



Spectator

YOUR IDEA HERE contest, page 13

Friday, May 10, 2002

Valdosta, Georgia

volume 70 issue 15



Leah F. Cassorla / The Spectator



After confirming graduate status on the students, Dr. Ronald Zaccari, VSU president, (left) shook hands with each graduate after his or her name was called. Several graduates decorated their mortarboards. While Melissa Renee Gunter chose a flower and Andrea Nicole Bramson chose the masks of the theater, Baha Zeidan used his mortarboard for a more political message.

Zaccari's first VSU Graduation

Leah F. Cassorla
Staff Writer

The class of 2002 included 1011 applicants for graduation. Those who decided to participate in commencement ceremonies started with a reading of rules of decorum.

Tuesday, two commencement ceremonies were held in the P.E. Complex. Several speakers, including Dr. Ronald Zaccari, VSU president, Dr. Louis Levy, acting vice president for Student Affairs, and Nick Overstreet, SGA president, congratulated the graduates on their accomplishments and wished them luck in their future

endeavors.

The students were presented with diploma holders by the deans of their respective schools. Dr. Zaccari shook each student's hand after his or her name was called.

"You have been part of a subtle but very important evolution while you were here at VSU," Dr. Zaccari said.

While he has not been here to witness that evolution, Dr. Zaccari said that watching students come in as freshmen and grow as they reach their graduation is one of his greatest pleasures as a university president.

Dr. Zaccari said that he enjoyed commence-

ment, but has some ideas of changes he would like to see made.

"I want to put more celebration into the event," Dr. Zaccari said. "For example, when the procession begins, I would like to have a ceremonial banner for each college carried by one of the top students of each school."

The top student would then be followed by the dean of that college. Dr. Zaccari plans on creating a presidential medal for the students with the best academic record in each college.

He also hopes to add more music and the national anthem. Dr. Zaccari also said he's spoken to people about making changes to deal with

enrollment rates, including possibly splitting up the ceremonies by college.

Dr. Zaccari had already made some changes in the ceremony. Instead of handing out diplomas as the students walked by, he opted to have the dean of each college hand out that college's diploma.

"I wanted to shake hands and say something personal, rather than worry about whether I have the diploma in my left hand," Dr. Zaccari said.

Actual diplomas will not be awarded until the registrar has confirmed each graduate has met the requirements for graduation. The confirmation process usually takes a few weeks.

Strategic planning continues

Mary Dabbs
Staff Writer

VSU took the next step in the strategic planning process on April 30. A three-hour seminar was held as a follow-up to the three-day retreat that took place March 21 to 23.

The meeting held on April 30 was an "in the light of day" look at all ideas drafted during the retreat. Some goals—such as VSU developing an enrollment of 20,000 students or staying at a steady 9,000 students, by the year 2012—were put aside in favor of more moderate projections. In the case of enrollment, 11,500 students by the year 2006 was the final estimate.

During the initial retreat,

Solutions
see page 5



The 20 five-member teams do the hokey-pokey during Dance Marathon at the P.E. Complex (left). The students also took part in games such as get up and run, in which a member stood in the middle of circle and called out criteria. Whoever met the criteria had to get up and find another place in the circle, and the last to do so had to pick the next criteria. Cody Moncrief (below), a junior secondary education major, and Matt Hayeen, a sophomore early childhood education major play leapfrog during Dance Marathon, April 2.

Leah F. Cassorla / The Spectator

VSU dances in cash bash

Leah F. Cassorla
Staff Writer

Kids play. But play is sometimes more than it seems. On April 27, kids got to play for a cause. Twenty five-student teams danced for 16 hours straight to raise money for the Children's Miracle Network.

The money raised at VSU goes to Shands Children's Hospital at the University of Florida. They were joined by parents of children treated at Shands and some of the children, as well as a doctor from Shands who made the drive from Gainesville, Fla., to thank the students for giving of their time and money to help the hospital.

"This is fantastic," said Dr. Rick Bucciarelli, physician chair at Shands and member of the national board of trustees for Children's Miracle Network. "We are a long ways away, in another state, and for kids to make all this effort for a charity so far away is incredible."

Shands may be in another state, but it serves the Valdosta community.

"Georgia Medicaid doesn't reimburse in Florida," Bucciarelli said. "We take the kids anyway, but it's so nice to get the recognition of what we do."

According to Bucciarelli, doctors at South Georgia Medical Center use the Shands neo-natal unit often because SGMC does not have its own neo-natal

unit.

Dr. Bucciarelli spoke to the students, thanking them for their hard work, and introduced Peter Kassees, a 16-year-old student at North Florida Christian High School in Tallahassee. Doctors at Shands saved Peter's life when he was a year old. He now plays football.

The student teams involved had raised money to participate. Each team had to pay \$550, \$50 of which was the registration fee. According to Crissy Simpson, senior interior design major and committees chair for the

Shands
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Campus Happenings

www.valdosta.edu/spectator

POLICE BEAT

April 24

Kristopher James Richard, 20, of 2119 North Oak St., was arrested at the 2500 block of North Patterson Street for a defective headlight, underage possession of alcohol and DUI (under 21).

April 22 to 24

Some mislaid books were taken from someone at the University Center food court around 1 p.m.

May 13

VSU will help celebrate a brief flag raising ceremony honoring Todd Beamer and other victims aboard United Flight 93 who helped subdue terrorists on Sept. 11.

The event will be at 11 a.m. in front of West Hall.

The flag will fly four or five days at each of the 34 University System of Georgia institutions.

VSU will fly the flag until Thursday, when it will be delivered to Abraham Baldwin Agricultural College in Tifton.

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Summer graduation 10 a.m. P.E. Complex 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	First day of class DROP/ADD Begins	20	21	Late registration begins and ends Aug. 23	Late registration ends at 3 p.m.	24
25	26	27	28	29	30	31

Keep up with current campus events.
Read *The Spectator* every Thursday in fall and spring.

VSU Holidays 2002 - 2003

Fall	
Sept. 2	Labor Day
Nov. 25-28	Students' Thanksgiving holidays
Dec. 9	Last class day
Dec. 10	Dead Day, no classes (study day)
Spring	
Jan. 20	Martin Luther King Jr. Day
March 31-April 4	Spring break
May 5	Last class day
May 6	Dead Day, no classes (study day)

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News

www.valdosta.edu/spectator

Weekend Forecast

Today	Saturday	Sunday	Monday
 UV Index: 10 Very High Hi: 92 Low: 68	 UV Index: 10 Very High Hi: 93 Low: 68	 UV Index: 10 Very High Hi: 91 Low: 67	 UV Index: 10 Very High Hi: 90 Low: 67

Marathon raises money for kids

Shands
continued from page 1

marathon, the teams could raise the money however they saw fit.

She also said businesses from the area got involved through contributions, which were announced during breaks in dancing, as well as by providing food for lunch and dinner. Businesses and people continued to contribute throughout the day.

Over the course of the day, students danced to themed music hours, including 80s, Hawaiian, Mardi Gras and Hee Haw. The themed hours included dance lessons and contests.

Each hour, on the hour, students were allowed to have a 10 minute recess during which drinks and snacks were served and they were allowed to sit. Each break cost \$5.

In the afternoon, parents spoke to the students about their children who had been treated at Shands.

Cheyenne Gay's parents, William and Debbie, spoke about the 4-year-old. Cheyenne has Down's Syndrome and had been hospitalized for respiratory problems. She had a tonsillectomy in September in a hospital in Panama City, Fla., to help her with her breathing. She was placed on life support immediately after the surgery.

"The respirator she was on blew a hole in her lung," William Gay said.

Cheyenne was transported by lifeflight to Shands where she spent the following five weeks.

"Her lungs were full of blood by the time they got her to Shands," Debbie Gay said.

Cheyenne spent the following three weeks in a drug induced coma, designed to allow doctors to care for her punctured lung without causing her extreme discomfort.

"When they let her wake up, she was addicted to the drugs, so they had to put her back on them to wean her off," Gay said. "Of all the hospitals she's

been to, they were the best. Now, if she needs anything done, we take her to Shands."

Cheyenne played with the students while her parents spoke about her experiences. She danced and wrestled a large yellow inflatable toy to the ground, oblivious to her parents.

And Cheyenne wasn't the only one having a blast.

"It's long, but we're having a great time," Thuy Le, a junior telecomm major, said. "We love the kids out here, and there's been a lot of activity. We love the food."

Lauren Bentley, a freshman nursing major, agreed. "I'm having the best time ever, being with all my sisters and seeing the kids being happy is so great. I like to dance."

Shands uses the money to buy equipment, monitors and breathing machines, and to pay for research, according to Bucciarelli.

"But equally important, we have crayons and art supplies so



Leah F. Cassorla / The Spectator

Cheyenne Gay, 4, of Alford, Fla., plays with Amber Mack, junior special education major, Erin Crumbley, sophomore speech pathology major and Jennifer Duggar, junior secondary education major, during a break at Dance Marathon, April 27.

we have diversion and activity for them [the children]," Bucciarelli said. "It'll never be home, but at least it's as close as we can make it."

While the Dance Marathon is


over, the Children's Miracle Network and Shands are still accepting donations. To get more information on the Children's Miracle Network, log onto www.cmn.org. To get

information on Shands, log on to <http://shands.org/hospitals/children/default.htm>.

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News



In the

Best of Spring 2002

May 10 In the News**Last Triple Crown winner dies**

Seattle Slew, 1977 Triple Crown winner, died Tuesday in his sleep at his stud farm, Hill 'N' Dale. He was 28. Slew's death leaves throughbred racing without a living Triple Crown winner for the first time since 1919. Slew won 14 out of 17 races and won more than one million in purses. After retiring at age four, Slew brought his luck in racing to the breeding barn. He sired 102 stakes winners, including 1984 Kentucky Derby winner Swale. Seattle Slew will be buried under a statue at Hill "N" Dale. Jim Hill, co-owner of Slew told ESPN that, "He did something remarkable for the throughbred racing industry and his influence will be felt for many years. He had a great life and did a whole lot for a lot of people."

21-year-old accused in pipe bombings

Luke Helder, a student at the University of Wisconsin, was arrested Tuesday after a high speed chase in Reno, NV. Helder is being charged with mailing pipe bombs across the United States. He was denied release to his parents while he awaits trial. According to friends, Helder was a nice friendly person. Most people who knew him were shocked. It is suspected that Helder may have a mental disability.

FTC say ab belt claims false

The Federal Trade Commission took the makers of Ab Tronic, Ab Energizer and Fast Abs to stop their claims that their ab belt products are unsatisfactory. The FTC says the only way to lose weight is by diet and exercise. The ab belt makers deny their claims are false.

'Stuck on seat' story untrue**February 7 In the News**

Reports that a woman was stuck to her toilet seat in an airplane bound for Scandinavia were proved untrue this week. According to the story, the American woman was sealed to the toilet because of the high-pressure vacuum flush. After internal checks, a spokesperson from the Scandinavian Airline System reported the story untrue. The original story appeared on Jan. 1.

Controversial ice-skating decision raises questions concerning partiality of judges.**February 14 In the News**

Olympic ice-skating sets the stage for controversy after the Russian defeat of the Canadians Monday. Questions about impartial judging are raised as the International Skating Union plans to conduct a rare "internal assessment." Allegations include the French judge voted for the Russians to avenge a loss by the French ice dancing team to the Canadians at the Grand Prix in Canada in December.

Homeless man dies hours after being struck by car**March 14 In the News**

Gregory Glenn Biggs, a homeless man of Fort Worth, Texas, was struck by a car Oct. 26 and left to die while lodged in the car's windshield. Chante Mallard, the 25-year old nurse's aide, struck Biggs and apologized but never got help. Previous reports said Biggs lived two to three days before dying and being dumped in a park, but new developments say the loss of blood from the near amputation of his leg would have allowed him to live only hours after the accident.

Pope warns U.S. cardinals of sin and crime of sex abuse**April 25 In the News**

Pope John Paul II sent a message Tuesday to U.S. Catholics disheartened and disgusted by reports of priests who molested minors and superiors who protected them. Such abuse "is rightly considered a crime by society...an appalling sin in the eyes of God," the Pope told 12 American cardinals. "The abuse which has caused this crisis is by every standard wrong." He also offered his solidarity and concern to the victims and families.

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News

Summer Final Exams Schedule

Friday, May 31: Maymester Exams	
Exams begin at the start of the regular class period and last two hours.	
Friday, June 28: Session III	
M-F at 8 a.m.	8 - 10 a.m.
M-F at 11 a.m.	11 a.m. - 1 p.m.
M-F at 2 p.m.	2 - 4 p.m.
M-F at 6 p.m.	6 - 8 p.m.
Thursday, July 25: Session IV	
M-F at 8 a.m.	8 - 10 a.m.
M-F at 11 a.m.	11 a.m. - 1 p.m.
M-F at 2 p.m.	2 - 4 p.m.
M-Th at 6 p.m.	6 - 8 p.m.
Monday, July 29: Session II	
M-Th at 8 a.m.	
T/Th at 8 a.m.	8 - 10 a.m.
M-Th at 11:10 a.m.	
T/Th at 11:10 a.m.	10:15 a.m.-12:15 p.m.
M-Th at 12:45 p.m.	12:45 - 2:45 p.m.
M-Th at 2:20 p.m.	3 - 5 p.m.
T/Th at 6 p.m.	6 - 8 p.m.
Tuesday, July 30: Session II	
M/W at 8 a.m.	8 - 10 a.m.
M-Th at 9:35 a.m.	10:15 a.m.-12:15 p.m.
M/W at 11:10 a.m.	12:45 - 2:45 p.m.
M-Th at 3:55 p.m.	
M/W at 2:20 p.m.	3 - 5 p.m.
M/W at 6 p.m.	6 - 8 p.m.

****Examination-time conflicts should be brought to the dean(s) of the college(s) to which the class belongs.**

****Any conflict exams will be given Wednesday, July 31, at 8 a.m., 10:15 a.m., 1 p.m. or 3:15 p.m.**

****Instructors set the final exam time for courses that meet one day/night per week.**

Solutions

continued from page 1

representatives from different aspects of campus life—including the president's cabinet, COSA, faculty senate and SGA—met to discuss VSU's future. They discussed VSU's strengths, weaknesses, opportunities and threats (called SWOT), reexamined VSU's mission statement and developed eight new goals for VSU.

According to Dr. Ronald Zaccari, VSU president, the next step in the planning

process is to break down the original group of 40 into eight committees, one for each goal. Each committee will focus on ways to implement goals, propose a budget and develop a timeline for each step.

Dr. Zaccari plans on bringing in new representatives from among faculty, staff and students to serve on committees and said he would like a broadly based representation of disciplines and colleges. The process for accepting committee volunteers is still to be determined.

According to Dr. Zaccari, Solutions 21 has already led to changes. Ten new faculty positions have been created as a result of concerns presented at the first retreat and new alumni outreach meetings are being planned and implemented.

"Right now, I'm telling people to take my word," Dr. Zaccari said, who has gone through Solution 21's planning process at West Liberty State College, and is enthusiastic about the retreat's effects.

"You can't blame people for being apprehensive."

Important Numbers
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Parking and Transportation 293-PARK (7275)

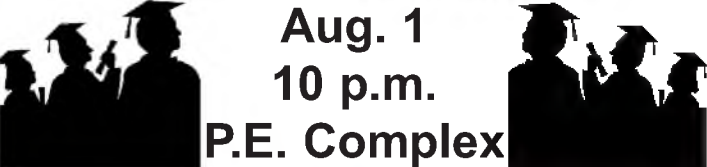
Summer Testing Schedule for Regents' Exams	
Monday, June 24	in Powell Hall Auditorium
Tuesday, June 25	in Powell Hall Auditorium
-See Summer Schedule of Classes for times	
*Students with less than 45 hours of credit must take the Regents' Exam. Students who have not passed the exam after earning 45 credits must sign up for the required remedial classes.	

Important Summer Dates	
Maymester	
May 20	Mid-term
May 27	Memorial Day holiday
May 30	Last class day
Session III	
June 17	Mid-term
June 27	Last class day
Session II	
June 28	Mid-term
July 4	Fourth of July holiday
July 25	Last class day
Session IV	
July 12	Mid-term
July 24	Last class day

Summer Graduation

Aug. 1
10 p.m.

P.E. Complex



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Solution no. 1: get involved

Somewhere, in your subconscious, you may be hearing the words "strategic planning." You may be hearing rumors of parking decks or personal chauffeurs to solve the parking problem. You may have been told that VSU is going to uproot all the buildings and move them to a cooler location.

Well, rumors are generally based in some grain of truth. That grain is called Solutions 21. Solutions 21, a corporate planning company, came to campus and met with 40 people. Each of these people was hand picked to represent different segments of the VSU community.

Actually, in most cases, they hand picked themselves.

True to VSU legacy, when Dr. Zaccari asked the different group leaders on campus to choose four people each to represent them, the leaders chose—well—the leaders. The list of participants in Solutions 21 reads fairly easily, with "Director of" a strangely recurring phrase.

Sending the upper echelon to discuss what needs to be changed on campus is a good way of not getting the lower echelon's feedback.

But the game's not over yet.

Solutions 21 and "strategic planning" will be an ongoing project for VSU—at least for the next few years—and that means that you have the opportunity, and *responsibility*, to get involved.

In the fall, Dr. Zaccari will be putting together committees, each of which will deal with one aspect of strategic planning. One member of the original Solutions 21 retreat will be on each committee. The rest is up to us.

Talk to your representatives, be they SGA, COSA or Faculty Senate, and let them know you want to be a part of this process. Give your input *every* chance you get. If you think you're not being heard, go up to the next level of administration and make yourself heard there.

Whatever you do, don't give up. This is YOUR university. If let others make decisions for you, that's exactly what they will do.

Spectator opinion written by Leah F. Cassorla

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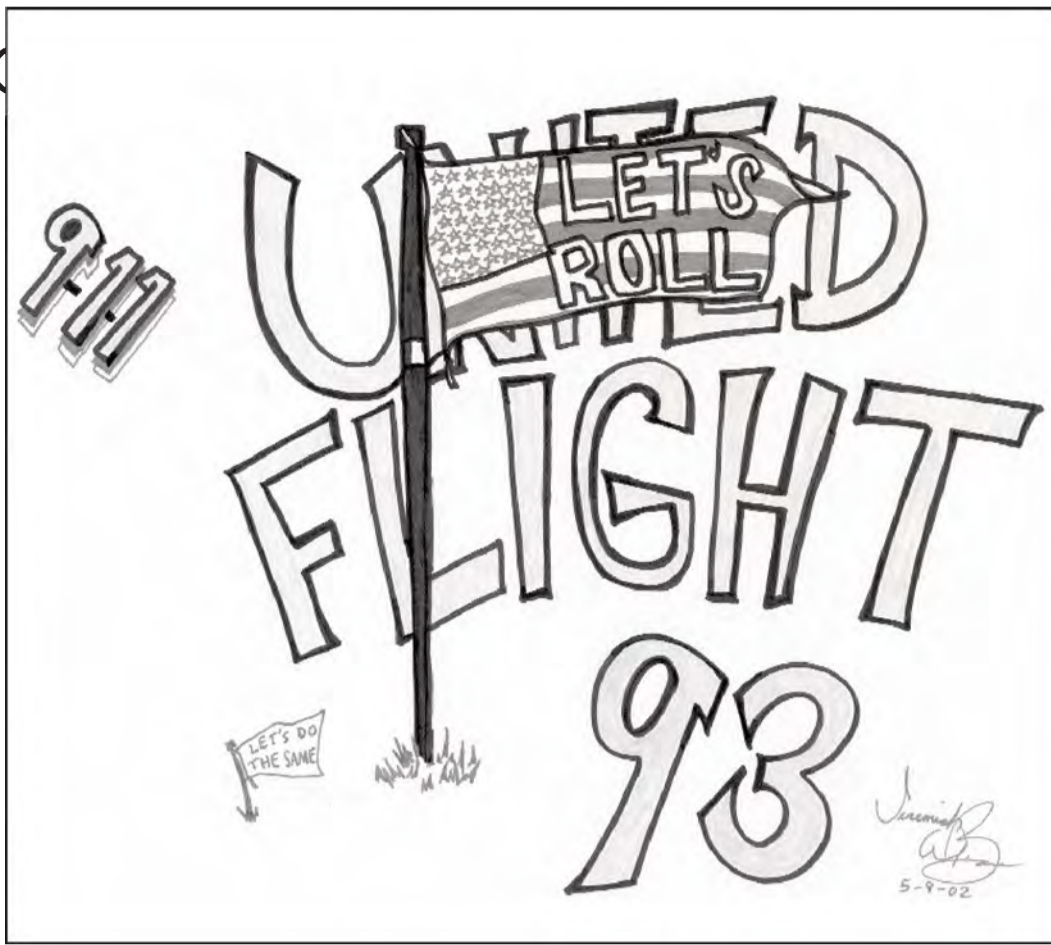
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Letters should be no longer than 300 words in length. Letters are subject to editing for style, length, grammar, and libelous material. Not all letters are published. Letters should be typed and turned in with a disk, or e-mailed as an attachment.



Oh yeah? Tip this!

In stores, customers don't have to "pay extra" for the cashier to ring up their items. In fast-food restaurants, customers are not expected to give the french-fry person extra money for taking the fries out of the grease. Why, then, do we have to tip servers at restaurants (because they only make \$2.13 an hour)?

I used to work in a restaurant. I have the utmost respect for servers. It is incredible how much whining and complaining they have to deal with just because people want what they want.

But last week, my roommate and I had a terrible experience at a restaurant. We forgot to tip the server (A 20 percent tip would have been \$1.40 for our meal, still...) because my roommate paid for the meal with her debit card, fully intending to go back to the table and leave a cash tip. We were talking after she paid for the meal, and just forgot. It happens.

Well, apparently the server didn't expect that to happen. He chased us out to our car and screamed at us for five minutes about not leaving a tip. A \$1.40, I might add.

He told us to never eat in the restaurant again if we weren't going to tip, and he yelled that he only makes \$2.13 an hour, and after he tips out to his busboys, he's left with nothing.

His being angry at making \$2.13 an hour is understandable. His bad attitude is not, especially since my roommate and I are always big tipppers, and we would have tipped him well this time, even though the service was bad, because we



Jaime Peck

understand his need for money.

I am furious with this server, and the manager of the restaurant who told us, "It's not custom for all of our servers to chase people out to their cars for not leaving tips, but it's custom for him." Then the manager told me that he didn't really care that the server had done this.

I don't understand why servers get paid less than half of minimum wage for working harder than most other customer service jobs require and putting up with more difficult people than most other customer service jobs deal with. And then they have to go through the humiliation of being tipped, at the close of their "performance" as a server.

I've seen servers flirt with customers, pretend they like customers, and exchange phone numbers with customers, all for

the price of the almighty dollar. Or the price of anything greater than 15 percent of the cost of a meal.

It's degrading. It's disgusting. And it doesn't have to be this way.

Why is this procedure of underpaying restaurant employees so accepted? The managers and owners of the restaurants don't make less than minimum wage an hour; why do those employees who actually deal with the regulars who keep the restaurants in business get paid so little?

The answer is to pay servers more than minimum wage. No one should make minimum wage because it's been proven numerous times that most families can't live on that.

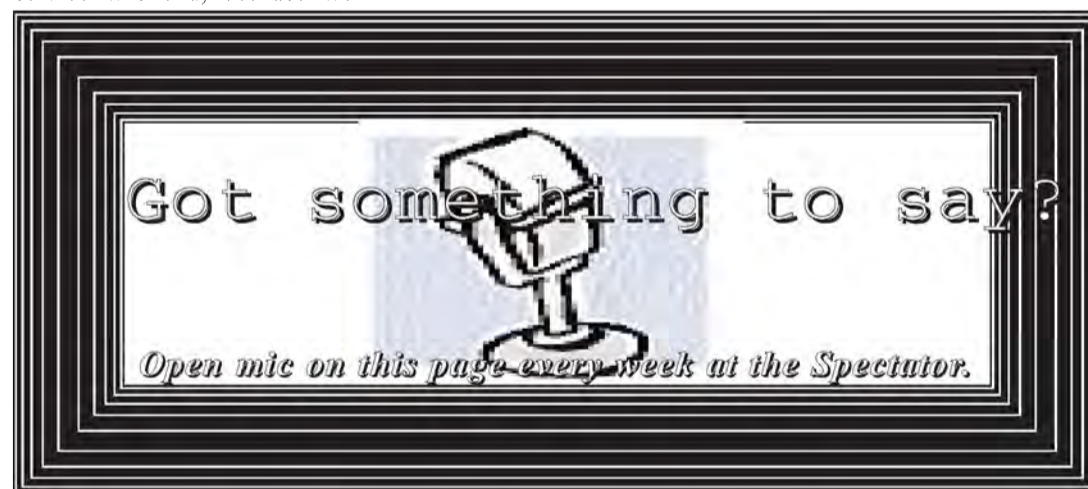
He chased us out to our car and screamed at us for five minutes about not leaving a tip. A \$1.40 tip.

Having said this, tipping should be done a way with, unless servers go above and beyond the call of duty.

I don't

know if it will ever happen, but it's nice to fantasize. Meanwhile, I'll be fantasizing about eating at other restaurants besides the one where that crazy, underpaid server works.

Jaime Peck is a Spectator columnist and can be contacted at jaimpeck@yahoo.com



Beth Owens

Drugs are bad, M'kay

Vintage

this column was so good, we had to run it again. I heard it again yesterday.

I had *another* conversation with someone who said he has a friend who is "strung out" on drugs.

A friend from my hometown died on Christmas. He didn't just die, his family had to make the decision to turn off his life support on that day. He had overdosed on the painkiller OxyContin and there was no hope left.

Let me stand up for my friend. His premature absence from this world is nothing less than a tragedy. He was a senior honor student at Auburn. He came from a good family. He had no idea how serious experimenting with drugs was because he saw too many people win Russian roulette. He wasn't a party boy. The difference is his body couldn't take it.

I don't know whether it's my luck to always hear about it or if the situation is getting worse.

I have a plea for anyone who is new to the college scene: Don't get talked into trying *anything*, because none of it is good. Not even once. If you've never tried drugs before, keep your innocence. Trust me, you'll be proud of it later. Your friends and family will thank you, too.

Drugs do you, you don't do them. You are not the judge of whether you get addicted to something or not; it is completely out of your control. The sweetest and smartest people can lose everything over a drug addiction. Drugs change your personality and your morals. They can also kill you the first time you do them.

Let me be the first to say that say that the "just" in "Just Say No" is a crock. "Just" implies simply and there is nothing simple about it. You're at a party, you've had some beers and your inhibitions are down. You do some drugs. It didn't seem like such a bad idea at the time. In fact, it seemed like a pretty good one. That's how it starts. It can also be how everything ends. It's hard and you have to have a strong will.

I've heard people say that they have never done a particular drug before, but they plan on it. Trust me, it's a bad plan. The company you keep is important, and true friends should respect who you are if you don't do drugs. It's an admirable trait to have an independent mind.

It's also an admirable trait to stay out of a pine box.

What changes need to be made at VSU?



"I think they should change the UC. The food court there is really unorganized. The parking facilities could be improved as well."

Neil Greenwell
Junior
History



"There needs to be more interaction between the races. That's a big problem. Everyone's secluded."

Apryle Barry
Junior
Criminal Justice



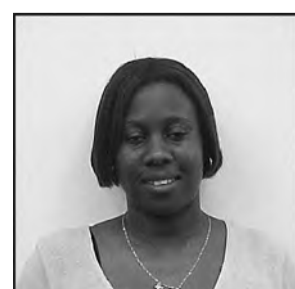
"They need to spend more money on the dorms and less importing Kentucky Blue Grass for the front lawn."

Elma Kronemeijer
Senior
English



"It would be intelligent not to water the lawn at noon, when water instantly evaporates."

Brad Classification
Major



"They need to fix the financial aid department."

Tanita Stephens
Sophomore
Accounting



"The resident's halls need improvement, especially the bathroom."

Tosha Sloan
Freshman
Pre-respiratory therapy

Hey graduates, matriculate this

By Bill Tammeus

Knight Ridder Newspapers

Each year since well back in the late 20th century, Mr. Tammeus - with no urging from anyone in authority - has created an annual graduation speech that may be cribbed by folks who have been asked to give one. Here's this year's.

Graduates and friends, if that's who you are, I have a quote for you that, like some of your teachers, is about 2,000 years old. Seneca, the Spanish-born Roman statesman, philosopher and dramatist who served as Nero's tutor, called economics "the science of managing one's own household."

That definition may have been good enough for folks

back then, but it's woefully inadequate for the strange times into which your school is about to launch you. So if this institution, to which you and your family have paid so much money, has not prepared you to understand economics, I will help you now. I ask you, thus, to put down your Palm Pilots and cell phones and listen up.

About six centuries before Seneca was pontificating about economics, Aesop, the fabulist (What a fabulous word, eh?), declared that "against danger it pays to be prepared." Folks, the world is simply chockablock with danger. You may not even get out of this speech alive. So Aesop was right, even if he soaked up three of the five major vowels in his short name: Preparation is essential.

Let us, then, think about - and prepare ourselves to deal with - financial matters. Alan Greenspan, the most powerful man in America after Dick Cheney and Barry Bonds, bemoans the fact that young people are financially illiterate. If that description fits you, here are some terms you simply must know:

-Money. You may think you know what this means, but I'm betting your understanding is inadequate. Money comes in various sizes, shapes, colors and approaches. It can be the currency in your purse or wallet or the coins in your pocket. But it also can be plastic cards, stamps or frozen squirrel belly futures.

If you don't yet know how to turn sinking frozen squirrel

belly futures into syndicated equity underwritten by the Food and Drug Administration's Office of Untested Common Cold Solutions, the chances of you making it in the world are slim.

Here's a money trick: Get someone to pay you to do a Google search on money and to follow all the leads you find until you are done. You won't be done until you retire. If someone is paying you well, you'll then have plenty of money. Selah.

-Economists. Nothing anyone can say - no matter how many times the information is repeated - can explain economists. In this way, they resemble gravity, which only one man in history ever thought he understood - a man now dead.

-Bonds. He's a wonderful home run hitter. If you can hit homers the way Bonds can hit homers, your money worries are over. You can become an economy unto yourself.

-Stocks. If you own stocks, be sure they're livestock. You know, like beef cattle and buffalo and ostriches. I'm thinking that at least one of you will end up running an ostrich ranch. This can be a win-win deal, for even if you don't end up rich, at least your ost will.

-Commodities. These are the things the service sector services. For instance, you can own copy machine commodities. Or car commodities. Or roof commodities. Commodities rarely work right. At least they don't work right for long. Which means commodities require

service calls. And service calls mean a service sector, without which we'd have no economy. It's like the great Roman poet Horace said a few years before Seneca lived: "I do service that I may have a horse to ride and be fed by a prince."

-Credit. Give me a little, will you? Hey, I'm up here trying. No, really. I am. But now I'm done. So go get a job.

Bill Tammeus is an editorial page columnist for The Kansas City Star. Readers may write to him at: The Kansas City Star, 1729 Grand Blvd., Kansas City, Mo. 64108-1413. Or e-mail him at tammeus(AT)kstar.com.

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Healing body and soul, Blenda style

Everybody's a stress, sleep loss and dieting expert. But no one claims credentials for emotional repression.

I thought my overeating, lack of focus and the oppressive feelings I've had this year were the usual effects of stress, but there's more.

Perhaps a cause for my absent-mindedness is that mentally and emotionally, I'm just not "here." I'm there.

I'm there with my dying sister in Missouri as Lou Gehrig's disease rips the voice from her throat. There with my friend who has pneumonia. There with another friend who has multiple sclerosis. There with a family friend battling breast cancer. There with a friend struggling over her first real "broken heart." There with a bachelor



Blenda Link

friend searching for a wife who will love him eternally. I'm there...not here.

Does anybody care? We're all worried about saving time on the morning commute or making plans for another busy day. How often do we take the time to console one another?

It's not just my mental state. Society teaches us to put emotions on hold and seal them in a

box until we've done our day's work. Why are we afraid of expressing our woes in school or the workplace? Free lesson: emotional repression is dangerous to one's performance.

Emptying the heart is as necessary as your car's next oil lube. How many of us keep our hearts well-maintained? Weigh the frowns around you against the smiles and you tell me.

Dealing with life isn't easy. God has carried me many times. I've taken my usual "chunk it to the back of my mind, do what I gotta do and deal with it later" routine. I won't do it any longer. I'll pray when I need to and express every emotion I feel when I feel it. No more holding back. That's been the problem all along.



The churning of my stomach every other morning and sore muscles aren't the result of sleep loss, stress and lack of exercise. I don't buy those excuses. Not having the freedom to deal with my emotions is the problem. So now I'm dealing with it. Are you?

The next time you're walking around, don't underestimate the power of the casual smile. It could be the medicine you need. You can't buy that in a drugstore or get the same relief from any pill. A trustworthy confidant is the most powerful pharmacist of all.

Blenda Link is a Spectator columnist and can be contacted at bjlink@valdosta.edu

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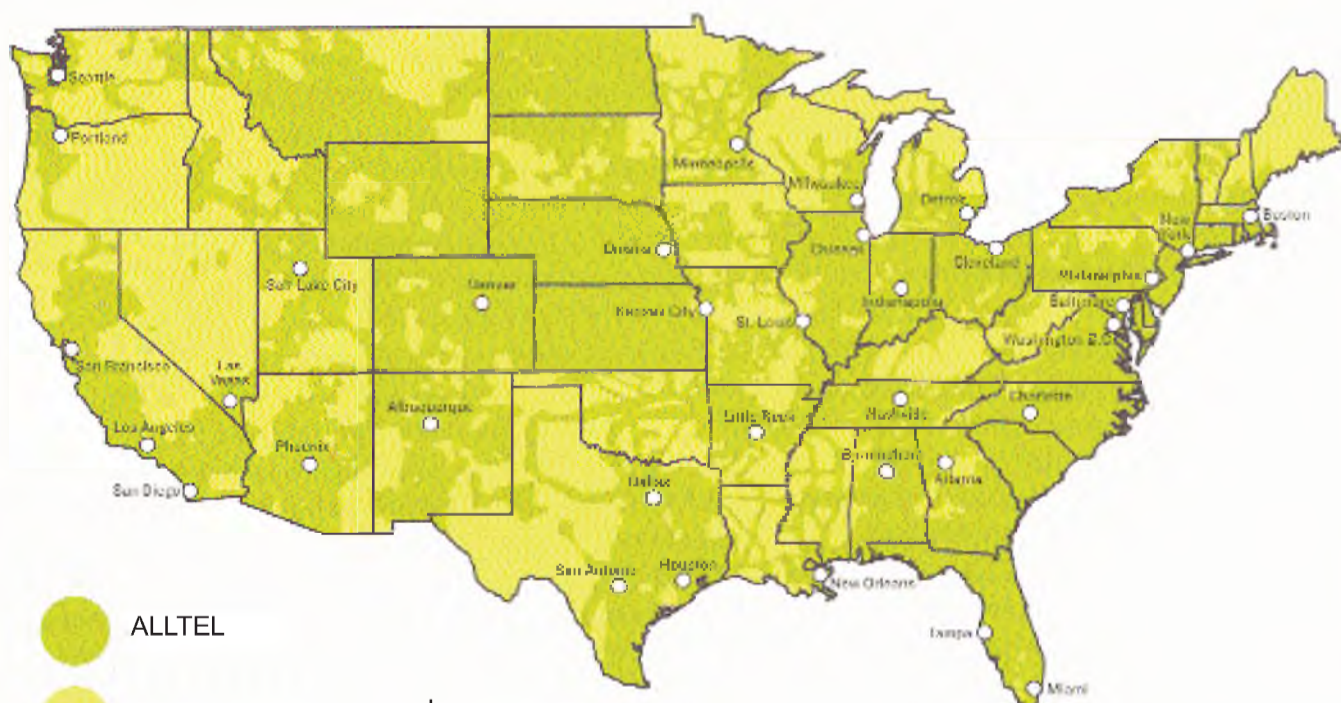
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Editor's Note

This page embraces satirical opinion pieces generally not suited for more serious news pages. The views expressed in the Darkside are not necessarily those of The Spectator, its staff and in many cases, even the contributors themselves.

THE DARKSIDE summer time!



The Spectator SUMMER TIME! If you have ideas or comments about the Darkside page, contact Darkside editor, Jeremiah Bass at loserkidblink@hotmail.com

Starting a new adventure...courtes

Jeremiah W. Bass Staff Writer

Hello incoming freshmen; goodbye graduating seniors.

As the freshmen [or fresh meat] prepare to enter into a new environment filled with the lovely work force of parking personnel and water sprinklers that go off in the middle of the day, graduating seniors [now graduates] prepare to take on a world full of horny Catholic priests and internship desk jobs with former President Bill "Pimp Daddy" Clinton in his Harlem office. What a wonderful world we live in...

Little fresh meat, drop your bags off at the front door of

your nicely furnished dormitory room (green mold and mildew sold separately). You're about to face a whole new world of obstacles. For instance, you will have to figure out how much time the parking nazis (with whom you will become very much acquainted) will give you before they 'quick-draw' their parking tickets and hit you with the ticket of death. My suggestion is don't park your car [if you have one] on campus...ever! The precious 20-minute time limit to park on campus will guarantee you enough time to get to the nearest restroom to take a dump, and that's about it.

Graduates, you gotta be ready to be declined for job after job after job. It's a tough game;

everyone has raised the bar, you know. I mean, for instance, if you don't do as you're told in a political intern position, you could end up disappearing for a long time while the FBI and political figures try to find ways to keep smiling and lying about your whereabouts.

Or, if you're lucky, you can beat all the odds by bowing down [or kneeling down] in the oval office. I tell ya, gives new meaning to Pat Benatar's lyrics, "Hit me with your best shot." Grads, if you do take this route, just be sure to bring along a lifetime supply of stain remover. You never know when you may need it, especially if your name is Lonica Mewinski. Just be careful.

Fresh meat and transfer students, the answer is no...NO, you cannot use your meal plan at the GAP store to buy the new

denims...but you're in luck because you'll have plenty of opportunities to register for a Visa or MasterCard. If you're really lucky, you'll only get about 10 different offers for credit card deals stacking up your mailbox. Yeah, one minute, you're thinking that somebody loves you because you're getting so many envelopes, but come to find out, it's just the credit card people. The best thing to do with this situation is buy either a paper shredder or some scissors...you'll become very attached of getting in debt and owing thousands of dollars to Visa.

For any of you graduates who left VSU with thoughts of

obtaining a career with ENRON, you may want to change career options. Because, incase you haven't heard, ENRON is caught in a whirlpool of s*** right now. Instead, you should aim for something higher, like maybe airport security. You know they hire people right out of pre-school these days.

So to the freshmen...welcome.

To you graduates...congratulations! See ya'll around.

Oh yeah, Fresh meat...if you haven't figured it out by now, I'm the DarkSide Editor of the Spectator...I look forward to expanding your minds while simultaneously corroding them.



Just say no...to speedo

Neil Skerratt Staff Writer

It is my duty to report that while in Cancun for Spring Break, I saw something that no man should ever see (especially one with 20/20 vision).

I was sitting on the beach on a lounge chair contemplating various deep philosophical questions. Then out of nowhere a dude wearing a yellow Speedo walks by and sits down two chairs away.

If you are above the age of well, say, birth no man ever needs to wear one of those things. Some men quickly assert, "Hey, I've got a right to wear whatever I want!" NO, you don't because that's just plain wrong. Anyway, this old dude wearing the Speedo who sat down far too close for comfort for me, strikes up a conversation. Which is another thing, appar-

ently old dudes in Speedos always want to talk to others who actually have the self-respect to wrap up their packages with more than yellow tinted contact paper. The talking forces you to look in their general direction no matter how much every fiber of your being wants you to not only look the other way, but run the other way. Conversation is, I think, a source of perverse pleasure for old, hairy, shriveled dudes everywhere including this one making me look in their direction. In the following interview I will refer to him as "Old Nasty."

Old Nasty: "Yeah, I sure am old and shriveled up there, huh there young whipper snapper? Getting' some sun?"

Me: As I am about to loudly curse the fact that I still have

sight and haven't gone blind quite yet answer "yes" once, which answers both questions. It should be noted that the entire time I am looking directly into the sun in the hopes that my retina will soon burst into flames causing a pain about one-tenth of the agony I'm feeling at this moment.

Old Nasty: "Yeah, I thought I'd put on a regular bathing suit this morning, but I like to quickly lose all my self-respect before lunchtime. Think I'm close to that?"

Me: "Yeah, you lost that at the exact moment you allowed another human being to see you like that." I ask him: "Do you ever wish they'd bring back those full body male bathing suits that you read about in history books from like the 1830s? I sure do sometimes." (Like right now).

Old Nasty: "What do you mean in history books? I invented it and wore the original one until recently when it's finally okay for a man to wear a

Speedo, and be in his true form. You know, the form God intended like with Adam."

Me: "I don't thing God has anything to do with the Speedo."

Old Nasty: "What do you mean?"

Me: "Well, I don't see how you could be in man's true form as yellow spandex cut to the size of a tiny eyepatch is relatively new invention. And you mentioned Adam: I think even with

just a fig leaf he wasn't grossing out people as much as you are right now. And at least back then the amount of people that were walking the Earth that Adam could have come in contact with to gross out you could count on half a hand."

Old Nasty: "I see your point. You make a very good case, and I think you're right."

Me: "Good, so I can count on you to go put some pants on then?" (Thinking I have made progress)

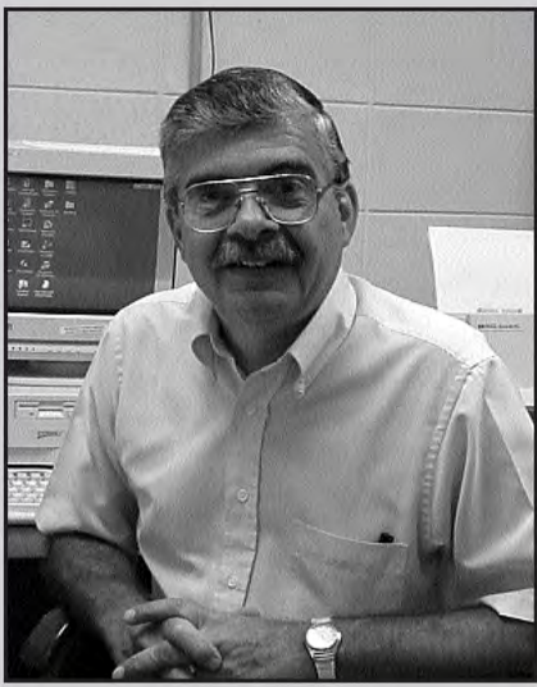


Advertisement for Beef 'O' Brady's featuring a 10% discount for students and faculty, weekly beef specials, and happy hour. Includes logo and contact information.

Advertisement for Las Vegas featuring margarita and beer specials for students and faculty. Includes logo and contact information.

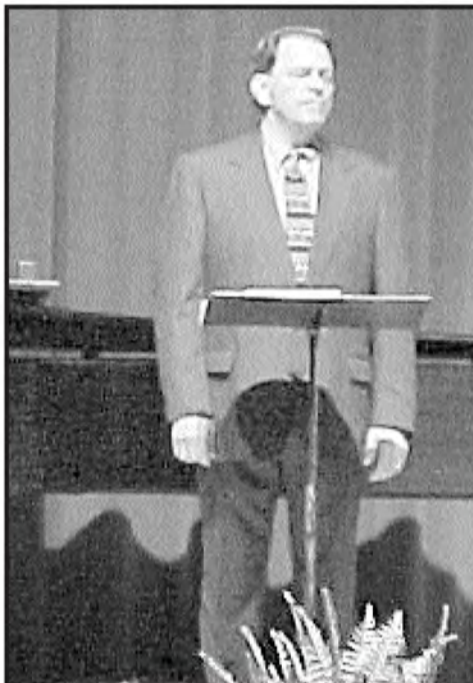
Large advertisement for Beds For Less featuring mattress and furniture deals, including Serta-Golden Mattress, Quality Sets, Elegance, and Cannonball Bed. Includes prices and contact information.

In Memoriam



VSU mourned the loss of three professors this year. Dr. Gerald Petrella (far left), associate professor of mathematics education, died of a heart attack Jan. 13. Dr. Frank Marinelli, retired professor of psychology, died of a self-inflicted gunshot wound Jan 17. And Dr. Bobbie Blake (left), assistant dean of the College of the Arts, was found in the trunk of his car, shot to death March 20. Dr. Petrella's colleagues set up a memorial book for students to sign. Tiffany Stony (lower far

left), freshman CIS major, signs the memorial book outside the late Dr. Petrella's office. The book will be available for signing until Friday afternoon. A memorial service was held for Dr. Blake in Whitehead Auditorium, April 5. Dr. David Johnson (lower right), director of choral activities and professor of music, performed at the memorial service. Speakers included Dr. Ronald Zaccari, VSU president, and Dr. Louis Levy, acting vice president for Academic Affairs.



No Photo Available of Dr. Frank Marinelli

CONGRATULATIONS!

Greek Assembly Award Winners

Men Greek Week Award Winners

Football-Sigma Nu Softball-Sigma Nu
 Billiards-Pi Kappa Phi Basketball-Kappa Alpha
 Bowling-Kappa Sigma Tug-Pi Kappa Phi
Overall Greek Week Champion - Sigma Nu

Women Greek Week Award Winners

Step Show-Alpha Delta Pi Football-Phi Mu
 Softball-Phi Mu Basketball-Phi Mu
 Bowling-Zeta Tau Alpha Tug-Chi Omega
Overall Greek Week Champion - Phi Mu

Individual Greek Award Winners

NPC New Member of the Year-Amanda Nicole Waters, Alpha Delta Pi
 NPHC New Female Member of the Year-Tenia Mekelle Boone, Delta Sigma Theta
 NPHC Male New Member of the Year-Joseph Noel Rivera, Iota Phi Theta
 IFC New Member of the Year-Keith Flemming, Kappa Sigma

NPC Scholar of the Year-Crissy DeAnn Simpson of Alpha Delta Pi
 NPHC Female Scholar of the Year-Rayetta Linta Volley of Alpha Kappa Alpha
 NPHC Male Scholar of the Year-Bobby Alonza Ficklin of Iota Phi Theta
 IFC Scholar of the Year-Dallas A. Cowne of Sigma Nu

NPC Woman of the Year-Jennifer Duggar of Alpha Delta Pi
 NPHC Woman of the Year-Devin Adams of Sigma Gamma Rho
 NPHC Man of the Year-Bobby Alonza Ficklin of Iota Phi Theta
 IFC Man of the Year-Justin C. Martin of Kappa Alpha Order

Overall Greek Achiever-Crissy DeAnn Simpson of Alpha Delta Pi

NPC Advisor of the Year-Darcie Leonard Lewis for Chi Omega
 NPHC Advisors of the Year- Dr. Shirley Hardin and Ms. Minner Baldwin of Delta Sigma Theta
 IFC Advisor of the Year-Mr. Jay Prince of Kappa Sigma

Women's Presidents Cup Winners

Campus Involvement and Leadership-Chi Omega
 Scholastic Programming and Incentives-Chi Omega
 Philanthropic Contributions-Alpha Delta Pi and Chi Omega
 Community Service-Alpha Delta Pi
 School and Athletic Spirit-Chi Omega
 Intramural Participation-Alpha Delta Pi and Chi Omega
 Organizational Character-Alpha Delta Pi and Chi Omega
Overall Presidents Cup Winner - Chi Omega

Men's Presidents Cup Winners

Campus Involvement and Leadership-Sigma Nu
 Scholastic Programming and Incentives-Sigma Nu
 Philanthropic Contributions-Sigma Nu
 Community Service-Kappa Sigma and Sigma Nu
 School and Athletic Spirit-Kappa Sigma
 Intramural Participation-Kappa Sigma
 Organizational Character-Kappa Sigma
Overall Presidents Cup Winner - Sigma Nu



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Features

Looking for a fun time on the web? Searching out ways to not get stuck? Check out the Spectator site for a clip!



Get in the spirit of the other side "Are you talking to me?"

Mary Dabbs
Staff Writer

Ghosts, vampires and booze make one hell of a Spring Break.

And New Orleans, America's most haunted city, is the one place you can get all three. If you want to talk to the living impaired locals, there's only one way to do it: go to a séance.

That's what my boyfriend and I did for our Spring Break.

We first heard about a re-creation of nineteenth century séances after attending the New Orleans Ghost Tour. (You can find more info on the tour by calling 504-524-0708, and I highly suggest the tour if you're in the area.)

We began our jaunt into the supernatural at a bar called the Morgue. Red lights, caskets and tombstones offered a décor even Martha Stewart might approve of, but not in this lifetime. After a while a petite girl with honey-blonde hair came in, calling people attending the re-creation to the front door. She led us on a walk through the French Quarter that might have been eerie, were it not for two stumbling drunk frat-boy stereotypes in the group playing with

the English language by both enunciating and slurring February as "Feh-brew-airy" and "Feh-beu-airy."

Sadly, once we got to the site of the séance the two pronunciationally challenged boys had to leave because they lacked tickets to attend the event.

Our guide to the building had us wait in an antechamber and write down one question we wanted the spirits to answer. She then had a member of our group hold on to the questions until they were needed in the séance. Then we were led into a pitch-black room two at a time and seated. Once everyone was in position our medium, Dr. Kevin LaPine, doctor of metaphysics, entered and struck a match with a dramatic flourish.

Before he began the séance he told us a bit of early Spiritualist history, focusing on Dr. Henry Slade (1835-1905), whose methods and experiments we would be recreating that evening.

Then, Dr. LaPine asked us why we all chose to attend the séance. Answers ranged from curiosity and interest to "my daughter made me." After

feeling out the group a little more he handed everyone a key on a string and had us hold them out, while he told us in a rhythmic, soothing voice to picture the key swinging from side to side, then back and fourth. Many people in the room were amazed to find their keys doing just that.

For the next experiments he had five people in the room come forward and place their chairs around a small table. He handed one girl, named Jana, two slate boards with wooden frames and a small piece of

chalk. Then, he told her to place the two boards together with chalk in the middle and focus on her question. He told her to wait, and that we would look at the slate to see if anything was written on them at the end of the evening.

The next experiment used a deck of playing cards. He had a middle-aged woman with short, curly hair hold the deck and think of a card, any card. Then he had her tell the room what card it was.

"Ace of spades," she said. Then, Dr. LaPine took the

deck from her, spread it out, and had me pick the card turned over in the middle. It was the ace of spades.

After this, we checked in with Jana and her slate boards. She pulled them apart, and discovered the word "good" written in neat handwriting on one board and "Jana" written on the other shakily. Then, Dr. LaPine spoke, his eyes focused both on Jana and through her, and said she had a friend who had recently passed. A friend who had taken his own life.

"Your friend wants you to

know you have nothing to feel guilty about. There was nothing you could have one," he said.

She only nodded.

The final trick of the evening was to have the five around the table stand up and tap, to attract the spirit's attention. As we tapped the table began to rise and move around the room. I neither saw nor felt wires, and this is one of the tricks I can't explain. Nothing physical support the table from above, and I am clumsy enough to trip over anything that could have supported the table from below.

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FDIC

Online Therapy Raises Issues

Michelle Taylor
Staff Writer

Sit back and relax. Rest your head against the back of the chair. Clear your mind. And let your feelings flow through your fingers...literally.

Therapy is not a new idea, but online therapy is. By using any search engine, a person can contact therapists or find web sites that lead to therapists and even reviews of therapy sessions.

After logging on to a web site that gave names of therapists, I clicked on the option for a free therapy session. The web site, Internet Therapy Guide, does warn that free web sessions are not as effective as sessions you pay for. Therapists can check in every once in a while, but the sites are usually only "peer chats."

Once you log on to one of the free sites, you immediately enter a chat. The topic April 5 was "loss." People talked about children, parents or other relatives they had lost and some people even wrote about their pets. A therapist entered the chat room and asked the group to talk about how the deceased had touched their lives. People spent minutes typing out long stories about loved ones. There were a lot of symbols to express sadness and crying, and from others, smiles for sympathy and words of encouragement. After about an hour, many of the people began to log off the chat room. Some offered e-mail addresses for those in the chat room. Book recommendations were also offered, and one woman wrote a prayer to the people in the chat room.

According to the Internet Therapy Guide, the free chat rooms do not have a secure log in. This means that anyone can get on the web site and could fake being a therapist.

What was slightly irritating was that the therapist in the chat room kept informing chatters of his rates, where he was and encouraged people to come to his office. There was no way to check the therapist's credentials. It is uncertain if the web site is legit. Internet Therapy Guide suggests that those wanting support should go to web sites that have secured log in web sites.

Therapists who require a payment for online sessions ask for a fee that is generally smaller than they would normally charge at their office. Payment methods included credit cards and SmartChecks, virtual checks people fill out with their names, the amounts and their account numbers. This payment method is also featured on web sites for credit card payments.

As far as security goes, therapists claim a high level of confidentiality. The only time a therapist may break his vow is if harm will be done to the patient or the patient will do something to someone else. Most of the web sites for the paid therapists had a secure log in. New patients had to fill out an extensive form and to log in, a username and password must be submitted. According to the Internet Therapy Guide, most of the paid therapists do not use e-mail, but a web based messaging system, similar to the ones a bank uses.

The Internet Therapy Guide states that therapists featured on its web site are ethical and

Metanoia: consumer, advocacy, online therapy, e-therapy, internet counseling, mental health, info, news

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- Talk to a Therapist Online
- How to Choose a Competent Counselor
- If you are suicidal, read this first

Our mission is to break down barriers that keep people from getting the help they need. Through cost-effective technology, communications, education and advocacy, we work to make connections that can shed a little light.

Metanoia.org, home to the Internet Therapy Guide, that answers frequently asked questions about online therapy and leads readers to links for therapists and also to chat rooms and sessions that offer free help.

praises online therapy. However, there are many opponents to this therapy method. Opponents from medical associations say the only way to get proper help is to see a therapist face to face where credentials can be seen lining the wall. The Internet Therapy Guide checks the credentials of each therapist advertised on its web site. Only those passing credential checks and who have a good record will be featured. The web site reviews each therapist and rates his or her effectiveness. The web site also states that people seeking professional help should always go to a professional before trying online ther-

apy. To try online therapy, a person must be willing to type for extended amounts of time. The chat room I experienced lasted about an hour: about the same length of time many normal chat rooms stay on one subject and do not change people. Also, you must be able to give descriptions and must not use abbreviations. Online therapists may not be hip to the latest online lingo.

If you are in need of serious mental help or are in the middle of a crisis, do not use online

therapy. According to Martha Ainsworth, creator of the Internet Therapy Guide, a person in crisis needs human contact to sort out his or her feelings. She also says to remember that online therapy is a relatively new field, so it is not perfect. If you are interested in online therapy, check out the Internet Therapy Guide. It has many tips and answers almost any question you could have about online therapy. The web site is free and does not generate finances through contributions by the therapists listed. The web

site is <http://www.metanoia.org>. If you have any questions for Ainsworth about her web site, there is a link to her e-mail via the web site's first page.

Some people can sort out their feelings on paper. This is just another way to get your feelings out, talk to another person and get finger cramps. But for some, it is all worth it.

Important Registration Process Change

In an effort to streamline the registration process and offer better service to students, regular registration will end **BEFORE** the first day of classes beginning **Summer Term 2002.**

Students can register until 8 AM on the first day of class. Students will have until 12 noon on the first day of class to pay without incurring a late payment fee of \$75.

Late registration will be Web or telephone-based, will be available after noon on the first day of classes, and will incur a late payment fee of \$75.

If you have any questions, please contact the Bursary or Registrar's Offices.

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News flash

Science proves college life really is stressful

Mary Dabbs
Staff Writer

Got stress?

So do other college students.

In an article in the University of Maryland's *Diamondback* Jean Twenge, a research psychologist at Case Western Reserve University in Cleveland, said stress levels have risen steadily in college students since the 1950s. The theory is that college students take on a lot more work now and are expected to perform at a much higher standard than their past counterparts. Also, job opportunities are narrowing and people are expected to enter careers earlier.

According to Twenge, a normal level of stress in college students today could have been diagnosed as a psychiatric problem in the 1950s.

Stress can have a variety of physical effects as well, ranging from physical attacks such as headaches, asthma and stomach problems to less tangible problems like depression, panic and anxiety attacks.

So what to do if you're a full-

time student with a part-time job and a social life trying to get by?

Cope.

There are ways to do this, no matter what your stomach ulcer tells you. Most of the rules for coping with stress are just good old general health tips, like getting plenty of sleep, healthy food and exercise. Without enough sleep, people are more prone to stress, and sugar highs and lows in an unhealthy diet often translate into emotional highs and lows as well. Exercise causes our brains to produce chemicals that relax and refresh us.

Another connection between physical well-being and mental health is the use of stimulants. No matter how much you think you need that sixth cup of coffee, it's more likely to make you emotionally unstable and give you a false sense of well-being than to keep you up and working another half hour.

Daily planners are another part of the anti-stress spectrum. Your schedule may still be busy, but if you write everything down you begin to feel

like you have a handle on things. Also, when working on long projects, invent little rewards along the way. For example, if you have a five-page paper to write, you could take a five-minute break in between each page.

Another stress block is a positive attitude. Try not to tell yourself negative statements. If you psych yourself up to fail with mantras like, "I'll never pass this (test, quiz, kidney stone)" then you are more likely to fail. Instead, try to challenge yourself to do the best you can. If you have test anxiety, try to take practice tests when possible. If you need help, get tutoring. Sometimes just knowing that these options are available will help reduce stress.

If none of those methods help, then you can seek one on one time with a counselor or find another way to cope with or change a situation you find intolerable. Personal help may be just the thing you need. Or perhaps reducing a busy schedule will help you get through the day.

Altman likes 'stable' life

Michelle Taylor
Staff Writer

You walk into the office and see the differences.

The office is spacious, filled with calming pastel colors, inviting the visitor to sink into the soft pastel chairs. There are no harsh lights in this room; the sun illuminates the office from two large bay windows.

But take a second look.

Photographs of horses: black, bay, brown, clutters the windowsill and desk. A horse and rider sailing over a fence in an endless jump attached to a suction cup is stuck to a window.

The computer is home to a beanie baby horse, silently watching the room with black glass eyes.

The woman is just as different.

Faye Altman, VSU counselor, is just as calm as her office: ready to welcome, ready to listen. As she talks, she shifts in her seat, making the tiny gold horses galloping at her ears, catch the light.

Her life passions are her job and her horses.

That's right, *horses*. Thirty, to be exact.

After a hard day's work at the office, Altman exchanges blouses for T-shirts, skirts for jeans and pumps for boots. Her life is jammed full. From the time the sun comes up until the time it goes down, she must counsel students, feed horses, train jumpers and racers and breed horses. In between all that, she has to eat, sleep and spend time with her daughter and granddaughter.

And she loves every minute of every day.

Life has always given her an opportunity to be around horses. She grew up in McClenney, Fla., a town not far from Jacksonville. Altman was the middle child, between two sis-

ters. Altman and her older sister always had horses.

"I'm a country girl," Altman said.

Altman went to Valdosta State College and earned her undergraduate degree in English. She spent the next few years teaching at Lowndes County High School. In her free time in the afternoons and during vacations Altman gave riding lessons.

But Altman wasn't completely satisfied. She decided to return to VSU to get her master's degree in psychology. In 1986, Altman began her career at VSC - now VSU - as a counselor.

"I was so lucky to get a job here," she said.

But the horse bug kept on biting. While still an undergraduate, Altman met her husband, who shared her love for horses. Then, in 1972, the Altman's began training hunters as a hobby. As their hobby grew both in their lives and monetarily, they acquired a stallion, bought a few mares and began their breeding operation. They now own a herd of thirty broodmares, colts, fillies and a stallion.

The Altmans control every aspect of their farm. The purebred Thoroughbred stallion, named Wood, is put up to stud every year for their broodmares and outside prospects. After the mares are in foal, the Altmans make sure the mares are safe and comfortable during the 11-month gestation period. Once spring comes, the Altmans spend many sleepless nights waiting for babies.

"Once the mare begins waxing over (the nipples of the mare begin emitting droplets that appear wax-like) we go on baby watch," Altman said. "It's real iffy to tell when the baby will arrive, because once a mare goes into labor, in 30 min-

utes you have a foal. Not only that, but mares like to have their babies outside. Sometimes a mare will wait until she can get outside with the mares she's comfortable with before she will have the baby. But there is always a stall waiting for mom and baby."

Altman said nine times out of 10, there are no problems.

"Mostly, we just stand back and watch," she said. "It makes me so crazy! It's exciting and so scary."

The Altmans then take care of the babies until they are two years old: officially adult horses. The horses are then trained, or broke, to wear a bit, bridle and saddle and made accustomed to a rider. Once they learn the basics, the horses are then sold to become racers, show jumpers or fox hunters. Altman, who says that fox-hunters are her expertise, trains some of the horses.

"The breeding is mostly left up to my husband," she said.

Racing is also in the Altmans' blood. They have several horses now under a trainer.

Mike Hill

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Brandon Reissiger
Senior
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"Going to summer school and trying to stay out of the heat."

Shanicka Vail
Sophomore
Psychology



"I'm a foreign exchange student, so I'm flying home."

Katherina Schaefer
Freshman
Business



"Taking my third semester of early childhood education so I can student teach in the fall."

Heather Cowart
Senior
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"Getting married."

William Walton
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Double trouble: Two GSC champs

Blazers await post-season fate

Staff Reports

Blazer baseball just busted its own bubble—and that's a good thing.

VSU, on the proverbial bubble for a Division II NCAA South Central Regional birth, all but wrote its own invitation by winning the Gulf South Conference Tuesday in Millington, Tenn.

Now the Blazers await the inevitable, an invite to the regional tournament. The field of teams, date and site for the tourney will be announced today.

VSU snuck into the GSC tournament as the third seed in the East division but flew

through the bracket undefeated at 4-0. The streak included a huge upset of West division one seed Delta State. The Blazers capped off their first GSC crown since 1995 by downing Southern Arkansas 4-2 in the finals of the tourney. Junior Michael Smith (6-2) picked up the win throwing six innings and allowing five hits before leaving with a 4-1 lead. Junior reliever Corey Wachman nailed down his school-record 12th save of the season.

Senior pitcher John Rose, junior centerfielder Scott Fletcher and junior second baseman Josh Grube were named to the GSC all-tournament team.



Annie Johnson / The Spectator

Senior righthander John Rose threw struck out 13 batters in the Blazers upset of No. 1 Delta State.



VSU senior pitcher Lindsay Ellingsworth pitched a complete game Thursday against St. Leo in VSU's 5-2 win at the NCAA South Regional in Miami Shores, Fla.

Annie Johnson / The Spectator

Softball win streak rolls into regionals

Staff Reports

The third-seeded VSU Lady Blazer softball team shut down fourth-seeded St. Leo, 5-2, Thursday at the NCAA Division II South Regional in Miami Shores, Fla.

VSU (44-19) faces second-seeded Tampa in the winner's bracket today at 4 p.m.

Lindsay Ellingsworth, the GSC East division's player of the year, threw a complete game (seven innings) in the win. She gave up six hits, two walks and struck out 12.

Ellingsworth and her sister, Ryann, combined to go 5-for-6 with two RBIs at the plate. First baseman Ashley Thierer went 2-for-3 with an RBI and two runs scored.

With the score 3-1 in the bottom of the sixth, the Lady Blazers put the game away with two runs. Thierer doubled to center with one out, plating Nayda Cortez. Lindsay Ellingsworth followed with a triple down the right field line, bringing home Thierer.

VSU extends its winning streak to 15 games.

The Spectator prints free classifieds for students of Valdosta State University only. These must be no more than 40 words, or a \$6 charge will apply. Classifieds for faculty, staff, student organizations, student-owned businesses and the general public cost \$6 for up to 40 words. Ads should be sent to *The Spectator* or delivered to our office in the University Union. The deadline is Monday at 5 p.m. If payment applies, it should be submitted in a sealed envelope at the time the ad is placed. Ads must be accompanied by the name and phone number of the person submitting the ad. Ads must be resubmitted each week, as necessary. *The Spectator* address is: VSU Box 7052, Valdosta, GA 31698 or e-mail at spec@valdosta.edu. *The Spectator* reserves the right to reject any classified ad. All ads are subject to standard editing procedures. *The Spectator* is not responsible for ads submitted under false pretenses or for mistakes due to a submitted error. The categories for classifieds include: For Sale, Wanted, Roommates, Employment and Personals. Categories may be added or deleted as necessary.

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Bonner soaring with Atlanta Falcons at rookie mini-camp



Photos by AtlantaFalcons.com

(Above) Former VSU quarterback Dusty Bonner follows through on a throw at the two day mini-camp held by the Atlanta Falcons in Flowery Branch, Ga., April 26-27. (Left) Bonner (#17) throws with Falcons fifth round draft pick Kurt Kitner (#15) from the University of Illinois. Bonner was signed by Atlanta as an undrafted free agent following the NFL draft.

VSU tennis confident at D-II championships

T.A. Glanton
Staff Writer

It's only fitting Missouri is nicknamed the "Show Me State." VSU's men's tennis squad will get the chance to show why it has made three consecutive NCAA Championship appearances.

The Division II National Championships will run Thursday through Sunday at the Plaza Tennis Center and Homestead Country Club in Kansas City, Mo. The 15-4 Blazers opened national tournament play Thursday against Metro State (Denver, Colo.), which comes into the event with a 17-7 record. VSU is in the same bracket with defending national champion Rollins (seeded third) and perennial power Drury (the No. 2 seed). The Blazers dropped Drury 5-4 earlier this season. They were also 4-3 versus other teams in the tourney. If the Blazers win their first round match, they will play

the Rollins-Northwood (Mich.) winner at 2 p.m. Friday.

Last Saturday, No.8 ranked VSU defeated Gulf South Conference foe Ouachita Baptist (15-10), 5-1, on the tennis courts of the P.E. Complex to advance to nationals.

Assistant coach Sachin Kirtane believes that the win over OBU will go a long way in preparing the team for Nationals.

I think all the guys now know that we can win this thing (D-II Championship).

-Sachin Kirtane, assistant tennis coach

"Now, I think that all the guys now know that we can win this thing," Sachin said. "In terms of confidence, it's a big boost. We've seen all the teams that there are and we've played most of them, so we know what the level is. We know we're right there."

No. 1 singles player, senior, Tobias Huning is excited to be going to Kansas City and back to Nationals.

"It's my last chance," Huning said. "If I'm not excited now, will I ever get excited again? I love competition, that's why I'm going."

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Derby winner long shot in Preakness

Michelle Taylor
Staff Writer

They say it's about luck. And this year it was.

Bob Baffert didn't have a horse in the Kentucky Derby until three and a half weeks before the Kentucky Derby, when Prince Ahmed bin Salman, owner of the Thoroughbred Corp., bought War Emblem after the bay colt won the Illinois Derby.

Going in 20-1 odds, War Emblem pulled a Monarchos. And led the field wire to wire, a feat last accomplished by Winning Colors in 1988.

This year's Derby is being called the most heated race in minutes in fact that the by the front War Emblem and Proud Citizen crawled. At the half-mile, horses crawled along at and six 1:11.75. A

Emblem, but agreed that the horse needed to have the bone chips taken out.

There will be 14 to run in the Preakness, including Derby contenders Proud Citizen, Medaglia d'Oro, and Harlan's Holiday. War Emblem will go into the race with better faith, at 5-1 odds.

But War Emblem will have a tough time. He is up against supposed super horse Harlan's Holiday, at 9-2 odds. But what War Emblem will really have to watch out for is Sunday Break, who was third in the Wood Memorial. He's a fresher horse than most coming into this race, and at 6-1 odds. And

War Emblem isn't going to pull the fast one he the Derby. Others runners for the ack-eyed sams are oklet, who a fast pace, entown, a horse getting in the groove, Table Limit, a Wayne D. Lukas horse, Equality, the hometown favorite, and underdogs Crimson Hero, Easyfromthegitgo, U.S.S. Tinoso, Magic Weisner, and Straight Gin.

Belmont entries will not be finalized until after the Preakness.

But if War Emblem wins the Susans at Pimlico in Baltimore and the carnations at Belmont in New York, he will close the gap left by 1977 Triple Crown winner Seattle Slew left after he died this Tuesday. Slew was the last living Triple Crown winner. And War Emblem will also be part of the few that ever won the Crown under so much pressure and lack of faith.

It's a game of luck. And War Emblem and Baffert are looking to roll sevens.

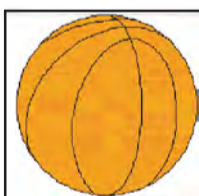


Iverson-Brown continue debate

PHILADELPHIA (AP) - Here's the key KEY ingredient of Allen Iverson's rambling and wildly entertaining news conference:

"I'm the only one going through it," he said at one point on Tuesday.

Here's a key ingredient of Larry Brown's rambling and much less enter-



NBA basketball commentary

taining news conference on Wednesday, after someone asked him whether publicly criticizing his only star player Saturday was wise.

"I don't want to get into that," Brown said. "I listen to coaches all over this league. I never pointed a finger at things that I'm in control of. When I'm talking about things with Allen, I'm talking about issues that he's in control of."

"This whole issue started by me answering a question as honestly as I possibly could," Brown said, sounding as defensive as his star did the day before. "And it turned out it was somebody who was acting like I thought that's the reason we lost..."

Well... Why wouldn't the reporter think that? One day after being eliminated from the postseason, with decades of coaching savvy under his 61-year-old belt, Larry Brown singled out Iverson before he got to the rest of this creaky, often clueless 76ers team he assembled.

But this post-elimination noise centering once again on him? It's the ultimate smoke screen, folks. Brown is the one who should be asked the "why" questions. And here's the one I would put at the top of the list:

Why is it, every time your teams get this close to a cham-

pio-nship, they turn the other way? How, if you are

such a whiz at chemistry and playing the game right, could you have scrapped a team on which roles were both comfortable and defined, and in an incredibly short amount of time, turned it into one of clanking spare parts; a team that, if endorsements were allowed on uniforms, would be sponsored by WD-40?

You think Allen was a little scary on Tuesday? Here's something Brown said yesterday, when asked whether his team had gone backward: "We don't know. We didn't expect (Matt) Geiger to retire. We didn't know that Derrick Coleman would be hurt all season. So I don't even know if you can evaluate this team."

I can. It's old. And injury-prone.

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Randy Arnold

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