

ON TAP



Issue #0
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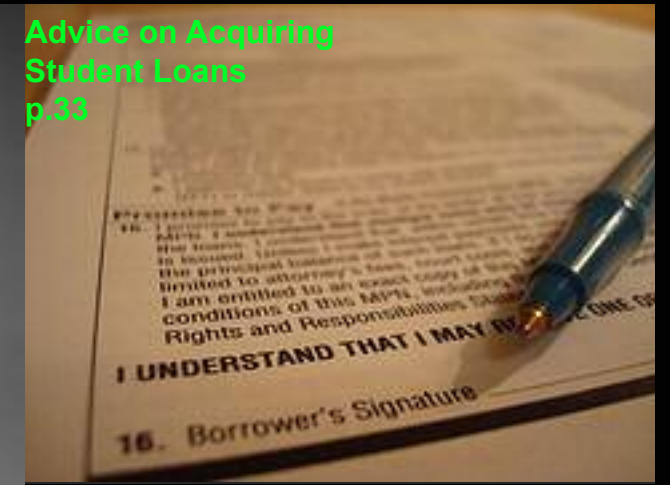
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image courtesy of VSU Student Council

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images courtesy of flickr.com

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Front and Back Cover photos and this
page background By Brandon Powers

editor's note



Mandy Kelley
Junior Journalism Major
Editor-in-Chief

I never would have thought producing a magazine would be this stressful or take up the amount of time that it has, but I wouldn't trade being Editor-in-Chief for anything in the world. On Tap was created by VSU students for VSU students. We are a general interest magazine that taps into the issues that our fellow college students talk about and deal with on a daily basis. Instead of being another horrible read (such as our class textbooks) we want readers to devour the material as they would the information gathered from a best friend. Although few of our topics may touch on subjects that will benefit the interest of college students around the world, the majority of them deal solely with those who have close, intimate ties to Valdosta State University. On Tap is full of lighthearted, stress-free information, as well as fun facts. Be careful, though, because you just might learn something.

Creative Editor



Brandon Powers
Senior Journalism Major
with a Minor in Life
Pro Photographer, Business Owner,
Wandering soul. Online at:
brandonpowersphotographer.com

Entertainment



Taylor Seay
Senior Mass Media
Broadcast Journalism Major
I am currently the Editor-in-Chief of
the VSU Spectator.

Technology



Thomas Dale
Junior Journalism Major
In my vast amounts of spare time, I
like to browse the Internet, read, play
video games, and pull out my hair.

Travel



Dana Littman
Junior Journalism Major
I enjoy photography, scrapbooking,
and spending time with family and
friends. I'm very excited about the
magazine. I think it is a great experi-
ence and I hope everyone enjoys it as
much as I have.

Life After College



Jennifer Yawn
Senior English Major
I have worked in the banking indus-
try for 13 years and work currently as
a Mortgage Loan Originator for Syn-
ovus Mortgage Corp.

Travel



Deena Cheek
Senior Journalism Major
I love anything adventurous that gets
me out of my comfort zone! Whether
that be traveling, writing, photogra-
phy, animals, the outdoors and most
of all, bargain shopping! Like lightening,
I don't like to visit the same place
twice. My travel goals are: I plan to
visit each continent at least once, live
in another country at some point, see
every state in the USA and go on an
African safari and live to tell the tale!
I wrote for Cavalier Attitude newspa-
per at Darton for 3 years as Features
and Sports editor and one semester
here on the Spectator as an Opinions
writer. I am also a staff member of
Odradek magazine.

VSU...Who Knew??



David Hudson
Senior Journalism Major
I love to snowboard and race llamas
in Colorado.

Sports



Hollie Bees
English Major
I am a student-athlete on the VSU
tennis team. I have come over from
England in order to obtain my MA in
English at VSU. I love sports, read-
ing, music and having fun!

meet the staff



Amanda Blank
Junior Journalism Major
I dig reading, writing, and photogra-
phy. My dream job is working for a
magazine one day, but I'm an animal
freak and also wouldn't mind follow-
ing Dian Fossey's footsteps in
Rwanda. My dream vacation is an all
expenses paid cruise to Australia. I
dream big.



Kaylar Crawford
Senior Journalism Major
I love to travel, watch T.V. and spend
time with my family and friends. I
have wanted to be a journalist since I
was a little girl. I plan on graduating
in Dec. and pursuing a career in jour-
nalism as a reporter for a prestigious
newspaper. Being a part of journalism
has made me happy and I want that
happiness to continue forever.



Lamont Hance
Freshman Theatre Performance
Major
I love to act like different people in
Wal-Mart to make people curious and
look with amazement and wonder.



Lee Johnson
Junior English/Journalism Major
I love being on the lake, any lake, but
I grew up on Lanier. That's a tangent,
but I am currently the Sports Editor
for the Spectator and I love writing.



Aaron Quinn
Sophomore Undecided Major
My hobbies are sports, working out,
and videogames.



James Jones
Senior Mathematics Major
I am a former Marine and my hob-
bies include basketball, fishing, and
motorcycle racing.



Pam Baez
Freshman Business Marketing Major,
Dance Minor
A sister of Chi Omega Fraternity, I am
outgoing and love to write. I was sen-
ior yearbook editor in high school and
am very excited to have the opportu-
nity to work on this staff. I plan on pur-
suing a career in Magazine
Advertisement and Marketing. I love
my friends, my Chi O's and, of course,
Facebook stalking! I hope you enjoy
this magazine as much as I do.



Ashley Kimbrel
Senior Journalism Major
I enjoy taking random road trips,
spending time with my family and
friends. My favorite journalism
pieces to write are features.



Julie Bryan
Freshman Mass Media Communica-
tions Major
I am originally from Marietta, GA
and this is my first experience in jour-
nalism. I have always loved to write
and it has always come naturally to
me. Because I enjoy writing so much
I decided to take this class and get a
taste of what real journalism would
be. So far I have loved the experience
and still want to pursue writing as my
career.



Kellen Lark
Senior General Studies Major

Entertainment:



Skannyardle

By: Taylor Seay

Formed 17 years ago, Skannyardle is a local Valdosta band that never fails to bring in crowd. They have shared the stage with such acts as CCR, Three Dog Night and Grand Funk Railroad and as a cover band, they have tapped into today's backlash against popular music. They play the music they grew up with but make a point not to play the

same ole set with *Sweet Home Alabama* and *Brown Eyed Girl*. Skannyardle plays songs that aren't normally heard live like *I am the Walrus* and *Comfortably Numb*. Their repertoire is vast and ranges from Jimi Hendrix to Stevie Wonder.

As musicians that have been making music for most of their lives and together, over the last two decades have

mastered their craft. The smooth harmonies of Rob Evans and Joe Smothers and their superb song selection have given Skannyardle a local following that spreads with each year. This group of professionals, on and off the stage, plays gigs for sheer enjoyment of the music.

The band has six members: Kim Johnson (bass guitar) is a

proof reader for a publishing company in New York City. Al Turner (drums) is a local attorney. Tim Teasley (keyboards) owns his own remodeling business in Valdosta. Rob Evans (vocals/guitar) is an architect and a principle owner of IPG architectural firm. Joe Smothers (vocal/guitar) is retired from sales at

Hillenbrand Industries. Justin Smothers, Joe's son, is a production director for Black Crowe Media and can be heard on Rock 107.9 as "Smo in the afternoon". Drew Matulich (guitar) is a computer technician with the IT SAFT Corporation and a part time student at Valdosta State University.

Question and Answer: Joe Smothers *of Skannyardle*

By: Taylor Seay

How did you first get into music and playing guitar?

Well, I started playing when I was 12 and now I'm 57, so it's been a long time. It was my mom that got me started. I think she was worried about me meeting girls since I didn't play sports because of my size. So, she went down to the pawn shop and bought me a guitar. In high school I was in a band and after every home football game we used to play in this place called the D-High Hut. It was just an old classroom that had been turned into a type of rec center. We just played, you know, old Beatles and Stones. I remember the players would sit around, all banged up from the game and talk about football. And the girls would hang with us. You can meet a lot of really neat people through music and art.

How did Skannyardle get together?

I'll just start from the beginning. I was in a band with some friends in college at Appalachian State called Fried Chicken and Watermelon. When that band ended I played with another great band called Red Clay Wranglers for a while until I met Doc and Merle Watson, Grammy award winning bluegrass musicians. They were in a band called Frosty Morn and I got to honor to play with them for a while but after my second child was born 85' I got a job in sales. In 89' I moved to Valdosta and met Rob Evans. We had both been playing a little bit at a local place called the Mill House so we got together and started playing together as a duo, playing and singing harmonies. The band just grew from there.

What made you decide to start playing classic covers?

One night after Rob, Tim and I had finished playing a show at the Mill House we were sitting around watch-

ing another band. I won't say who it was but we started talking about how everybody plays the same old songs. It's just different faces. I mean, there is just so much great music out there that we can make sound good.

Have you ever thought about cutting a record?

We cut a record at a friend's house once. We made about a 100 copies and ended up just giving them away. We don't have any dreams of stardom and I'm glad. We turn down more gigs than we play. It's almost cool sometimes to say, we don't have any merchandise or lights. We just want to play.

What process does the band go through when you learn new songs?

We sit and listen to the song, dissecting it. Each member just focuses on their specific part. It helps that everyone in the band has the ear to play (musical ear). The fun part is getting the layering of the sounds right. It gets really fun with bands like Bruce Springsteen and the E Street Band, bands that have a lot of things going on in their music. It becomes a challenge, trying to find an instrument that can fill the holes, trying to find that sound.

What are the bands plans for the future?

What are the bands plans for the future?

You know, each year it's amazing to me that we pull in crowds and if they keep coming, we'll keep on playing. Each year with a new crop of young people I wonder if they will still come out and see us. We've been lucky. I guess it's the great old music that nobody else plays. We all still love to play and I don't think that other bands see us as a threat, stealing their gigs or anything. We are just those old farts up there playing for fun.



Skannyardle playing at Loozie Anna's in Remerton, Valdosta.



Joe Smothers(left) and his son Justin Smothers(right).



Joe Smothers.

Band Review: Dr. Louis Sullivan



All photos are of Dr. Louis Sullivan at Smiths Olde Bar in Atlanta, Ga./ photos contributed by Chase Nichols.

By: Taylor Seay

With an eclectic group of influences that range from Pink Floyd and Phish all the way to Rage Against the Machine and Chemical Brothers, Dr. Louis Sullivan describes their sound as a smooth improvisational blend of jazz, funk, rock, and electronica. Just think about the 60s' psychedelic trance with hard rock lead guitar and you'll start to understand; they're a "jam band."

This five piece rock band has its roots in basements and attics of Albany, Georgia where three sets of brother grew up jamming with friends. Brothers Mason (auxiliary percussion) and Rackley Davis (drums), Kyle (vocals/guitar) and Chase Nichols (vocals/keyboard/lead guitar) and Ryan (bass) and Kevin Juneau (guitar) have know each other since their elementary school. They have grown up together

creating music and shaping their sound.

They have been touring across Georgia and Florida over the past four years. The band strives to make each one of their performance unique as they work to change and improve their sound from show to show. Their use of lights and heavy synthesizers follows in the footsteps of Sound Tribe Sector Nine with vocals that have a definite Moe influence.

On March 1, the band released its debut album, Genealogy under Indie record label Twelve Notes. The album features eight songs including "Crystal Ball" and "Ladders" and was recorded at John Keane Studios in long time music Mecca, Athens, GA.

"We recorded for two, nine hour days, recording till about midnight both days," Chase Nichols says, catching a piece of sheet of music before it blows away. "We wanted to have a live feel so we tried to

condense our jams for the record. We wanted to capture the high energy, live feel that we have at our shows."

The band has been hitting the road making stops in GA hotspots such as Savannah, Statesboro and Macon in a tour promoting their music and holding CD release parties.

"It's hard!" Chase says, explaining how the band writes songs. "Jamming is very inspiring. For the most part it's a long process that sometimes takes years. We like to play songs to develop them. As we build, we may incorporate already written pieces of music into a new song. It's like putting pieces of a puzzle together to create something good."

Kyle Nichols graduated from Valdosta State University and now lives in Atlanta where he is attended graduate school at Georgia State University. His brother, Chase, graduated with a degree in



music from Darton College studying classical guitar. Now at VSU he is a Jazz Performance major who, after graduation, plans to pass on his knowledge as a music teacher. Both brothers have been playing guitar for over a decade.

The band boasts two drummers with Rackley Davis providing traditional percussion on a full set and Mason Davis playing both acoustic drums and electronic drums providing a tribal background to the songs. He offers an interesting style of play to the band with a background in Afro-Cuban and Latin percussion.

Ryan Juneau is a University of Georgia student that has been on the bass for five years. His brother Kevin had been handling the light but now is sitting in with the band on guitar.

Dr. Louis Sullivan will be hitting Valdosta's Mellow Mushroom May 3rd for a graduation concert, followed up by a performance at Smith's Olde Bar in Atlanta May 16th.



Arts: Senior Art Exhibit

By: Kellen Larke

Started as a way in which graduating seniors could test their art, the Senior Art Exhibit was held this year from April 13th-28th. Sponsored by Valdosta State University, the exhibit highlights the work of seniors enrolled in the connected capstone class entitled Senior Exhibition Seminar. According to publicity director Patrick Johnson, the exhibit consisted of an array of jewelry along with other art forms such as mixed-media, digital art and paintings.

"It's pretty much to help us mature when it comes to the realization of failure and success," said Johnson. Patrick was referring to the retail nature of the exhibit.

While the class of roughly 30 students expected upwards of three-hundred persons in attendance, the artists themselves listed prices on their works if they desire to sell them. Thus, many of the students were able to gauge how successful their art will be in a real-world environment.

According to Johnson, this is the one big chance to see if anyone actually wants to buy their art. The title of the exhibition, "Flux," was agreed upon by the class.

Chris Dobbs, another publicity committee member, said the word



World Takeover: Artwork by Carlos Rodgers.

itself was selected because the meaning-state or period of change was consistent with the state of the students involved. That is, the student were finding themselves and beginning to gain their footing in life.

While both Johnson and Dobbs were also class members, there were three other committees composed of participating students: The installation committee, which ultimately had authority over what will be entered into the exhibit, the catalogue committee, which controls the book in which the audience read about the artists, and the reception committee that was in charge of food and beverages.

Artists submitted three to five pieces to the installation committee



Mailbox: Artwork by Julian Marchi.

at which time the committee selected two to three pieces to be entered.

The Senior Art Exhibit was held in the Fine Arts building at 1500 N. Patterson and is open to the public each semester.



Cold Knight: Artwork by C.J. Dobbs.



Meme: Artwork by Kelly Brooks.



Unsure: Artwork by Liz Hall.

Spring into Art

By: Kellen Larke

"Like, looking at this, I see the different colors contrasting, it's like they're fighting for attention, and I think that's beautiful," says Jeffrey Holly, 24 year-old VSU senior art major. He sits staring at a near-by soda-fire kiln. Holly attempts to explain his artistic motivation.

Holly says he virtually lives in the studio on campus that doesn't close until 2 a.m.

"I'm me in there . . . I feel like I can make my own answers to the problem, I can create my own image and piece."

Holly is referring to the abstract nature of art and why he is so delighted with artistic expression as opposed to the more rigid fields of academia such as mathematics.

Fresh off a first-place win in the recent Student Art Competition, Holly is riding high. The winning piece, entitled "The Moronic Beauty of Youth," appears to be a couple of random splatters on a white canvas.

"And that's what you'd think," Holly says, "but the piece is so emblematic of youth, we do stupid things

when we are young and get away with it because we are young."

Holly continues by explaining that the piece is not only splattered paint, but also charcoal, crayon, tape and pencil, a style of art known as mixed-media.

Holly is very excited with regard to the upcoming Spring into Art Exhibition at the Turner Center on Patterson Street. Beginning on April 14th, the exhibition will last until May 28th. Open to the public (anyone can enter art), the competition will include photography, ceramics, sculpture, three-dimensional, two-dimensional, drawings and paintings among other types of art. Works selected from the invitational show to be entered into the second round exhibition will compete for a total purse of \$5,000 with 10 honorable mentions.

Walk the halls of the Fine Arts building and you will find many young and eager students who share Holly's enthusiasm about the exhibition. Sara Lenke is another one of these students. Lenke, 21 year-old, senior, plans to enter two pieces into the exhibition: the first piece entitled "Make a Stand," is an image portraying her boyfriend playing his guitar.

"The subject is my boyfriend playing his fender stratocaster. This past summer I met him while taking pictures for his band, this is one of the photos."

Her second piece is untitled and also predicated on a photo reference. The piece portrays the wide green eye of a woman against a still lily-filled lake in the background. Lenke says she included the piece because she thinks it captures who she is.

"I enjoy being out in nature, I love to relax and just enjoy nature's simplicities," Lenke says. The focal point of the eye relates to Lenke's intrigue with eyes and her ability to discern things about people based on their eyes.

Overall, the students have great expectations in reference to the exhibition and view it as a real opportunity to gauge the reception of their work by the general public. Seeing as everyone from amateurs to Valdosta State professors will compete in the exhibition, students will also gain valuable experience and perspective in reference to gallery art.



Jeffrey Holly with his artwork.



Artwork by Sara Lenke.



Artwork by Sara Lenke.

Food: Restaurant Reviews

By Julie

Taste of New Orleans

By: Julie Bryan

Flavor of New Orleans is located in downtown Valdosta, 205 N. Ashley Street. The outside is decorated in a variety of gold, purple, and green bringing the colors of New Orleans to life and introducing the dinners to their upbeat lifestyle. There are several tables located outside the restaurant giving you a scenic view of downtown Valdosta and is especially lovely on a nice, warm day. The inside has several tables for dining accompanied by a stage for band, poetry readings and singers to the left, the bar, strategically placed in plain sight when you first enter. When you walk inside, you feel the fun and excitement of New Orleans and smell the authentic Cajun food all around you.

The restaurant has a unique story in itself. The owners are from New Orleans and lived there until Katrina struck in 2005; in this disaster they lost their jobs and home. This gave the owners a chance to start over in a new town filled with new opportunities. The owner's wife, who belonged to the Air Force, chose the city of Valdosta for the family to reside in. This gave the owner a chance to fulfill his lifelong dream of opening a Cajun restaurant, bringing a little piece of his home to Valdosta to share with everyone.

I ordered the classic jambalaya while my date ordered barbeque shrimp. They both arrived shortly



and looked very delicious. My jambalaya was perfectly seasoned and spiced and also incorporated a good mixture of sausage, chicken and rice. Along with my meal came a piece of garlic toast which was a pleasant surprise. The garlic bread tasted great with the meal and individually. The barbeque shrimp came with about six big, succulent shrimp. This was dipped in a barbeque based marinade that made it even better, it also came with garlic bread but instead of one piece there were three. Each meal was delicious and left you full. The lunch portions are very satisfying and could hold you till dinner.

Along with its convenient location, it is affordable to college students. The menu has a wide array of traditional Louisiana dishes from Jambalaya to shrimp and crawfish. The lunch prices are generally around three to five dollars cheaper than dinner prices, but that doesn't mean that the dinners are out of

your range. Dinner options will range anywhere from eight to 16 dollars depending on the dish. Drinks, which include ice tea, sodas, and coffee, are a \$1.79 each. A variety of sides that you can include with your main entrée are priced from \$1.79 to \$3.00. You can also order soup such as seafood, chicken, and sausage Gumbo, Soup du Jour, and homemade Chili. A cup is usually three to four dollars while a bowl is six to seven dollars. Another option is a various selection of salads which include house, fried or grilled shrimp salad, or grilled chicken salad that is ranged from five to eight dollars. It also includes a children's menu and a variety of sandwiches for your convenience. Lastly, the desserts are traditional Louisiana treats such as bread pudding and beignet, French doughnut that are affordable and delicious.

Gulios: Greek Italian Restaurant

As I arrived at the quaint peach colored house, conveniently located right next to the University Center, I wondered what to expect, what is the food going to be like? Is it going to be some weird Greek-Italian combination of food? Will it be expensive or cheap?

The outside has a covered porch for dining, using luscious green azalea bushes, giving guests beauty and privacy. When I entered I was greeted by the hostess wearing a very pretty and modest dress setting the tone for the restaurant.

The five roomed restaurant puts off a fancy appeal with the table set up with a candle and structured napkins. The Italian and other various soothing sounds bring a sense of calmness and color to the atmosphere. Our waitress greets us in black pants, and a nice white shirt with a traditional "Hi, how are you?" and the usual follow up question of drink orders. She is authentically sweet and talks to you like a friend would. Next, it's time to look over the menu and find out what this "Greek-Italian" really means. Oh I see; there are Greek dinner options and Italian dinner options, explaining why this is Greek-Italian. They also carry "shrimp specialties", such as shrimp Alfredo and large fried shrimp to "frequent specialties" which carried a range of food from Rack of Lamb to Pastry Wrapped Prime Rib. These dishes include soup or salad, Greek or House, and complimentary bread. Some of the drinks are the usual water, sweet and un-sweet tea, a variety of fountain drinks and wines. They carry white, blush, sparkling, and red wine that can be purchased by the cup or bottle. Desserts range from tiramisu to triple chocolate and

raspberry cheesecake.

Italian food, being my favorite, I ordered the Spaghetti, which was accompanied with bread and a house salad. My date ordered Chicken Parmesan and a house salad. First, our salads came that were filled with fresh green lettuce and a seemingly home-

The Full Greek Supper gives you two options, supper for one which is \$23.95 or supper for two which is \$44.95. Wine prices vary depending on which wine and if you want a glass or the whole bottle. Usually a cup of wine ranges from 6 to 8 dollars and bottle between 22 and 36 dollars. Fi-



made Italian dressing.. Next was our main course, the Spaghetti was watery and was an overall, eh. The chicken parmesan received an overall okay for the price we had to pay. He complained about the sauce, but said the chicken was very tasty.

Overall prices of dinners were expensive for a college student and were geared toward middle to upperclass customers. The cheapest dinner on the menu was the Italian Spaghetti priced at \$11.25 with varying prices on other meals usually ranging from 12 all the way up to 20 dollars. Greek dinners were each \$14.75 and they carry deals for the Full Greek Supper, which includes Greek salad, homemade soup, appetizers, main entrée, dessert, and a glass of house wine.

nally each dessert comes at a very tasty \$4.95.

The experience I took from this restaurant as I look back gives me a general feeling of "eh...it was okay". It's expensive for a college student but a good place to suggest to your visiting family to take you or to bring your boy/girl friend on an anniversary. If you are looking for a basic Italian restaurant I would not recommend this one, it is overpriced for the food you get and the atmosphere is boring and goes at a slow place. The typical demographic of customers would be upper-middle to upper class with an age range of 40's all the way to 80's.

College Cookbook: Steal some recipes from you peers!

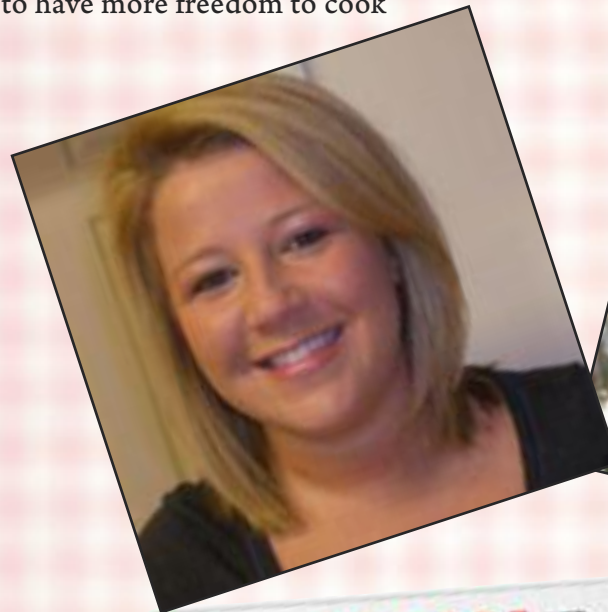
By: Julie Bryan

Stuffed Bell Peppers:

Created by Jessie Williams, a VSU freshman. This recipe was passed down from her mother when Jessie got to college this year. "Because I was living in an apartment, instead of the dorms, I knew I was going to have more freedom to cook

and try new recipes", said Jessie. Because it was her first time on her own, her mother gave her this easy recipe to make. "My mom used to make them at home a lot, so, whenever I get home sick, it's my comfort food". This recipe is easy and affordable to make for parties or just for you and your roommate.

Jessie summed up the recipe by saying it was a "little taste of home."



Dish: Stuffed Bell Peppers **Serves:** 3-4

Recipe

Ingredients/Supplies:

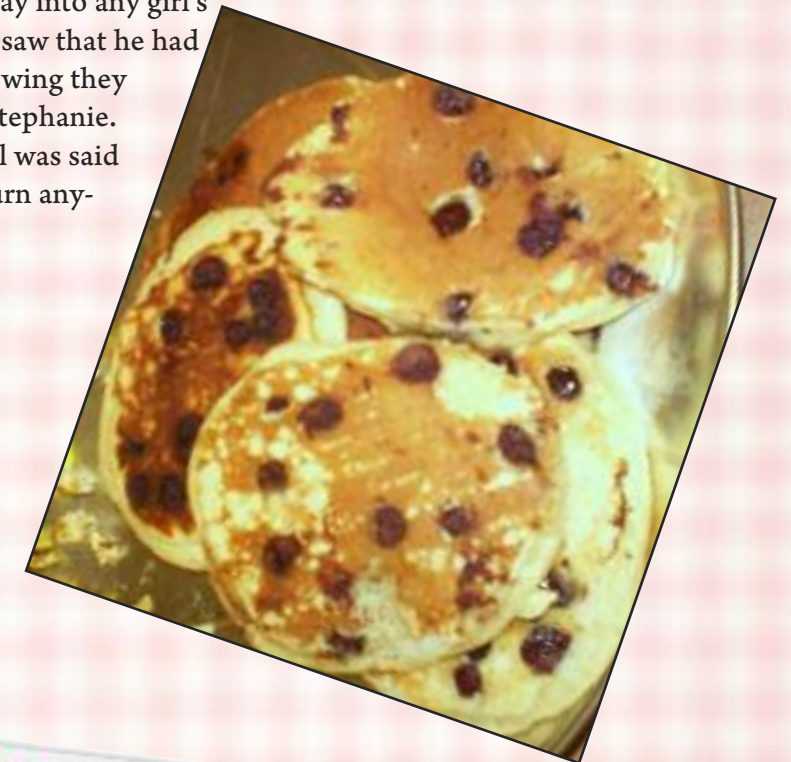
- 1 lb of boneless chicken breast \$5.74
- 1 cup white rice...Minute white rice 14 oz box \$1.64
- 1 bottle of Italian dressing (brand is your preference)...Kraft Zesty Italian \$2.08
- 4 Green Bell Peppers ...0.62 cents each
- Standard frying pan
- Small casserole dish
- Standard Pot and drainer (for rice)

Directions:

1. Pre heat oven to 400 degrees.
2. Dice raw chicken into small squares and sauté in frying pan until brown.
3. Cook and drain one cup of white rice.
4. Cut centers of bell peppers out removing core and seeds.
5. Combine and mix rice and chicken in separate bowl.
6. Insert rice and chicken mixture into each bell pepper.
7. Line a small casserole dish with aluminum foil on the inside covering it.
8. Put each bell pepper in small dish then cover the top of it with aluminum foil and cook in oven for 45 min.

Chocolate Chip Pancakes:

First official date breakfast for dinner. Benjamin Hedges, a current sophomore at VSU, wooed his now girlfriend, Stephanie Von Bokern , on their first date with his "breakfast for dinner" theme. He made the classic scrambled eggs, and bacon, but he added something special to the pancakes, chocolate chips. Knowing that chocolate is the way into any girl's heart, he knew he made the right move. "When I saw that he had made chocolate chip pancakes, without even knowing they were my favorite, I knew he was a keeper", said Stephanie. After a month and many more pancakes, when all was said and done Ben said he was just happy he didn't burn anything.



Dish: Choc. Chip Pancakes **Serves:** 2-3

Recipe

Ingredients/Supplies:

- 2 cups Bisquick...40 ounce box \$2.64
- 1 cup milk...Half a gallon \$2.49
- 2 eggs...a dozen large eggs \$1.86
- ½ cup of chocolate chips (more or less may be added)
- Nestle Chocolate Chips -11.5 oz \$2.48
- Spatula
- Pam non stick spray...\$2.68
- Standard frying pan
- Mixing spoon
- Standard mixing bowl

Directions:

1. Add bisquick, milk and eggs to bowl. Mix well.
2. Stir in ½ cup of chocolate chips to the mixture
3. Turn stove eye on to medium heat and spray frying pan with Pam non stick grease.
4. Pour ¼ cupful of batter onto hot skillet.
5. Cook until edges of pancake(s) are dry, flip over occasionally. Pancake(s) should be removed when golden brown.

Travel

Study Abroad

The things you need to know before you go.

By James Jones

"China Night" Photo Courtesy of Dalton State College

Bermuda..... Jamaica.....ooh, you know you want to take a trip abroad.

Your time has arrived. It is now early spring and you have decided that you are destined to take a study abroad trip. You have all but a fraction of your fee paid towards your trip; and now there are only about 6 to 10 weeks left before it is time to say "bon voyage." So now what?

This is actually a good time to make preparations to ensure an enjoyable time during your trip. You begin grabbing travel guides and seeking out all the local historical sites. You salivate at the many fresh deli and café selections you have found in the local areas of the distant country. You even fantasize of that distant exotic relationship with that gorgeous heart throb with the heart-melting accent. Great. But

there's one more thing as important to the study abroad experience as food is to a hungry student with empty pockets and no meal plan: the "I have gone more than a few hundred miles away from mommy and daddy checklist." Don't leave home without it!

Consider this: mishaps are bound to happen at any time and at any place, including during your study abroad trip. To help you in this crisis, I've developed "H-E-L-P" guidelines. Before explaining them though I'd like to share with you their importance.

A couple of years ago a group of students went on a school sponsored study abroad trip. Just like you, they,

too, had everything planned to the "T." They checked into their hotels, they began sight seeing; they even ate at a few of the local eateries.

What happened next will shock and amaze you.

Although well advised and lectured on the foods of this distant land, there was one student who failed to listen. For the

sake of privacy, we will call him Billy Bob. You see, during the lectures and advisements, Billy Bob decided it was more efficient for him to multitask by fiddling with maps and clowning around about his plans to become the country's next Casanova. Poor Billy Bob ordered a

Use 'HELP' towards your success and not for your distress. Enjoy.

- James Jones

local delicacy that consisted of raw meat, stuffed with fresh fruit, wrapped in the leaves of a local fruit tree. Although warned at the time by other students, he decided to put a scare into the students by eating it anyway. After all, he had a stomach of steel, and he's eaten plenty of under-cooked steak back home.

He was sure to become a hit with the ladies. Guess what... he was right. He took a small bite of the delicacy and decided it was not that bad. He decided to really show out then and began taking chunky bites out of the delicacy. Everyone was watching good ole Billy Bob devour the meal with intrigue and delight. He just knew he had become a hit by then, but to ensure this he decided to become a bit more dramatic with the last few bites. He acted as though he was going to spew the food up and even choke on it. Poor, poor Billy Bob, little did he know, but he was about to become an instant hit. After a few minutes of his clowning around, Billy Bob began to feel dizzy. He wobbled to the left, and to encourage his silliness, everyone shouted "hey". He staggered to the right and everyone then shouted "hoe". Then he dropped straight down on his face and hit the floor. Everyone paused, looked at each other, and burst into tears of laughter, good ole Billy Bob was finally a hit. A few moments later, after the laughter died down, one of the students could make out his murmured cry for help. The ambulance ride was costly, the hospital stay, including stomach pump, was costly, but the opportunity to live to tell the tale of the time, while on a trip abroad, the hit he became for the natives was priceless.

Poor, poor Billy Bob, he really could have used some "H-E-L-P" before his journey abroad. Here are

a few tips to help you not become the next poor Billy Bob.

First off, we are going to focus on "Having" a plan. Having a plan is the best key to any trip, be it ten miles or a few thousand miles away. Your plan should be placed in time frames to include the time periods before, during, and after the trip. Within each section you should make strict guidelines for before the trip and more relaxed ones for during and after the trip. This way you have an idea of what you're going to be doing during small blocks of the trip, but you still leave yourself enough leeway to vary a bit according to unknown events. Don't worry, you'll still have fun, it will just be safe fun.

Second, we want to "Enrich" our knowledge of the country that we are visiting. In order to accomplish this, we need to read up on the events that are currently going on and be aware of things that are avoidable. Nothing is worse than going to England expecting the Royal guard to stand there and allow you to poke them in the eye only to find out that the lump on your head could have been avoided. You need to take the time to watch the news of the country you plan to visit as well as review the laws of the land.

Now let us try "Listening" to the professor's instructions. Remember that this is important during every aspect of this journey, which starts when you decide you are going and

ends at the time you return home. This is your trip. How can it possibly be boring? Get right in there and tap into the knowledge your guide has to share. Who knows, you might learn a bit of information that may help you squeeze a few more bucks out of dear old mom and dad.

Last, but definitely not least, is for you to be "Proud" of yourself for taking the time out to carefully orchestrate this trip. Now that you have gone down your list and de-

decided that you feel comfortable that you have a plan, you have enriched your knowledge, and you have listened to every single word out of your professor's mouth (of course being careful to keep to yourself what you learned while listening to his phone conversations) you now

have all the reasons in the world to feel proud of yourself for a job well done. If the pride is not quite there yet, guess what. You might need to go back and start and square one until it comes.

Following these guidelines, you should sufficiently be assured a safe and enjoyable trip, as well as straying from becoming Billy Bob. Use "H-E-L-P" towards your success not for your distress. Enjoy.



Photo courtesy of China Daily



Savannah
...where squares are cool!
 By: Dana Littmann

Photo courtesy of Savannahvisit.com

Savannah is a fun and exciting town. They offer something for everyone and it is close enough to visit for the weekend. Whether you're looking for a new spot for a girl's weekend or you need to take a romantic getaway, Savannah may become your new favorite hotspot.

Whatever your reason is for needing to get away, Savannah offers a lot of fun things to do during your weekend stay. During the day you can go on an orientation tour; you can even take a horse drawn buggy around town. These tours get you acquainted with the area so later you'll be able to find your way around without a problem. After your tour you can zip on over to the City Market. The City Market is Savannah's outdoor European style café. This is a great place to relax with friends and grab something to eat before

you venture off to find the next hidden Savannah treasure. While you're browsing around Savannah, on the way to your next destination, you may want to stop in one of the many antique shops or art boutiques that line the streets. After you've finished your shopping, you can make your way over to one of Savannah's museums, or you can even go to one of their theatres. Another good reason for visiting them during the day is that some of Savannah's attractions may only be open at night, and, if this is the case, you want to be able to those things while you can.

“Savannah's wide variety of clubs bars and restaurants can make picking a place to spend your evening a challenge.”

- Dana Littmann

"During the day there are a lot of different places you can go, not just in downtown but also around Savannah" Hunter McDermitt, senior geology major, said. "There's shopping and sight-seeing. "There's a lot of historical sites all around Savannah area." If you're a history buff, Savannah might just be the place for you. Savannah's streets pulse with history. In Savannah you can visit everything from the Ralph Mark Gilbert Civil Rights Museum to the Telfair Museum of Art and the Juliette Gordon Low house. While you're taking in the historical side of Savannah, don't forget to check out

the Savannah Squares. Savannah, which is home to the Georgia historic society, is famous for its historic architecture. Everywhere you look, old homes and buildings are being restored to their old grandeur for your enjoyment.

So, let's say that you're not a history buff and you're just interested in having a little fun. Well, Savannah definitely has something for you. The night life is always bumping and they have something for everyone. Savannah's wide variety of clubs, bars, and restaurants can make picking a place to spend your evening a challenge.

"At night I usually start at a restaurant, Molly MacPherson's is my favorite, it's a lot of fun, especially if you go there and eat dinner and have a couple of pints. it's just a lot of fun" McDermitt said.

Whatever you're in the mood for, whether it's a pub like MacPherson's or something a little nicer like The Italian Garden, you can find it in Savannah. After you've finished dinner, go ahead and make your way

down to River Street where you'll always be able to find a friendly face and an open door.

If you only have a few days to pack in the fun, Savannah is a great place to go. If you've been to Savannah and you don't want to go again, you can always go somewhere else. You may also want to check out St. Augustine, Florida where you can spend your few days of freedom relaxing on a sandy beach; or, if you really want to get-away, you can head to Daytona or Panama City Beach.

When you're planning your weekend getaway remember, Savannah may just have exactly what you're looking for.



photo courtesy of savannahvisit.com

Tips on Tap: Budgeting for Savannah

When you're planning your trip, make sure you have enough money to do everything you've planned. The following list includes prices from Spring 2008 of some of Savannah's biggest attractions. For more information visit www.savannahvisit.com

Trolley Tour: 2 day pass \$10. This does not include admission to museums and other attractions.

Telfair Museum of Art:: College Student ticket \$5.

Juliette Gordon Low House: 21 and over \$8 children and students \$7. Call ahead for reservations.



Parking: Just as much fun now as it was then

By Deena Cheek

Ok, so the weekend always seems to be five days away. If you're stuck in the middle of a horrible week, it doesn't mean that you should go talk to your English professor about helping you draft a suicide note. Believe it or not, there is hope, so-don't call Greenleaf just yet. Let me introduce you to a friend of mine called the "day trip." This life saver is affordable, fun, and only requires one day of your time (unlike papers and projects, which require the full seven days a week and all nine lives).

Say you're broke from beach trips, bribery attempts and bar tabs. Well, the best part about VSU's location is the abundance of outdoor fun within short drives. Best of all, everyone can afford a day trip, even on our "college job" wages (which

should be picketed over, by the way). These "whole new worlds" are just a magic carpet ride away and include surprising places such as Adel and Lumpkin, Ga. Full of parks, lakes and canyons, these seemingly drab places are actually VIPs in the much coveted after Day Trip Club. So, be willing to step off the beaten path of club-hopping and bar scenes. Start on a dirt path down a canyon or grab a canoe to navigate a river for a day of fun.

First stop? Well, if you're heading down I-75, stop by Reed Bingham

State Park in Adel, Ga. This park is a cheap and easy find for those of you who love the idea of an afternoon full of the great outdoors. Only 20 miles away from Valdosta, this park offers a 375-acre lake and activities that are enough to keep even the

“Above all, be sure to take plenty of pictures when you're in a place that makes you feel like you're on a different continent.”

- Deena Cheek

worst ADHD entertained.

Here, there is something for every type of day tripper. If you like the idea of an active and

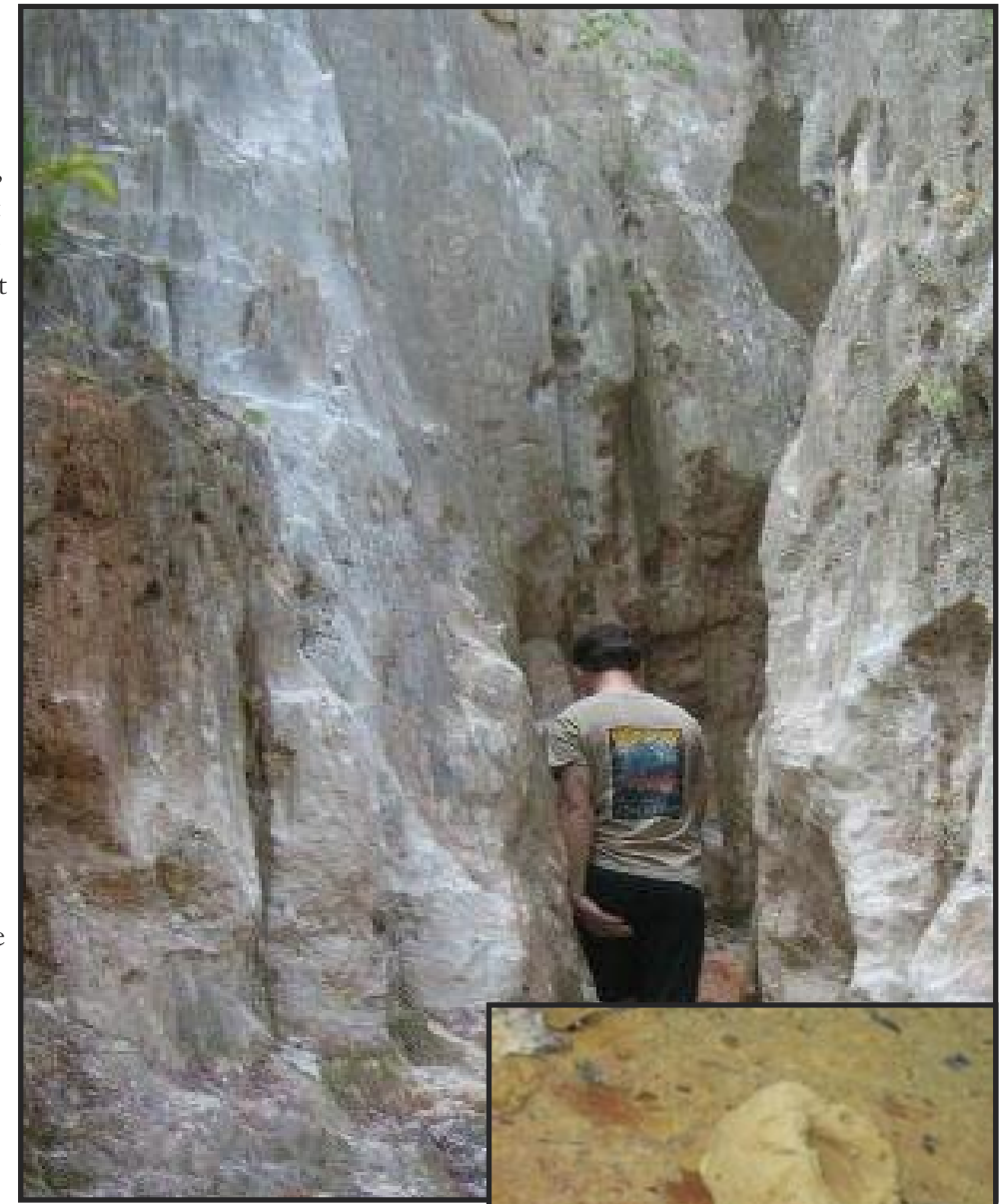
possibly competitive afternoon, challenge some friends to a two-by-two canoe race down the lake. If a more

quiet and relaxing day is more your style, there are opportunities for bird-watching and grilling out. If you want the best of both worlds, nothing can keep you off the water, but you don't want to break a sweat from paddling, don't worry. Fishing on the lake is calling your name, just make sure you bring your camera. You wouldn't want to take the chance of having no one believe your "it was this big" fish story. Needless to say outdoor fans, Reed Bingham State Park has your number.

Maybe you are a landlubber. If you are, then lakes and rivers are like big bath tubs to you and you feel a bit water-logged. If you fit into this group, I've got one word for you: Providence. Yes, it can mean divine guidance. But it also means canyon-as in Providence Canyon. Take a trip to Lumpkin, Ga. (about 2 hours north and to the east of Valdosta), and you'll be up to 150 feet over your head in land. Affectionately known as "Georgia's Little Grand Canyon," this 1,108-acre erosion is proof that 19th century farming could go both very wrong and very deep.

While Reed Bingham offers aspiring amphibians, Providence Canyon offers inspiration to the rest. With seven miles of hiking trails, 65 picnic tables and two picnic shelters, it's obvious what to do at this park. In case you need a hint, grab some friends and pack a picnic. Once you find a tree to break bread under, enjoy the views of the Grand Canyon in miniature.

Want to feel like an ancient explorer in a new world? Wander through the narrow, towering crevasses that make you feel like you're looking up at the world from the inside. Feeling random and slightly re-



bellious? Don't put Baby in a corner! Strap on your dancing shoes and dirty dance like Baby and Johnny on trees that have fallen over the trail. Feel like putting on an art show? If it rained recently, you could use the naturally pliable ground all around you to mold and decorate little pieces of clay pottery. Above all, be sure to take plenty of pictures when you're in a place that makes you feel like you live on a different continent.

In the end, no matter what interests you most-adventure, relaxation or outdoor activities in general-Adel and Lumpkin offer good opportunities. So, pick some friends, plan an

Top: Joe Burns, 25, ventures into Providence Canyon. Inset: Clay pottery Photos by Deena Cheek

escape, and take a day to remember why people started parking in the first place.



How Battle Fatigue Affects College Students

By Thomas Dale

Belgium, Hungary, Azeroth, and the Czech Republic. Each of these places has a population of ten million, but one of these isn't actually real. Since World of Warcraft's release in November 2004, the game has seen success typically unheard of in online gaming. Most of that success can be attributed solely to the quality of the game, but part of it is due to an ingenious underlying system that makes the game more addictive than fun. It's this addictive quality of World of Warcraft that gives rise to problems with many of Azeroth's residents in the real world and drive many college students to ruin relationships and test scores.

"I stopped playing this game for fun a year ago" says one VSU student who prefers to remain nameless. "For me, it's a kind of work. Right now I'm working on a new character, but it's not fun for me. I'm doing it for the good of our group." Since this particular Azeroth resident started playing, he has logged

over 4000 hours in the game. That means that almost six months of the last three years of his life have been spent behind a monitor.

He's not an isolated case. Many students who play the game struggle through some kind of compulsion to continue playing, even when sticking with the game might cause them some kind of social or academic harm. Eric Baloga took time away from his addiction to share his story of a relationship that became a World of Warcraft casualty. "During college, I was in a long term relationship with a girl I had met in high school. I remember her calling me up and asking, 'Can I come over after work and talk?' I said, 'Sure.' When she showed up I was busy playing WoW with a group of friends. I told them that my girlfriend had arrived and I need about 10 minutes, maybe more, and I'll be back. They said ok. I came back 10 minutes later saying I got dumped so lets go finish this dungeon. It didn't even phase me at all."

The game's effect on the social lives of its subscribers reaches farther than just relationship drama. World of Warcraft is a social experi-



Unfortunately, this book won't help with your geography class. Photo by Beka Gatlin.



Student support group meets in game.

ence. The game unites the player with thousands of other people. While the world is not real, the relationships that develop within the world are. One VSU student had this to say: "For a while, it was hard for me to quit just because of the friends I had made through the game. These guys lived in California and playing with them on WoW was really the only way I got to see them. I felt like I had an obligation to them to be on at a certain time almost every day. It was like getting together with a group of friends to play poker, only we were killing dragons. Quitting would mean that I would never speak to them again and that was hard."

World of Warcraft's influence on students grades are even more far reaching. The problem exists because the game world is persistent. Even if you're not playing, the world continues without you. Any time spent writing that term paper or studying for your

next test could be spent participating in a group event within the game. The fact that the same machine used to do most students' school work is the same machine that runs the game intensifies the problem. It's a procrastinator's worst nightmare. VSU student Hugh Stevens saw a clear drop in

his grades when he started playing as a freshman three years ago. "Before Warcraft, I had graduated from high school as an honor graduate at the top of my class. I started playing the game as I entered college and maintaining my high scores has been a chore since then. I've actually fallen asleep at the keyboard and missed class while playing."

And the game can have deeper academic consequences than that. One student I spoke with admitted to briefly dropping out of college over World of Warcraft. It's had a disturbing influence on his life and due to the game, he is now over a year behind in school. For him, the game provided a social escape from the realities and stresses of college life. In the end, it just created more stress when he realized that the game had become more than he could handle. He has since sold his World of Warcraft account and reentered school.

World of Warcraft is a problem outside of the college lifestyle as well. In China and South Korea, where the majority of WoW players



Basking in the warm glow of the computer monitor. - Photo by Beka Gatlin

play the game in internet cafes, it is not that uncommon for people to collapse from exhaustion. There are at least a handful of reports every year of deaths in these countries due to fatigue. The compulsion to continue playing is strong enough to allow many people to ignore signs of exhaustion and fatigue. While this is partially due to the addictive nature of the game, it has more to do with the structure of society in those two countries. The internet cafes provide an escape for many of the citizens and the immersive nature of the game can be dangerous.

While stories like these are more than shocking, World of Warcraft is not an entirely evil thing. As with all things, the game can be taken in moderation and still provide an escape from the everyday stress of life. As a social tool, the game can be invaluable. Many use the game to keep in contact with friends they would usually never have the chance to see like old high school buddies who may have moved off to another state. As an imaginary world, the game offers a viable medium of distraction and relief from stress in the real world. Spending a couple hours a night logged in to the game can be just as harmless as an evening movie or walk. For WoW players, it's important to realize that nothing in the game has to be done. World of Warcraft is just a tool for entertainment and viewing it as anything else is what leads to academic and social suicide.



Screenshots from www.worldofwarcraft.com image copyrighted.

True Life: Im Addicted to Facebook

By Pamela Baez

There is a fine line between addiction and obsession. And my friends and I are obsessed with Facebook. I decided that I would go around and ask our fellow VSU students what they thought about their facebook habits, and not surprisingly, most of them are just like me. "I find it hard to write a paper when it's so much more fun to send bumper stickers" says one student. I laughed, but only because it is so true. With more than 68 million active users and with over 55 thousand regions (according to their website), Facebook has become top notch for communication and social networking.

"Wall to Wall happens to be my favorite, and the fact that you can read others' posts, makes facebook stalking so much easier!" says one VSU sophomore. This might sound creepy to you, but we've all been there.

Whether it's your form of gossip trafficking or simply communication with old friends, Facebook has become immensely popular for its utility. As a matter of fact, according to their website, 45% of its users log on daily. This statistic proves the popularity of this world wide networking system. But let's be honest, when do we go too far?

facebook

As I'm writing this article, I find myself stopping every now and then to check my Facebook. Pretty ironic, huh? But I'm not going to lie, I just cannot help myself. There's something about the thought of stalking people who are also online that gives us the thrill to keep going. "World Domination"



Whether it's your form of gossip trafficking or simply communication with old friends, Facebook has become immensely popular for its utility. As a matter of fact, according to their website, 45% of its users log on daily. This statistic proves the popularity of this world wide networking system. But let's be honest, when do we go too far?

popular websites like CNN.com. "From September 2006 to September 2007, the website's ranking among all websites, in terms of traffic, increased from 60th to 7th," says Alexa Web Information Company.

Now, I know these are just a bunch of facts that might not seem important, but the more you think about it, every time you log on, there are millions of other people logging on with you. That is, millions of opportunities to meet and greet with others just like you. Personally, it's the best technological creation since, well, sliced bread, or I guess the toaster.

So, where do we cross this line? I mean, I'm not a creeper or anything, but if I ever got facebook taken away from me I might, well, I can't come up with anything that bad, but it would happen.

Has this worldwide system taken over our Internet, or even worse, our youth, schoolwork, friendships, and relationships (because we all know nothing is official until it's on Facebook!)? I guess the best we can do is continue to be obsessed until something better comes along or until we realize that writing that 10 page paper might be more important than updating your status every 20 minutes.



Finding Love-- Without Leaving Your Dorm Room

By Kaylar Crawford

Once upon a time people left their homes to go shopping, pay their bills, and go on dates. Now, thanks to the Internet, people have all of these things at their fingertips. While online shopping and bill paying might not be that surprising, the ease of online dating should be. Over the years, many online dating services have come and gone, but there are two services that have managed to find success: Match.com and eHarmony.

While watching some of your favorite TV shows you may come across an eHarmony commercial showing people finding their perfect match. They look so happy and in love. These advertisements work because seeing a happy couple sparks something inside of us. Maybe it's jealousy or something else entirely, but even the cynic with a tear in his eye (maybe allergies?) can be moved. I admit, I was intrigued, so I started my romantic journey by creating a profile.

Was it really that simple to find the love of your life? According to eHarmony's website, it is and getting to the love of your life starts with general questions: "What's your name, birthday, and sex?" Ok, I can handle this. Then they started getting a little more specific: "Do you want kids? Would you adopt? Would you accept someone with kids?" It got downright personal, but I found myself glad they asked those questions. It made me feel comfortable that the person I was going to be paired with would have the same outlook on life that I had. Next, they asked if age was important. Typically, I would say that age is just a number but in this case I wouldn't want to

be matched with one of my grandfather's friends.

They dig deeper by asking about personal income. I guess this is perfect for women or men who only want to date rich people (so watch out for eHarmony gold diggers).

They also ask about race and appearance; they also inquire as to whether or not you are satisfied with your own looks. I'm not crazy about how I look all the time, but some people like it. So make sure you upload a photo and pay atten-



tion to how the person describes themselves because I'm pretty sure you don't want to think you're

going out with someone that claims to look like a prince but ends up looking like a toad. In that same section, they ask about personal and religious beliefs. I don't have a big problem with that as long as they don't keep a shrine of their favorite singer and do weird things like drink other peoples' blood. Vampires are out of style now.

The third section is a pretty straightforward personality test. They ask simple questions like do you like to seek adventure or get stressed out easily, etc. I found it best to pretend like I was posting a MySpace bulletin.

The next section is self description. They basically ask if you are clever, warm or outgoing. The entire process takes about 30 minutes or more depending on how much thought you put in to it. If you just click a lot, you might finish it in like



The last thing you'll see before you find the love of your life.

five. This is what I tried. As I was filling out the questions I was getting aggravated because I wanted it to be over. There was one section

what do you do for fun, what are your favorite local hot spots and what are your favorite things to do? I really liked that a lot because I felt

"The service is like MySpace for your phone."

where I basically put the same answer on everything. After I submitted it the computer had a message for me in red letters. It said that I appeared to be rushing through and that I need to take my time to answer the questions honestly so they can find my perfect match. So after that I made sure I chose a different answer for each question.

To show a user's progress, they have a percentage bar that shows the status of how much a person has completed. There are also quotes on the side of the questions from fellow eHarmony users that present a positive image of the site. Of course the service isn't free, and eHarmony has different subscriptions. The price is \$20.95 a month for 12 months, \$28.95 a month for six months, \$36.95 a month for three months and \$59.95 for 1 month. Pretty expensive, huh? Don't worry; they throw in a subscription to U.S. Weekly to soften the blow.

eHarmony's biggest competitor is Match.com. On their website, they have a guarantee that users will find someone special in six months or they will give the user six months



free. They're either confident or desperate. The format for questions on Match.com looks more inviting than eHarmony's because eHarmony's site made it feel like I was taking a big exam. Match.com's questions were more casual. They asked questions like:

more comfortable answering their questions. The subscription prices are a lot cheaper, too. Their monthly rates are \$16.99 a month for 6 months, \$19.99 for 3 months and \$34.99 for 1 month. According to their site, they have over 15 mil-



lion visitors. They're doing something right. But Match.com and eHarmony aren't the only high-tech dating services out there. Some people use different, free sites to find love. Leon Allen, a 24 year old U.S. Marine said he has dated people using a free service on his T-mobile phone. "The service is like a MySpace for your phone," Allen said. Allen says that he gave the service a shot one day out of sheer boredom. People who use the service have connections to all T-Mobile customers, but it's a third party service. Allen explained that the user just texts the service and it sends a separate text to the other user so it keeps user's information private. It's up to the individual if they want

to give their private information to the other person. "I was really not looking for a romantic relationship, but a couple of people caught my eye," he said. Allen says that meeting people online is just like meeting people on the street in everyday life. He explained that with the T-mobile website customers just have to make a profile and then they can start browsing other users' profiles. Allen has twice traveled six hours to meet a fellow T-Mobile user. "I usually talk with people on the phone for about three weeks and then about a month or month in a half we decide to meet each other," Allen said.

My entire experience with online dating services was pretty good, overall. I liked Match.com the best because it seemed as though they were actually trying to get to know me on a more personal level than eHarmony. The experience was more casual and enjoyable, not to mention easy. And their prices don't make you feel like you're already coming out of bad relationship. Online dating is a viable way of meeting new people and starting a relationship. So if you are tired of going outside the home to meet interesting people, just try the internet.

The TOP FIVE gadgets

Students can't live without

By Thomas Dale
Photos by Beka Gatlin



#5 - Flash Drive

There's got to be a better way of moving that word document than e-mailing it to yourself. That's why they invented flash drives. Now if they only made them brick size so they weren't so damn easy to lose.



#4 - Cell Phone

Phones weren't that important to college students until text messaging came around. Now students finally have something to do in class.



#3 - MP3 Player

Who wants to sit in awkward silence on the bus?



#2 - Laptop

Let's say you lost your phone. You have to have some way to get on Facebook and let everyone know. That's when that \$1000 laptop finally starts paying for itself.



#1 - Alarm Clock

Here's a tip: get an alarm clock with adjustable volume. Think of it as hangover insurance. Or get one that's lightweight so you don't put a hole through your dorm wall.

\$ MONEY \$

The Truth About Student Loans

By: Jennifer Yawn

Student loans. They seem like such easy money. But, before you sign your name to the dotted line, there are a few things you should know. Before you decide to get a student loan, you should try to figure out if you really need one.

There are lots of reasons to get student loans: to help pay tuition and fees, to help supplement your part-time job so you live off-campus, or to help with on-campus living expenses. Whatever your reason for turning to student loans, you have to remember one thing: **you have to pay them back!**

Deferred payment and interest sound really great until the reality of payback sets in. To understand the process, you need to know what kind of loans are out there.

There are a few types of loans for

undergrads. Federal Stafford Loans are fixed-rate, low interest loans for students enrolled at least half-time. According to www.salliemae.com, these are the most common sources of college loan funds. There are two types of Stafford Loans: one is subsidized, the other is unsubsidized.

The subsidized student loan is need-based and interest on the loan does not accrue while you are in

“Deferred payments sound great until the reality of payback sets in.”

line.

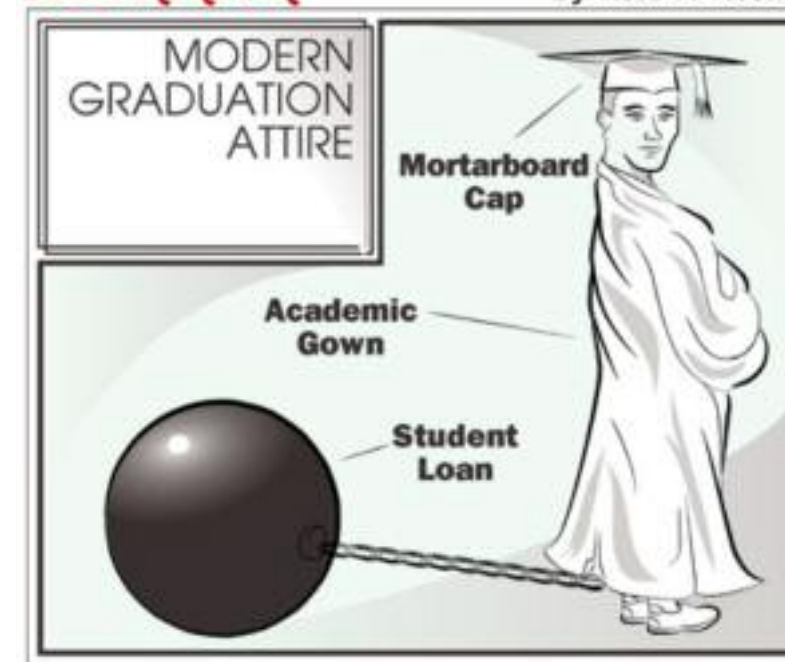
The great thing about the Stafford Loans is that payments are deferred while you are enrolled at least half-time in school. When you graduate, or even if you decide to take a break from your education, you can expect repayment to begin in 6 months.

There are limits to how much you can borrow each semester and throughout your total college experience. How much you can borrow also depends on whether you are still considered a dependent student or not. For dependent students, the most you can borrow in total is \$23,000 per loan type.

As an independent student, the most you can borrow is double that at \$46,000 per loan type. This means that if you are a dependent student, you could possibly borrow \$46,000 total in Subsidized and Unsubsidized. And if you are

FOOT in MOUTH

by Ross P. Kettle



www.dorkinglabs.com

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school. The unsubsidized is just the opposite. It is not based on need and interest accrues while you are enrolled. In order to be eligible for either loan, you must fill out a FAFSA (Federal Application for Federal Student Aid). This can be filled out on-

independent, you could borrow a total of \$92,000 total.

While the money is great while going to school, it can be hard to repay later. According to a Be Debt

●● The average college student in Georgia borrows \$20,767 in student loans. ●●

Savvy online reader poll, 64% of people paying student loans pay monthly payments between \$100-\$500. And according to salary.com, the average mid-level accounting position pays around \$45,000 per year or \$3,750 per month before taxes. This means that on top of your housing and car payment, a good portion of your monthly income is going to pay back student loans.

For the average college student in Georgia who borrows \$20,767 total through their college years (based on the Department of Education's National Center for Education statistics) will have a student loan payment of \$230 over the course of ten years. With an average of 6% interest, the total amount paid back will be over \$27,000. That's almost \$7,000 in interest! That's \$7,000 that could be used as a down payment on a home after you graduate, or on a new car. Now is the time to make the decision - would you rather have that money now or later?

Now that you are armed with the information you need, it is to decide if student loans are for you. First, decide what your reason for getting a student loan is. Lots of times, student loans can be avoided.

Tuition:

We all know there are other ways to pay tuition than out of pocket. One of the best advantages for Georgia residents is the HOPE scholarship. Simply put, keep your grades up and keep your tuition money.

On-Campus Living:

For many students who are using their student loans to pay their expenses for room and board, you may not have many options. But in case you don't already have a job, consider finding one part-time. The average cost of housing and meals for one semester at VSU is \$3,000. In order to pay cash for that, you would need to

work almost 30 hours a week at a job that pays at least \$7/hr.

Working that much seems unrealistic, and it may be, but you can earn at least half that and cut your student loan debt.

Off-campus Living:

If you are using your money to live off-campus, you may want to re-think. Is it really worth all that extra interest and payments to live off-campus. If it is, consider the amount you are borrowing. Can that amount be lowered? What kind of lifestyle are you borrowing?



photo by Jeremy Brooks
www.creativecommons.org

MONEY?

WHAT MONEY?

It's the end of the semester and you're out of money. In fact, you ran out of money about three weeks ago. This is common for college students, especially freshmen. But there is something you can do to make sure you still have money in your pocket at the end of next semester. Here are five things to remember when planning and following your budget (Scary word. I know).

1. Plan your budget. Sounds easy right? It really is. The hard part is following it. There are several great websites geared for college students to help you get started like:

College Budget Worksheet



www.snapvillage.com

Once you have done your budget, don't be surprised to discover you don't have enough money to cover your expenses. Most of us live a lifestyle beyond our means. The purpose of a budget is to help you get on track.

2. Track your expenses. Keep track of every dime you spend. This will give you a realistic view of what's really happening to your money. This means keeping track of all your FLEX and Blazer Bucks. Once you've done this for a few days, you'll start to see how all the small amounts can add up big time... especially with the price at the vending machines.

3. Take advantage of student discounts. Students can get discounts on technology, banking, travel, sporting events, and entertainment. When in doubt, ask for discounts. And make sure you do business with the businesses that give discounts. This may open the door to more business giving discounts to students.

4. Buy used. According to Jean Chatzky, editor at Money Magazine, students spend an average of \$900 on books each semester. She advises students to go online to half.com or to bookfinder.com. Chatzky says that the campus bookstore may be the worst place to go to buy books. She also

suggests students hold annual book swaps. Just think how you could spend all of the extra money you save on books!

5. Don't hang around big spenders. Even if your friends are dropping the big bucks on dinner out, it doesn't mean you have to. There's nothing wrong with going out for a few drinks, but suggest a tow for one happy hour instead of paying full price. There is nothing wrong with being frugal. Of course, if your best friend is Mr. (or Ms.) Money Bags, you can always let them pay for yours..



5 More Ways to Save

●● 1. Keep track of your minutes and texts on your cell phone. Be sure not to go over.

●● 2. Define your wants vs. needs. Spend money on your needs first.

●● 3. Don't be wasteful.

●● 4. Coupons!!! Look for coupons on grocery and household items as well as discounts online for purchases and shipping.

●● 5. Make the most of any campus events where you can find free food and entertainment.



Charge Responsibly: Avoid Credit Card Pitfalls

by: Jennifer Yawn

Everyone knows that credit cards are easy to use. But they can also get you into a lot of trouble. Having worked in a bank for years, I can attest first hand how many people abuse credit cards, especially when they are young. I have heard many customers trying to explain their bad credit by blaming it on their irresponsibility during their college years.

Credit cards are abused so often because even though they seem easy to charge up and pay back, they can actually be complicated. Most financial advisors try to keep people, especially college students, from using credit cards-- but in this day and age, that is nearly impossible.

Here's the key to dealing with credit cards: be responsible. The first step is choosing the right card. Take your time, and don't choose the first card that comes along. Read the bottom line on your pre-approved credit card offers. If you're like most college students, you started receiving these the month after you turned 18.

“The first step is choosing the right card.”

First, avoid cards with annual fees. Many of the pre-approved offers you receive will have these listed in the fine print. There are lots of companies that don't charge these, so be discriminating.

Secondly, don't always jump at the card with the lowest introductory interest rate. These cards sometimes have the highest amount of hidden fees. Some companies charge when you have inactivity on the card, or even if you keep a zero balance.

Other fees that aren't hidden, but that can be dangerous, are late fees and over the limit fees. These fees can add up making it nearly impossible for you to make your payment.

These are the fees that also get college students into the worst trouble. And if you are late paying one card, it could affect your interest rate on another card. Your interest rate could jump up almost 15 percent.

Once you've chosen the right card, you can follow a few simple guidelines to charge responsibly.

Only use your card in *emergency situations*. This does not mean an emergency pair of new shoes or rims. This means true emergencies - like trips to the emergency room.

Try and pay your card balance off at the end of each month. If you can do this, you can avoid getting charged interest altogether and your credit rating will go up.

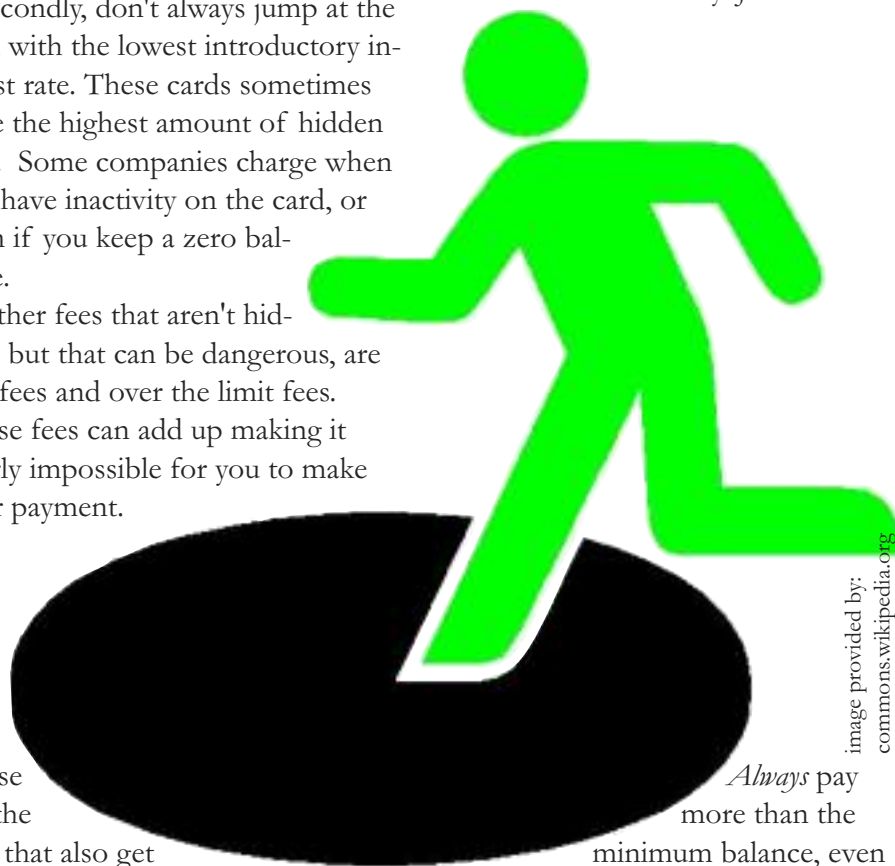


image provided by:
commons.wikimedia.org

Always pay more than the minimum balance, even

if you can't pay the card off. On a credit card with a \$1,000 balance, paying only the minimum payment of 2.5 percent of the outstanding balance each month will take you more than nine years to pay it off, even if you never charge another cent. That's based off of an 11 percent interest rate. 11 percent is a good rate for beginning credit. I can't stress this enough: always pay more than the minimum. If you paid a minimum of \$25 each month, you would cut over 50 months off that plan.

Just remember, credit cards require responsibility. If you can't handle it, stick to the debit card. You'll thank yourself later.

LIFE after COLLEGE

Don't let this be YOU!

by: Ashely Kimbrel

She is a recent graduate of VSU with an English degree, but has nothing to show for it. Out of love for literature and reading, she majored in English. Even though she knew being an English major would make her the happiest in college, she had no idea she would still be looking for a job four months after graduation.

Who is she?

Well let's call her Jane; Jane did not want to reveal her real identity because she is embarrassed of her situation. By now she thought she would be happy doing a job she loved, or at least doing one that would pay her rent.

“A job such as tutoring English students or just something in my field,” Jane said frustrated.

Frustrated Jane is applying for jobs from doctors' office receptionist to preschool teaching.

“I feel like a bum.”

At 24 years old, she still is relying on her parents to pay for her rent. Basically, that means they have been supporting her for 24 years.

Her parents encouraged her to go

into secondary education English; therefore, she could become a teacher after graduation.

“May parents thought if I majored in secondary education-English, I would get hired much faster...I guess they were right,” she said laughing.

Jane began her college career by majoring in psychology but

changed to English during the middle of her sophomore year. This was because she was not happy with psychology and thought she would be happy as an English major.

Because Jane can't find a job, she feels that she has wasted four time-



photo by Thomas Hawk
www.flickr.com

openings.

According to VSU's career services website, some ideal jobs for English majors include: communications consultant, publications salesperson, travel agent, librarian, newsletter editor, and many more.

VSU's career services website also suggest that in a student's senior year, they should

develop a resume and have one on file in their office. Some more suggestions they make include: attending job fairs, visit the campus resource center which contains job listings and employer information, and finally see a counselor about job search strategies.

“I did not have time to participate in any of those activities during my senior year,” Jane said.

Before this interview, Jane did not realize that career services offered these opportunities, she advises all seniors to begin looking for jobs in their area at the beginning of their last semester of college. Jane now plans on contacting VSU's career service department in hopes they can help her out.

“I feel like a bum.”

consuming years of her life focusing on English as a major. She tries to stay positive by checking the internet and daily paper for different job

Big Dreams There, Kid?

Think Again. 98% of college students make less than \$1.57 a week, after graduation. You better think twice before you Super Size anything. (Just kidding, but seriously, they don't make that much. Just read the damn article.)

By: Lee Johnson

Picture this: Big, three story, white house with nice, blue shutters. The columns out front seem to stretch to the heavens. This monster of a house sits on a lush, 20 acre, flawlessly green property, with the shrubbery perfectly trimmed and aligned in nice, little rows. The neighbors are nice and friendly (when you choose to see them), and their house looks remarkably similar to yours, along with the 12 others in your quiet, gated community. The Mercedes and Lexus are parked outside, sparkling in the afternoon sun, begging you to just hop in one and go for a relaxing, 200 MPH drive. That's everything a person could want.

Okay now picture this: One story ranch, nestled in your suburban para-

dise neighborhood. Houses on either side of you, one of which the owners refuse to cut their grass, both within a literal stone's toss. The grass has a few yellow patches, and the bushes stay trimmed every other weekend when you decide that the 60 hour work week you had just wasn't enough work and you feel like getting some fresh air and dragging your kids out of bed to help with the seemingly overwhelming amount of lawn maintenance. Waking up for work Monday morning at five, climbing into your 1978 hatchback (I

“Dreams are what drive people to succeed.”

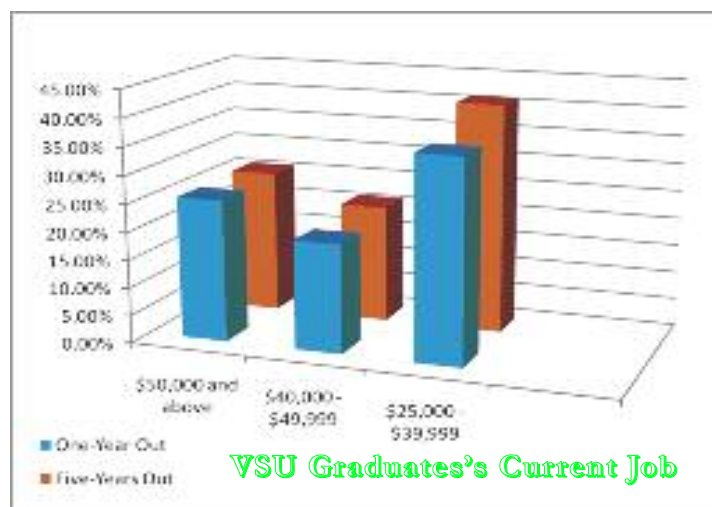
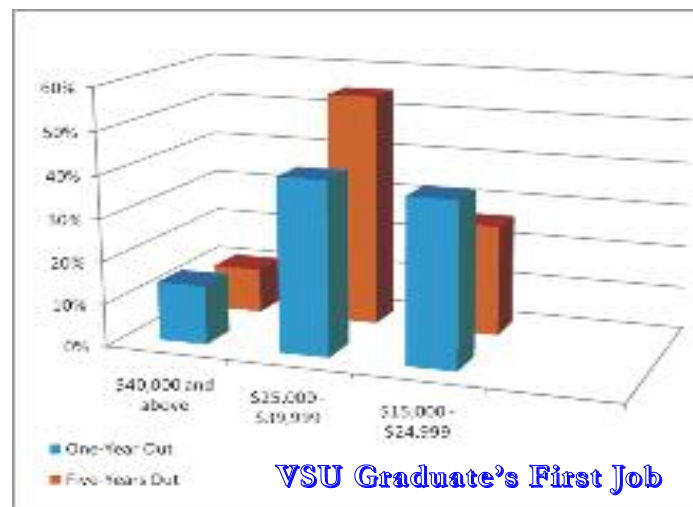
know, it's a little over the top, but hey, I'm trying to make a point) and Flin-stoneing it to work.

Which scenario sounds better? That's right, unless you are crazy and like using your feet as the gas pedal, then you chose the first option. I'm sure that most of us, because not ALL of us are sane, have dreamed of a life similar, if not exactly, to the aforementioned daydream. It's human nature to want to have the finer things in life; and why not? It looks like a ton of fun. But the point of this non-co-

herent rambling is that not all lives end up like the first example. In actuality, most people end up like the second example. Maybe not exactly like it, but one gets the jist. Do not get me wrong here, I am not trying to deflate your dream bubble--by all means dreams are what drive people to succeed; I am just stating the generic truth, and we all know that there are exceptions to the rules. If you are thinking to yourself, "Uhhh, that arrogant idiot does not know what he is talking about," and I know that some of you are thinking that, then here are some numbers to help you draw a picture with your mental Crayon.

What do you think the annual salary is for a VSU graduate's first job? \$50,000? \$60,000? Well if you guess that then I have two words for you: you're wrong. According to VSU Strategic Research and Analysis in 2004, the annual salary for the first job right out of college for 40.9 percent of VSU graduates is \$25,000-\$39,999. That's not bad right? Well think about this as well; 38.7 percent of VSU graduates made anywhere between \$15,000-\$24,999 at their first job and only 14 percent made over \$40,000 a year.

Okay let's put this into perspective



images courtesy of the VSU office of Strategic Research and Development

Dreams vs. Reality



for you, or if you prefer, Laymen's terms. Hypothetically, if 10,000 seniors, and I know that is a lot but bear with me, graduate then only 1,400 of those students will make more than \$40,000 a year in their first job. That leaves close to 8,000 VSU graduates who will make less than that a year, and probably substantially less than that.

Okay so let's say that you're in the majority and you're making \$25,000-\$39,999 a year, what can you do with that in the "real world" (and no this is not MTV so stop you're daydream of that "hot guy" right now). We're going to take a shot in the dark and say that you are going to move to Atlanta, ATL, Hotlanta, A-Town, whatever you want to call it, right out of college.

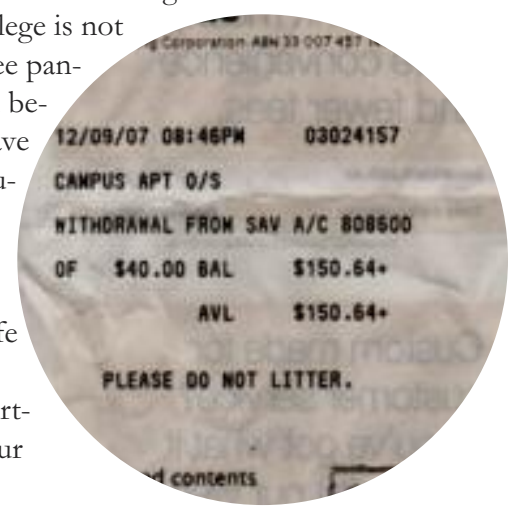
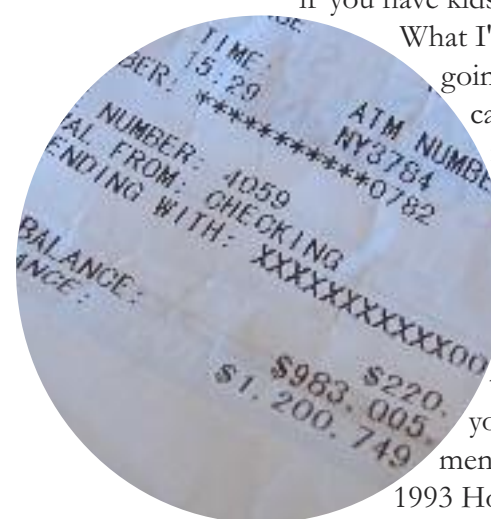


How much will I need to live comfortably?

Well let's start with housing. According to bestplaces.net, the average cost of a home in the Atlanta and Metro area is \$433,900. "Wow" is right. So let's split that up into a monthly mortgage. Putting 10 percent down (\$43,390) on a 30 year mortgage at 6.5 percent annual interest rate, leaves your total monthly mortgage at \$3,113.35: that's over \$37,000 a year. So that leaves around \$2,000 a year for the car payment, utilities, insurance, if you have kids, well you might as well call it quits and start selling blood.



What I'm trying to get at is that life after college is not going to be sunshine, pretty roses and free pancakes: it's going to be work. Like I said before, you are not stuck to this, you have the ability to "be the boss of your future," this is just a reality check for those who think they can become Bill Gates while sitting on your couch watching "Rock of Love." Life takes time and that is a fact. So when you're sitting in your one bedroom apartment looking out your one window at your 1993 Honda Accord, eating your twenty second package of EasyMac this week, think that it'll get better if you want it to.



images courtesy of search.creativecommons.org

SPORTS

For the Love of the

MONEY

By realizing the dollars that college athletics can generate, is corporate America ruining the games we love?

By Adam MacDonald

After a long day spent at work or hunched over a desk in a bland classroom, it's a wonderful feeling to walk into the house, plop down on the couch and crack open a cold one. The next step is to escape into a different world where the plight of others is played out for all to see. But watching a has-been singer try to find a mate or seeing someone voted off an island isn't satisfying, it isn't real. True reality lies in the realm of sport. Sport is where dreams are made and shattered, where tears are shed, and where the outcome really does determine jobs and lives.

However, after years of watching pro athletes whine over money, go to work for three hours and retreat to million dollar homes, inject unnatural substances into their bodies, and ignore the fans that adore them, pro sports can get frustrating. There is an urge for something more pure, a yearning to see men and women take to the court or field for the love of the game. When searching for this purity in sports, it's been the norm to find it at the collegiate level. It's the kids and students who are participating in college athletics. They play for fun, for an education, and to represent their peers in

school. They play for the glory of reaching a bowl game or qualifying for a national tournament, not for dollar bills. Of course some players use collegiate athletics as a spring board to get paid in the pros (a small percentage), but most are out to prove to the world that they have skill, talent and a passion for the game.

That's in a perfect world though, and as we have all figured out by now, this world is no perfect place. Cash rules everything around us and the people that are hungry for a profit have dipped into every corner

of society looking for something they can exploit for money. Somewhere along the line, someone figured out that college sports could be a multi-billion dollar industry.

With football's popularity at an all time high, everyone wants a piece of the pie. Companies are willing to spend millions on television advertisements on Saturday afternoons and will spend even more to have their name and logo slapped next to a bowl game. The Liberty Bowl has now become the Autozone Liberty Bowl, the Holiday Bowl is now the Pacific Life Holiday Bowl, and the famed Orange Bowl is now the FedEx Orange Bowl. It's one thing to allow corporate sponsors to plaster their

True reality lies in the realm of sports.

names all over tradition, but at least that doesn't directly affect the players. However, when these impressionable kids DO get to those bowl games they are given gift bags with iPods, Fossil watches, DVD players, hats, t-shirts and other goodies courtesy of companies wanting to get their name out.

As much of a business as big time college football has become, the NCAA Division I basketball tournament, otherwise known as March Madness, has become just that--madness.

Studies show that during this time

American businesses suffer massively from lack of production in the work place. Millions of dollars around the country are being lost because college kids are playing in a basketball tournament. Initially it's not so bad; people get a kick out of the tournament and filling out brackets while occasionally taking a half day off work or so. No big deal. But then you think of the dark side of college basketball and how schools are so hell bent on winning that they'll do anything to get the player they need to showcase their school.

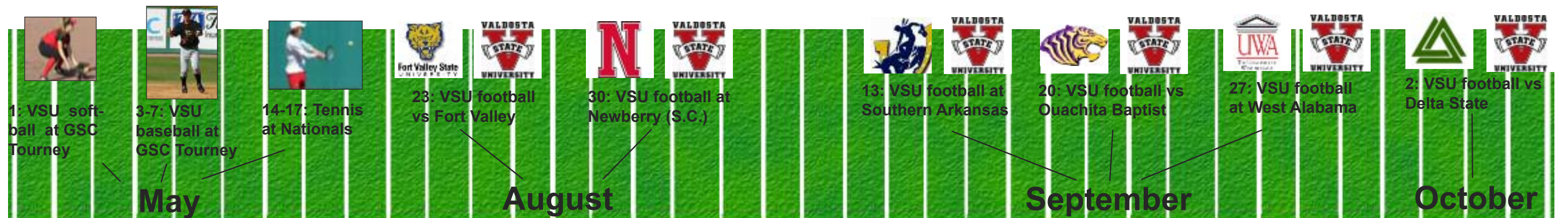
Tennessee coach Bruce Pearl took his team to the Sweet 16 this year and he is being recognized as one of the greatest coaches in the game. But, at age 48, why is he just now emerging on the national scene? Well, he spent years dwelling in the world of Division II basketball at the University of Southern Indiana because of a decision he made long ago as an assistant at Iowa. Pearl was in a recruiting battle with an assistant at Illinois over star high schooler Deon Thomas. Pearl believed Illinois was offering Thomas money and a car. He secretly taped a conversation between himself and Thomas in an attempt to catch him admitting to Illinois's

guilt. Illinois was cleared of the charge, but was hit with minor NCAA violations. Pearl was blackballed from Division I and is just now reaching the height of his career after years of ignominy. Although Pearl was within his legal rights to have secretly taped the conversation, ethically and morally it was questionable. Still, whether or not it was for the right reason, he was trying to clean up the game but was ultimately punished.

The bottom line is that most people watch sports because it's fun; it also allows them to escape the mundane reality of daily life. For some, pro sports has become too much about money, spoiled athletes and commercialism. Instead they turn to college athletics because they believe that these players compete for the love of the game and the purity of competition. That might be true, but they have to remember to follow the money, and money says that it can be made in the world of college athletics.



Bruce Pearl
Courtesy University of Tennessee





Muscle Tap



Ever wonder how a lineman can knock over a 300 pound man, or how a tennis player finds her speed in that third set? On Tap asked three VSU athletes what workouts they do that can help ordinary people. By

Stephan Walton, Sophomore
Basketball Point Guard

Dudley Spence, Sophomore
Football Safety

Hollie Bees, Junior
Tennis



Walton was named to the All-GSC tournament team in 2008

For agility exercises they use a training tool called the Vertimax, which is basically a resistance belt attached to the ground that you wrap around your waist, and then you attempt to jump.

“The Vertimax helps our jump more than any other training method in my opinion.”



Played a reserve role on 2007 Division II championship team

For agility the players do sprints, ladders, direction drills, and foot coordination drills.

“The two lifts that we do the most in the gym are squats and power cleans...Since we’re D2, it is not all about size and power, it is more about speed.”



Helped Lady Blazers win the 2008 GSC Tournament

The on court regime includes sprints, high-intensity footwork drills and circuit training - weights, speed, agility. Twice a week she runs for an hour and does yoga exercises.

“We workout in the gym three times a week with weights and doing ab work.”

11: VSU football at Henderson State	18: VSU football vs Harding	25: VSU football at North Alabama	30: VSU football vs West Georgia	October			

All logos courtesy of their respective schools

VSU...Who Knew???

The Coolest places on Campus you've Probably Never Been

By: Amanda Blank

Planetarium- Stars, planets, and whatever else can be seen in the night sky can also be seen in VSU's planetarium located in Nevins Hall room 3004. The shows are suitable for ages five and up and usually last 40 to 50 minutes followed by observatory open house, weather permitting. To get information, call 229-333-5752 or visit (http://www.Valdosta.edu/phy/astro/planet_shows.shtml). You should definitely check it out at least once.

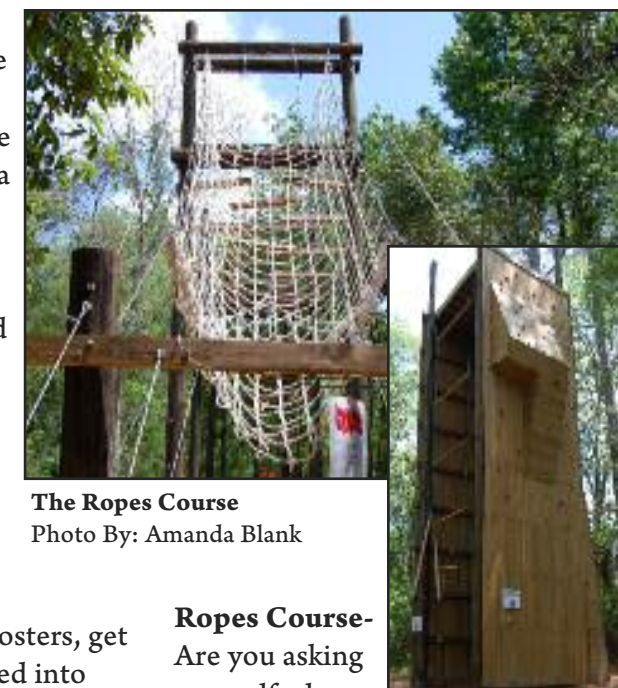
The Jewell Whitehead Camellia Trail- Is it an amazing day outside



The Jewell Whitehead Camellia Trail
Photo By : Amanda Blank

but you're bummed because you know you have to study? Check out the hidden benches along the JWC trail next to Georgia Hall and across from the infirmary. It's not a very long trail, but there are beautiful rose bushes and other flowers and trees; it's almost always empty. It's also very quiet, making it a great place to bring your books and study outside.

Media Center- Create posters, get your old VHS tapes turned into DVDs, rent a video camera or check out all the other cool services the Media Center has to offer. Located on the first floor in the Odum library, across from the Internet Café, the Media Center is "a service oriented office providing assistance in media content development, media presentations, and provides access to a wide variety of traditional and new media equipment and software." (<http://www.Valdosta.edu>). Bring out your creative side and check out the Media Center.



The Ropes Course
Photo By: Amanda Blank

Ropes Course- Are you asking yourself where on campus could this ropes course possibly be? It's back in the woods behind the student recreation center. The new course, whose grand opening was April 8, 2008, consists of elements such as a climbing tower, along with several high and low elements. (<http://www.Valdosta.edu/finadmin/yourspace/ropescourse.shtml>). After one look at this amazing course you'll definitely want to try it out. For more information on the course or how to participate, contact the student recreation center at 229-333-5898.

Young in Spirit

History Professor Louis Schmier's return to teaching after an aneurism is just one of the reasons he inspires his students.

By: Lamont Hance

If you walk through West Hall on any given day and hear simple melodies of music wafting up the stairs you know the slightly small frame of Dr. Schmier is about to appear walking towards his classroom. A short, older gentleman with salt and pepper gray hair, he has piercing, questioning eyes that seem to be young in age but old in understanding and wisdom. As an outstanding history professor at Valdosta State University, he has seen his share of ups and downs.

He believes in the power of music and starts each class with a brief reflection period in which the eyes and mind of his students are closed, taking in the message of the music.

In the fall of 2007 he had an aneurism which kept him out and in the hospital for the remainder of the semester. An aneurism is a balloon like bulge most commonly found in the blood vessels of the brain. If the bulge in the blood vessel were to burst, death can occur. I knew many of his students who took his class last semester; they were heart-broken when their dear teacher had been interrupted half-way through the semester by such a blow. Before I had even signed up to take him in the spring, I felt the impact he had on his students and others who were privileged to come into contact with him.

A lover of life, he empathizes with others. He says that he has gained a place of inner serenity and that anger seen from him is now almost always just an act.

In spring 2008 he returned without second thought about retiring from teaching. He could have easily retired and said there was no way to continue after such a blow, but he chose otherwise. He calls this incident a curve ball in his life, a bump in the road. A man of 67, it would not have been unnatural for him to go ahead and retire. However, with his constant on-the-move spirit, which is more like a 19-year-old, there was no way he could have done that to himself or any of his students. This is a reminder of what he tells all his students about the word "can't":

"Untie the Knots in you Can Nots and kick yourself in the Can!"

Dr. Schmier is a man with what seems like unlimited youthfulness. He constantly surprises even his students with his cultured and understanding attitude. The simple fact is that he's here to make a difference, and teaching is the best way he knows how.

Unlike many professors who focus on research and publication



Schmier teaches class along side his signature stereo. Photo By: Lamont Hance

of writings, he gave up these aspects of the job around 15 years ago to pursue teaching and become closer to his students. Even though he has been teaching since '63, he only started at VSU in '67; in '69 he earned his PhD.

Dr. Schmier isn't just a history professor, he also has many hobbies. These include a passion for gardening, working with his hands, and many other things. With a common green thumb and great handy-man skills, he is superior to the average hobbyist. From modeling his house to stonework and wiring to painting, he has many talents. He has added over 800 sq ft to his house, by himself, including turning his garage into a den.

Dr. Schmier is a professor most would love to have. A lover of life, he empathizes with others. He says that he has gained a place of inner serenity and that anger seen from him is now almost always just an act. He teaches his students to be better people. He seeks to help them gain self-confidence, self-esteem, self-respect, and the understanding that everyone is a sacred and valid individual and we all work together as one in this journey of life.

You will hear the Doc talking about his family many times. He talks of his wife, Susan, their two boys, and their boys' children. A big family man, the love for his family and others seems to seep from his pores and infect everyone around him. A respectful, loving individual, he allows everyone to express themselves while he listens. He provides feedback when needed as he listens, and always gives support to build one's self esteem. He is the type of man that many mothers hope their sons turn out like.

I asked his students about him and how he runs his classroom.

"Remember the chair" one student said.

The chair is a concept taught by Dr. Schmier to remember rules and embrace individuality. Dr. Schmier obviously is an individual and, with the determination and stubbornness of a wise politician, we can all learn many things from this man.

VSU's Hidden Secrets: Little known facts about your school

By: David Hudson

Women's History-Valdosta State University was originally known as South Georgia State Normal College from 1913 until 1922 and then as Georgia State Women's College at Valdosta. It did not grant entry to male students until 1950 when it became Valdosta State College. (www.Valdosta.edu)

Ancient Documents- On the top floor of Odum library you can find the VSU Archives and Special Collections. This not only contains records and documents from the history of the school, but also from the surrounding regions. It contains anything from original copies of the campus newspaper (circa 1934), to old sports footage and even Babylonian clay tablets dating to 2300 BC, which were purchased by former school President Dr. R. H. Powell. (Deborah S. Davis, Archives Librarian)

Secrets of the Underworld- A tunnel under Nevins Hall can be accessed from the mall behind it, going under the annex, and opening up in a courtyard in the middle of the building with trees and other plantings. As it has traditionally been surrounded by offices, most students never knew that it existed and, because of wires and stuff, were forbidden from exploring it. There is also a hidden

passageway under Ashley Hall where a door leading from the hallway opens to steps leading downward into the dirt under the building. (Richard T. Sae-gar)

Historical Spots on Campus - VSU is home to several Georgia Historic landmarks. The stone fireplace located between the Library and the old gym was built in 1921. Converse Hall was the first building built on campus, but burned down in 1978, and was rebuilt in 1982. West Hall is the oldest structure on campus, having been built in 1916, but has had the interior remodeled. Ashley Hall was built 1921 and has kept much of the original interior (except paint). (Deborah S. Davis, Archives Librarian)



Stone Fireplace Photo By: Amanda Blank

My Teacher Does What???

The Interesting Hobbies and Past Times You Never Knew They Had

By: Amanda Blank

Dr. Matthew Richard, Associate Professor of Anthology

Hobby: Traveling and Learning.

What's special about that? He has been to over 60 countries and has done some amazing things, such as having a stint as a volunteer on an Israeli kibbutz (look it up, it's some sort of community), joining the peace corps where he taught science in a village in Burk-

ina Faso (a republic in West Africa), and also doing another two-year stint in southern Africa where he did doctoral work in Botswana. There were also other trips in between and after.

"I love human diversity. I reject natural hubris and celebrate humanism."

How did it begin? His love of 20th century novels drove him to be bold, just like the heroes in the novels. A bold move it was travel-

ing alone to another country. He felt it critical to learn independence, and Europe was the place to do it. According to Dr. Richard, that was a "great trip and it opened the gates for subsequent adventures."

What is he doing now? He continues striving to improve his knowledge, whether that means reading and studying books or

traveling to other places.

Dr. John Dunn, Associate Professor of History

Hobby: He paints miniature figures of people and fantastical creatures. These figures range from 15mm to 54mm (0.59 inches to 2.13 inches).

How did it begin? He's been painting these figures since the '70s, although he says he's not very sure if his work is any better now than back then!

"I find painting to be relaxing; it takes me away from the world for an hour or so."

What is he doing now? Still painting. Right now, he is painting one-inch-tall Han Chinese chariots modeled after vehicles from 100 BC.

Dr. Chere Peguesse, Associate Professor and Director of the Student Success Center

Hobby: Belly Dancing and White-water rafting

How did that begin? Although she only did it for six months in graduate school, a friend of hers

introduced her to the Belly Dancing class. After the pressure from her graduate courses, Dr. Peguesse found belly dancing a huge stress

their eyes closed."

She plans on going again this summer.



Dr. Peguesse (front) rafting in Colorado
Photo provided by: Chere Peguesse

relief and a great workout. Also, her classes were filled with all types of people—big and small—so it made the classes a lot more interesting and relaxing.

What is she doing now?

One of her favorite hobbies/pastimes now is white water rafting in Arkansas and Southern Colorado. She has gone for the past three summers and has a ton of great stories from her trips.

"The very first time I went white water rafting was at night with all the tour guides. It was called the Fun Float and was supposed to start at midnight. The guides knew the rivers so well; they could guide the raft with

Mr. Michael Taylor, Instructor of Communication Arts

Hobby: Hot Air Ballooning

How did it begin? Working for the radio station in Washington, he was introduced to the annual Rally Circuit, an event where about 40 pilots participate in hot air ballooning. His enjoyment and curiosity of the sport led him to become crew chief; he

was involved for about four years. Although it's been about 15 years since then, some of his most memorable moments are almost landing in a prison field, landing in someone's front yard, and the complete silence of floating in a basket in the sky.

What is he doing now? He performs audio books. Always an audience seeker, when the opportunity arose to do a reading for Books in Motion, he took it. Almost instantly hired, he has performed around 100 books, each 8-14 hours long.

5 Things Every Student Needs to Do Before Leaving VSU

By: Lamont Hance

1.) Pull an nighter and get breakfast at Palms as soon as they open. Palms is sure to wake you up if it's the first "thing" in your stomach.



2.) Attend a Greek party. Try being different; take your own colored cup to the party ... maybe yellow maybe not.

3.) Take a long walk with someone around campus on a summer night. Hey, if you don't have someone, take Imaginary Fred.

4.) Greek Weeks!!!! (If you're unaffiliated, Hey make your own... MI PHI MI week!... It's all about you so buy yourself a cookie)

5.) Sit in the Rowdy Section at a Football Game. You know the section you always look at wishing you were brave enough to paint your body and scream until your lungs burn.



Top: Palms Breakfast Photo By: Brandon Whitehead
Middle Photo by: Lamont Hance
Bottom: VSU fans Photo By: Travis Meeks



Dr. Richard (second to back) along with several VSU students travel by down the Amazon river in Ecuador.
Photo Provided by: Matthew Richard

ODD BALL

Don't be So Clichéd

An look at the origins of several of our most used clichés

By: David Hudson

We've all used them, but most of us have no idea where they come from. No, I am not talking about cab drivers; I am referring of course, to clichés. Clichés of course are those trite overused phrases you here over and over from coaches, teachers and the everyday people you interact with. Most clichés are simple enough to understand, but how many of us really know the origins of most of these clichés. It is for this reason that I have set out and traveled to the far reaches of the internet in order to bring you the origins of several of the most used and least understood clichés.

On the Ball

Meaning: To be on top of or in control of a situation

Example: Ray was **on the ball** in class today, answering every question on the quiz correctly.

Origin: In this saying, the 'ball' refers to a baseball. A pitcher will put spin on the ball in order to cause it to curve during flight. On days in which a pitcher was getting a lot of movement on the ball, thus making

it harder to hit, they would say the pitcher was 'on the ball.' The expression was first printed in 1912.

Son of a Gun

Meaning: An exclamation of disbelief; an insulting name

Example: You **son of a gun**, I didn't know you had a girlfriend.

Origin: The term was historically used as an insult against someone who was an illegitimate child. In the past, when women were allowed to live aboard naval ships, if a woman go pregnant and had her child on-board, she would usually deliver the child on the deck between two cannons. If a male child's father was unknown, he would be recorded in the ship's log's as a "son of a gun."

Mind your P's and Q's

Meaning: to behave correctly

Example: David has to mind his P's and Q's or his parents will ground him again.

Origin: Comes from the early pub days when beer and ale was served in pint and quart containers. The tab was kept on a chalkboard which was used to count the pints and quarts consumed. To watch your "Ps and

Qs" is to control your alcoholic intake and behavior.

Not only did pub keepers maintain the count of pints and quarts consumed, they often maintained a tab for regular customers, especially sailors. The sailors tab was sometimes paid directly out of the sailors pay by the ship's captain. This was to assure the pub keeper of payment.

However, this created the opportunity for the pub keeper to charge for a few extra pints and quarts. And, in some cases, the captain was in on this little deception and shared in the extra payment. Hence it was to the sailors best interest to keep count of the pints and quarts. To mind his Ps and Qs.

Chip on your shoulder

Meaning: Someone who is angry, aggressive or moody.

Example: Having failed to make the varsity team last year, Adam had a **chip on his shoulder** during this years tryouts.

Origin: This term has its origin's in early American schools. When two boys had a disagreement or a desire to fight one another, one boy would put a piece of wood and set it on his

shoulder, daring the other to knock it off. If this happened, the two would precede to fight.

Show your true colors

Meaning: To reveal your true personality or intentions

Example: Sara showed her **true colors** when she was caught making out with her best friend's boyfriend.

Origin: This is another cliché derived from nautical terms. Some early war or pirate ships would carry the flags or "colors" of several countries in order to trick an enemy. The rules of warfare required a ship to raise its true flag before opening fire. The term comes from when a ship would approach another ship flying friendly colors but then raising their "true colors" before opening fire.

Let the cat out of the bag

Meaning: To reveal a secret

Example: James **let the cat out of the bag** when he asked Jenny for directions to her surprise party.

Origin: At medieval markets, unscrupulous traders would display a pig for sale. However, the pig was always given to the customer in a bag with strict instructions not to open the bag until they were some way away. The trader would hand the customer a bag containing something that wriggled, and it was only later that the buyer would find he'd been conned when he opened the bag to reveal that it contained a cat, not a pig. Therefore, "letting the cat out of the bag" revealed the secret of the con trick.

Jump on the Bandwagon

Meaning: To become part of a new group or participate in a new activity because many others are doing it.

Example: Seeing that they had several star players, Michael **jumped on the** Dallas Cowboys **bandwagon**.

Origin: In early American politics, candidates for office would often ride through towns on a horse drawn wagon with a band playing as a way of campaigning. If people liked the candidate they would jump onto the 'bandwagon' to show their support to everyone.

The origins of these clichés were provided by: <http://www.joe-ks.com/phrases/phrases.htm>

10 Awesome ways to waste time in between classes

By: Amanda Blank

1.) Learn to write with your other hand. Don't practice on your homework, though, because there's a good chance you won't be able to read it when you're finished.

2.) Find out how many brick stones there really are leading up the walkway out front. Don't lose count!



Boy there's a lot of those.

3.) Practice your knot tying skills using your shoelaces. If you don't have shoelaces, ask to borrow someone else's.

Photo by: Amanda Blank

4.) Teach yourself the alphabet backwards. This will be useful if you ever find yourself in an interesting conversation with a police officer.

5.) See how big of a bubble you can blow with the bubblegum you've been chewing on all day. If you don't have any, ask to borrow someone else's.

6.) Watch another episode of your favorite show (on your Ipod of course) in another language. You thought Super Troopers was funny already... just wait.

7.) Read your textbook from back to front. It probably won't make any sense, but it might not have made any sense in the first place.



Rock Crushes Scissors

Photo by: David Hudson

8.) Challenge everyone who passes by to a game of rock, paper, scissors.

9.) Converse with your friends in ig-pa atin-La.

10.) Write funny little messages to leave in the books at the library. (Note: Come on, don't actually write *in the books*—don't tear off corners of pages either).

on tap

Will Return Fall 2008

***Make the most of yourself, for
that is all there is for you.***

Ralph Waldo Emerson

