Some of you who read this column may owe your health, or even your life, to a poor African-American lady who died at age 31 in 1951 in Baltimore County, Maryland. This young mother of five died of ovarian cancer and had the human papillomavirus as well as syphilis. She died in the “colored” charity section of Johns Hopkins Hospital. Even though this black lady died in 1951, she has traveled in space. Let me explain.

Mrs. Henrietta Lacks was a good mother and wife. When alive she would feed and give comfort to those less fortunate. When dead, she has prevented people from having polio; she has helped people with cancer, and has aided those

with Parkinson’s disease.

In January 1951, Henrietta started experiencing a bloody vaginal discharge and had noticed pain in her cervix. She went to Johns Hopkins on the first day of February and was diagnosed with cervical cancer. The examining physician had never seen a tumor like Henrietta’s. Without her knowledge, cells from her carcinoma were removed for research purposes.

These cells were given to George Gey, the head of cancer research at the hospital. He noticed that Lack’s cells did something unusual. They could be kept alive and they could grow. Henrietta’s cells lived when everyone else’s that Gey had tested did not. No one knows why. The human papillomavirus and syphilis would have weakened her immune system. Were these diseases contributory factors? No

one knows.

Three years after Henrietta’s death, Dr. Jonas Salk used her cells to create the polio vaccine. A factory at Tuskegee Institute in Alabama was created to mass produce her cells, known as HeLa cells (the initial letters of Henrietta Lacks name). The factory was producing almost three trillion of her cells a week, sending them to the far corners of the world for medical research.

It is estimated to date approximately 50 million metric TONS of her cells have been produced. They have been used to study AIDS, gene mapping, the effects of radiation and toxic substances on human cells, and many other scientific endeavors. Also Henrietta’s cells have gone into space and were the first cells to be cloned.

So how did her five children and husband feel about Henrietta’s cells

helping millions of people? They did not even know! They were not told anything until 25 years after Henrietta died.

Since the family learned of their mother’s benevolence, have they benefited financially? Not a single penny! What was and is a goldmine for medical and scientific research, the family has received nothing. A small vial of HeLa cells sale for \$250 and remember, 50 million metric tons of her cells have been produced. Her family lives in poverty and can neither afford health care nor even the drugs that her cells have made possible.

Again, some of you who have read this may be very fortunate because you owe your health to this unfortunate young African-American lady. Sometimes those who we know the least help us the most and those we know the most help us the least.

Be a successful test taker: Simple tips that will help you improve your testing capabilities

Maureen Chemsak
Campus Counselor

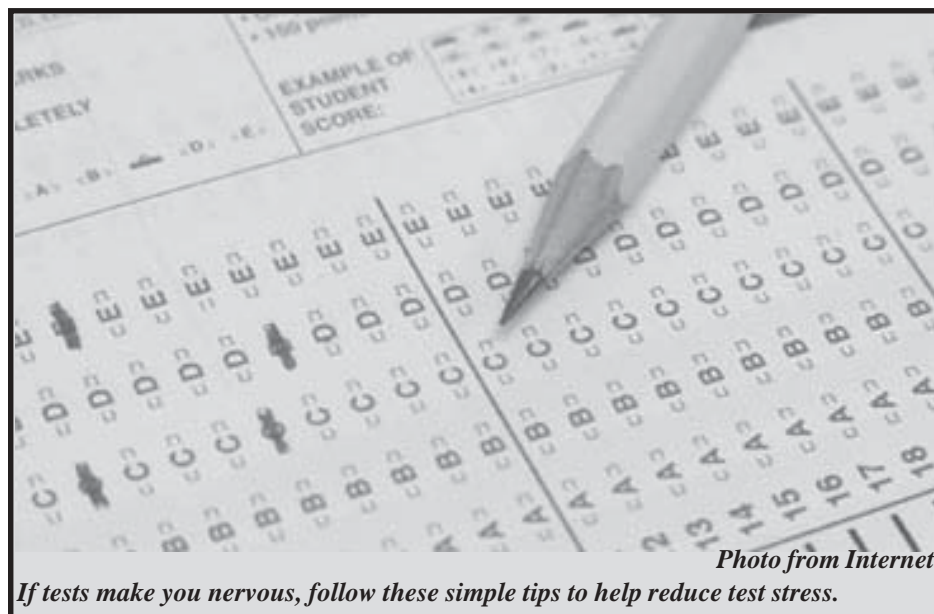
Most of us are anxious as we walk into the classroom or sit down at the computer, knowing that we will be taking a test. That anxiety is normal and natural, because we want to do our best and get the best grade possible. Sometimes, however, the anxiety might be heightened because we did not prepare for the test or we did not prepare ourselves to handle the stress in a way that would make us calm on the day of reckoning.

Worrying about a test and poor preparation can cause nervousness and memory lapses during the test, leading to a less than satisfactory performance. There are ways to prepare for the test and ways to prepare yourself in order to reduce test anxiety and improve your grades.

As far as test preparations go, here are a few strategies that usually work:

Develop a schedule, and begin to prepare for the test a couple of weeks in advance. Continually review material, instead of trying to cram all of the information in the night before. The day before the exam, you can review the notes in general, and flashcards or key points, or talk about the subject matter with a study partner or friend, but go to bed early and get a good night’s sleep (7-8 hours). Make sure that you eat well, and reduce alcohol and caffeine consumption.

Maintain a positive attitude. Think “I have been studying all along, and I seem to comprehend the material. I know that I can do well, and make a good grade. This test-day stress that I am



If tests make you nervous, follow these simple tips to help reduce test stress.

feeling beforehand is normal, and I’ll think of it as a positive shot of adrenaline that I will need to keep my mind sharp and on task.”

After a study session, take a break. Go outside, go for a walk, or exercise for awhile to refresh your mind and “reward” yourself for staying on task. I once talked to a student who couldn’t understand why she did poorly on the test because she studied “24 hours a day.” When she got into the test session, her mind went blank. Remember that you are studying to learn for life, and not just for the test. Balance your time; give yourself frequent breaks, and when you need to stop, stop. You can study again in a few hours. Study is not supposed to be torture. Thirty minutes of aerobic exercise, 3 times a week will help to keep both your mind and body in shape.

Create helpful learning aids such as flashcards, charts, timelines, and a formula chart or use mnemonics and make up a song or poem with key words...whatever seems like fun, and helpful for your memory.

Show up early for the test, and take deep breaths to relax. Repeat in your mind that you have prepared as well as you can, and that you will do your best. Use the time before the test begins to calm your mind.

As far as test-taking skills, two of the most important are a) to slowly read all of the directions first and skim the test, and, b) ask questions if you don’t understand the directions. If you had to memorize formulas, fact, definitions or key words, write them down immediately in the margins of the test, so that you can use them when you need to. Make a decision on how to

pace yourself and budget your time throughout the test. Go through the entire test, and answer all of the easy questions first to build up your confidence; if you don’t know the answer, come back to spend a little bit more time on that question later. Before you hand in your test, make sure that you have answered all questions, even if you had to make an educated guess at some of the harder ones...leave no blanks...at least try, especially if it is an essay question, to write about everything you can remember about the topic. Use the full time allowed for the test period, and never leave early. Always proofread your work, and only change an answer if you are absolutely sure. (Usually your first answer is the correct answer.) If you have to write the answer to an essay, use your neatest handwriting; perhaps the teacher will allow you some paper so that you can outline and organize your thoughts ahead of time, and then copy in the neatest manner possible. (Neater papers usually get higher grades.) Remember that anxiety is not your enemy. Use it as a cue to have your coping strategies kick in. Only the worriers, with low self care, pessimists and perfectionists need to be concerned. ...but not you, you are realistically confident; you studied; you take care of your physical needs, and you believe that you can do your best and succeed.

If you have difficulty controlling test anxiety, contact Counseling Services at 256-233-8140 to speak with a counselor. Services are free to ASU students and always confidential.

Opinion

The power of the people: This staff writer urges folks to support the efforts of the common people

Grady Anderson
Staff Writer

Throughout the years the world has seen different uprisings and protests by many people—living in many different cultures. They get together to demonstrate grievances or to protest some atrocity committed by their Government. We have even seen this in the United States. But few of these rallies have approached the velocity and the scale of the one going on in Egypt for the past few weeks. The Egyptian people have for thirty years endured the Presidency of Hosni Mubarak. He was appointed vice president in 1975, and assumed the Presidency on October 14, 1981, following the assassination of President Anwar El Sadat.

State television said Mubarak will speak to the nation Thursday night from his palace in Cairo. Information Minister Anas el-Fiqqi said he would not resign, state TV reported, and Prime Minister Ahmed Shafiq said, “everything is in the hands of President Hosni Mubarak and no decisions have been taken yet.”

These developments cap seventeen days of anti-government protest calling

for Mubarak to step down. Gen. Hassan al-Roueihi, military commander for the Cairo area, told thousands of protesters in central Tahrir Square, “All your demands will be met today.” The military’s supreme council, headed by Defense Minister Field Marshal Hussein Tantawi, appeared to hold the reins of leadership.

Seeing these protests have other nations, including the United States, worried about more Middle Eastern countries coming under duress. According to Democracy Now! The independent web based news agency: Egypt’s pro-democracy uprising is surging after striking workers joined in the protests nationwide. Thousands of Egyptian workers walked off the job Wednesday demanding better wages and benefits. Strikes were reported in Cairo, Alexandria, Luxor and the Suez Canal. Further it reported: The official U.S. response to events unfolding in Egypt remains mixed. Over the weekend, the Obama administration distanced itself from U.S. “crisis envoy” to Egypt Frank Wisner after he issued a statement in support of President Hosni Mubarak. Revealing a possible conflict

of interest, British journalist Robert Fisk recently reported Wisner works for the law firm Patton Boggs, which openly boasts that it advises “the Egyptian military, the Egyptian Economic Development Agency, and has handled arbitrations and litigation on the [Mubarak] government’s behalf in Europe and the U.S.”

Wednesday the Huffington Post reported: Wael Ghonim, a Google manager who has become something of a hero among Egyptian protesters, said on Wednesday that it is “no longer the time to negotiate” with the government. In an interview with CNN, Ghonim said, “We went on the streets on the 25th, and we wanted to negotiate. We wanted to talk to our government... They decided to negotiate with us at night, with rubber bullets, with police sticks, with water hoses, with tear gas.” According to CNN’s Ivan Watson, Ghonim also said he is “ready to die” for the cause.

Mubarak’s estimated wealth (for he and his family) is somewhere between 40 and 70 Billion dollars; it doesn’t take a rocket scientist to figure out that when 45% of the population in a country of 73 million live on less than \$2.00 a day,

there’s going to be revolt eventually. “If demands are not met, “we will join Tahrir and camp there,” said one bus driver, Mustafa Mohammed, who said he has been working since 1997 and only earns 550 Egyptian pounds a month, about \$93. “We are immersed in debt,” he said.

It seems that Governments around the world have underestimated the power of people and the web. In a world where technology is king—these rouge and legitimate Governments better take notice of the power of real time communication and of the people willing to use it. No longer will these entities be able to keep the common folk duped into believing their spin, considering the news comes out faster than they can put a spin on it, most of the time. On a planet dominated by wealth and greed the masses are assembling to protest the unjust ways they are being treated. Stand up, people, of all walks of life, and support the efforts of the common people. We could use more than a little of that right here in the good ole U.S.A. This is our world; it is about time we took it back. This is the Power of the people on planet Earth.

Who’s on first?: This guest writer sheds light on another black woman who refused to give up her seat

Bailey Lovell
Guest Writer

A black woman, in an act of civil disobedience, refuses to give up her seat to a white passenger on a city bus in segregated Montgomery, Alabama. The black woman was then removed from the bus and arrested. Her actions sparked a national debate that would eventually put an end to the legality of racism. This is a story that has been imprinted into the mind of every American. However, there is a slight difference to the story I am telling and the one you may be imagining. The black woman I speak of is Claudette Colvin, and it happened on March 2, 1955, nine months before Rosa Parks became a worldwide fascination.

Claudette Colvin was only fifteen years old when she was arrested for violating the segregation law. In school, she had been studying people who had contributed to the black community. When asked what she was thinking when she refused to stand up and forfeit her seat,

Colvin said, “It felt like Sojourner Truth was on one side pushing me down, and Harriet Tubman was on the other side of me pushing me down. I couldn’t get up.” The NAACP had been hoping for someone like Colvin to challenge the segregation laws and lead a lawsuit that would hopefully be seen before the United States Supreme Court. They needed a landmark case that would break down legal racism and bring the nation one step closer to having equality for all citizens. Colvin seemed to be just that person to bring about great change. Then something happened that changed everything. A short time after being arrested, Colvin became pregnant. Knowing that the judicial system would never accept the testimony of a young, black, pregnant teenager, the NAACP decided to wait for a different person to represent them. This person, as we now know, turned out to be Rosa Parks.

It is not my intention to undermine Rosa Parks as a great civil rights heroine.

She initiated the Montgomery bus boycott and successfully overthrew legal racism by way of a segregated bus system. Not only was she the right person at the right time for the cause, but Rosa Parks was actually a close family friend and mentor to Claudette Colvin. Both of these women did extraordinary acts that grew

to be bigger than either of them could have ever imagined. They helped to shape a nation and change the way that our minds work. Instead of wondering who got there first or whose efforts were more influential, we should all just be eternally grateful for two women who refused to move.

Staff

Continued from page 1

Her smile lights up our office and her carefree attitude can always lift our spirits. Her obsession with Ernest Hemingway and coffee always provides us with a good laugh. Kara is empathetic, easy to talk to, and willing to do whatever she can to help. She is involved in Student United Way, Student Government Association, and Sigma Tau Delta. In addition to graduating this year, Kara is also getting married! After graduating Kara plans to settle down with her new husband and pursue a Master’s degree in order to teach at the college level.

As much fun as we have had it is time to pass the paper on to a new group of editors. This fall all three positions will be open. Being a part of this staff looks great on your resume, allows friendships to flourish, and offers a great scholarship opportunity. The new editor will be required to fulfill eight office hours a week and the assistant editors will work six office hours weekly. The Editor scholarship starts this summer and pays

for eight hours in the summer, twelve hours in the fall, and twelve hours in the spring. The Assistant Editor scholarships begin in the fall and pay for eight hours in the fall and eight hours in the spring. Anyone who is interested in applying may come by Tena Bullington’s office located in room 217 of the Sandridge Student Center.

As you can tell we are three busy divas. I’m sure you have heard the old saying: “If you want something done... ask a busy person to do it!” The girls of *The Athenian*... get things done. We have grown close this year and it saddens us to think about leaving our blue office, huge dry erase board, and slow computers. What bothers us the most, however, is knowing that we are all going our separate ways and that we won’t be there to share our joy, pain, and stress with one another. We all believe that things happen for a reason and that the lessons we have learned from one another will stay with us throughout our lifetime. If you are interested in providing your campus with critical news this job may be for you. But, if you are interested in investing yourself in important work, great times, and good people, this job is definitely for you!



Claudette Colvin makes a difference then and now.

Photo from Internet

Campus News

Field Experience: College of Education requirement helps this future educator learn that she still has a lot to learn

Kara Faulk
Assistant Editor

As a student of the Athens State University College of Education, I am required to fulfill a certain number of observatory hours in various high schools in the area every semester. This semester I satisfied this requirement at Elkmont High School of Limestone County. It seems that every time I begin this study, I find that the first thing that I learn is that I have a lot to learn. I found that the essence of being a successful educator can not be implied in any textbook, it must be implicated and observed. During my time at Elkmont High School, I observed several things that I would love to implement in my own classroom and many things that I do not feel would work for me. The beauty of Education, however, is that in teaching, you have the freedom to touch a child's life, to teach in a way that suits you.

One Elkmont High School teacher aide glanced in my direction during my first hour in the classroom and whispered, "I don't remember being this weird in high school." I smirked at her, but she never cracked a smile. It was so comical to me as I remember thinking, "I do!" As the day wore on, I began to see exactly what this aide was implying. Let it be known that this article is in no way a degradation of Elkmont High

School or anyone involved with the Limestone County School System for that matter, it is simply an exploitation of the change that this writer noticed in the teenage student population.

On my first day at Elkmont, I recognized a certain professionalism exuded from the teacher that was chosen as my cooperative educator. I did not, however, notice a responsive respect from the majority of the students. Now, I am not under any impression that a mere four years ago, when I walked the halls of Ardmore High School, that all students stood as a teacher entered the room and always responded "yes ma'am" or "no ma'am." I do know that the punishment for talking back or severely disrespecting a teacher was frightening enough that I did not dare embark upon that journey. Not only did I observe a highly educated teacher giving a well-prepared lesson, but I also observed a girl informing this teacher that she needed to "chill out." This girl continued to reprimand this teacher throughout the course of my stay. Let me tell you that I'm not working toward this degree to stand by and watch while a disgruntled teen tells me to "chill out." The teacher simply told the girl to "watch it" and "tone it down." I was in shock! She was so patient, while I thought, "This is when I would lose my job."

After class, this teacher came to me and explained that this girl puts up a tough exterior anytime that there is a first-time visitor present. She explained that this was probably due to the fact that she had been left to her grandparents at a young age, then left to foster care when they decided that she wasn't worth the hassle. She went on to say that the girl had moved from home to home, developing a thicker layer with each bag packed, I'm sure. The teacher said that it wasn't until January, six months into the school year, that the student finally began to let her wall down. As this teacher expressed her feeling of accomplishment at this feat, her eyes lit up. It was in that moment that I realized my reasons for entering the Education field. Brooke Smith Norton, an East Limestone High School

teacher, once told me, "It's the troubled kids that you always remember, and when you break through to those kids, that's when you feel the success of your career."

This teacher never gave the impression that the girl's actions were acceptable, and she handled the situation with dignity keeping the girl's background in mind. Sadly enough, many children are not raised in a loving environment with a mother that sits down after family dinner to help them with homework. I learned in my observance that being an educator is part teaching and part caring. Each child is so diverse that teachers must learn to adapt to each learning style in order to develop their teaching methods. It's impossible to get through to each child simply by covering the syllabus.



Photo from Internet

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Campus News

Two Athens State University faculty members contribute to academic online journal

Guy McClure
Guest Writer

Two faculty members at Athens State University have recently joined the editorial board of a new academic online journal, Anamnesis. Dr. Lee Cheek, Associate Vice President for Academic Affairs and Professor of Political Science, and Dr. Sean Busick, Assistant Professor of History, have been tapped to be on the administration of the newly developed site.

The print and online publication is an interdisciplinary, peer-reviewed, academic

journal dedicated to the study of Tradition, Place, and 'Things Divine.' The journal will strive to avoid ideological commitments and, instead, be open to diverse scholarship relating to our major themes.

"Being asked to serve on the editorial board of a new journal is an exciting venture," states Cheek, "especially when the journal is devoted to reaffirming the inherited tradition of social and political that is so often neglected in contemporary academic discourse."

In regards to the themes of the new journal, Tradition signals the importance of custom and our relation to the past. In this sense, it can be a guide to human conduct and a constituent of rationality. Place is an existential category, like the human body, that connotes focus on the limits of human scale, the value of human attachment to historical community and locality, and the value of human connection to nature and the land. Issues of agrarian values, decentralization, localism, and other such concerns are themes that the

journal hopes to explore. 'Things Divine' is Cicero's phrase, and it is part of his famous claim that "wisdom" entails "knowledge of things divine and human."

Cheek added, "With the inclusion of two Athens State faculty on the editorial board, the community has an indication of the robust academic environment that exists on the Athens State campus, and how our situation has been enhanced in recent years."

The web address for the online version of the journal is www.anamnesisjournal.com.



Photo courtesy of Guy McClure

Dr. Sean Busick, Assistant Professor of History



Photo courtesy of Guy McClure

Dr. Lee Cheek, Associate Vice President for Academic Affairs and Professor of Political Science

SACS

Continued from page 1

Report. You can view this entire document, including the implementation calendar, by going to ASU's homepage and selecting the "SACS Reaffirmation of Accreditation" button and then selecting the "Quality Enhancement Plan" link. ASU will be responsible for providing an Impact Report

regarding the QEP as part of the institution's Fifth-Year Interim Report. Basically, SACS wants to know the impact of "Building Success through Writing" on student learning at ASU.

This huge endeavor was truly a group effort and the entire ASU family contributed to the success of the visit. As Dr. Robert Burkhardt stated in a college-wide email immediately following the visit, the On-Site Reaffirmation Team remarked that the "deep and widespread love for this University was evident" and how fortunate we all were to work in such an environment.

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Campus News

Mister and Miss Athens State University are announced and the tradition continues

Maggie Thomas
Editor

Each year, the students at Athens State University get the opportunity to vote for two students to represent the school as Mr. and Ms. ASU. This year, Stanley Webster announced Adam Hazy and Kayla Brumbeloe as Mr. and Ms. ASU. Dr. Glenn was there to present the pair with plaques. The reception was held on February 25, 2011, in the Founders Hall parlor.

Adam Joseph Hazy is from Florence, Alabama. He is the son of Cathy and Joseph Hazy. Adam transferred from Northwest-Shoals Community College where he was a member of Phi Theta Kappa, maintained a 4.0 GPA and received his Associates degree in Business Administration. He is the recipient of a Presidential Scholarship at Athens State University where he is now a senior pursuing a Bachelor's degree in Management with a minor in Acquisition and Contract

Management. At Athens State University Adam is a member of Delta Mu Delta, the Student Government Association, Phi Theta Kappa Alumni Association and the Accounting Club. After graduating from Athens State University, Adam plans to attend the University of Alabama at Huntsville and obtain his masters in Business Administration while pursuing a job as a contract specialist for the government.

Kayla Miller Brumbeloe is from Guntersville, Alabama. She is the wife of Will Brumbeloe, and is the daughter of Jeff and Traci Miller. She transferred from Snead State Community where she received her Associate degree during the spring of 2010. Kayla is now a junior at Athens State University pursuing a bachelor's degree in Elementary Education. Her future career goals are to teach and obtain her masters and a doctrine in counseling. Kayla would like to someday become a Community Education Director. At Athens State

University, Kayla serves as the Student Government Association Secretary, is a recipient of a Student Activities Leadership Scholarship, was crowned Founders Queen 2010-2011, and

crowned Ms. Merry Christmas 2010. In her spare time Kayla enjoys volunteer coaching, painting, photography, wakeboarding and attending the University of Alabama football games.



Photo by Maggie Thomas
Mr. ASU, Adam Hazy, and Ms. ASU, Kayla Brumbeloe with Dr. Glenn.

Who are you?: This writer looks to Ralph Waldo Emerson for inspiration

Kara Faulk
Assistant Editor

Ralph Waldo Emerson once said, "Who you are speaks so loudly that I can't even hear what you are saying." The older that I get, the more I find that people are what they need to be for the situation that they need to conquer. This is the nature of the beast, but it sickens me. I do not want to sound like a speaker at a high school graduation ceremony. I

am, however, a writer, and Ernest Hemingway said, "The writer must write what he has to say, not speak it." So write I shall!

I know that the majority of those that will read this piece are well on their way toward the real world. Interviews, resumes, and career experiences and encounters will soon transpire. I also know that every single individual holding this newspaper will inevitably make an impression on someone today. While I often feel as if, "I'm having a bad day;

aren't I allowed just one of those?" The answer is "no." My rude and negative responses are never justified, and you never know that the person on which you are casting these attitudes is not a prospective boss. I would be humiliated to know that I allowed my bad day to rub off on anyone, especially a future student or co-worker. We must decide if our bad days are worth the bad impression that we leave on this world. No one can see the betrayal or hurt on our faces, they only see a frown. I do

not care if it sounds corny, it's true: wearing a smile can turn it all around.

I am quirky, yes. I get overly excited about trivial things. I am not, by any means, requesting that everyone become this. I simply request that you treat life as a crucial interview in which you put your best foot forward. You never know who you will come in contact with today. As Emerson put it, no one is paying very much attention to the words that fall from your mouth if you give no liveliness, no smile to accompany them.

Physical Education majors teach and learn from Athens Middle School students

Dr. Yvette Bolen
Guest Writer

On Saturday, February 5th, students enrolled in HPE 440, Teaching High School Physical Education, taught volunteer Athens Middle Schools boys a variety of sports and activities in the ASU gymnasium. These sports and activities work well with large class sizes. Sadly, large class sizes can be found across north Alabama physical education programs. Some of the sports and activities taught included: team handball, an unfamiliar Olympic sport to

most; radiball, a unique modified volleyball quadrant game designed to accommodate large numbers of students; activities utilizing a large cageball; diverse tug-of-war games; combatives; cooperative games; individual stunts and challenges; and cultural activities. In turn, the middle school boys taught the ASU students how to play brisketball, a game in which they were unfamiliar. The boys had learned this fast, action-packed game

from their middle school teacher, former ASU graduate Kerry Donaldson.

According to experts in the field, of all the grade levels, middle school physical education students can be the most difficult to teach. This challenge generally exists because students of that age range are experiencing the most rapid growth spurt, resulting in a decreased ability to physically perform motor skills. A major goal of this teaching experience was for ASU pre-service

teachers to utilize their planning and organizational skills, and their knowledge of developmental differences among students, to implement a meaningful teaching lesson for the boys. After five hours of fun-filled and well-prepared lessons, the middle school participants and ASU students continued to want to play—even after official class time had ended! This was one of the many signs that the experience had been a great success.



HPE440 students with AMS Baseball players.

Photo courtesy of Dr. Bolen



Learning new tug of war activities.

Photo courtesy of Dr. Bolen

Campus News

In order to preserve prized possessions, Athens State University Library opens Rare Book Room

Guy McClure
Guest Writer

On Friday, January 28, 2011, Athens State University opened its newly created Rare Book Room at the institution's library located on the corner of Pryor and Elkton Streets. The Rare Book Room is located on the second floor of the library and is available for viewing by appointment.

The room holds the university's rare book collection that once were housed in a small room on the second level of Founders Hall, inside the library's former location. Many of the books had not been cataloged or been assigned a classification, so it was difficult to determine what Athens State actually had in their collection, and the old room in Founders did not have adequate temperature or humidity control.

"We plan to add a table so that this space can also be used as a seminar room for some of our classes," stated Library Director Robert Burkhardt. "You are now able to find all the Rare

Book materials in our library catalog as they are identified with a 'Special Collections' tag."

Burkhardt thanked University Archivist, Sara Love, and her student assistant, Ann Marie Lang, along with Dr. Elva McLin, now retired living in Texas, who first had the vision that we are enjoying today.

"This room was a part of the original plans for our library building in the mid-1990s, but due to cost overruns we were unable to finish it out," remarked Burkhardt. "Thanks to our University Vice-President for Advancement, Rick Mould, and also to the many people who donated funds or time for this project so it could finally be completed."

Two of the instrumental individuals who were recognized and thanked for their financial support in making this room a reality included Mrs. Mary Ann Thomas and Dr. June Aycock Foley. Also thanked were the members of the

Piece Makers Quilt Guild who dedicated their time and talents to create an illustrated quilt depicting our historic campus buildings that we were able to sell at a raffle to generate funds for the

rare book room.

To arrange an appointment to view the holdings of the Rare Book Room, call the University Archives at 256-216-6671.



Photo courtesy of Guy McClure

Dr. Glenn at the opening of the new Rare Book Room at ASU.

Ms. Merry Christmas 2010



Photos by Christine Goodman

Top right: Kristi Webster, Kayla Miller, Shannon Jo Hendrick, and Heather Mortensen all participated in the 2010 Ms. Merry Christmas pageant. Top left: The contestants with Dr. Glenn. Bottom right: Kayla Miller was crowned Ms. Merry Christmas. Bottom left: Ms. Merry Christmas, Kayla Miller, with Dr. Glenn.

Campus News

Student United Way: An update on the club's past accomplishments and future plans

Erin Minor
Assistant Editor

Every time I have the opportunity to write about Student United Way, I become more excited and amazed at how much this group of people is willing to do. The most recent project hosted by ASU's Student United Way, which is also known as A.S.S.I.S.T (Athens State Student's Involved in Social Togetherness), was a huge success.

The organization decided at the beginning of the school year that Limestone County Churches Incorporated (LCCI) would be the primary charity. Since then they have donated over two thousand cans of food to the LCCI and are planning another

food drive in April. The goal is to donate over five thousand cans to Limestone County families before the end of the year. Of course, this isn't possible without our students, faculty, and staff. At the annual faculty and staff Christmas luncheon, employees of Athens State donated over three hundred dollars to the cause. The students didn't do too bad either – donating over two hundred dollars and some cans. Student United Way wants to make it more interesting this spring. The faculty and staff will compete with the students to see which group can raise more money or cans. The winners will get to do something special!

United Way also had a float in the

Christmas parade and everyone had tons of fun decorating Dr. Durm's truck and dressing up like elves for the big show. In addition, Dr. Durm, the sponsor of Student United Way, hosted at Christmas party at his home.

After the Christmas party the organization took a well deserved break from activities, but is jumping back into service again. The organization hosted a Meet-and-Greet night at Athens State Night at the Huntsville Havoc game in February. Their plan was to get more people interested in the club and increase membership.

In addition to the Spring Food Drive, the club is also planning a huge coupon class in mid-April. Here, people from the

community can come and bring their children to learn how to clip coupons and save money. They are also very excited about the year-end talent show that they are planning and hosting. Students, faculty, and staff as well as other members of the community will have the opportunity to showcase their talent.

Busy, busy, busy is the only way to describe this campus organization. The members have a heart of service and so graciously volunteer their time and ability to serve others around them. Athens State is lucky to have this organization on campus.

If you are interested in becoming part of this group please email Dr. Mark Durm at mark.durm@athens.edu.

Fashion Designer Natalie Chanin scheduled to speak at Athens State University

Guy McClure
Guest Writer

The Livingston Concert Lecture Series at Athens State University presents a lecture by Natalie Chanin of Alabama Chanin, a globally recognized lifestyle company located in the Florence area. The event is planned for Tuesday, March 8 at 7:00 p.m. in the Ballroom of the Sandridge Student Center.

After almost a decade as a stylist and designer in Vienna, Austria, Natalie "Alabama" Chanin found herself back in the states, and in search of

something special to wear to a New York City event. She deconstructed a t-shirt then hand stitched it back together with the seams on the outside and some appliques on the front.

"It has been ten years since I started working on the company that Alabama Chanin has become today," states Chanin. "I am often asked how I had the foresight to start a company based on the principles of sustainability and Slow Design. To this comment, I must laughingly reply that I never intended to start a sustainable design

company; I simply stumbled into it like the fool falling off the cliff."

After producing as many as she could on her own, and with major manufacturing companies in New York deeming her idea unpractical and unprofitable, Chanin had a realization about her garments: they were constructed using the same quilting techniques that her Grandmother taught her as a child. With the help of then-business partner Paul Graves, Chanin traveled to her birthplace in Lovelace Crossroads, Alabama, to set up shop and make a film, *Stitch*, about the southern quilting tradition and the ladies who helped it thrive. A few newspaper ads resulted in hundreds of interested seamstresses, some formerly employed in northern Alabama's once thriving

textile industry.

Chanin will speak on Alabama Chanin's business model, as it is an unusual one. The focus of the business takes inspiration from farmers, striving to build a zero waste company where the results of one production process become the fuel for another.

Their primary work is the business of designing and making clothing. If a dress calls for recycled t-shirts or locally grown, certified organic cotton, they strive to reduce environmental impact and make the "footprint" of a dress as minimal as humanly possible.

The event is planned to celebrate Women's History Month. It is free and open to the public with no reservations required. For more information call 256-233-8296.



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

Movie Trivia

What film won "Best Picture" at this year's Academy Awards?

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Natalie Chanin will speak March 8 at ASU.

Photo courtesy of Guy McClure

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Campus News

Department chair and Physical Education club officer receive state awards

Dr. Donna Hester
Guest Writer

The Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD) held its annual fall conference in Birmingham during November. During an awards luncheon, Dr. Yvette Bolen, ASU Health and Physical Education Department Chair, was awarded Dance Educator of the Year and ASU Health and Physical Education Club Vice-President Justin Foster was awarded the Outstanding Future Professional Award.

During the past seventeen years at Athens State, Dr. Yvette Bolen has not only been instrumental in bringing dance to university students, but she has also educated north Alabama K-12 teachers and schools on teaching rhythmic activities and dances. She spends an average of 70 hours each semester in the local schools, modeling dance to students of all ages. Yvette models

lessons in the ASU classroom that will accommodate large numbers of students. ASU students are also being taught how to integrate other subject matter utilizing rhythms and dance to stimulate the learning process of students. This creative way of bringing dance and movement into classroom settings has made Yvette a leader in her discipline.

Yvette also teaches ballroom dance to university students, many of whom have graduated and now successfully incorporate dances such as the Waltz, FoxTrot, Cha-Cha and West Coast Swing into the curriculum for students at every grade level. She offers ballroom dance lessons to the community-at-large, providing the funds to the Health and Physical Education Club students to assist in their travel and participation at professional conferences. As the sponsor of this club, Yvette

promotes students attending and presenting at local, state and regional conferences. Yvette has provided dance and physical education workshops at numerous public school inservice workshops and at local, state, regional and national levels. A student of Dr. Bolen's wrote, "as a former student in her dance class, I am grateful that I got the privilege of observing such an enthusiastic and energetic person with a great knowledge and love for dance. She is the person responsible for my own genuine love of dance!"

Justin Foster graduated from ASU in December with a B.S.Ed. in physical education. Justin was awarded the ASAHPERD Outstanding Future Professional at the fall awards luncheon. Justin has taken an active role in fundraising and he has attended professional physical education statewide meetings, as well as state and

regional physical education conferences for the past two years. Through his leadership, hard work, and dedication to both the community and school, Justin was awarded the prestigious ASAHPERD Bernice Finger Award in the spring of 2010.

Justin has been recognized as a leader in his community. He served as the 7th and 8th grade girls' basketball coach at Riverton Middle School in Madison County and assisted the school with fundraising endeavors. Justin has assisted Dr. Bolen in teaching ballroom dance during community classes and he served as a reader and actor for local daycare students during the ASU Dr. Seuss Birthday Celebration.

Mr. Foster has exhibited his commitment to lifelong learning. He will continue to be a role model for his peers through his dedication to the field of health and physical education.



Photo courtesy of Dr. Hester

Left to right: Beth Uhlman, Ginger Aaron, Amanda Hayes, and Dr. Yvette Bolen.



Photo courtesy of Dr. Hester

Dr. Yvette Bolen with Mr. Justin Foster

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Campus News

Research conducted by Athens State and Brookhill Elementary presented in Germany

Dr. Bruce Thomas and
Dr. Yvette Bolen
Guest Writers

Obesity in children has reached epidemic proportions in the United States. While there are a variety of causes for this health crisis, local researchers investigated how parental activity patterns were related to the amount of time children engage in physical activity (PA). Research conducted by Mr. Ben Heatherly, physical educator at Brookhill Elementary School, along with Athens State Colleagues Dr. Bruce Thomas and Dr. Yvette Bolen, surveyed parents and children (N=127) attending a north Alabama school. Each survey reflected the parent's choice of free time activity separated into 3 categories. Category one included sedentary type activities such as reading, watching television, playing video games, playing on the computer, talking on the phone and shopping. Category two included exercise related activities such as bike

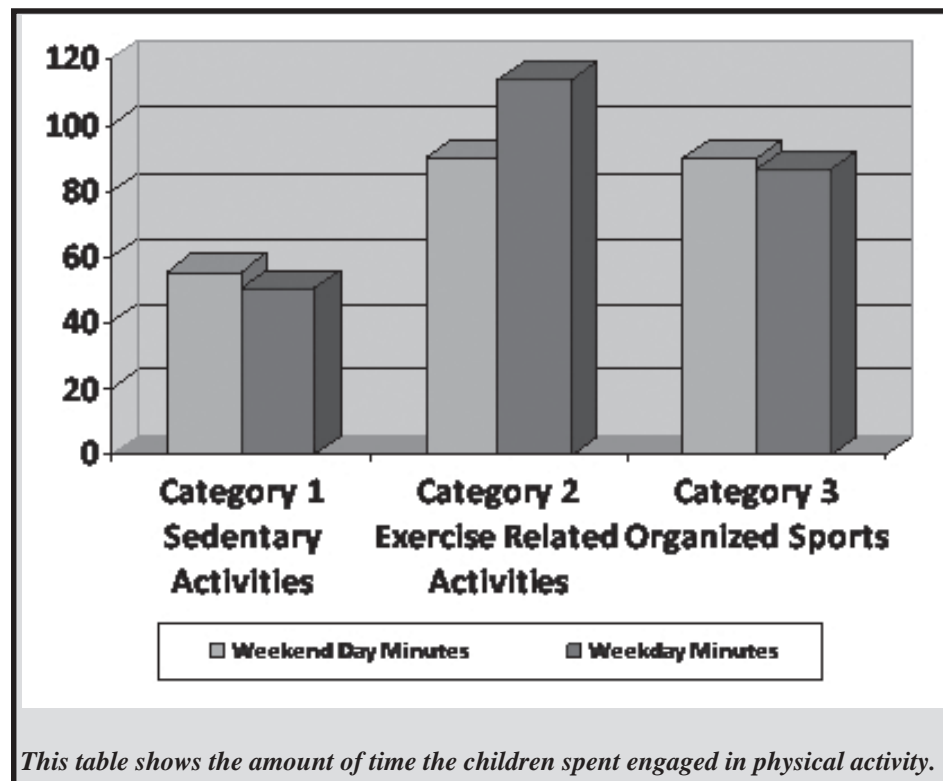
riding and roller blading. Category three was playing organized sports. Each parent then indicated the approximate amount of time per day that their child spends engaged in PA during the school week and during the weekend days (See Table 1).

A one-way Analysis of Variance (ANOVA) was utilized to determine the influence that parental activity preference has on the amount of time children spend performing physical activity. Follow-up Bonferroni tests were performed when significance was identified. In addition, a crosstabs statistical technique was employed to further investigate the number and percentage of children in various PA time categories. The ANOVA revealed that parents selection of PA type had a significant influence on the number of children PA weekday minutes, $F(2, 126) = 45.53, p < .001$; and weekend day minutes $F(2, 124) = 44.20, p < .001$. The

Bonferroni tests revealed significant differences between weekend day minutes devoted to PA for Category 1 participants ($M = 55.7$) and both Category 2 participants ($M = 90$) and Category 3 participants ($M = 90$). There was not a significant difference between Category 2 and Category 3 participants. However, when considering weekday minutes devoted to PA, a significant difference existed between Category 2 participants ($M = 114$) and Category 3 participants ($M = 86.5$). Additionally, Category 1 participants ($M = 50.4$) devoted significantly less time to PA than did Category 2 and 3 participants. Crosstabs technique revealed that all students who spent less than 15 PA minutes during weekdays ($N = 18$) and all students who spent less than 15 PA minutes during the weekend ($N = 10$) were children of Category 1 parents. All students who spent 180 PA minutes during the weekday ($N = 14$) were

children of Category 2 and 3 parents.

Mr. Heatherly represented the researchers, presenting these findings during December in Gottenheim, Germany at the International Journal of Arts and Sciences Multidisciplinary Conference. Mrs. Bonnie Heatherly, Assistant Professor of Elementary Education at Athens State, assisted him. Mr. Heatherly successfully communicated the methodology and results of study to professionals from across the globe. With the growing number of health complications experienced by children who are overweight and obese, the findings of this study illustrate the necessity that parents take an active role in modeling and that they encourage a lifestyle that includes consistent, vigorous physical activity for their children. This is one of many steps needed to positively change the longevity and quality of life enjoyed by future generations.



Photos courtesy of Dr. Yvette Bolen

Mr. Ben Heatherly represented the researchers in Germany.

Athens State University Foundation Board holds quaterly meeting

Guy McClure
Guest Writer

The Athens State University Foundation Board of Directors held its quarterly meeting on February 17. Outgoing President Dick Chittam passed the gavel to new president, Mary Pat Martin and Vice-President Joy Graham as they begin their two-year terms. Three new members of the board were introduced. Joining the 25 member-board are Mike Davis, Limestone County Probate Judge for the last 22 years, Kelli Powers, CEO of Athens-Limestone Hospital, and Stan Pylant, General Manager of WHNT-TV, Channel 19, in Huntsville. Davis, class of 1971 and Pylant, class of 1981 are both graduates of Athens State, and have been strong supporters of the university for many years, while Powers, although new to the area, has family ties in the community.

In other business, the board elected committee chairs, and reviewed its 2010 financial reports. Regions/

Morgan Keegan presented the Annual Asset Management Report that showed a very positive return on investment for 2010. Income from the Foundation's Endowment is providing funding for: scholarships for 159 students this year, the annual Livingston Concert Lecture series, and academic programs. Gifts to the Foundation can be directed to support scholarships or to fund other projects such as the Beaty-Mason Home, McCain Hall, currently under renovation, the new Art Center, or the Center for Lifelong Learning, scheduled to open in April.

Founded in 1982 by a small group of university and community leaders, the Athens State University Foundation Inc. was created as a privately controlled, independent non-profit 501c3 organization of philanthropic aid to the institution. While state appropriations provide a base for University operations, the Foundation

has a common goal of insuring that Athens State University continues as a top regional educational institution. The Foundation's role has never been more important as ASU's state appropriations have declined by 27% in the last three years, and more cuts are expected this year. The Foundation is dedicated to the financial support of the University, is the

proper channel to receive gifts to the university and is also responsible for the management of those resources through its endowment and investment portfolios.

For information about the Foundation, please contact Rick Mould, Vice President for University Advancement at 256.233.8215 or visit www.athens.edu.



Photo courtesy of Guy McClure

New Foundation Board members Mike Davis and Kelli Powers of Athens, and Stan Pylant of Huntsville.

Campus News

Athens State English Society adds to scholarship honoring Dr. Al Elmore

Guy McClure
Guest Writer

The Kappa Zeta Chapter of Sigma Tau Delta English honor society at Athens State University recently donated \$1,500 from proceeds earned during this fall's Fiddlers Convention to benefit the A.E. Elmore Drama Scholarship. The group raised the funds by partnering with the Limestone County Cattlemen's Association, who sell ribeye sandwiches during the festival. The group was instrumental in initially creating the scholarship in 2009.

Historically, Sigma Tau Delta

members pledge "to endeavor to advance the study of the chief literary masterpieces, to encourage worthwhile reading, to promote the mastery of written expression, and to foster a spirit of fellowship among students specializing in the English language and literature, ever keeping in mind [their] international motto: Sincerity, Truth, Design."

A symbolic check-passing was recreated during the society's Holiday Party held in the home of Dr. Bebe Shaw, the group's faculty sponsor.



Photo courtesy of Guy McClure

Sigma Tau Delta recreating the check-passing.

Athens State University releases Economic Impact Report

Guy McClure
Guest Writer

Athens State University contributed \$183 million to the economy of North Alabama and surrounding areas in 2010 according to an Economic Impact Report released by the two-year upper division institution.

The study, undertaken by Professor Bill Wilkes of the College of Business, states that Athens State ended the year as the seventh largest employer in Limestone County with three-hundred-seventy-nine employees, including two-hundred-twenty-eight full time faculty

and staff and one-hundred-fifty-one part time staff and adjunct faculty, and with an payroll of \$22.6 million.

"The cultural and education benefits of a local university are obvious," states Vice President for Advancement Rick Mould. "To calculate the economic impact of Athens State within the community illustrates a true gage of what the institution offers in tangible assets."

Wilkes found that the spending by Athens State University employees created a direct demand for additional goods and services in North Alabama. An average employment multiplier of 1.8

suggests that every ten people employed by Athens State create indirect employment opportunities for eighteen additional individuals.

"Athens State University is an essential resource for North Alabama," added Mould. "The close proximity of this educational leader to so many diverse communities is a strong reason why so many companies and institutions find our area to be the wonderful place to do business."

Athens State University, founded in 1822, has a long heritage of dedication to higher education in the State of

Alabama and is the state's only two-year, upper division institution. Athens State is an integral part of The Alabama Community College System and provides seamless transfer opportunities for students of the state's Community and Technical Institutions. Baccalaureate degrees can be earned through the College of Arts of Sciences, College of Business, and the College of Education. Classes are offered online as well as in the traditional format.

To view the full 2010 Economic Impact Report, visit Athens State's website at www.athens.edu.

Events Calendar

March

8 Natalie Chanin-Concert Lecture

25 David Blight-Concert Lecture

14-18 SPRING BREAK!!!

April

2 103rd Annual Alumni Banquet

7 Breakfast Club

11 Balance for Chicago Trip Due

May

5 Breakfast Club

12 Annual Alumni Golf Classic

27 Train Trip to Chicago, May 27-31

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Campus News

Tragedy at Toomer's Corner: Lessons that need to be learned by all college football fans

Erin Minor
Assistant Editor

The Associated Press reported that on January 28th Auburn University discovered that trees at Toomer's Corner had been poisoned when a herbicide that is commonly used to kill trees was applied on the soil around the trees in lethal doses. The suspect, Harvey Updyke, Jr. called a radio station and told the show's host, "The weekend after the Iron Bow, I went to Auburn, Alabama, because I live thirty miles away, and poisoned the Toomer's trees." On the show he claimed that his name was "Al" from Dadville, Alabama and that he used a chemical known as tebuthiuron on the trees and gladly reported that the trees "will definitely die." He was apparently proud of himself and ended the call to the radio station with a simple statement, "Roll damn tide!"

Sadly, all of this information turned out to be true. A "loyal" Alabama fan poisoned Toomer's trees, a beloved gathering place where Auburn fans go to celebrate and roll trees with toilet paper after winning a game, was almost destroyed. This was a sad day for college football fans. It seems as though Mr. Updyke thought he would receive glory by destroying a historic location of his team's rival. Whatever his intentions, we

can all assume that he did not and will not receive his desired outcome. Fans of both teams are livid. Auburn fans are still in shock and are deeply hurt by this man's actions. Alabama fans are upset because they were unfairly represented by one man.

The whole situation begs the question: Is this what it takes to get the attention of crazed fans? A good rival is something that college football fans live for, and they should. However, when a

rival turns into blatant hate... something needs to be done about it.

The suspect was arrested and released on bail. Mr. Updyke is now reportedly living in his car and bathing in a creek because his life has been threatened and he feels he can't stay at his home. This is unacceptable as well. He did a terrible thing, and what he did should be despised; however, he should not fear for his life. He still has the right to be safe in his own home.

It is hard to see the positive in this situation, but there is a cloud with a silver lining if you are willing to look. Mr. Updyke sought to earn the title of "Loyal Fan" and was hoping to be admired by his fellow Bama fans. Instead Bama fans have shown support for Auburn by donating money to either save or plant new trees at Toomer's Corner. Now Updyke is viewed as a mean and bitter old man who was seeking attention. Beyond that, this has served as a wake-up call to all college rival teams across the nation. The state of Alabama and its people were recognized nationally for the good sportsmanship shown after the tragedy. The entire country learned a valuable lesson: At the end of the day we can, and should, unite instead of divide.

It would be nice if lessons were easier to learn. This truly is a sad story; what's even sadder is that this tragedy had to happen for us to learn the lesson. Hopefully, this lesson will not soon be forgotten. Hopefully we can learn the difference in being a loyal fan and being a hateful fan. And hopefully, it won't take another tragedy to remind us to act like decent human beings. So, thanks for the lesson Mr. Updyke.



Photo from Internet

Game winning celebration at Toomer's Corner.

You can also check out The Athenian online at www.athens.edu!

Did You Know



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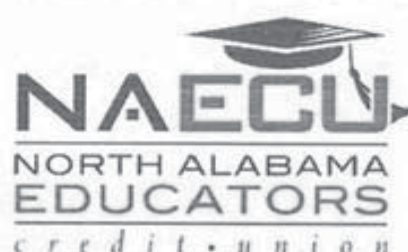
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Campus News

Athens State University awards management certificates to forty local students

Guy McClure
Guest Writer

Athens State University introduced the Acquisitions and Contract Management (ACM) major in January of 2010 in response to the expected support needs for the Tennessee Valley's BRAC initiative. This past fall the university had one of the largest groups ever to receive their certificates in Acquisition and Contract Management.

Students who received certificates in Acquisition and Contract Management are:

From Huntsville: William R. Collins, Susan D. Eubanks, Kelly E. Gurley, John

P. Jones, Linda Laube, Amanda B. Ruebush, Randall J. Satterfield and Shante Y. Stewart.

From Madison: Eva D. Anello, Grace Bennett, Laura R. Cox, Edward Cruz, Kristy Griggs, Jonathan Marik and Harold J. Smith.

From Harvest: Michele S. Biletski, Steven W. Bronson, Christopher R. Clemons, Richard D. Reisker and Kimberly K. Williams.

From Athens: Reagan Duncan, Lawrence F. Swan and Allison Owsley. From Somerville: Brian M. Day and

Brittany L. Fowler.

Also receiving certificates are: Ashley K. Brunner from Mobile, Whitney N. Brady from Arab, Markeisha L. Bonds from Gurley, Carly J. Carter from Albertville, Rickey L. Coley from Ardmore, Christopher R. Crunk from Tusculumbia, Benjamin R. Davis from Henagar, Jada J. Haga from Eva, Adam J. Hazy from Florence, Meaghan D. Kelly from Hazel Green, Michael K. Nickelson from Owens Cross Roads, Kristi D. Sutton from Grant, Christina A. Vinzant from

Hartselle, and Debra E. Young from Hanceville.

The other newly created major programs in the College of Business include Enterprise Systems Management and Logistics and Supply Chain Management.

Athens State students may earn this certificate by taking five courses in the ACM curriculum and completing them successfully. Students interested in learning more about any of these certificate programs should call 256-216-5352 for more information.

Athens State professor chosen to commemorate King James Bible's 400th

Guy McClure
Guest Writer

Athens State Professor Dr. Al Elmore has been chosen as one of the speakers for the commemoration of the 400th birthday of the King James Bible. The commemoration will be held at Wheaton College in Illinois on September 22 and 23.

Elmore will speak on "Abraham Lincoln's Use of the King James Bible." He is the author of Lincoln's Gettysburg Address: Echoes of the Bible and Book of Common Prayer, a book published by Southern Illinois University Press in 2009.

Elmore's book was reviewed in 2010 by Civil War and Lincoln historian Ferenc Szasz of the University of New Mexico as "an absolutely stunning interpretation."

Wheaton College, site of the King James commemoration, is consistently ranked among the Top Liberal Arts Colleges in America by U. S. News & World Report, which calls it

"the Harvard of the evangelical colleges." Billy Graham its most celebrated alumnus.

Elmore is completing his 24th year of teaching at Athens State. He has taught English, drama, and law and is Chair of the Department of English and Drama. He is a graduate of Millsaps College, the University of Mississippi Law School, and Vanderbilt University. He attended Vanderbilt on a Woodrow Wilson Fellowship and was awarded the PhD in English.

He is a former prosecutor in Mississippi and public defender in Las Vegas and has taught criminal law at Louisiana State University and the University of Alabama Law School.

He has won six grants from the National Endowment for the Humanities for post-doctoral study at such institutions as City University of New York, California-Berkeley, and the University of Chicago.

In the summer of 2010 he was selected for an NEH Summer Seminar on "The Civil War at 150" held at the Georgia Historical Society in Savannah.

One of the other participants in that seminar, Professor David Blight of Yale University, will speak at Athens State on March 25.



Photo courtesy of Guy McClure

Dr. Elmore will be one of the speakers for the commemoration of the 400th birthday of the King James Bible.

Athens State University Marine Corps: The few, the proud, and the strong

Dr. Mark Durm
Professor of Psychology

We who are older sometimes belittle the activities of the younger. We who are older sometimes believe the younger are not as caring and not as helpful as they should be. Not so for our marine corps at Athens State University. Yes, I know, there are no marine corps at Athens State. But we do have a group nicknamed ASSIST (Athens State University Involved in Social Togetherness), they are the few, the proud, and the strong.

This ASSIST group is the Student United Way Club on campus. They are the first and only Student United Way Club on a college campus in the entire state of Alabama. I am extremely proud of them. Let me explain why.

The club formed this past fall at the encouragement of Ms. Kaye McFarlen, the Director of the Athens-Limestone

United Way. There are two co-Presidents, Carissa Behel and Erin Minor who serve, by virtue of their office, on the board of the local United Way. Active members are, in alphabetical order, Tanya Campbell, Tami King, April Laycock who serves as secretary, Alicia Longmore-Marston, and Tami Schoenberger.

These young ladies fed many people over the Thanksgiving and Christmas holidays. How? By virtue of their collection of over 1000 cans of food that they donated to the food pantry of the Limestone County Churches Involved.

In the fall, they raked leaves and "winterized" a house for an elderly lady in Athens in cooperation with CASA. Before Christmas, they decorated a truck and marched in the Athens Christmas Parade, the only Athens State

Club to do so. Also for the holidays, they drove to Huntsville and packed and sorted hundreds of bags for the "Toys for Tots" program for Limestone County families.

During this spring semester they finished painting the exterior of an entire house in conjunction with the Athens-Limestone County Habitat for Humanity.

They are presently planning to organize classes later this spring on how to collect and use food coupons to stretch the food budget for needy families. They are tempting to provide child care for this event so more mothers can attend.

This marine corps bunch of young ladies are trying to organize a talent contest for students and faculty later this semester to increase student activities on campus and recruit more members for the club so that more can be done

for the community in the future.

As a college professor for 34 years, I can attest to the fact that certain groups of students stand out more than others. There are years where I remember groups of students that just seem to do more, learn more, socialize better and are simply a joy to teach. I have years where I do not have those memories.

This group of students I will remember for the rest of my life. I will remember them for their determination in the classroom, but especially for their dedication to the larger classroom, the world outside those academic walls. They have fed the hungry, kept the older warmer during winter, and they have worked to ensure children would smile on Christmas morning. They are Athens State's marine corps; they are the few, the proud, the strong.

Student Activities



Athenian Ambassadors Ashley Starling and Andrea Martin made ornaments to hang on the SGA Tree.



Kara and Maggie made an Athenian ornament for the tree.



Tandra Oliver, Ron Gatlin, Tena Bullington, and Joanna Meshenski enjoying lunch at the tree trimming.



Kayla Brumbeoe added an SGA ornament to the tree.



Carissa Behel and Erin Minor, of Student United Way, helped put together a fundraiser in December for families in need.



Dr. Betts, the other reindeer!



Dr. Glenn and Mr. Hutto attended and got in the Christmas spirit.



This kid wasn't so sure about the antlers on Dr. Betts's head.

Photos by Erin Minor and Maggie Thomas