15-year follow-up study shows poor statistics for school pupil-teacher ratio

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For years physical educators have continued to face numerous educational dilemmas due to overcrowded classes, some of which include: Legal Liability, Class Management, Being Unable to Teach, Extreme Developmental Background & Learning Style Differences.

A 15-year follow-up study of physical education pupil-teacher ratios was conducted by Dr. Yvette Bolen, Dr. Bruce Thomas and Mr. Benjamin Heatherly, ASU graduate and physical educator at Brookhill Elementary in Athens. In 1994, selected North Alabama elementary public school physical education pupil-teacher ratios were studied to determine if these ratios were comparable to pupil-teacher ratios.

Students raise money for Noah Crowe

Athens State University’s Student Government Association recently held a “Wii Bowl” in order to raise money for Noah Crowe, a local toddler suffering from brain cancer. SGA originally planned on donating the proceeds to St. Jude’s Children’s Hospital, but Vice President, Brianna Lovell, had the idea of donating the funds to a pre-existing account set up at Compass Bank, which will help with Noah’s treatments and hospital bills.

“When I learned of Noah’s condition, I asked the other SGA officers if we could still host the same event as scheduled, just donate to Noah instead,” said Lovell.

Jana Pettus
Staff Writer

Please see Crowe page 7
Editorials

It’s time to divvy up: Lack of health care reform will hit you

Athea Purdue
Editor

Every one of you that was shouting communism, socialism, pick an “ism,” it’s time to divvy up. Everyone that was complaining at this past summer’s Health Care Town Halls, your time to take care of “your own” is coming. Already, some interesting results are happening across the country. These well established companies cannot afford to cover their employees insurance. It is just a matter of time before the expense will outweigh the benefit and it will be discontinued altogether. Without alternatives what will the employees do? COBRA is already $1000 to $1500 a family of four; with no regulations or options, the insurance companies will have free reign to charge anything they want to charge, regulate how they wish, and deny claims as they see fit. So, the days of being one of the underprivileged that has to sit in the emergency room for hours, or in some documented cases, days, to get care are coming to a hometown near you quicker than you may think.

Recently, a story ran on the CBS Evening News that talked about prescription drug prices increasing substantially during recent years. Some of these drugs, many of which are widely needed, such as diabetes and heart medications, went up 300 percent and some as much as 1000 percent. The story by AP was entitled “Drug Prices Balloons as Industry Shrinks,” and they stated, “Congressional investigators say the number of extraordinary price hikes on drugs doubled between 2000 and 2008.” Furthermore, the article was followed by the statement that, “...200 more than 400 examples of unusual price jumps on brand-name drugs during the eight-year period – most ranged from 100 to 499 percent, but several exceeded 1,000 percent.” This study took place during the “Bush” years, and before mention of a government run health care plan in 2008. Already, insurance companies were running prices up to feed their CEO’s greed. Do you think your insurance company will cover such cost increases? I know of a personal circumstance where my sister had to pay the difference in order to get her rheumatoid arthritis medication prescribed by her doctor. It was not just a couple of dollars; it was more like several hundred dollars. If she had not had insurance, which is becoming a real possibility, she would have had to pay over a thousand dollars to get her monthly treatment or do without medication. This disease is crippling, and to do without medication would quickly disfigure her joints. She would have to quit her job as a nurse, which would put her in the position of paying for COBRA or giving up everything to become a Medicaid recipient. People think that it happens to someone else, people without education, low wage job workers, etc. It happens to someone else, people without insurance.

Finally, we are in a situation that has not been seen since the Great Depression. Right now, there are currently many more employees willing to work than there are jobs in the country. It is an employer’s market. We have been spoiled for several years by assuming that we are entitled to benefits. Those days are long gone. We are entering a time when people are willing to work for less just to put food on the table and keep a roof over their heads. As prices for goods and services jump on brand-name drugs and prescription drugs, the government is not going to be able to do anything about it for a long time. As insurance companies cut corners and try to make more money, people working part-time in North America has doubled – to more than 9 million. Cappelli says that’s not unusual to facing a recession. What is unusual is that many of the permanent jobs being cut right now will likely stay cut – even after the

Now scrutinizing: An insensitive reporter

Jana Pettus
Staff Writer

Reporter Andy Port of New York Times Magazine ran a story about the Golden Globes in which he called out three particular starlets saying the Golden Globes looked "rounder" this year.

Port was stated as saying, “Maybe it’s just me, but I could have sworn that some of the ladies who showed up at the Golden Globes on Sunday had put on a little weight.” He then called out actresses Jennifer Aniston, Kate Hudson, and Courteney Cox Arquette saying he could tell they had put on weight in their “upper arms.” He ended his article by stating they had put on weight in their “upper arms.” “Maybe it’s just me, but I could have sworn that some of the ladies who showed up at the Golden Globes on Sunday had put on a little weight.”

Some may argue that it’s up for debate whether or not Port’s article aimed to criticize or compliment. Maybe it’s just me, but I don’t consider picking on women’s upper arm sizes and calling them “round” is a type of flattery. The way the media portrays women is completely appaling. What bothers me most about articles like this is how they will affect other women who read it. What will young girls think when they read Port’s article? I know what I was thinking: If these women are considered “round,” what the heck am I? I also worry about what the actual stars being ridiculed will think of themselves. All we need is another celebrity going to rehab for an eating disorder.

When I looked at these women, I thought they seemed healthier. It’s refreshing to see women who take care of themselves. They looked strong, healthy, and happy. If anything, these women should be praised for choosing health over arm size (by the way, I thought their arms looked fantastic)! It’s refreshing to see women who take care of themselves. They looked strong, healthy, and happy. If anything, these women should be praised for choosing health over arm size (by the way, I thought their arms looked fantastic!)

Port’s photo tagline said, “What do Jennifer Aniston, Kate Hudson and Courteney Cox have in common?” The answer, in my opinion, is fantastic figures that long everyone envys. Seriously, Port? Don’t be a jerk.

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The Athenian

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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.

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Like Chocolate? It might not be so sweet when served by slaves

Brittany Watkins
Assistant Editor

When I think about slavery, I think of it, as many people do, as being a cruel thing of the past. I could not be more wrong.

Many of us are unaware about slavery in the world today and how we unknowingly fund the suffering and misery of so many. We continue to think that slavery is no longer inflicted on people since it is illegal, it must have ended with the 19th Century. However, there is a movement in this world that takes people from their lives and turns them into slaves.

Slavery today is defined as, “forced labor without pay under threat of violence.” It is much different from the slavery of preceding centuries. In the past, we had slave owners, but today we have slave holders. Modern slaves are forced to work either through violence or the threat of violence. They are not free to leave or make choices for themselves, they are not given food, water, or work, and they are given few supplies other than those that will sustain their life. In the owners mind, they can be disposed of or killed however they see fit without considerable legal consequences.

The difference between modern slavery and old slavery is surprisingly simple. In the old method of slavery people owned slaves, the slave was property and could be counted as thus. This investment required maintaining the slave’s well-being. Currently, by not owning but holding slaves the slave holder can benefit from the slaves work without obligations to the slave or legal ramifications. Neither is right.

Slaves have become disposable and inexpensive. In some places, the purchase price of a slave may be as low as $50-$100 U.S. dollars. When the price of a life has become so cheap, investment in a slave is unnecessary. If the slave becomes weak, hurt, old, or is no longer profitable, they can be replaced.

Today, slavery is illegal in every country in the world. It was abolished worldwide in 1927, but the unfortunate truth is that there is an estimated 27 million slaves in this world today, 80% of which are women and children. This number includes the United States, which has an estimated 14,500-17,000 people trafficked every year; it is averaged that two people are traded every 15 minutes. Sex slavery is followed by domestic services, where they are put to work cleaning and tending to homes. They also, are often locked up and unable to leave, being locked in closets, basements, and garages. Although, we think of these people as foreigners, slaves can also be abducted Americans. These can be young people who become runaway's which fall victim to a trap, or everyday people continually threatened or blackmailed and forced into working for others.

Slavery happens in neighborhoods and cities all across the nation. Many of us are clueless to this malice. We think that we have no part in the cruelty of modern slavery in this nation or elsewhere. Unfortunately, we are wrong.

We unknowingly fund slavery with our purchases. For example, when we buy chocolate it is very likely that we finance slavery. Almost half of the world’s chocolate comes from the Ivory Coast of Africa. It is here that so many children, usually between the ages of 12 and forced to work 80-100 hours a week, tending to and harvesting cocoa beans. These cocoa beans are bought at a low price by chocolate producers and are made into chocolate candy.

Big industry ignores the morality of purchasing cocoa beans harvested by slaves in order to make a profit. They sell consumers chocolate tainted by slavery. To avoid this, consumers have a choice to buy chocolate that is Fair Trade Certified. This certifies that the chocolate purchased is not harvested by slaves. They are paid a maximum price per pound of cocoa beans and go through a process of certification.

It is time to send a message to big industry. By refusing to purchase products tainted by slavery but instead purchasing those that are Fair Trade Certified. We will send the message that we do not like being tricked into funding slavery.

The sexualisation of young women in America culture causes this father to worry about his daughter’s future

Grady Anderson
Staff Writer

It seems every time you turn on a television or see a billboard or any other type of advertisement; you will see a scantily clad female somewhere in the mix. Our young women are being used as show pieces to sell what ever comes down the pipe.

Sexualisation is defined as occurring “when a person's value comes only from her or his sexual appeal or behaviour, to the exclusion of other characteristics, and when a person is portrayed purely as a sex object.” For the average young girl, this can have serious repercussions. Sexualisation can lead to a lack of confidence with their bodies as well as depression and eating disorders. In today’s society we are judged by how we look and this can put enormous pressure on a young person to try and keep up with what they deem to be the norm. Having three daughters myself I can relate to this. I have witnessed first hand what the constant bombardment of these images can produce. We as a people, have to help these young women understand that they are the norm, not the glam gals of Hollywood. The question of why is our society so preoccupied with sex and sex appeal is not easily answered. You can bet that advertisers, movie/music video makers, and magazine publishers will tell you that sex is the draw. So are we to believe that they can’t sell movie tickets or magazines without having an overweight half-naked model on the bill?

The real deal is men can be aroused by what they see and corporations will do exploit this to the maximum potential. So when men see a voluptuous woman in a television ad, the woman is there to catch their attention while his subconscious takes in the product. This is the way of advertising, and of course men and women are subjected to the same images while both are affected differently.

This of course has a trickle down effect on our young people. With non-stop subjection, it might make a young woman want to be “like” the woman on television. While at the same time, it may give a man the impression that women are nothing more than objects. All you have to do is walk around in a local mall to see that this is very real.

In a country that sees prostitution as taboo, it’s really difficult to understand why we don’t mind our young ladies’ integrity being sold for a music video or magazine. In reality, all that is missing is the act of sex itself, and sometimes not even that is missing. We have let our enterprises get away from us and our children are suffering because of it. It is our responsibility to let our children know that it’s ok to be who you are. After all isn’t diversity the key that makes the human species so attractive?
The month of February is African American History Month and March is Women’s History Month. Both occasions signify the changes that have taken place to bring full equality to everyone across the United States and the world. As part of my research on historical figures like Michelle Obama, Rosa Parks, Martin Luther King and countless others, I have come across one person who is probably not as well known as some of the bigger names I just mentioned.

One story in particular stood out to me. This is a story which basically helped propel the civil rights movement into a force that could not be ignored. This is the story of Emmett Till, a young African American boy who was savagely murdered at the age of 14 by a group of lynchers who decided they didn’t like a black child talking to a white woman. Emmett was from Chicago, Illinois, but had recently moved to Mississippi with his mother. At the time, the State of Mississippi was still going through segregation. Being a youth from a big city, Emmett was unaware of the dangers he would face living in a small, southern town.

Several days before his murder in 1955, Till entered a grocery store with a cousin and several other youth all aged under 19. As a dare, he played a prank where he would “wolf whistle” and jokingly flirt with a white woman, 21 year old Carolyn Bryant, basically to test the boundaries at the time. Bryant decided to spread the incident as gossip around the store until it got out into the town and eventually back to her husband Roy Bryant. He and his brother, J.W. Milan, 36, then decided to “teach the boy a lesson.” The events that transpired after this led to a young boy’s murder. The men coldly mutilated the boy’s face and body so badly, that his casket would have had to have been closed at his funeral. His mother, Mamie Till Bradley, demanded that his casket be left open so that people could see the damage these animals had done to her son. The picture of him in his casket was published in several newspapers and magazines. These events brought shock to the nation. People like Martin Luther King Jr. and Rosa Parks heard about the incident because of the publicity surrounding Emmett’s death and this pushed them to go full steam ahead with the civil rights movement.

The reason I have decided to write about this incident is because I think people do not realize the harm they do to others at times, and that sometimes society can be wrong no matter how right they feel their beliefs are. At the time, this was as normal as it is now, but the event that occurred in 1965. No one person should have this much hate for another human being as to want to harm them enough to lead to their death. It saddens me deeply that anyone would want to hurt a child. I am glad though that we, as a human race, have made advances towards full equality and acceptance of everyone in this world. I also hope that time will bring more change and acceptance. This is my final word.

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Editorials

Lynchings for Free Speech. The atrocities of our racist past shock this ASU student

James Lenaghan
Staff Writer

Today’s media sends a distorted message about women’s and men’s body image that is hard to obtain realistically

Heather Mørtensen
Assistant Editor

After reading Jana Pettus’ articles last time on unhealthy body images, I began to think.

Not only do women compare themselves to actresses and models, but men see these women who represent the media’s idea of “perfection” and begin to compare the women in their lives to that. Expectations are set on a conventional and stereotypical form of “beauty,” and it becomes difficult for some men to look at a woman and not wish for more.

I must admit that the media has changed in past years, featuring more plus-size girls in the limelight, such as with the TV show, Ugly Betty. However, while that may be beneficial to future generations who grow up seeing all kinds of beauty portrayed in the media, the men who grew up in past generations, probably college age if they’re reading this, grew up watching one kind of beauty parade itself across the silver screen and obscure the amazing natural beauty found in real women everywhere. When placed with real women, they can’t help but picture the fantasy, and the fantasy makes it hard for men to be satisfied with real women.

Dove® really is doing an amazing thing with their Campaign for Real Beauty by showing and empowering beautiful women who aren’t model/actress thin or don’t have that perfect B-cup, a size commonly portrayed in the media as the ideal. While it is extremely important for women to be able to accept themselves for their own personal kind of beauty, men must also be willing to accept that beautiful isn’t always actress-beautiful. Jana said in her article, “Don’t fan the flame of unhealthy body image, let it burn out.” Perhaps some males should stop and take the time to look for beauty in the unconventional sense: in the curve of a rounder hip, in the bend of a nose, in eyes that sparkle like stars above thinner lips, in the breath-rise of a smaller chest. If you stop to think, it’s not so incredibly hard to find beauty in everyone, something that makes each person truly unique and amazing, no matter what their size.

I do not ask anyone to lower their expectations in life, but I do ask that perhaps readers might broaden their minds; take away the tunnel vision, so to speak. Perhaps if men are able to accept, appreciate, and even love real beauty in women everywhere and find themselves satisfied with something less than post-surgery Heidi Montag without wanting anything more, maybe fewer girls will place impossible standards on themselves. Wanting to be beautiful is wanting to impress, and if women everywhere can impress effortlessly with their shining personalities and their various kinds of beauty, there will be less pressure for girls to change themselves or less hurt for wanting to be “better.”

Demand is what keeps stereotypical beauty in the media, but if all of us can find beauty, there might not be such a demand for it. In other words, learning to see the beautiful things about each person without expecting more or less is allowing the flame burn out.
A writers concept of “God’s” beautiful women
Kim Holladay
Guest Writer

As I surved the television channels one night, an odd-looking image flashed across the screen. A woman’s face, complete with heavy make-up and a “poofy” hairdo, sat on top of a little girl’s body. As I watched the show “Little Beauties,” my mind could not wrap around the image of six-year old girls disguised as adult women.

With strained smiles, these children flaunted their bodies before a crowd of adults and doting mothers. When the little dolls opened their mouths to speak, they sounded like what they truly are—little girls. “Can I have a puppy now?” the winner asked her mother.

Another child, unsure of the contest results, asked, “Am I number one?”

“You’re always number one,” the proud mother cooed. These pageant mothers are teaching their daughters that superficial outer beauty is what makes them a winner. Toted from one competition to another, they are taught that with the right make-up, hair-do, skimpy outfits (including bikinis), and Britney Spears-like moves, they can be number one.

I am thankful that God defines beauty by a different set of standards. “Do not let your adornment be merely outward—arranging of the hair, wearing of gold, or putting on fine apparel; rather let it be the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is very precious in the sight of God” (2 Peter 3:3,4).

What’s important in the sight of God is the exact opposite of what these children are taught from their beauty pageant experiences. Dressing modestly and moderately (1 Timothy 2:9) and donning a gentle and quiet spirit is what God expects from any woman professing godliness.

As we age, our skin wrinkles and our hair turns gray. Outer beauty decays, but inner beauty is incorruptible. What is inner beauty? God defines inner beauty as a gentle and quiet spirit, which is reflected in a woman’s attitude. Gentleness is also a fruit of the spirit (Galatians 5:23). Webster defines gentleness as “kind, soft, delicate, and free from harshness.”

Abigail in the Old Testament is a good example of a woman who exhibited a gentle spirit when she confronted an angry King David on his way to take vengeance on her husband. Abigail played the peacemaker and convinced King David with her quiet and gentle manner to refrain from doing wrong. As a result, David respected her (1 Samuel 25:35). Submitting to our husbands shows a gentle and quiet spirit (2 Peter 3:5). A bossy and manipulative wife is not showing inner beauty.

While our outer bodies are perishing, our inner spirit is being renewed (2 Corinthians 4:16). We have little control over the aging process, but we can control whether or not we allow worldly influences to corrupt our inner beauty.

Even the most outwardly beautiful woman can appear unattractive if her character is blemished by—Selfishness, self-centeredness, uncontrolled speech, anger, hatred, jealousy, conceit.

When we forget that we committed ourselves to living a selfless life, these poisons become a part of who we are. Cultivating the beauty of God’s woman may not be as easy as plastic surgery or buying just the right beauty products, but this is a beauty that lasts forever and doesn’t cost a penny!
My dog-buddy Joey discovered that all first generation daughters of BD’S Phillip produced winners everytime.

What is the lesson? Everyone kept trying to improve The basketball team kept playing. Joey kept comparing results with bloodlines. Everyone had the sense to realize “I can’t wait for someone to do it for me; I have to do it myself”. They are always moving forward.

Do you have the “moving forward” attitude or do you fall into the entitlement group – the world owes me? The world doesn’t owe me anything. You have to make your own way. Not performing well on your job? Prepare to be fired. Not performing well in your class? Prepare to receive a failing grade. Didn’t get all of your financial aid paperwork in on time? Prepare to not receive financial aid. Boys and girls, it’s all up to you.

Life is what you make of it; not what you wait to receive from others. The days of entitlement are quickly coming to an end. The job market is such today that only the most qualified are going to get the job of their dreams. You are not going to be hired because of your sex. You are not going to be hired because of your race. You are not going to be hired because of your religion. You are only going to be hired because of your ability to do the job. Entitlement, affirmative action, quotas, he has a degree, etc - all of the “buzz words” of yesteryear put our economy where it is today. Hiring the under qualified will bite you in the !!! one day. Our current economy is feeling the bite. Corporate America will not make that mistake again. If you expect to get hired today you better be the most qualified for the job. Nothing else matters anymore, you had better be “trying to improve”.

The biggest news this Christmas season was probably the Tiger Wood’s fall from grace. Is Tiger any different than us? No, we are all Tigers in some way. Tiger has said he is going to take some time off from golf. Golf is not what he needs to give up. How about you? Do you need to give up something to become a better student? How about giving up laziness? How about giving up “the teacher doesn’t like me”? How about giving up Athens State doesn’t understand my situation? I’m in about to say something real harsh so prepare yourself. Who cares? You either meet the standards or you don’t.

When you enter the job market you either have “more goods” than everyone else or you don’t. Your time at Athens State gives you the opportunity to be the very best. Whether you take advantage of that opportunity or not is totally up to you. The faculty, staff, and administration of ASU are here to assist you in making your “dream” come true. You must be prepared to put in the work necessary to make that dream come true.

What are your goals? Are you going to school based on a plan or do you have the “warm and fuzzy idea” that a college degree alone is the answer. My dear friend, you had better think again.

It’s not the degree that is the answer; it’s you that is the answer. What you make of your opportunity today will determine how you live your next fifty years. Make the most of it. We’re all here to help, not to do it for you.

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### Columnists

#### Career Counseling Corner

**You can’t fix stupid**

Mr. Larry Keenum  
Career Counseling Center

Hopefully by now, most of you realize that I have “a little nut in me” and I have no reservation about speaking the truth even if it ruffles some little darlings’ feathers.

I saw the 7th grade girls’ team score 22 points in 24 minutes then score 10 points in three minutes. My oldest young friend, Kaitlyn, plays on that team. She will be Miss America some day. She has the look and the brain cells but right now she is a 7th grade basketball player. My “dog”-buddy Joey discovered that all first generation daughters of BD’S Phillip produced winners everytime.

### Comforting the afflicted, afflicting the comfortable

**Dr. Mark Durm**  
Professor of Psychology

"During Women’s History Month I would like to recognize my mother who died on May 31 of 2009. I wrote the following for her Mother’s Day in 2006.

Then I have a very good mother.

On this day, Mother’s Day, I would like to write and give honor to mine.

To my knowledge, my mother has never stood to receive any awards or acclamations, nor has she ever sat on any board of directors. But she has sat beside me as a young man. My mother has never stayed out late at night, never been places where she shouldn’t be. But she would never go to sleep until both of her teenage sons were home at night, never been places where she shouldn’t have. My mother and I love her very much!

My mother does not have a college degree, nor even a high school diploma. My mother has never written an article nor even an essay. But if a good mother writes letters to her son when he is away from home, then I have a very good mother.

My mother has never stayed out late at night, never been places where she shouldn’t be. But she would never go to sleep until both of her teenage sons were home at night, safe and secure, and praying that they had not gone to places they shouldn’t be. My mother breastfed me when I was an infant, corn-fed me when I was a boy, and fed and fed and fed me when I was a teenager. She once remarked I could eat more than any one human being she had ever known. If good mothers are mothers who cook and cover the table with food, then I have a very good mother.

I know that my mother’s days and hours are numbered. Her body aches from arthritis and is plagued with diabetes. Her mind has been dimmed by a stroke; but her spirit and soul remains a beacon of light for her family and all who come in contact with her. She toils on and never complains.

I do not see eye to eye with my mother in all things, but I do respect her vision and foresight in everything. For she, Odell Hatchett Durm, is my mother-a very good mother and I love her very much!

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### Seeking balance in your daily life can be hard

**Dr. Maureen Chemsak**  
Campus Counselor

For most students in college, life is balancing a family- and work-related roles with personal life activities.

No matter your age, time seems to be in short supply, and we have difficulty focusing on one thing at a time, focusing on the quality of our lives instead of the quantity of “to-do”s that bombard our sensibilities.

The first part of a well-being program is to check that we are physically healthy by visiting a doctor for routine, baseline, and preventative check-ups. The next part is to develop a plan to keep ourselves physically healthy, mentally sharp, emotionally and spiritually balanced, so that we can attend to the important people and goals in our lives.

Part of a good personal wellness plan is to exercise daily, get 7-8 hours of sleep nightly, and to eat nutritionally healthy foods.

A well student also makes smart choices about substance abuse, avoiding the use of alcohol or drugs to manage stress or to “fix” problems temporarily. A well student also maintains healthy relationships and helps others. While technology can enhance our lives and help us connect to others, remember to set limits on your electronic activity. Learn to include daily face-to-face interaction with friends and family.

Connect with others by getting involved in your community or on campus.

A well student also pays attention to your mental and emotional health by nurturing positive self-esteem, acknowledging personal strengths, working on weaknesses, and giving self-permission to make and learn from mistakes. Emotional health also includes learning how to manage daily stressors. Good emotional self-care also includes getting help when needed.

If you are having difficulty with an academic issue, talk with your instructor, find a tutor or form a study group. If you are feeling stressed or overwhelmed, and cannot talk with family or friends, find a faculty member or staff member to talk things out. If you still feel out of control, personal counseling is available at Athens State for you. If something is bothering you so that it interferes with your routine life activities, then you may benefit from speaking with the campus counselor. This is a positive way to take care of yourself.

The Counseling Office is located in the Student Center, Room 210; appointments can be made by calling 233-8285. All sessions are free to students; and, all sessions are confidential. A licensed professional counselor is available to speak with you, and can refer you to services within your community.
Campus News

Ratio
Continued from page 1

...in other academic disciplines.

Bucher and Krotee (1993) recommended that over the course of a day each physical education teacher should teach no more than 200 students. The previous study, Bolen and Thomas (1996) determined that the average number of physical education students taught per day in selected North Alabama city and county elementary schools was 371 and 323, respectively. Based upon these findings it was recommended that physical education class size be reduced. Fifteen years later a revisit to the same North Alabama city and county elementary public schools revealed that physical education pupil-teacher ratios had actually increased since 1994. Diverse professional voices provide support for the reduction of pupil-teacher ratios and document the serious health repercussions by individuals who are in large classes, and by those who are inactive and/or overweight. The National Association for Sport and Physical Education (NASPE) 2006 guidelines advocate that physical education class sizes mirror other subject areas, emphasizing that larger classes increase the risk of student injury and decrease instructional and student participation time resulting in a slower rate of learning. Bucher and Krotee (2007) from the original study maintain their recommendation that a teacher have no more than 200 students per day. Childhood inactivity practices which exist in many homes, to include video gaming, and computer and television usage increases the likelihood of obesity (Stetler, 2004). Darst and Pangrazi (2009) indicated that “80 percent of overweight preadolescents grow into obese adults” and that “96 percent of overweight teenagers become obese adults.” The increased pupil-teacher ratios

Please see Ratio II page 9

Crowe
Continued from page 1

In addition to the Wii Bowl donations, SGA members set up donation buckets all around ASU’s campus and also sold the signature “Pray for Noah” bracelets during the Wii Bowl. These combined efforts helped raise over $200 for Noah’s Crowe account. When asked how hosting this Wii Bowl has affected her, Brianna Lovell has said “I enjoyed holding the fundraiser. I made sure I was well-informed about Noah’s story because I knew I would be answering many questions. By learning Noah’s story so well, I feel like I know him, even though I have never met him.” In commenting on the re-

ASU Care
Continued from page 5

American accounting almost made me change my major; and I remember how much I missed it all. I wanted to come back. I knew I could never compare to Professor Hemingway’s patience with me, but I had to try. Once again I contacted Vicki Johnson, who is no longer the secretary for the School of Business but luckily still on campus, and asked, “How do you become an adjunct teacher at Athens State?” Once again, she was able to help.

Accounting almost made me change my major; and I remember how much I missed it all. I wanted to come back. I knew I could

Accounting almost made me change my major; and I remember how much I missed it all. I wanted to come back. I knew I could never compare to Professor Hemingway’s patience with me, but I had to try. Once again I contacted Vicki Johnson, who is no longer the secretary for the School of Business but luckily still on campus, and asked, “How do you become an adjunct teacher at Athens State?” Once again, she was able to help.

Responsive from community members, John David Crowe, Noah’s father, has said, “Most of these people we have probably never met, but they are praying for our son. There is no way to express the gratitude in our hearts for such an outpouring of love.”

The SGA has already scheduled two more fundraisers for the upcoming months. They plan to sell “paper shoes” to raise money for the March of Dimes Association in order to help raise awareness for premature births. Also, the SGA will team up with the Athenian Host and Hostesses to hold a Cow Pie Bingo contest in April. The money raised will help provide a scholarship for the office of SGA President.

For more information about these fundraisers, please contact the Student Activities office at 256-216-3319. For those who were unable to attend the Wii Bowl for Noah Crowe and would like to donate, donations may be made at any Compass Bank in the Tennessee Valley area, or you mail your donation to: BBVA Compass Attn: Lisa Williams PO Box 1209 Athens, AL 35612 Please be sure to write “for Noah Crowe” in the memo line of your check, or if donating with cash, a note designating the donation to the Noah Crowe account.

For more information about the “Pray for Noah” bracelets, please contact Jody Hooven at Friendship Church at jody@friendship.org, or call the church information desk at 256-232-4906. All bracelets are $5 and the proceeds go into an account set up for Noah at Friendship Church.

All of Noah’s family and friends express their sincerest gratitude to the SGA and Athens State University for holding the fundraiser.
Campus News

Dr. Elmore lecture on Gettysburg Address tonight

Grady Anderson
Staff Writer

Athens State Professor Albert Elmore has written a book on one of our greatest Presidents, Abraham Lincoln. The book is entitled Lincoln’s Gettysburg Address: Echoes of the Bible and Book of Common Prayer.

Dr. Elmore said that he has been a contributor in some other works but this was the first book he has had published himself. “I have always been interested in Lincoln,” Dr. Elmore stated. “Lincoln is just such a fascinating subject and was such a moral man, and I can’t think of another President in the history of the United States that had his verbal ability,” he said.

It has been one-hundred and forty-six years since Lincoln delivered his Gettysburg Address. The Gettysburg address was only about two minutes long when Lincoln delivered it at the dedication of the Gettysburg Cemetery in Pennsylvania on November the 19th 1863. “Lincoln wrote all of his own speeches, and not only did he write them, he wrote them with such extraordinary care,” Dr Elmore said. Elmore’s book takes a look at Lincoln’s writings and how they were influenced by the Bible.

The Publisher wrote a review about the book, it stated in part: “While it has long been determined that Abraham Lincoln’s writings were influenced by the King James Bible, until now no full-length study has shown the precise ways in which the Gettysburg Address uses its specific language. Refuting the view that the address was crafted with traditional classical references, this revealing investigation provides a new way to think about the speech and the man who wrote it.”

Lincoln’s Gettysburg Address is one of the most remembered speeches in all of American history. The speech is a remarkable testament to the abilities of a President whose work will undoubtedly be studied for ages to come.

Dr. Elmore said “Lincoln’s Gettysburg Address was completed just inside a year and released nationwide last December.”

Anyone with a love of history or that is interested in Lincoln’s writing should get a copy of Lincoln’s Gettysburg Address: Echoes of the Bible and Book of Common Prayer.

The Campus Colloquium is being held this Tuesday, February 16 starting at 9am in McCandless Hall.

Several different subjects are being covered over the day-long event featuring many of Athens State University’s finest professors and staff people.

Session one offers three choices such as the following: Becoming involved in your community, with Mildred Caudle, Professor Emeritus; Lincoln on Leadership, with Dr. Bob Glenn, University President; and Who is Jesus? with Robby White, Professor of Religion.

Session two begins at 10:30am with Stock Market 101, with Jim Garino, Professor Emeritus; Collecting Antique Tools with John Wayne King; and A visit to the ASU archives with Sara Love, University Archivist.

A box lunch will be provided from 11:30-12:45 during which Dr. Bob Glenn, ASU President will discuss the future of the University. A question and answer session will follow for those wishing to learn more about Athens State University.

Session three begins at 1:00pm with the following choices: Building and promoting your website, with Steve Clark, Coordinator of Learning Systems; Empowerment, with Joe Slate, Professor Emeritus; and a tour of the newly renovated Waters Hall with a featured Electron Microscope presentation, by George Williams, Professor of Biology.

Athens State University picks up the pace during session four with a choice of Fox Trot dancing basics, by Yvette Beatty, Associate Professor of Physical Education; or you can get dirty with clay, demonstrated by Gail Bergeron, Professor of Art; or take a tour of historic trees on campus with Tim Jones, Professor of Justice Studies and Public Safety Administration.

Finally, the event will close with remarks and evaluation in Founder’s Hall Parlor at 3:00 pm.

The Campus Colloquium is sponsored by the Athens State University Alumni Association and the Athens State University Foundation. The purpose of the one-day event is to act as an academic homecoming for alumni; showcase the expertise of our faculty and staff; create an open-house environment for the community; and inform our faculty and staff of our campus treasures.

The cost for the event will be only $20 for the general public and $15 for alumni, faculty and staff. Please mail registration to ASU Alumni, 300 N. Beaty St., Athens, AL 35611 or call 256-216-3319 to pay by phone. Continuing Education certificates are available for certain sessions upon request.

Campus Colloquium to take place this February 16

Aletha Pardue
Editor
ASU’s QEP looking to build success through writing

Dr. Jackie Smith
Guest Writer

You have probably heard the term “QEP” around campus. Prepare yourself: You will be hearing it more and more during the next few months as Athens State University prepares for the upcoming SACS reaccreditation visit. The QEP (Quality Enhancement Plan) is part of that important process and will involve a variety of stakeholders. The focus of ASU’s QEP is improving students’ writing skills and is entitled “Building Success through Writing.” This topic was selected based on input from faculty, staff, students, alumni, and area employers of ASU graduates.

During the Spring Semester, numerous faculty focus group discussions will be hosted for the purpose of gathering input on students’ writing abilities and needs. Students will also be involved in this data gathering process through Town Hall meetings. Focus groups will include both full and part-time faculty members and will involve a review of current literature on this topic. A few focus groups were conducted during the Fall 2009 Semester and faculty graciously shared what worked for them as well as suggestions for future practices and support. The QEP Office is compiling focus group input and creating a “Tool Box” for faculty that will include a variety of tools. Student Town Hall meetings will be scheduled in February with the goal of providing a platform for students to share what kinds of things we can do to assist them in strengthening their writing skills.

The projected outcomes for the QEP include: Improving students’ writing skills in a measurable way across the three colleges; utilization of strong writing assessment tools and strategies by faculty; creating a campus climate that encourages and values writing as a core competency; improvement of faculty and staff skills as facilitators of successful writing.

The QEP effort is being led by Kevin Dupre and Jackie Smith. In addition, Phyllis Claxton has joined the ASU family in support of the QEP. Her office is located in Sanders Hall Room 206. You can reach her at 216-5378 or at phyllis.claxton@athens.edu. An organization has been created in Blackboard that includes a wealth of information and literature – please take a moment to visit the organization when you can. Your input is earnestly requested!

New Athens State University Vice President Dr. Cheek looking forward to success serving university

Jana Pettus
Staff Writer

Dr. H. Lee Cheek, Jr. is now serving at Athens State University as the new Associate Vice President of Academic Affairs. This position is the second highest ranking academic office at the university.

Dr. Cheek has arrived at Athens State with a vision. Dr. Cheek has said, “My goal is simple: try to advance the academic program in as many ways as possible.” Dr. Cheek views his position as a guidance opportunity. “Hopefully, I can provide leadership to some of the many critical academic functions of the University,” stated Cheek.

Athens State has also hired Dr. Cheek as the new Political Science professor. He is scheduled to teach his first class in the upcoming fall semester.

Athens State selected Dr. Cheek with good reason. His resume proves him to be well-educated and highly honored. He received his bachelor’s degree and his M.P.A. from Western Carolina University, his Masters of Divinity from Duke University, and his Ph.D. from The Catholic University of America. Most recently, Dr. Cheek was chosen for the Distinguished Alumni Award for Academic and Professional Achievement at Western Carolina University in 2008.

Dr. Cheek is “very impressed” with the Athens State University community. He believes his position to be extremely important to the school and hopes to assist in the expansion and development of Athens State University: “Athens State University is poised for continued growth and achievement. I look forward to being part of that success.”

Dr. Lee Cheek

Ratio II

Continued from page 7

of this study are reason for alarm, in light of national childhood health concerns. Orthopedic surgeon Dr. Jack Moore, M.D. of SportsMed in Athens and Huntsville indicated that the number of children who suffer knee pain and injury due to being overweight or obese is on the rise, supporting information reported in 2009 by the Centers for Disease Control and Prevention (CDC). The CDC ranks Alabama second in the nation in obesity, with children representing a generation plagued with health complications. These include an increased risk for heart disease, asthma, type 2 diabetes, orthopedic issues, depression and elevated cholesterol. It is more imperative than ever for physical education pupil-teacher ratios to be reduced so that teachers can better assist students in developing the behavioral skills and lifetime activity patterns that will serve them well later in life.

This research will be presented at the Southern District of the American Alliance for Health, Physical Education, Recreation and Dance Conference in Myrtle Beach on Friday, February 12th and published in the Research Council Proceedings for the American Alliance for Health, Physical Education, Recreation and Dance.
Campus News

ASU’s Sigma Tau Delta issues challenge to help Haiti

Brianna Lovell
Guest Writer

On January 12, 2010, the small country of Haiti was victim of a horrendous earthquake with an estimated death toll of 150,000. This natural disaster left people around the world feeling helpless. Yet, in the midst of disaster, everyone can help.

Sigma Tau Delta decided to help. On January 14, Sigma Tau Delta donated $500.00 to the American Red Cross to help with the humanitarian efforts in Haiti. Not only did the club donate, but because of technology, Haiti was able to receive the donation immediately. Someone was able to receive instant care—medical attention, food, water, clothing—because of this donation. Helping someone in need leaves a feeling in your heart that is impossible to describe.

Later that afternoon, the Athens News Courier came by campus. A few Sigma Tau Delta members as well as the faculty sponsor, Dr. Bebe Shaw were available for interview and a photo. The organization sent out a challenge, not only campus-wide, but to the community of Athens to join us in our Hope for Haiti campaign. The story ran on the front page of the newspaper the following day.

On January 21, Delta Mu Delta met the challenge and donated $500.00 to the American Red Cross Haiti Fund. Various professors around campus have pledged a total of $700.00, and the Accounting Club has set up an ongoing change collection drive. The challenge is still active. Encourage your club or organization to make a difference. It is not too late to become involved. The people of Haiti still need our help.

By visiting the American Red Cross website (www.redcross.org), anyone can view all the different ways to donate. Donations are now being accepted via text message. By texting HAITI to 90999, your cell phone service carrier will automatically donate $10.00 to Haiti and simply add the money to your next cell phone bill.

Donate to the American Red Cross. Make a call. Send a text. Visit the website. Help Haiti. Make a difference.

The debunking of invented knowledge with Dr. Fritze

Grady Anderson
Staff Writer

Recently Ron Fritze, Athens States’ Dean of the College of Arts and Sciences, gave a lecture on his new book Invented Knowledge: False History, Fake Science and Pseudo-Religions. The book debunks certain myths in science, religion and history.

“You can have a professional historian or academic biologists who actually write bad history or science,” stated Fritze. These people are not science fiction writers. The trouble with these pseudo-scholars is the things they are writing are not only wrong or in-part incorrect, but in some aspects can be alarming. “If one is going to make an extraordinary claim, one must have extraordinary evidence to back up that claim,” Fritze stated “Pseudo-scholars are usually not professional scholars; most are amateurs, but that doesn’t mean some professionals don’t write junk science too.”

Fritze supplied the audience with several examples of pseudo-history, such as Chinese explorers circumnavigating the globe, and discovering America in the 1400’s; the beliefs of some that there were Roman soldiers in Tennessee, and civilizations under the Antarctic ice sheet.

It really is no wonder with all of good information and bad information available to the public, why people get mixed or wrong ideas or opinions about an event or discipline. A review from - New Scientist says, “In Invented Knowledge, Ronald Fritze makes a level-headed and well-researched investigation into pseudo-knowledge, revealing the tricks used by purveyors of false and sensational ideas. He also shows how attempts to debunk the myths can add fuel to the fire.” When it comes to history or science and religion there should be only the truth. And this truth should be forged out of research and data, not opinion and speculation. It is not too often that someone writes a book for the express purpose of debunking falsehoods. Dr. Fritze has shed light on a situation that really needs to be understood further. Invented Knowledge is available in book stores nation wide.
An ASU student’s battle to stay healthy

Second part of series from November 2009
Athenian
Jana Pettus
Staff Writer

My battle to stay healthy. Well, if you read the last issue, you know that my goal for the end of 2009 was to try and stay healthy and lose weight during the holiday season.

I knew that this goal was going to be hard to keep, and it ended up being even more difficult that I originally thought due to stressful school situations, stressful family situations, and illness. But, I took off five pounds and kept it off throughout the holidays. I know that’s a small amount, but I have to say, I was proud of myself.

Now with the new semester starting, I have already set up a workout schedule for myself. This is the easy part for me. The hardest thing is managing what I put into my body. When I’m in school and working and constantly on the go, healthy foods are hard to come by. I will say that I have cut back on eating fast food and even going out to restaurants. I try to stop eating when I’m feeling full, and I stopped keeping sweets in the house.

With the new year well into full swing, I have kept my nutrition and wellness goals as part of my “resolutions” for this year. In addition to monitoring my dietary intake and exercising, I have also resolved to try and get more sleep this year. Sleep is an extremely important factor in physical and emotional health. The human body needs plenty of rest in order to function properly. Over Christmas break, I realized how sleep deprived I had allowed myself to become. My body needed the break in order to repair the damages that I had caused by all-nighters and 2 a.m. writing sessions.

Towards the end of the year, I allowed stress to take a toll on my body. I ended up with stomach-flu for nearly two weeks and then I came down with bronchitis over the holiday break. I understand how being a full-time student has its pressures, but if you don’t do your best to take care of your body, your immune system starts to crash, and you become more susceptible to illness—which was the last thing I needed during finals. I think that if I had taken better care of myself during that time and spent more time trying to de-stress, I may not have come down with an illness of that magnitude.

So this year, I plan to exercise, eat healthy, sleep more, and just overall take better care of myself. I know this is not going to be easy for me, but I also know that, without my health, I’m not much good to anybody.

YouTube raises Breast Cancer awareness

Jana Pettus
Staff Writer

A video surfaced on YouTube in November featuring hospital workers wearing pink gloves while performing a choreographed dance. The workers at Providence St. Vincent’s Medical Center in Portland, Oregon were donning these gloves for a great cause.

This video was used to promote the Medline line of Generation Pink gloves. Medline is a company that provides healthcare supplies and equipment to hospitals. Once the video received one million hits on YouTube, Medline donated nearly $500,000 to the National Breast Cancer Foundation (NBCEF) in order educate others about breast cancer and also to provide free mammograms to the community. It has also been rumored that Medline will also donate a portion of their sales of the Generation Pink gloves to the NBCEF.

Emily Somers created, directed, and choreographed the video for her Medline glove division as a breast cancer fundraiser. This fundraiser was used to promote breast cancer awareness and also advertise for the new line of pink gloves. Somers involved nurses, doctors, surgeons, cafeteria workers, janitorial staff, receptionists, lab technicians, and so on in her video. The

The first lady, a great role model
Michelle Obama a classy lady and an example for everyone

James Lenaghan
Staff Writer

Michelle Obama, when you hear this name you can’t help but but think of a woman with great charm, poise and strength. Michelle Obama isn’t your typical political figure. As well as being America’s first African American First Lady, she is also a philanthropist, and is a shining example to women all across America and around the world.

She is the woman behind the man, President Barack Obama, America’s 44th President of the United States. She is the woman who supported her husband in his finest hours as he managed to reach new heights and obtain the Presidential seat. She is a brilliant person in her own right. 1985 cum laude graduate of Princeton University, and 1988 graduate of Harvard Law School; a former associate dean at The University of Chicago and Vice President of the University of Chicago Hospitals. She also supported her husband during the 2008 elections, and helped him campaign and subsequently win the Presidency in 2009.

As well as being an important component of the modern political world, she is also an important part of popular culture, particularly that of the fashion world. She has been featured in several women’s magazine including the May 2006 issue of Essence which listed her among the 25 of the Worlds Most Inspiring Women, as well as the July 2007 issue of Vanity Fair where she was listed in the top 10 of “The World’s Best Dressed.” “People”
She sat down and made a difference. Rosa Parks took a seat and made a better nation for us all

James Lenaghan
Staff Writer

Imagine a day where you are so exhausted from being on your feet all day you just need to sit down.

One fateful day on December 1, 1965, Rosa Parks, a 42-year-old African American woman who lived in Montgomery, Alabama, wanted just that. By the end of that same day, Rosa found herself in police custody for a "crime" that would be looked upon as an absurdity today.

Rosa Parks was born Rosa Louise McCauley in Tuskegee, Alabama, Feb 4, 1913. Her parents, James McCauley and Leona Edwards, were middle class African American, which meant she was probably more well off than the majority of black citizens at the time. She was able to attend school, and was among the 7% of African Americans who were able to graduate from high school at the time. She later became employed as a seamstress in a local department store, but the laws of segregation meant she was kept in the back, away from white customers. Rosa Parks married Raymond Parks in 1932, who was employed as a barber, and was also a member of the NAACP (The National Association for the Advancement of Colored People). The NAACP was an organization that was against the unfair and harsh treatment of black citizens in the lives of others.

Rosa Parks with Al Gore after receiving the Congressional Gold Medal in 1999

Obama

Continued from page 11

magazine listed her in their best-dressed list and complimented her on her “classic and confident” look. She has been described as a “trend setter” and "fashionista" by many. Her fashion choices were part of fashion work, and she has been compared to Jacqueline Kennedy and Nancy Reagan for her exquisite fashion sense and style.

Michelle is particularly fond of sleeveless gowns, and this has inspired a trend among women to wear sleeveless also, along with Michelle’s toned physique, which has inspired women to work out to achieve her look.

Her philanthropist work includes working with young students at Bancroft Elementary in North Washington to build an exclusive White House Kitchen garden. The garden has been featured on the high profile television show “Iron Chef,” which is part of The Food Network. The garden has included, “5 different kinds of vegetables, including peppers, spinach... arugula... berries, herbs and two hives of honey that will be tended by a White House carpenter who is also a beekeeper.” The garden continues to grow and has become an inspiring tool in Michelle’s quest to promote healthy living. Michelle is also set to replace Jackie Norris as the current chief of staff of The Corporation for National and Community Service. This is due to her active work and community service and her establishment as a representative figure of inner city communities. She has traveled to other countries as part of her philanthropy work including her inspiring and motivating speech to the young women of Elizabeth Garrett Anderson School in Islington, North London. As well, The First Lady, has worked hard to helped those in need. Since her first days in the White House, she has worked with homeless shelters and soup kitchens, and has been a general voice to those who otherwise wouldn’t be heard.

Michelle has also worked as a support for military families. She has gone of various military tours, including a tour of Fort Bragg. She posed with soldiers and spoke of her support for those who risk their lives to protect the United States. Both she and her husband are stern advocates for military families. The First Lady, and The President, understand the risk that is taken everyday by men and women everywhere, who have devoted their lives to protect others.

Michelle Obama is also working to strengthen ties between both the Republican Party and the Democrats so that America can begin to move forward to a brighter future.

Michelle Obama, is a beacon of light and hope for America and holds the kind of promise this country needs. The image she has created for woman all over America is one of greatness. An image that demonstrates to everyone that no matter where you are from, no matter what circumstances that they may have to overcome, anyone can achieve their dreams. Whilst on her trip to Europe during the G20 summit, Obama expressed these words to the girls of Elizabeth Garret Anderson School in London: “I was surrounded by extraordinary women in my life who taught me about quiet strength and dignity. You too can control your own destiny, please remember that. Whether you come from a council estate or a country estate, your success will be determined by your own confidence and fortitude. It won’t be easy, but you have everything you need. We are counting on you, we are counting on every single one of you to be the best that you can be. We know you can do it, we love you, thank you so much.”

Pink Glove

Continued from page 11

video accounts for nearly every hospital staff position.

Not only was this video a great way to help raise breast cancer awareness, but it also helped raise awareness for hospital workers. It is all too easy to forget about the people behind the scenes that give their lives to make a difference, and it is amazing to see so many people work together for such a great cause...
Hanging on the restroom wall of my counseling office is a picture of a kitten looking into a mirror and seeing a lion looking back. The picture has the caption, “What matters most is how you see yourself.” So the way this kitten feels about the way it looks has something to do with the thoughts inside that kitten’s head. Thoughts have a lot to do with how we look… and how we feel about our bodies… our body image.

How you feel about your body includes your height, shape, and weight. It includes how you feel in your body, not just about your body. According to The National Eating Disorders Association (NEDA), a negative body image is: A distorted perception of your shape; in other words, you perceive your body parts unlike they really are. For example, a 5 foot, 5 inch tall person who weighs 100 pounds, perceives herself as “fat.” You are convinced that only other people are attractive, and that your body size or shape is a sign of personal failure. You feel self-conscious, anxious and ashamed about your body. You feel uncomfortable and awkward in your body.

On the other hand, a positive body image is: A true and clear perception of your shape. You see your body parts as they really are. You appreciate and celebrate your natural body shape and you understand that physical appearance says little about your character or value. You are proud and accept your unique body and don’t spend an unreasonable amount of time worrying about food, weight, or calories. You are comfortable and confident in your body.

Knowing that every body is different because of genetics, there are some simple ways to achieve an ideal body for you. The ideal body for you is the one that allows you to feel strong and energetic and lets you lead a healthy, well-rounded life.

Rather than relying on charts to dictate what’s right for you, you can eat balanced meals full of nutritious foods, enjoy regular, moderate exercise, get enough rest, and treat your body with respect. “Resist the pressure to judge yourself and others based on weight, shape, or size; and, respect people based on the qualities of their character and accomplishments, rather than just because of their appearance.” In other words, listen to your body, and take gentle care of your body by treating it with kindness and respect; and show respect to others.

People with a negative body image are more likely to develop an eating disorder, and are more likely to have feelings of isolation, low self-esteem, depression, and obsessions about weight loss. People with a healthy body image believe that their self-esteem and identity come from within. “According to U.S. estimates from the National Institute of Mental Health, between 5-10% of girls/women (5-10 million people) and one million boys/men suffer from eating disorders, including anorexia, bulimia, binge eating disorder or other associated dietary conditions. …15% of young women adopt unhealthy attitudes and behaviors toward their body, and are constantly trying to achieve the unattainable ideal.”

Please see Body Image page 15.
Noah Crowe was your typical toddler. He laughed. He ran. He played. He was happy. Soon, those things faded away, and Noah became very ill. His motor skills weakened, his right eye drooped, he had trouble moving the right side of his body, and eventually, he started vomiting. Noah was taken to Huntsville Hospital. He had a CT scan that revealed a large tumor on his left, temporal lobe.

My husband, Matt, and I arrived at the hospital only an hour or so after the tumor diagnosis. I was the one who called my uncles to tell them the bad news. The term “brain tumor” was especially hard for me to handle. Alabama senators and representatives must be strongly urged to vote against this bill. Dr. Jess Brown, ASU Professor of Political Science and Justice Studies, stressed the importance of contacting legislators by saying “it matters, it really does, especially on legislation of this sort”. Sandra K. Simms, Ph.D., Assistant Professor of Physical Education at the University of Alabama at Birmingham, has been a leader in the fight to keep our physical education classes intact.

I walked into the hall outside of Noah’s room to call and choked out a voice message. I soon received a phone call from a grief-stricken uncle asking “Why does this keep happening to our family?”

Only a few minutes later, a nurse came to Noah’s room and said that a helicopter was available and they wanted to med-flight Noah to Children’s Hospital in Birmingham. Noah would have to give up his seat to white folk.

I saw my sister’s face drop and cried. I was not old, although some people were under obligation to enforce the Jim Crowe laws. Jim Crowe was dissatisfied by the way that African Americans were being treated in Montgomery. He continually humiliated over something I didn’t give up my seat because I was “separate but equal” status she had to give up their seats to white folk. Parks refused, and was subsequently arrested. The policeman arresting her did not even know why he was doing so. When she asked the officer why, he replied “I don’t know, but the law’s the law, and you’re under arrest.”

Speaking about the incident, Parks had stated “People always say that I didn’t give up my seat because I was tired, but that isn’t true. I was not tired physically, or no more tired than I usually was at the end of a working day. I was not old, although some people have an image of me as being old then. I was forty-two. No, the only tired I was, was tired of giving in.”

Parks was not a controversial woman, she did not go out of her way to stir up trouble, but she was tired of being treated the way she had been. She saw herself as an equal and wanted that to mean she would receive respect rather than disrespect by her fellow Americans.

In an interview she gave later in her life, she said “I was determined to achieve our freedom, to give up our seats to white folk. But instead, I was treated the way I had been. She saw herself as an equal and wanted that to mean she would receive respect rather than disrespect by her fellow Americans.

To enforce the Jim Crowe laws, Jim Crowe parks living during a time of great political movement. Parks was also a woman of strong conviction. She helped to change better equipped at taking “charge of their health”, and thus being in a better position to prevent a whole host of chronic diseases. After all, what is more important than individuals of any age being able to enjoy the highest quality of life?
You can experience various artists during African American and Women’s History month at ASU

Brittany Watkins
Assistant Editor

Located in the Sandridge Student Center on the 2nd floor, the Athens State University Art Gallery is a continual gathering place for artist, artwork, and art enthusiast, and is full of excitement with future art shows planned for this spring.

This February, the ASU Black History Month Exhibition in the Art Gallery will feature artist Phyllis Linton, a Tuscaloosa native, and will be held February 16- March 2, 2010. Linton’s exhibit will showcase her watercolor paintings which are known for “depictions of over-sized fruits, vegetables, and flowers.”

In a pamphlet about Linton, she tells us of her joy of painting and she also states why she specifically chooses to paint her chosen objects. “First, I enjoy them! I like either eating them or smelling them. I try to convey my sense of touch to the paper in an effort to communicate to the viewer what a piece of fruit or vegetable feels like. Second, I want to take an ‘ordinary’ object and enlarge it so that the viewer will see them from a fresh perspective. Finally, I derive great joy in both the beauty of the object and the act of painting. These objects are a symbol of my heart-felt hope that I am able to convey the sheer beauty of these objects and the joy I experience in the creation of these paintings”. At the time of this writing a reception date has not been set.

This March, the ASU Women’s History Month Exhibition in the Art Gallery will feature ASU student and artist Allisa Rose Clark. This exhibit will be held March 8- April 8 and will display photographs of women and the statistics of the misperception of women. Clark is a talented local artist who is currently on the board of Art on the Square, Athens and initiated the Southern Shorts Film Festival, in cooperation with the Spirit of Athens, which was shown on campus this past fall.

Clark, earned a BA in Art from Athens State University, and is pursuing another bachelor’s degree in sociology to prepare for entrance into graduate school for her Master of Fine Art degree. The school is excited about her exhibit of photographs this March. A reception for this show will be held March 9 at noon in the Art Gallery.

This past January, the Athens State University Alumni Show was welcomed. The bright paintings were an inviting sight in the cold of January. The annual ASU Alumni Show allows alumni to revisit Athens State and to show and sell their artwork. Every year many join in and show their work. The result is an assortment of techniques, styles, mediums, and views. This display of alumni work demonstrates what ASU has to offer and reveals the talent that ASU fosters in its graduates.

For more information on these ASU Art Gallery Shows email Gail Bergeron at Gail.Bergeron@athens.edu.

Faculty and Staff Scholarship created at Athens State

Dr. Harry Joiner
Guest Writer

Last October, fifty-eight members of the faculty and staff contributed $10,000 to establish the 2009 Faculty/Staff Scholarship.

As far as we know, Athens State is the only university in the nation where the faculty and staff work together to establish an academic scholarship for their students. Although the average gift was between fifty and one-hundred dollars, two members of the administrative staff gave $1,000, while the University Club contributed $500. Monthly payroll deductions towards the scholarship now exceed $700, which means that another scholarship should be funded in 2010.

The ASU Faculty/Staff Scholarship shows the unity and love that many members of the faculty and staff have toward their institution and its students. Dr. Harry Joiner, President Bob Glenn, Gay McClure, Suzanne Sims, and Professors Jim Kerns, and Tina Sloan serve as the Steering Committee for this scholarship.

The recipient of the Faculty/Staff Scholarship is chosen by the Foundation Office and must have financial need and a minimum 3.0 GPA. Adrian Nedelcu, a senior major from Madison, received this scholarship for the spring, 2010 semester. He transferred from Calhoun Community College and works at LG Electronics. Students wishing to apply for the Faculty/Staff Scholarship next fall can fill out the online application on the institutional scholarship information page on the ASU website or 233-6530.

Body Image

Continued from page 13

about foods.”

National Eating Disorders Awareness Week “It’s Time to Talk About It” sponsored by NEDA is scheduled for February 21-27, 2010. The aim of NEDA Awareness Week is to ultimately prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. Eating disorders are serious, life-threatening illnesses—not choices—and it’s important to recognize the pressures, attitudes and behaviors that shape the disorder.

For more information about NEDA or NEDAwareness Week, go to www.NationalEatingDisorders.org.
Noah  
Continued from page 14

as I leaned against the wall and fell apart, begging God to help Noah understand what was happening. Noah cried, but as they pushed his stretcher away, he waved goodbye.

We were told that the trip would only take 30 to 45 minutes and most children fell asleep soon after they were in the helicopter.

Jessica went into the hospital room. She could not watch. Matt decided to video the take off, in case John David, Noah’s dad, wanted to see it. He had left the hospital before our arrival in order to pack for the trip to Birmingham. He pulled the hospital bed away, but we couldn’t watch.

The tests at Children’s Hospital revealed that Noah’s tumor was the size of a grown man’s fist, and was growing rapidly. On Tuesday, November 24, Noah would have surgery to remove the tumor.

The room was filled with family members and friends, but this wasn’t exactly the Thanksgiving get together I had envisioned. It felt surreal. We waited every hour for an update. After hour five, we were told that they were closing him up. The surgeon thought they had removed most, if not all, of Noah’s tumor. This was cause for celebration.

Soon, Jessica and John went back to speak with the surgeons. The next time I saw them, the outcome did not look as hopeful as we originally thought.

John called us all around and said “Listen up, because I’m only going to say this once.”

The route the surgeons originally planned to take in order to get to Noah’s tumor was inaccessible. They had to reroute and remove part of Noah’s brain. The part removed controlled his speech and motor skills for the right side of his body. Noah would have to re-learn how to walk and talk. Through tears, John told us that we were all now accountable to help raise Noah. “We’ll all learn sign language if we have to.” He didn’t want Noah to be treated as a special needs child. “This child will be raised as normal as possible.”

I stood and listened. I felt as though my legs would crumble beneath me. I didn’t cry, like I thought I would. I was angry. I asked God “Why? Why are you letting this happen to us?” I wanted to punch something. Nothing mattered at the moment. I felt broken and faithless, and I wanted to go home.

On the car ride home, Matt put some things into perspective for me. “I didn’t know what to expect,” he said, referring to the griefed faces of Jessica and John David as they stepped out to tell us the news. I think we all felt that way. I was bracing myself for anything at that point.

I continued to speak of how I felt, how angry I was, until Matt just looked at me and said “He’s alive.”

In that moment I realized how stupid I had been for being angry instead of grateful. So many children go into the PICU at Children’s Hospital and do not come out again.

“He’s going to live.”

These words were something that would not be taken for granted. The surgeon had told Jessica and John that if Noah had not been admitted to the hospital when he was, he would have died within 24 hours.

My faith was weak, but it continued to grow. Throughout this entire experience, our family and friends and people we didn’t even know continued to flood the heavens with prayer. I began to feel a peace surrounding our family.

That evening, when Matt and I got home, I read a page out of my daily devotional titled “Unwelcome Changes.” The scripture came from 2 Kings 20:5: “I have heard your prayer, I have seen your tears; surely I will heal you.” As I read the words, I felt God speaking directly to me and my family. That night, all over the world, people prayed for Noah. God heard our prayers.

The next morning, Noah woke and reached out both of his hands to his mom and dad. Later that day, he said “Mama.” Praise God from whom all blessings flow. We had just witnessed a miracle.

A little over a month later, an MRI revealed that Noah’s tumor was completely gone. He would still have to undergo six chemotherapy treatments, but the biggest battle had been won.

On Friday, January 29, Noah came home from his second round of chemo. His doctors told him he no longer had to do physical therapy because he has full movement in both sides of his body and is progressing wonderfully. One of Noah’s doctors used the term “spectacular” and we all know why. Noah’s God is spectacular. Our God is spectacular.

We have four more chemo treatments to go, but we know our little warrior will continue to grow strong and surpass all expectations. On behalf of all of Noah’s family and friends, I want to thank everyone who has prayed for Noah, because those prayers have been heard. I ask that you continue to lift him up, and ask God for healing. The road is long, but with God’s help, we are prepared for the journey.
We need staff writers!
If you would like to write for *The Athenian*

**Call 233-8169**

or come by the
**Student Activities Office**
in the Student Center

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**Sports**

Continued from page 16

this is still in the planning stage, but with interest I’m sure we can make it a great success.”

This year they are planning to have teams like the Dark Knights, based on the “Batman” series; Trojans, based on University of Southern California; Pirates, based on East Carolina University; and the Cowboys, based on the Dallas Cowboys. All teams will have t-shirts that are designed by participating students.

Another possibility during spring semester is softball. Cantrell would like to see the intramural program grow to include softball. “There is a local field that we may be able to use, if the interest develops we may be able to start that program in the evening as well,” acknowledged Cantrell.

If interested in participating please call Chase Cantrell at 205-412-3297 or email jcantrel5@my.athens.edu.

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**Win a FREE Gas Card**

**One Gift Card Up for Grabs**

1. What is the “Pink Glove Dance?”
2. What phase is Vision 20/20 at in their master plan for ASU?
3. What “History” month is February?
4. What club issued a challenge to other clubs to send disaster relief to Haiti?

First student with the correct answer wins a FREE gas gift card from Jiffy Mart

Submit answers to Student Activities office Room 317 in the Sandridge Student Center
After 33 years Mrs. Betty retires from Athens State

Mrs. Betty Marks, who retired from Athens State University after 33 years of service, recently attended her retirement party December 4, 2009 in the parlor in Founders Hall.

Marks and her family have been an important part of the school since the time when Athens State University was called Athens College. After graduating from then Athens College with a Bachelor of Business in 1987, Marks continued her career as Assistant to the Dean, who at the time was Dr. Azalia Francis. She literally watched her children grow up while working at then Athens College. “My youngest child was raised at Athens College, [later Athens State University] and it is as much a part of Helen’s life as it was mine,” stated Marks while remembering her history with the university.

Later, Marks served in various positions such as Secretary to the Faculty, and Graphic Designer under Dr. Larry McCoy, to Director of Publications where she finished her tenure before retiring. It was not uncommon to see Marks at events throughout campus taking pictures on behalf of the latest publication for which she was responsible. Her stylings could be seen in the campus catalog, schedule, commercials and website at Athens State University which helped to promote the school throughout the community.

On the state level, Marks served as an Alabama College System moderator for College Bowl, Editor for System’s Professional Development Newsletter, Coordinator of Postsecondary Education Chancellor’s Awards, member of the Systems Exhibition Steering committee, Historian and Registration Coordinator for the Alabama College Association, recipient of five Pyramid Awards from the Alabama College System Public Relations Association, as well as various committees at Athens State University.

Marks’ has a large family which has been with her throughout her time at Athens State University, many of which graduated from the school. Her daughter, Helen, who graduated from Athens State University with a Bachelor in Business, later with a Masters from Florida Technical is now currently the Manager of the Wallace State Center. Whitney Galloway, her second oldest daughter, is also a graduate of Athens State University while remembering her history with the university.

Although Marks will be greatly missed, she felt it was time to go, “They say you will know when the time comes to retire - not necessarily a still, small voice, but a feeling deep inside that gives you peace and an understanding that one should move on to another phase of their life. I will always love Athens State and the people that work so hard to make it successful and it will always have a special place in my heart. To each of you - goodbye, God bless, and I love you.”

Her spunk helped light up the campus and you knew if you needed help, she would be there. Athens State University will be lacking without Betty Marks character to uplift the mood on campus.

The members of the ASU Health & Physical Education Club began a busy year with fundraisers.

Students planned and worked throughout the Fiddler’s Convention and hosted an outdoor music concert in order to be able to attend state and regional conferences.

Members attended the fall Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD) Conference in Birmingham during November and will attend the spring ASAHPERD conference in Gulf Shores during April.

Some members, along with club sponsors Dr. Yvette Bolen and Dr. Wendy Cowan, will attend the Southern District American Alliance for Health, Physical Education, Recreation and Dance conference in Myrtle Beach during February. Professional conferences provide lifelong learning experiences for majors as they assist Dr. Bolen and Dr. Cowan with research presentations.

Club officers for the 2009-2010 are: President, Brian Gunels, Vice-President, Justin Foster, Secretary, Kala Weatherly, and Co-Treasurers, Bridgett Brown and Loria Firth.

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

Movie Trivia

What HBO series does Amanda Seyfried, from the movie “Dear John,” star in regularly?

All movie passes courtesy of Cinemagic Theatre Athens, AL

Submit answers to the Student Activities Office room 217.
After 33 years of service to Athens State University, Mrs. Betty’s retirement took place December 4, 2009 at Athens State University’s Founders Hall. Her family as well as several members of the faculty and staff turned out to wish her well. Here are a few pictures of the well wishers are listed below. Left upper: Mrs. Betty kissing one of her grandsons, Corbin during the event. Lower left: Mrs. Betty poses with Mrs. Love during the party. Lower second left: Mrs. Carlene Freeland holds back the tears at Mrs. Betty’s retirement party. Lower right: Mrs. Betty standing with Mrs. Paulette Young, and Mrs. Susan Atchley from the cafeteria. Lower far right: Mrs. Betty standing with some of the staff from the Graphic Design office, Tracy Hicks, and Kenneth Call Injector.

AMSTI & Athens Middle

We began a very rewarding partnership with Athens Middle School in October of 2008. Two days each week, seven special needs students work at the AMSTI warehouse from one to two hours each day. The students love coming to the warehouse. They are very productive and require little attention as they count and pre-pack with widgets and scales. They proudly take ownership of their assigned tasks.


Events Calendar

February 2010
11- Dr. Al Elmore Lecture
14- Valentine’s Day
15-26 - Qualify for SGA Officers
16- Iron Chef Wesley
16-Mar 2- ASU Black History Month Art Exhibition
18- Phi Theta kappa Induction
23 - Nashville Career Fair
23 - Wesley Winter Olympic
26 - Mr. /Mrs. ASU Recognition

March 2010
3-26- Vote for SGA Officers
8- Apr 8 ASU Women’s History Month Art Exhibition
9- Reception for ASU Women’s History Month Art Exhibition
14- Daylight Savings Time Begins
15-19- Spring Break
17- St. Patrick’s Day
23- Dava Sobel Lecture, Reception, & Book Signing

April 2010
1- Summer Online Registration Begins
4- Easter
Wesley Fellowship Iron Chef competition February 16

Brittany Watkins
Assistant Editor

There is a buzz in the air. Recipes are being revised, budding chefs are in the kitchen, and mouths are watering. So many people are excited because Iron Chef Wesley is less than a week away!

The Wesley Fellowship of Athens State University will host their third annual Iron Chef Wesley, on Tuesday February 16 at 6:30pm, with the festivities taking place in the Beasley Center of Athens First United Methodist Church which is located just a couple of blocks west of the main campus.

At the February 2nd meeting, members were assigned teams through a random drawing and these teams were assigned with the task of using a secret ingredient in preparing an entrée. The secret ingredient, chocolate was revealed, money was divvied, and teams began to plan their cuisine. This dish must include the secret ingredient and stay within the given budget.

The dish that will be judged is brought with the teams to the Beasley Center and is prepared prior to the contest. Once at the Beasley Center, if needed, the dish can be heated and kept warm for judging. The rules require that on the day of the judging the teams must turn in their receipts to make sure they have kept to the budget for their category. They also turn in the recipe for the dish, which must include the secret ingredient.

The theme for this year’s Iron Chef Wesley is “Grudge Match” and the judges this year are: Dr. Betts, Trish DiLullo, Cathy Brett, and Garth Lovvorn, Jr.

The last two years Iron Chef Wesley has been a huge hit, the food has been delicious, and everyone has had so much fun! There is always a fun T-Shirt, and this year it is designed by Wesley member Matt Landers.

Wesley Fellowship would like to invite all to join the fun, taste the dishes, and to come and fellowship.

Wesley Fellowship meets every Tuesday at 7 pm in the Ballroom of Sandridge Student Center. For more information contact Sherri Bassham at spbassham@aol.com.

Physical Education major represents Athens State

Dr. Yvette Bolen & Dr. Wendy Cowan
Guest Writers

Justin Foster of Grant, Alabama, was one of several physical education club members to attend the Student Leadership Conference, a day-long event at the Alabama State Association for Health, Physical Education, Recreation and Dance (ASAHPERD) last April in Gulf Shores.

Following the conference, Justin was selected to serve on The Future Professionals Council alongside physical education students from Alabama State University, Auburn Montgomery, Samford University, and the University of Alabama at Birmingham. This group is charged with overseeing undergraduate (identified as future professionals) presentations at both the fall and spring conferences and they work together to plan each student leadership conference. They produce the monthly newsletter and represent the voice of the future professionals.

The group meets several times during the year, to include a retreat in Columbiana and in Clanton in addition to the 2 yearly state conferences. This distinguished ASAHPERD group works in close conjunction with the Alliance for a Healthier Generation, a partnership between the American Heart Association and the William J. Clinton Foundation.

Justin, who serves as Vice-President of the Health and Physical Education Club, is the first physical education major to ever represent ASU in this professional manner. Justin is a role model for physical educators across the state. The ASU Health and Physical Education Club is certainly proud of Justin’s hard work ethic and his dedication to the fields of health and physical education.
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Wilbanks, Candice
Vina, AL
Jackson, Nesha
Vinemont, AL
Collins, Ulonda
House, Regina
Jones, Kadle
Phelps, Sara
South, Jamie
Tannehill, Bridget
Waddell, Kimberly
Warrian, AL
Justice, Jordan
Watson, AL
Parker, Kayla
Westunipa, AL
Spivey, Kenneth
Woodville, AL
Barron, Heather
Sims, Cassie
Warrian, AL
Allinder, Casey
Summergall, GA
Bishop, Charles
Taylor, MS
McHenry, Kimberly
Collwood, TN
Dixon, Jordan
Cornavalle, TV
Goldman, Jonathan
Delmore, TN
Hopkins, Crystal
Fayetteville, TN
Dean, Rayniah
Howell, Christi
Starling, Ashley
Kelso, TN
Doufli, Allison
Lewisburg, TN
Tippier, Nicholas
Pulaski, TN
Devanturi, Tammy
Lessen, Edna
Westpoint, TN
Gray, Manresa
President’s List - 4.0 GPA with 12 hours
Addison, AL
Chambers, Debee
Smith, April
Albright, AL
Daniel, Maranda
Harris, Michele
Mosher, Kim
Pearce, Tammy
Rowe, James
Royster, Dusty
Wood, Kasey
Alsop, AL
Hill, Jenny
Arab, AL
Campbell, Amanda
Martin, Whitney
Quinn, Whitney
Treece, Bobby
Adorno, AL
Oliver, Katrina
Athens, AL
Brunson, Christina
Cain, Hannah
Cantrell, Jarod
Cantrell, Morgan
Carroll, Mary
Christopher, Dayla
Craft, Deborah
Crews, Cindy
Dye, Christopher
Goodman, Christine
Haley, Kaitlin
Haymon, Tammy
Holland, Velvet
Keene, Haley
LeCroix, Jesse
Malote, Lara
Marbut, Joel
Pettus, Jana
Reed, Lexana
Riddle, Amanda
Smith, Thomas
Staton, Tonya
Swarhurst, Angela
Thomas, Brandon
Baileyston, AL
Burks, Angela
Gay, Michael
Rasco, Cody
Big Cove, AL
Mitchell, Miranda
Blountsville, AL
Culler, Jodi
Miller, Heather
Shedd, Heather
Smith, April
Boaz, AL
Bowling, Amber
Kennedy, Melissa
Marovich, Richard
Bremen, AL
Bookout, Carrie
Bridgport, AL
Russell, Lauren
Carbon Hill, AL
Hood, Leann
Cleveland, AL
Lawson, Ashley
Courtland, AL
Phillips, Kala
Crate Hill, AL
Warden, Lori
Cullman, AL
Adkins, Amber
Bice, Hilary
Blabaugh, Lori
Cook, Merrill
Driver, Karl
Ellison, Rachael
Eldod, Caleb
Ham, Melindly
Harrison, Amanda
Heaton, Terry
Howard, Meghann
Hudson, Mattie
Jones, Nina
Lochridge, Ashley
Lumley, Briand
Makemson, Jennifer
Mason, Joshua
McDonald, Patrick
Meigs, Rachel
Mortonson, Heather
Nunn, Lea
Owen, Stacie
Reis, April
Rhodes, Brenton
White, Tamarra
Dalville, AL
Tran, Katelyn
Danville, AL
Archer, Leslie
Waren, Sally
Decatur, AL
Addison, Emily
Alayoubi, Rachel
Breecher, Maegan
Casteberry, Mariyana
Coggin, Elizabeth
Davis, Nadya
Gair, nægu
Hall, Brian
Hamilton, Joshua
Hopper, Heather
Longmore-Marston, Alicia
McDaniel, Charity
Morris, Andrew
Murray, Connie
Owens, Jerry
Pitklin, Amanda
Sullins, Nona
Tegue, Royce
Walt, Augie
Williamson, John
Double Springs, AL
Clentino, Naomi
Dutton, AL
Brewster, Sherry
Tanner, Tiffany
Elkmont, AL
Bates, Alicia
Daly, Shannon
Kress, Kristen
Mitchell, Joseph
Pressnell, Alissa
Eva, AL
Benefield, Janet
Childers, Heather
Higa, Jada
Falkville, AL
Halsey, Andrew
Smith, Kimberly
Tankersley, Stephanie
Wilson, George
Wilson, Tama
Fayette, AL
Lawrence, Kimberly
Flat Rock, AL

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President and Deans List

Haston, Tracy
Halen, Fine
Henderson, Katlin
Namore, Laurie
Oakley, Eric
Willett, Jon-Thomas

Fort Payne, AL
Battles, Brandi
Beason, Sharon
Catter, Kelli
Eberhart, Megan
Hass, Sherri
Locklear, Cari
Odom, Ana
Pratt, Jennifer
Scott, Martha
Tidmore, Merry
Wigley, Cayla

Fultondale, AL
King, William

Fyffe, AL
George, Brandi
Graben, Lisa
Paris, Regina
Spurgeon, Brittany

Garrettdale, AL
Kennedy, Chad

Greensville, AL
Boizeman, Mary

Gain, AL
Housh, Kenny

Guntersville, AL
Geckles, Tina
Kelly, Amber
Lather, Laura
Oldham, Todd

Hackleburg, AL
Rusk, Amy

Haleyville, AL
Duncan, Alicia
Miles, Amanda

Hampton Cove, AL
Collins, William

Hanceville, AL
Bradberry, Brian
Junkin, Benjamin
Swatson, Heather
Thrasher, Tara

Hartselle, AL
Johnson, Harley
Johnson, Jeremy
Kimbrogh, Linda
King, Tyler
Livingston, Kayla
McMurry, Amy
Nations, Kimberly
Owens, Kurrent
Pifueger, Mindy
Richey, Dorothy
Speegle, Alexis
Stoddard, Shaina
Thompson, Angela
Willerton, Deborah
Wilson, Charleston

Harvest, AL
Brown, Quavis
Darum, Brittney
Dryss, Holly
Hamby, Matthew
Henson, Jennifer
Irons, Brian
Simson, Margaret
Turner, Orlando

Hayden, AL
Henderson, Katlin
Pais, Tessa
Rogers, Cynthia

Hazel Green, AL
Guffey, Joshua
Lohr, Tina
Miller, Doshia

Henderson, AL
Howell, Melissa

Hillsboro, AL
Hoope, Christopher

Holly Pond, AL
Martin, Melody

Horton, AL
Jackson, Tara

Houston, AL
Willoughby, Meghan

Huntsville, AL
Anderson, Caitlin
Baeder, Jocelyn
Beal, Carissa
Bernal, Ray
Berry, Matthew
Burke, Matthew
Christopher, Cassie
Dutcher, Danielle
Eubanks, Susan
Franklin, Charles
Fuller, Yin-Chi
Hamlet, Siri
James, Amanda
Knowles, Anson
Linick, Allison
Locklear, Jennifer
McCullar, Stephanie
Mosley, Sheila
Packins, Amanda
Ratledge, Alyssa
Redman, Kimberly
Reidy, Kelly
Rinaldi, Joyce
Rudd, Christopher
Sharp, Stuart
Sweatengin, Toshia
Torell, Wendy
Turner, Brandi
Tyson, Alison
Weaver, Wesley
Whitson, Brian

Jasper, AL
Davis, Sarah
Hamrick, Ashlea
Redmill, Teresa
Vines, Mary
West, Angela

Kimberly, AL
Cochran, Paty

Lahey Spring, AL
Prince, Jennifer
Shadina, Taya
Shockley, Amanda

Lester, AL
Smith, Jona

Locust Fork, AL
Coker, Lenna

Lyons, AL
Pendley, Molly

Madison, AL
Davidson-Adamek, Nora
Doyal, Jami
Foster, Christine
Hamilton, Ryan
Hooper, Courtney
Hough, Katherine
Huettel, Cheryl
Ingram, Kelly
Kelley, Kevin
Koumakou, Antonia
Missildine, Jennifer
Moore, Stacy
Nichols, Davenport, Heather
Pardue, Aletha
Robinson, Amanda
Sharff, Pritesh

Turner, Mandy
Wathan, Jessica

Meridianville, AL
Collins, Kimberly
Higgins, Carolyn
Posey, Amanda

Mobile, AL
Burke, Edwina

Montgomery, AL
White, Eti

Mountain Olive, AL
Mueller, Heather

Muscog Shoals, AL
Borden, Amanda
Hilderbrand, Charles
Long, James
Trett, Savannah
Trend, Shannon
Whit, Holly

Oneonta, AL
Skullman, Stephen
Williams, Valerie

Oxford, AL
Schoolmester, Kimberly

Parish, AL
Hill, Scotty

Phil Campbell, AL
Grimes, Ashley

Pigah, AL
Cox, Anu
Monroe, Garrett

Plantersville, AL
Frederick, Elizabeth

Raineyville, AL
Clifton, Cassie
Heckler, Brian
Reid, Holly
Rowell, Alicia
Simpson, Jessica
Yancey, Cheri
Yancey, Sherry

Red Bay, AL
Stone, Angela

Rogersville, AL
Childress, Kelley
Gibb, Tammy
Lovell, Brianna

Russellville, AL
Bain, Samantha
Chang, Nicole
Glagow, Shayna
Pounders, Megan

Scottsboro, AL
Bailey, Sharrisa
Baker, Jessica
Clardy, Lara
Ferrell, Mary
Gossett, Amanda
Lemaster, Crisen
McClure, Dahlia
McAllister, Stacie
Pendegrass, Tonya
Stephens, Julia

Section, AL
Hulllett, Rebecca
Selma, AL
Jones, Charles

Somerville, AL
Day, Brian
Goodwin, Jacqueline
Hood, Steve
Loeth, Colby
Sterrett, AL
Weisham, Cassie

Tanner, AL
Walker, Kamiah

Toney, AL
Carpenter, Yalonda
Grimm, Holger
Holgren, Megan
Johnson, Emily
Mays, Meredith

Town Creek, AL
Rutherford, Emily

Trinity, AL
Evan, Tammy
Mears, Donna
Peefles, Ashley

Trussville, AL
Allred, Mark

Tuscaloosa, AL
Stone, Evelyn

Tuscumbia, AL
Hand, Teresa
Ibett, Kammy
Simmons, Kolecia

Vinemont, AL
Bryan, Brittney
Coles, Amber
Dyer, Kathy
Gilbreath, Sabrina
Holmes, Zachary
Roberson, Kimberly

Warrier, AL
Lang, Tabitha
Lang, Tara
Wood, Amanda

Winfield, AL
Nix, Zachary

Armond, TN
Plankert, Rebekah

Beulah, TN
Wilkinson, Ashley

Cleveland, TN
Murray, DeAnna
Murray, George

Elkton, TN
Patton, Katie

Fayetteville, TN
Akins, Jessica
Fugate, Ashley
Price, Stacey

Flintville, TN
Salvador, Lisa

Goodspring, TN
Peoples, Sheree

Lawrenceburg, TN
Kimbell, Jason

Pulaski, TN
Manning, Krista

Tullahoma, TN
Gold, Margaret

Congratulations to every student who made the Athens State University President List and the Deans List for Fall 2009.
Comics and Crossword

ACROSS
3. Center of Disease Control and Prevention
7. Black History month
9. Island receiving aid from ASU
10. Million ____ in the world today
14. What color were the gloves on a recent YouTube video
17. Iron Chef Wesley secret ingredient
19. The Campus _____ will be held this February
20. Sport currently being played on campus every Monday nights

DOWN
1. University that Dr. Lee Cheek Jr., ASU VP graduated from
2. First Lady
4. What can you get down and dirty with at the upcoming Campus Colloquium
5. African American woman who was asked to give up her seat on a Montgomery city bus
6. Women’s History month
8. Murdered youth
11. Uses sex appeal in advertising
12. SGA sponsored fundraising for local toddler Noah Crowe
13. Subject of Dr. Elmore’s Book
15. Location of ASU Art Gallery
16. Alabama placed ____ nationally in childhood obesity
18. ____ of ASU

Poems

By Anquinas Smith
We who believe in freedom can not rest
We who believe in freedom can not rest until it comes
The Rev. Dr. Martin Luther King Jr. believed in freedom and believed that its words flowed like honey, sweet
He declared and stood upon the rock so that we can not only dance
to he who is number one
Dr. King believed
could heal not only the dirty south
And he always has our forever love.
We must go on without him now
And we can because he gave us the strength to show us how.

By Lana Woody

By Charity Bailey

The Athenian Crossword