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Fitness Center gets an upgrade

Cassie Gibbs
News Editor

Troy University's fitness center recently became home to new, top-of-the-line exercise equipment. All of the equipment, with the exception of the dumbbells, is new.

The equipment is part of Life Fitness' new, 2014 line of exercise equipment that came directly from the production line. The next set of the new line to be produced will not be available for another six months.

Troy is currently the only school in the United States that has access to them.

The university's lease on the previous equipment ran out this year, which resulted in the change of equipment. The previous equipment had been in the fitness center since 2006.

The new Life Fitness equipment is unique. The strength machines are no longer plate-loaded, which means that a person no longer has to change out the plates on a machine in order to change the weight. This process is now internal.

On the machines, there is a QRZ code. If this code is scanned with the Life Fitness app, it will link the scanner's phone to a YouTube video that explains how to use the machine and will give all the information about the machine.

Sean Tatum, the director of health and wellness at Troy University, said that the company Life Fitness offers many new options on the new equipment, but it may take a while before students have access to all the features.

"Because our equipment is so new, Life Fitness is still in the process of downloading all the machines that we've gotten," Tatum said. "(This is because) we got the



Jennifer Carlisle photo

Khala Lucas, a freshman international studies major from Prattville, tests out the new exercise equipment in the Fitness Center. Troy University is the only school that has this equipment.

See **Fitness**, page 2

SGA prayer debate acknowledges diversity

Cassie Gibbs
News Editor

The Student Government Association passed a resolution that allows for the practice of prayer at any Troy University-sponsored event for the 2014-2015 academic year. Senators discussed possibly amending the resolution to allow a person from different religions on campus to present a prayer at events.

Senator Victoria Bailey, a senior social work major from Clovis, New Mexico, and

director of elections, said that she supported the resolution and believed that the SGA should pass the resolution.

"I think this is a wonderful resolution," Bailey said. "I think that it should pass, but be amended to make sure that it is non-denominational. This can help us have equal representation to all religions on campus."

Bailey said that Troy University prided itself on being an international university.

"As senator, it's an honor to represent different countries

and people from different cultures," Bailey said.

Though an amendment was not added to the docket, Amber Voss, a senior political science major from Wetumpka and chair of constitution and rules, explained that this resolution was not meant to exclude any religions.

"This is just allowing prayer at events," Voss said. "This is non-denominational. We aren't trying to target any religion."

See **SGA**, page 2



Jennifer Carlisle photo

Senator Victoria Bailey speaks to SGA about the new resolution that allows prayer before Troy University events.

School curriculum basis for online tutoring

Lilly Casolaro
Staff Writer

"Students would prefer to re-learn a concept from scratch rather than to simply patch holes in their knowledge" is the foundation for Clutch Prep's 24/7 free online tutoring service made available to Troy University students.

Clutch offers video-based lessons that are specific to school curriculum and textbooks to allow relevance and accessibility to students. "All of our content is textbook specific," said Patrick O'Keefe, Clutch Prep representative.

Clutch is streamlined to meet the student needs based directly on the content discussed in class, which sets it apart from other tutoring services such as Kahn Academy, according to O'Keefe. Rather than broad topics, Clutch uses practice problems and explanations that are in sync with the course material at Troy.

"Troy students can expect to be able to use Clutch to actually understand and get better grades," said O'Keefe.

Video lessons are geared toward first- through third-year students with an emphasis on math and science topics in accordance with common struggles among students who are entering fields

See **Tutor**, page 2



Caleb Hicks photos

Artist revisits his journey to adulthood

"Altars of Transition," an exhibit by Arkansas artist Bryan Alexis, will be on display in Malone Hall until Thursday, Oct. 2, at 4:30 p.m. The exhibit includes six sculptures representing his steps on the road from childhood to adulthood. The exhibit will be open to the public Monday through Friday from 8 a.m. to 5 p.m. It can also be viewed by appointment. The last day of the exhibit, the Department of Art and Design will host a reception in Malone Gallery. The reception is free and open to the public, and the artist will give a talk about his work and answer questions. For more information call the Department of Art and Design at 334-670-3391 or email Jerry Johnson at jjohnson@troy.edu.

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Troy offers new flight program for fall

JoJo McBride
Staff Writer

Troy University students have a new program option this fall with the introduction of its flight school program.

The new pilot program is a partnership between Troy University officials, the city of Troy and Mauna Loa Helicopters of Troy (Troy Aviation).

According to Govind Menon, Ph.D., department chair of Chemistry and Physics, the program had been in the works for about a year and a half before it became available to the students.

Menon mentioned that the university's chemistry and physics department is hosting the program; however, Trojan Aviation will provide the pilots and pilot instructors.

The new flight school program will allow students to earn private pilot licenses.

Even though the program is projected to appeal to more military students, Menon said, "You can expect a private student, who wants a private pilot's license, not a commercial pilot's license, they just want to learn how to fly."

Students can expect a hefty price tag to gain this license, as it runs around \$10,000, according to Menon.

However, this price pales in comparison to the cost of getting a commercial license, which can cost around \$60,000.

Also, both theory and practical courses are offered with the program, so students will have classroom lectures as well as hands-on pilot training.

Menon explained that all of the course instruction will be done by Trojan Aviation; however, Troy certifies the Trojan Aviation pilots and pilot instructors.

Just like other courses on campus, there will be fees attached to the course.

According to the Mauna Loa website, this program

will allow students to earn an Associate of Applied Sciences or Bachelor of Applied Sciences degree in Aviation Operations.

"The good thing is, if you just want to learn how to fly and you want a private license, you also get a minor out of it," Menon said. "So it does go into your academic curriculum."

Students may also choose helicopter or fixed-wing training as well as additional courses from Troy University.

The number of students in the program has not been determined yet.

"It is hard to tell because we don't know the market," Menon said.

Menon also said that Trojan Aviation knows the projected numbers after analyzing the market for the program.

There have been several students interested in the program, all of whom were involved in the military.

Students accept Ice Bucket Challenge



Brenna Patrick photo

Students including Skyler McCool, Mandy Marriott, Khanh Truong, Nina Estoesta, Samuel Gresham and Yoo Shin Choi, all participated in the ASL Ice Bucket Challenge. The Ice Bucket Challenge, originally meant to raise money for any foundation of the challenged's choosing, has become a social media hit raising awareness of amyotrophic lateral sclerosis (ALS), otherwise known as Lou Gehrig's disease.

SGA continued from page 1

The groups previously known as International Justice Mission and Stella's Voice joined together this year. The constitution for the new group, named Voice of Justice, was passed, and the group was recognized. The group is aiming to help raise awareness of human trafficking.

Resolution 2014-011, stating prayer will be given before every SGA meeting for the 2014-2015 school year, and Resolution 2014-012, which states that the Pledge of Allegiance will be recited before every SGA meeting for the 2014-2015 school year, were both

passed.

Amendments were also passed that re-apportioned the two seats originally used for Alumni Hall to the Newman Center and to Trojan Village, and to move homecoming elections to the week before homecoming.

Other announcements included reminders for senate elections happening Wednesday, Sept. 3, from 8 a.m. to 5 p.m., and College Colors Day, where students wear their school colors, which will be Friday, Aug. 29.

Fitness continued from page 1

first production line off the rack. However, some of the machines do have that information on the code."

The fitness center will soon have Internet capabilities, specifically to the treadmills and ellipticals, to enable students to have the most efficient workout possible.

The Internet connection will help students save their favorite workouts on the Life Fitness app.

"You can plug your phone in and, with the app, it will monitor your workouts on each machine," Tatum said. "It

will also let you save your favorite workouts so that when you plug it back into the machine, it will set the machine up the way you like it."

For students who prefer to run outside, the Life Fitness app can help make a run on the treadmill feel like a run outside.

"With the Life Fitness app and the Internet, there's a function that, if you like to run around campus or have a route, will save the route with the elevation incline and decline," Tatum said. "When you plug your phone into the treadmill, you can set the route up on the treadmill with Google maps."

Goodwin Scott, a senior social science major from Montgomery and a student worker at the fitness center, said that the new equipment is a great change for the students.

"Here at the beginning of the year, students have been excited to get in here and use the new equipment," Scott said. "The new equipment is a drastic change from last year."

The fitness center opened on Aug. 13, and 1,300 students used the center with its new equipment in a three-day period. Tatum said that the numbers for next week should be even larger.

Tutor, continued from page 1

that require upper level courses in these areas. Current courses that are offered include: Chemistry 1 and 2, Calculus, Statistics 1, Physics and Organic Chemistry.

Hannah McGaha, an undeclared sophomore from Brewton, said she would utilize this service because she struggles in chemistry, a course she is currently taking; however, McGaha prefers the face-to-face tutoring assistance that Eldridge Hall offers for students seeking support in math and science.

"Most students need help with problem solving and homework. One-on-one tutoring allows interaction and immediate

step-by-step help," said Courtney Wood, a senior biomedical science major from Troy and tutor at Eldridge Hall's Natural Science Center.

Clutch Prep is looking to expand its curriculum as early as the spring and values any feedback that students can offer concerning future topics, questions or ways to improve.

To seek help in these areas, visit clutchprep.com and utilize the free tutoring service geared toward your specific needs, schedule and study habits.

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Going home for the weekend? Reconsider

Jamie Bennett
Staff Writer

With a town as small as Troy, it is easy to assume that there is nothing to do on the weekends. Few things could be further from the truth.

Upperclassmen were asked to give some entertainment suggestions for the weekends.

"I think that there is a park in the downtown Troy area that no one ever thinks about," said Caren Carr, a senior interpreting major from Cincinnati, Ohio. "It's so cool to just go there and relax with your friends."

In addition to having a park, the square provides many interesting restaurants, such as Milky Moo's, an ice cream parlor, and Dolce, a new French bakery.

There are also shops, like the antique store and clothing shops.

For those interested in something a little more fast-paced, look no farther than Fraternity Row.

"I enjoy going to frat parties on the weekend," said

Victoria Brutlag, a sophomore hospitality management major from Scottsboro. "They're fun and a great way to meet new people."

For those looking to get involved on the campus, Rebecca Ann Armstrong, a junior graphic design major from Birmingham said, "S.C.A.D.A. (Students Concerned About Disability Awareness) is a good way to get involved if you want to make a difference."

There are even some teachers with ideas of how to spend your free time.

"The Capri Theatre in Montgomery shows really good movies, both foreign and American," said James Sherry, a French professor at Troy. "Plus there are many nice restaurants close by."

"I leave on the weekends to visit home sometimes, but it's cool to stay on campus and have time to hang out with your friends," said Paige Bartlett, a junior nursing major from Decatur.

Needless to say, despite its size Troy has a lot to offer its

students in terms of pastimes. One freshman has already found something to do with her weekend free time.

"I have found a very useful thing to do on the weekend," said Maggie Eaton, a freshman global business major from Alabaster. "Napping."

There are other things to do around Troy also. Here is a list of things to pass the time on a weekend:

The Johnson Center for the Arts shows special exhibits of famous local artists.

Studio 116 in Brundidge has special nights featuring events like spoken word and art exhibits. It also hosts the launch parties for the campus literary publication, The Rubicon.

Clubs on campus offer more adventurous alternatives, such as the LARPer's Guild, Humans vs. Zombies, and the Quidditch team.

For those who are old enough to drink, there is the Front Porch bar.

If you are looking to just stay in, the public library has a wide selection of new and old movies,



Dallas Cooper photo

Students Jessie Hammett (left), a senior secondary math major from Phenix City, and Stephanie Pridgen (right), a sophomore exercise science major from Destin, Florida, relax in the grass after playing Frisbee on the quad.

audio books and novels.

So whether you're looking for something wild and adventurous

or relaxing and fun, stick around

Troy long enough and you'll discover a world of possibilities.

Students spend two weeks in Paris, prepare for next trip



Caitlin Collins photo

Students can enjoy a trip to France with Troy's French department.

Alyse Nelson
Features Editor

Last summer Troy students spent two weeks haggling with gypsies under the Eiffel Tower, drifting along the River Seine and exploring hundreds of years of history and culture.

The French department regularly sponsors the trip to some of the most prominent places in France. The department is looking for interested students now for next summer's trip.

"Most go for the cultural experience," said James Sherry, a professor within the French department who also chaperones the trip.

"It's hard to go over there and speak French because they all want to speak English," said Griffin Allen, a junior history major from

Troy, so students who are not bilingual or studying to be do not need to worry.

But if a student is going for credit or wishing to practice his or her French, that is possible too.

Sherry said that if students wished, they could receive three or six credit hours depending on the amount of work they complete to accompany the trip.

Allen said that her favorite experience was going to a museum and then trekking back to the hotel.

"It was cool to experience the street life," she said. "I love the French people."

Danielle Cobb, a sophomore athletic training major from Birmingham, agreed.

"They are so nice," Cobb said.

Both enjoyed the chance to visit Normandy and the local restaurants and cafes as well.

Sherry said that part of the itinerary is a boat ride on the River Seine, a meal at the oldest restaurant in Paris, and tours of museums and other attractions.

In addition to everything else already included in the trip, the students are also given a free weekend there to go wherever they please.

This past year, a group traveled to London and was able to experience British culture as well.

Those interested in going next summer are encouraged to speak to Sherry as soon as possible, as it is possible there could be a waiting list.

For more information on the trip as well as more student stories of previous trips, visit www.tropnews.com.

Student reaps benefits of internship, encourages others

Emily Beckstrom
Staff Writer

Imagine checking your email and seeing the perfect internship opportunity right in front of you.

That is what happened to Jayde Jacobs, a senior multimedia journalism major from Rehobeth.

Jacobs accepted an unexpected internship as a public relations intern at the Pike County Chamber of Commerce.

"I had already planned to intern next summer on location somewhere," Jacobs said.

However, an email from

Lauren Smith, the vice president of the chamber, caught Jacobs' attention.

"The vice president emailed the journalism department asking if any student was in Troy this summer," Jacobs said. "So, I took the lemons life offered."

Because Jacobs works part-time on campus, she had already planned to stay in Troy for the summer.

Jacobs and Smith worked together once a week to re-create the chamber's membership packet.

"Working with Jayde has been great," Smith

said. "I admire her creativity the most."

Jacobs described the internship as "laid back and fun," and spoke highly of her mentor and friend.

"She was such a great teacher," Jacobs said, "and always so open to my suggestions and work, which created a comfortable work environment."

On an average workday, Jacobs would restore the layout and design of the membership packet.

After living in Troy for almost four years, Jacobs said she learned more about the city of Troy and

the people who work for it.

"I met members of the chamber board and local business owners," Jacobs said. "I felt like I had the inside scoop."

Jacobs said she is most proud of the recognition she received from the president of the chamber, Kathleen Sauer, for her hard work and creativity in designing the packet.

"It was reassuring that I can take what I am

learning in the classroom and create products for a job," Jacobs said. "It showed me that my hard work is really paying off."

Jacobs' advice to students is to stay open-minded when searching for internships.

"I hadn't even planned on interning this past summer, and a great opportunity fell in my lap," she said. "There is always a chance to learn something new from

someone new."

Smith encourages each student to research future employers and build relationships with co-workers.

"I think that so many times students don't see the long-term advantages that internships have," Smith said. "The people you work with will be able to speak of your character and work ethic long after that internship is over."



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Caitlin Collins photo

Jayde Jacobs, a senior multimedia journalism major from Rehobeth, gained insight and networking opportunities during an internship this summer.

Chinese student reveals his Troy experience

Yang Bai
Contributor

"I'm really excited about my new journey," said Juanwen Wu, an international relations graduate student from Shanghai.

This is not Wu's first time traveling half of the world to come to the United States. A few years ago, he visited Washington, D.C., Boston and Los Angeles. However, studying in an American college is a brand new experience for him.

"I love the environment here," Wu said, "squirrels are everywhere on campus." Beautiful little things like green grass and cute squirrels might not catch native students' attention because they are already used to it, but they are attractive to international students, who just began their new journeys in this country.

According to Wu, diversity was one of the biggest factors that influenced his decision when he chose colleges.

"It's really fantastic when you are surrounded by people who have different skin colors, different beliefs and different languages," Wu said.

Troy University is a whole new world for Chinese students like Wu who just started their college life. From their freshman year, they start to try American food in the dining hall, watch American football games in Veterans Memorial



Caitlin Collins photo

Yang Bai (left), a senior multimedia journalism major, in conversation with his friend Juanwen Wu (right), an international relations graduate student from Shanghai.

Stadium, watch the cheerleaders and the "Sound of the South" band members practice on the quad.

However, not every international student enjoys his or her first week in college.

"I was pretty stressed out when I went to my first class," said Kangjie Tang, a junior marketing major from Chengdu, Sichuan Province, China.

Tang said he has to spend more time than American students to catch up because everything is different from what he has learned from his college in China.

"Especially the textbooks," said Tang, "everything is in English, and there're tons of new words I have to try very hard to remember."

Besides the language barrier, Chinese

students also have to deal with culture shock.

Asian cultures and Western culture have many differences in various aspects, such as worldview, philosophy, problem handling, and sense of humor.

"I think it's a little bit hard to make American friends," Tang said. He said it is really hard for people like him whose cultural background is quite different from the native students' to blend in.

"Sometimes, when I hang out with my American friends," Tang said, "they will talk about the sports they like but I don't really get the rules, especially football."

However, a diverse environment is helping students learn more about different places all over the world.

Interracial cooperation is important to everyone when in a diverse environment like Troy University. To get the best results, they have to work together and get to know each other.

William Walker, a freshman from Birmingham majoring in biomedical sciences, said he likes having international students in his class.

"It's good to see them in my class showing different opinions," Walker said.

Hanging out with people who are from different countries is not only fun, but it also helps to destroy stereotypes and to teach different parts of this world better, said Walker, who didn't know that traditional Chinese food is phenomenal until his Chinese friends cooked for him.

Millennials' technological play time is constructive

Melissa Hendley
Contributor

The Amyotrophic Lateral Sclerosis Ice Bucket Challenge has been all over Facebook and Twitter. Participants dump ice and water onto their heads to promote awareness for ALS and encourage donations to the ALS Association and the

Motor Neuron Disease Association. And like every other viral fad, there has also been a considerable amount of backlash against it.

There are countless statuses and articles accusing the challenge of being "hashtag activism" and just something for people to feel good about themselves without actually having to contribute to

the cause in any real way.

However, according to the ALS Association's website, as of Aug. 25, the ALS Ice Bucket Challenge has raised \$79.7 million (compared to the \$2.5 million the group raised last year during the same time period).

It is not just the ALS Ice Bucket Challenge, though. It seems that any time our generation tries to use the technology we have to help other people, we always meet the resistance of those who believe our time could be better used somewhere else.

And while in some cases, we may just be wasting our time by jumping on some bandwagon, there are cases where our

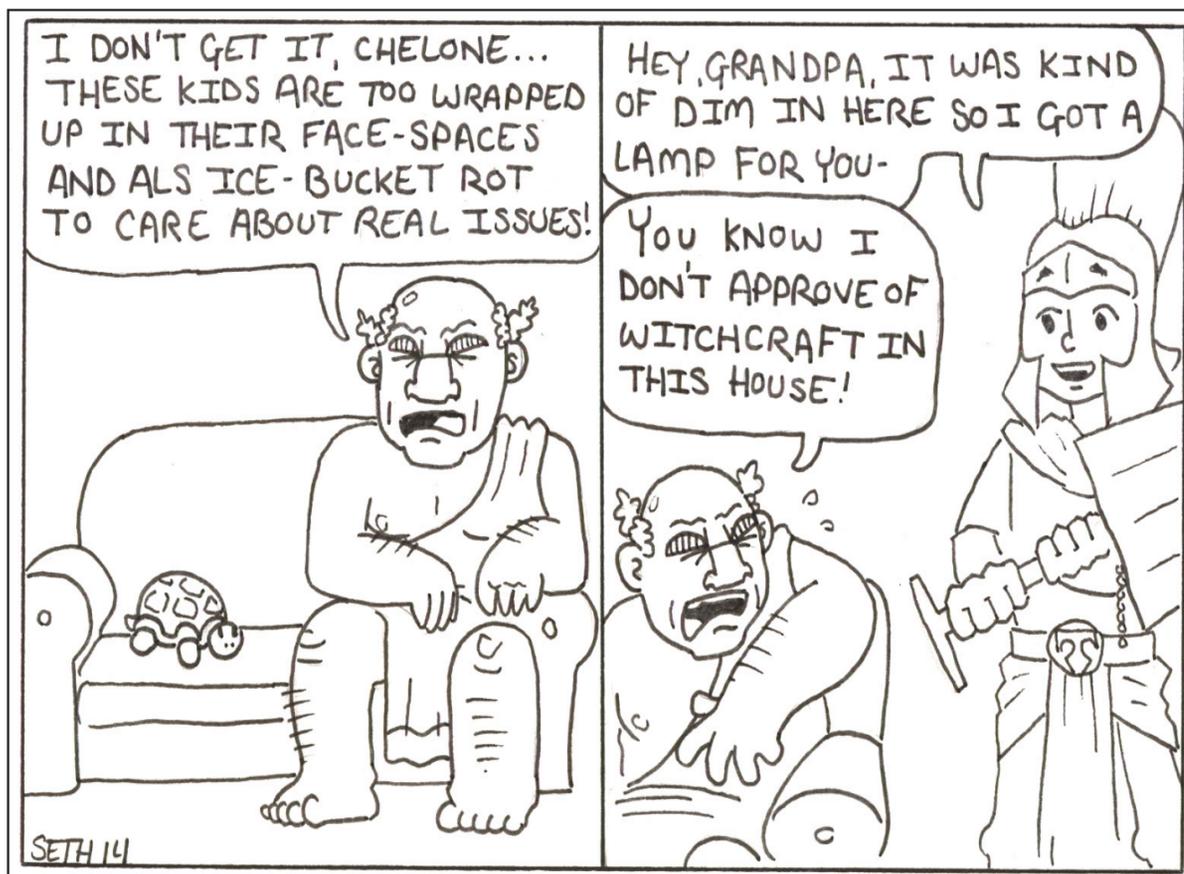
so-called "slacktivism" is actually accomplishing something — as with the ALS Ice Bucket Challenge.

The online fundraisers and awareness campaigns are often called lazy and just something to make us feel good about ourselves.

In fact, even outside of the Internet, our elders seem to see us as narcissistic and lazy. There has definitely been a shift from our grandparents' "all work and no play" attitude to our ideas that you can balance work and play.

We are constantly trying to find ways to multitask and make our lives easier, and one of the ways that we do that is through technology.

But the question remains, is the way our generation chooses to do things, and our dependence on technology, actually wrong, or is it that the older generations are not up with the times?



Seth Nicholson



April Irvin photo

Sterling Wingard, a senior information systems major from Cape Coral, Florida, doing the trending ALS Ice Bucket Challenge.

EDITORIAL POLICIES

As Troy University's official student newspaper, the Tropolitan strives to serve student interests. The Opinion page is an outlet for Tropolitan editors to question university policies that do not benefit Troy's students, praise those that do and call attention to national and state issues that relate to students. The opinions expressed here are not necessarily those of Troy University or the Hall School of Journalism and Communication. Editorials stand as the official, corporate opin-

ion of the Tropolitan. Our opinions are not influenced by campus organizations or societies, university administration or political parties. The first copy of the Tropolitan is free to any student or employee of Troy University. Each additional copy costs \$1.

Guest Columns

The Tropolitan encourages students, faculty and staff at Troy University to express opinions in a

guest column of 500-700 words. Dissenting opinions are welcomed, but all expressions are the sole opinion of their author and do not reflect the beliefs of the Tropolitan.

Letters to the Editor

The Tropolitan welcomes letters from students, faculty, staff and non-Troy affiliated persons. Dissenting opinions and corrections are welcomed. The Tropolitan does not exclusively print letters

favorable to the newspaper. Letters to the editor must be signed by the author, and a phone number must be included.

All submissions must be word-processed and emailed to the Tropolitan by 5 p.m. on Monday. All submissions may not be published.

Submissions bashing groups or individuals on the basis of race, gender, age, ethnic group, orientation or religious belief will not be printed.

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A new picture of Troy

Parker McCann
Staff Writer

This semester will be Irby Pace's first semester at Troy University.

Pace has been teaching for almost five years and has been a photographer for 14 years, since he started his associate's degree in 2000.

This semester, Pace will be teaching Photography Studio 1, 2 and 3. He will also be teaching Collab Studio, and Time and Sound.

"I grew up in a small town, so it's like being back home," Pace said. "I love the area for students and their creativity. I really like all the students, and all the faculty has been awesome and supportive."

Pace is bringing a lot of content to the art department with his talents in photography and video, as well as his experience with technology and commercial photography, and other forms of photography.

He hopes he can help bring a lot of creativity and fun for the students.

In his Photography Studio 1 class, the students are currently making pinhole cameras.

To make them, all that is needed is a common household box (any size), an aluminum can, black spray paint, duct tape, a needle and some photography paper.

Take the box and cut a shutter out of it — a simple square wherever you want the camera to point — then take a piece of an aluminum can, cut for the shutter, and put a pinhole in it with the needle. Next, tape the can piece to the shutter.

Make a flap over the shutter, and paint

the inside of the box black.

Once it dries, put a piece of photography paper inside the box, opposite from where the can piece is. To test for light coming in, leave the shutter closed and put the box in full sunlight.

Develop the test piece, and if it stays white, then the inside is lightproof and you can start working the box as a camera.

The light will go through the pinhole and make an upside-down negative. After taking multiple negatives through the development process, take one of the better negatives and make a print.

To make the print, shine a light on a face-up piece of photography paper with the facedown negative on top, and then take the print through the development process.

Pace will gladly help anyone who wants to make his or her own print. However, the prints will be black and white; they can be made in color at the lab.

It normally takes about an hour or so to make the box itself ready, depending on its complexity. The testing for light also takes an hour, and testing negatives and prints takes an hour or more.

Altogether, it takes those who are experienced up to three hours to create. For first-timers, it could take up to five hours.

Pace would like to see more printing and video courses, including some courses on using darkrooms, though he is not sure why they are lacking such courses.

"I want to keep Photo Studio 1 so I can introduce people to the darkroom. It's been bypassed by digital means, so the need for it isn't as big, but I love seeing



Tedric Davenport photo

Irby Pace brings his 14 years of photography experience to Troy's art department. He's shown students how to make a 'pinhole camera.'

students experience it for the first time because it's so new to them," Pace said.

"It's nice to see people fall in love with photography," Pace said.

Anna Payne, a sophomore fine arts major from Andalusia, said: "He brings a lot of enthusiasm to the department. He's funny and tons of fun to work with. The class has been going great, and I feel like I've learned a lot about developing in only three class periods."



Good year for gaming

Devin Holmes
Contributor

With last year's release of the Next Generation's consoles, there is a lot to look forward to in the upcoming future.

Since the launching of the Next Gen, we have received: "Watchdogs," "Titanfall," "Assassin's Creed: Black Flag," "Infamous: Second Son," "Pikmin 3," "Call of Duty: Ghost" and "Ryse: Son of Rome."

This past week at Gamescon, there has been even more talk of games to look forward to.

The first on the list is a game developed by FromSoftware (developers of Dark Souls) and a PlayStation 4 exclusive titled "Bloodborne."

This is a spiritual successor to the Soul's game; therefore, it looks and plays like one, but is supposed to be more playable by less experienced players. So if you rage quit the previous games, this might be your thing.

Another Sony exclusive featured at Gamescon was "Silent Hills."

This will be the newest installment to the Silent Hills franchise with quite a few big names on it.

Being developed by Kojima Products (Metal Gear Solid), Director Guillermo Del Toro (Pacific Rim), and special guest Norman Reedus (Walking Dead), this game made quite a large uproar with its playable teaser.

If you are a horror enthusiast, then Sony's "Until Dawn" is probably right up your alley.

This game is basically a playable horror movie with all of the clichés that you can think of.

From a man who looks like Jason Voorhees to the same basic plot of "Cabin in the Woods," this game has the potential of being extremely corny, or surprisingly good.

Microsoft gained the early release of "Rise of the Tomb Raider," the next installment to the Tomb Raider reboot series.

And, on top of everything else, Gearbox announced its new game, "Borderlands: The Pre-Sequel!"

As the name indicates, it is a prequel to "Borderlands 2," which focuses heavily on Handsome Jack exile on the Hyperion moon-base.

With all of the hype made by these games, we also got more information on games such as "Call of Duty: Advanced Warfare," the two upcoming "Assassin's Creed" games, "Witcher 3," "Destiny," "Halo 5," and even "Super Smash Brothers for Wii U."

Overall, the announcements of the upcoming games are well received, but there are some doubts.

So far in this Next Gen, there have already been a few upsets, such as the huge delay of "Watchdogs," just for it to be released with pieces of the game that were in the trailer removed.

Or even "Dark Souls 2," where the graphics were lackluster, and the game functionality was not what was promised.

Can we expect the same out of "Far Cry 4," any of the upcoming "Assassin's Creed" titles, or "Bloodborne"?

Hopefully, these games will not disappoint, have learned from their previous mistakes, and go above and beyond our expectations.

I can say for myself, even though I am a little skeptical, this looks like it could be a big year for gamers.

'Altars of Transition' in review

Writer takes a look at gallery in Malone

Jamal Carswell
Staff Writer

The "Altars of Transition" exhibition by Bryan Alexis is a modern reminder of the importance of growing up.

"Altars of Transition" — now underway in Malone Gallery — features six different sculptures showing the different stages that lead an individual to adulthood.

"I like how it's something so complex put on top of something so simple," said Robby Elmore, a sophomore anthropology major from Troy, when referring to Alexis' "Altars of Education" stage. "The symbols make you think, and I believe that's what art is supposed to do; it makes you invest thought into it and what it means."

Alexis used steel, glass, wood and even toys to represent different themes in his pieces.

He combines glass and steel to create both depth and forced perspective in his pieces — overlaying the glass to create a scene, or fashioning the steel in the form of a cage.

"It was an accurate representation of what we can go through in life," said Jonathan Carswell, a sophomore biomedical sciences and Spanish major from Troy. "It shows a high skill level in his craft, and it easily exceeded my



Caleb Hicks photo

A small toy robot on display at the "Altars of Transition" exhibit. If students attend the gallery, they are encouraged to bring toys to donate to charity.

expectations."

Both Carswell and Elmore said that they had some reservations about modern art, but were pleased to be proven wrong.

Alexis received his Master of Arts degree for graphic design at Northwestern State University of Louisiana and then he earned a Master of Fine Arts degree at the University of Arkansas.

When he was 26, he began teaching at the college level in Arkansas. He is currently in Fort Smith, with his wife, Amy, and three children: Jonah, Jude and Trinity.

"Altars of Transition" also holds the unique quality of being participatory. Students are encouraged to bring a toy and place it on one of the alters within the exhibit.

At the end of the exhibit, the donated toys will be given to charity. Donating a toy is an alternative for students to give to a charity without needing the courage to take on a bucket of ice water.

There will be a reception and lecture with Alexis on Oct. 2, at 4:30 p.m., with the exhibit ending thereafter. For other information, please contact the Department of Art and Design at 334-670-3391 or email Jerry Johnson at jjohnson@troy.edu.

<p>8/29-9/4 Continental Cinemas Student Discount with ID Tickets Available @ Kiosk In The Trojan Center & Theatre</p> <p>1:00, 4:00, 7:00, 9:30</p> <p>LET'S BE COPS R</p> <p>1:15, 4:15, 7:15, 9:45 R</p> <p>As Above, So Below</p>	<p>TEENAGE MUTANT NINJA TURTLES</p> <p>12:50, 3:50 2D 6:50, 9:20 2D</p> <p>SEE IT IN realD 3D</p> <p>PG-13 Visit www.RealD.com</p>	<p>A SPY IS NEVER OUT OF THE GAME</p> <p>Opens Wednesday August 27th</p> <p>THE NOVEMBER MAN</p> <p>1:00, 4:00 7:00, 9:35 R</p>
<p>GUARDIANS OF THE GALAXY</p> <p>12:50 2D 3:50 6:50 9:20 2D</p>	<p>DRAMA ANTHOLOGY SINCITY A GAME TO KILL FOR</p> <p>9:30 2D</p>	<p>SEARCH FOR TRUTH FIND FREEDOM</p> <p>1:10 4:10 7:10</p> <p>PG-13</p>

The **Tropolitan staff** meets every Thursday night in room 107 of Wallace Hall.

All students are welcome!

How do I become a Tropper?

We're glad you asked. Let us begin by saying not everyone is cut out from the same sterling Tropolitan mold. If you think you are, though, we want you on our team. Also, we have candy.

The do's and don'ts to stay fit in college

Jessica Valverde
Contributor

Fall semester is in full swing at Troy University, and many freshmen are wondering how to avoid the dreaded "freshman 15."

Oftentimes, students find themselves gaining weight as they learn the ropes of college life. Most of this weight gain can be attributed to the convenience of fast food, a serious lack of exercise, one too many good parties and a great deal of stress that a full-time school schedule can bring.

Tonya Clarke, a senior biology major from Robertsdale and also a majorette for the Sound of the South, is known by many of her bandmates as a health nut.

Clarke was proud to say that during her first year at Troy she was able to avoid the freshman 15 by staying active and avoiding overeating. She did, however, confess that she did not have a particular diet that she followed, nor does she have one now.

"I use simple common sense when deciding what food to eat and how much to eat of it," Clarke said. Clarke suggests that students stay far away from fast, cheap foods that students often find convenient, such as potato chips and ramen noodles. Instead, they should turn to fresh fruits and raw vegetables as their snacks.

Clarke also suggests that students find a way to stay active. "I work out at least twice a week, as well as walk a half mile to class every day," Clarke said.

Clarke also said that she weighs in weekly and that it serves as a reminder for her to watch what she eats and ensure that she makes time for exercise.

However, it must be said that we are not all majorettes who need to stay active to fit in the petite uniforms. So, how does the average student go about avoiding the freshman 15 or just shedding any unwanted pounds?

Well, take it from a 29-year-old,

full-time college student who commutes over 60 miles a day, five days a week, and manages an extremely busy life while being self-employed, and a mom: it can be done.

In January, I made it my mission to become a healthier person, and the first step of this mission was to lose 100 pounds. I weighed 248 pounds when I started, and now I weigh 188. My goal is to lose 40 pounds more.

My personal advice to all college students, not just the freshmen, is to make time for exercise and find a trainer, or someone who knows a lot about nutrition, to speak with you about your diet.

My own fitness regime includes cardio classes at X-treme Fitness in Dothan four times a week, on top of lifting light weights for one hour, twice a week, with my personal trainer.

The Troy University campus offers a full gym that is free to all enrolled students. The gym is open Monday through Friday from 6 a.m. to 11 p.m. and 2 to 8 p.m. on the weekend. This makes it easy to fit in your workouts before, between, or after classes.

I avoid foods that have no nutritional value and monitor my portions closely in addition to drinking at least half of my body weight of water in ounces each day. I completely avoid sodas or any other drinks high in sugar content.

To those students who live in the dorms and do not have the option of preparing their own meals, you should be conscientious of what you choose to eat when you are eating on campus.

Making a decision to eat the grilled chicken nuggets instead of the fried nuggets could make a huge difference in how you feel and what the scale says at the end of the week. Instead of going for the french fries as your side, choose the fruit cup.

If you cannot find any healthy options when getting ready to eat that quick breakfast or lunch between classes, make



Caitlin Collins photo

Nathan McCrosky, a freshman athletic training major from Montgomery, goes out on his daily run.

sure you watch your portion sizes. If you are eating a portion size that is larger than the palm of your hand, you are eating too much.

Also, I encourage you to find an accountability partner. Everyone needs

someone to count on to push you to work out and eat right even when you are not really feeling up to it.

With an upcoming wedding in December, I have six bridesmaids to hold me accountable.

Dear Trop

Editor's note: If any student has questions he or she would like for our staff to tackle, feel free to email variety@tropnews.com with "Dear Trop" in the subject line. All students who send in questions will remain anonymous.

Dear Trop,

I am having serious issues with my roommate. While I go to sleep by 11 p.m., she likes to stay awake until 2 a.m. watching television or playing loud music. She is also very messy, and our room always smells funny because she does not take out the trash regularly. I tried to change my room but wasn't successful, and now I'm stuck with this roommate for a few more months. I don't know if I can handle it, and I don't know what to do about it.

—Loner Girl

Dear Loner Girl,

Confrontations are not always easy, but talking to your roommate is your best option. Let her know that the loud noise at night disturbs your sleep and that you would prefer it if she kept the room cleaner. Be patient and stay calm rather than being aggressive. Your cool demeanor might better persuade your roommate.

If the problems continue after the talk, ask your resident assistant to intervene. I am sure she can act as a mediator between you both and help come up with a solution.

Cheers,

The Trop

Dear Trop,

I came in as a biology major, but I don't think that is what I want to do anymore. But I also don't know what else I would like to major in.

—Flustered

Dear Flustered,

You are not alone. Many students change their majors, sometimes even when they are almost close to graduation. That is OK. Take a variety of general classes from all departments. This way you can get a slight idea of what subjects interest you. Talk to faculty members who can tell you about career opportunities post-graduation. Even if it takes a while, that is fine. It will give you more time to have fun.

Cheers,

The Trop

Dear Trop,

I feel a little overwhelmed by college. Though the classes are not so difficult, there are always a lot of assignments. I also like to stay active on campus and am involved with multiple student organizations. My social life is great, but I feel like there is always something left to be done. I want to do everything, but don't have the time for it. Am I taking on too much for my first semester?

—Overachiever

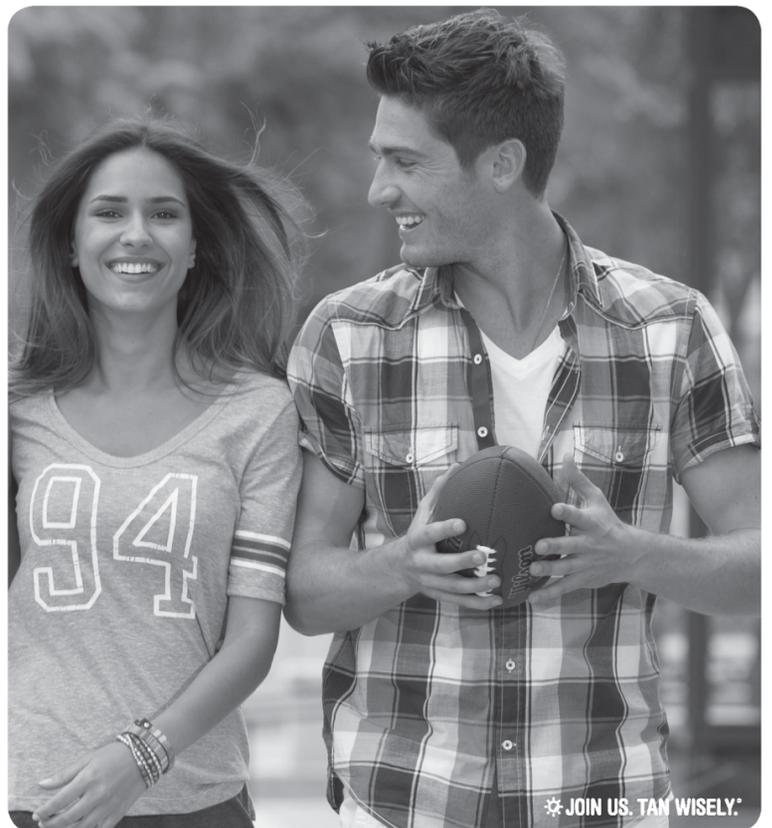
Dear Overachiever,

If this is only your first semester in college, remember that there are plenty more before you graduate. While the ambition to do everything is understandable, you have to be realistic, and the first step is saying no to certain things. Find what interests you most, stick to those and keep aside the others for later semesters. You will have your hands full with classes. Keep the additional pressure to a minimum. Remember, college is about learning and having fun. Find a balance where you are busy but still sane.

Cheers,

The Trop

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Trojan soccer off to a slow start

Michael Shipma
Staff Writer

The Troy soccer team fell 2-0 in its season opener to LSU on Friday, Aug. 22.

The Trojans got off 11 shots in head coach Jason Hamilton's debut, the most against an SEC opponent since 2011. The Tigers scored early with a goal by freshman forward Jorian Baucom 48 seconds into the match.

The Tiger squad was able to maintain possession of the ball and controlled the tempo for the rest of the game, but LSU was unable to score again in the first half.

The Trojans threatened to score in the 16th minute with a shot from junior midfielder/forward Louise Chang, but were unable to generate any more offense in the first half. Freshman goalkeeper Mikki Lewis helped keep the Trojans in the game with a couple of saves in the 22nd and 26th minutes.

Coming out of halftime, the Tigers were able to score again with a goal off a deflection from junior midfielder Natalie Gomez-Junco in the 58th minute.

A shot by senior midfielder Jane Latif in the 77th minute missed wide, and the Trojans were unable to score.

However, head coach Jason Hamilton was positive after the loss.

"We definitely held our own against a very good team," Hamilton said. "We had some extremely good moments in the game where we were able to create chance. Unfortunately, in the first

moments of the game our nerves got the best of us."

There was a special moment for the Trojan squad in the 39th minute of the match when senior Kailani Decock came on as a substitution. It was the first time she had played in over a year after battling Hodgkin's lymphoma during last season. She played 18 minutes in the match.

The match also marked the debuts for freshmen Mallary Hedden and Natalie Melillo.

"The freshmen that got time in this game were outstanding," Hamilton said. "Mikki made some really good saves, Mallary started and held her own with some very good forwards. Natalie came on and gave us some quality minutes. I couldn't have been happier with the way that they played."

The Trojans lost against Louisiana Tech 4-2 on the second half of their season opener road trip on Sunday, Aug. 24.

Troy held the lead, scoring twice in 10 minutes. However, the Lady Techsters turned the tables in the 36th minute. Louisiana Tech scored three more times during the game.

The Trojans played Alabama State at home at the Troy Soccer Complex on Tuesday, Aug. 26, and won 6-0. Check out tropnews.com for the full home game story.



Jennifer Carlisle photo

Junior midfielder Alissa Jones, above, assisted sophomore forward Annabell Simpson score a goal against Louisiana Tech on Sunday, Aug. 24. Troy lost the game 4-2. Troy played Alabama State at home and won 6-0.

Manziel

continued from page 8

this to say of Manziel: "(Former famous Cleveland athletes) dealt with far more than Manziel does on the field, and they handled it with dignity and pride, not with a junior high gesture," McManamon said

This very subject creates a general skepticism as to whether Manziel will be successful at the professional level.

There is no question that Manziel had a successful college career, nor that he is one of the best athletes in the game. However, this juvenile attitude casts doubt in the sports world.

Of course words are going to be exchanged on the field; it happens all the time. However, as any sports fan knows,

it is the reaction to the initial conflict that gets a player in trouble. There is no excuse for a reaction such as the one Manziel displayed on Monday.

A professional does not engage in petty school-yard obscenities, but instead channels that emotion into making the next plays count.

This keeps Manziel from being a professional, in every sense of the word. If he is losing his cool this early in his career, a preseason game with a starting job on the line, then there is no question that he thinks the game will lay down for him as he garners more media attention.

So far, it seems that Manziel thinks that he can do what he wants while relying on his on-camera charisma and confidence to save him.

Maybe he will change

his ways, maybe he will not.

One thing is for sure. If Manziel doesn't learn how to keep his cool in situations such as a preseason exchange of words on the field, he has no hope to make something of himself in the pros.

Eventually people will see that Manziel's career will feel less like a promising future for Cleveland, and more like a Kardashian episode. The first step towards fixing this image that Manziel has built for himself is to simply apologize. Then, he should accept responsibility for once and stop talking about his chances for playing time, just leaving it all out on the field.

Talk is cheap.



Go to

www.tropnews.com

for our feature on **Coach Smartt!**

Volleyball

continued from page 8

few years, and the Sun Belt Conference is no exception. Many teams are coming and going, which makes competing at the highest level more difficult.

"This is my ninth year in the Sun Belt," Kirkpatrick said. "In my past eight years you've had some really strong teams at the top and some weaker teams at the bottom. But this year there are definitely no easy matches."

"Any time we can get out on the floor and represent Troy University, it's a special occurrence, whether it's here or on the road, and it's something we don't take lightly. Any time we put on the colors, it's a special feeling."

The Trojan Invitational is next week, Sept. 4-5, and the Trojans are looking forward to playing in front of a home crowd.

"It's always good to get to sleep in your own bed instead of driving seven hours to play matches," Kirkpatrick said. "We're a pretty good team at home, and we need to continue to build on that."

The coach was asked which game a student should attend if he or she could attend only one. Without hesitation, his response was two words, "South Alabama."

"South Alabama is our No. 1 rival, so any time we play them it's a special time."

The Trojans take on the South Alabama Jaguars on Wednesday, Oct. 8.

The Trojans start their season on Friday, Aug. 29, against Austin Peay and UNC Asheville at the Big Orange Bash in Clemson, South Carolina. The Trojans will also play their first home match Monday, Sept. 1, against Southern Miss at 1 p.m. in Trojan Arena.

Pigskin Picks



Andrew Clay



Jill Odom



Michael Shipma



Wally Pendergrass



April Irvin



Thomas Gleaton



Chase Robinson



Joshua Thurston

#21 Texas A&M @ #9 S. Carolina	South Carolina							
Boise State @ #18 Ole Miss	Ole Miss	Boise State	Ole Miss					
Troy @ UAB	Troy							
#1 Florida State @ Ok. State	Ok. State	Florida State	Florida State	Florida State	Florida State	Florida State	Florida State	Florida State
#5 Ohio State @ Navy	Ohio State	Navy	Ohio State	Ohio State	Ohio State	Ohio State	Navy	Navy
Arkansas @ #6 Auburn	Auburn	Auburn	Auburn	Auburn	Auburn	Auburn	Auburn	Auburn
#16 Clemson @ #12 Georgia	Georgia	Georgia	Clemson	Clemson	Clemson	Clemson	Georgia	Clemson
#14 Wisconsin @ #13 LSU	LSU	LSU	LSU	LSU	LSU	Wisconsin	LSU	LSU
#7 UCLA @ Virginia	UCLA							
SMU @ #10 Baylor	Baylor	Baylor	Baylor	Baylor	Baylor	Baylor	Baylor	Baylor

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Manziel is still lacking maturity

Michael Shipma
Staff Writer

Cleveland Browns rookie quarterback Johnny Manziel was caught making an obscene hand gesture to the Redskins bench Monday night, Aug. 18.

The hand motion came after the Redskins' bench directed words at the Cleveland quarterback as he walked away from their sideline.

The gesture has met mixed reactions among media as well as other players, but Cleveland head coach Mike Pettine was quite clear on his opinion of the gesture.

"It's extremely disappointing," Pettine said. "We talk about 'Play like a Brown.' We want our guys to act like a Brown. We want to be a first-class organization. We have hundreds, thousands of kids who have come to our training camp practices. That type of behavior is unacceptable."

The NFL announced on Friday, Aug. 22, that Manziel was given a \$12,000 fine.

"I just need to let it slide off my back and go to the next play," Manziel said. "I felt like I did a good job of holding my composure throughout the night, and you have a lapse of judgment and slip up."

One thing that Manziel doesn't seem to fully understand yet is that actions have consequences.

While a fine may be nothing more than a slap on the wrist to the well-paid NFL rookie, the continuing decline of public respect among sports fans as well as the disappointment of Browns coaches are things that will sting a lot more.

When asked if he thought that the on-field gesture or his late arrival to a team meeting might prevent him from getting the starting quarterback position, all Manziel said was "No, no, no, no."

As anyone but Manziel could have predicted, veteran Brian Hoyer was announced as the Browns' starting quarterback after the Redskins' game on Aug. 20.

ESPN columnist and Cleveland Browns reporter Pat McManamon had

See **Manziel**, page 7

Trojans look to set UAB ablaze

Wally Pendergrass
Staff Writer

The Trojans hope to begin their 2014 campaign with a victory over in-state rival UAB on Saturday, Aug. 30. The last several meetings between these teams have produced amazing finishes and controversial officiating. The 2014 match looks to be another great game of football.

The Trojans return three offensive linemen and many other key pieces on offense. The question remains, though, who will be lined up behind them? According to the Troy game notes released on trojtrojans.com, both the quarterback and running back positions remain open races.

If 2013 is any indication, the running back position will be done via committee. Last season, the tandem of junior Brandon Burks and sophomore Jordan Chunn ensured that one of them got the ball or were targeted over 27 percent of the time, according to sbnation.com.

The more intriguing decision is who coach Larry Blakeney and the coaching staff choose at the quarterback spot. Will it be the more dual-threat-style junior Dontrel Pruitt, the pro-style typical quarterback junior Dallas Tidwell, or will the redshirt freshman who kept gaining ground this offseason, Brandon Silvers?

Whoever is under center will have plenty of talent on the offensive side of the ball, but can the Trojan defense help give him some momentum this season?

The Trojan defense never quite pulled it together last season, and in 2014 the Trojans will have few returning starters. Junior defensive end Tyler Roberts will look to anchor the defense and get some much-needed pass rush this weekend against UAB.

The UAB Blazers have had little success on the football field the last few seasons. According to sbnation.com, the



Caitlin Collins photo

The quarterback position is still up in the air as Troy prepares to face UAB on Saturday, Aug. 30. Junior Dallas Tidwell is one of the potential quarterbacks. He has played as a backup quarterback in the past seasons.

Blazers have won only nine games in the last three seasons. In rivalries, though, records never matter.

The Blazers are led by new head coach Bill Clark, who will take over in his first NCAA Division I head coaching job.

Clark has had a successful coaching career in the state, having won two titles as the head coach of Prattville High School. He also led the Jacksonville State Gamecocks to 11 victories in 2013, and that team set 49 school records, according to sbnation.com. Coach Clark is no stranger to the Trojans, as he served as the defensive coordinator for the South Alabama Jaguars in 2012.

Coach Clark focused on running the ball at JSU, and at UAB he will have

sophomore Jordan Howard running with senior D.J. Vinson. The Blazers also have a quarterback battle on their depth chart, listed on trojtrojans.com. Both Cody Clements and Jeremiah Briscoe are still listed as potential starters.

The Blazer defense has a lot of position battles going on, too, and with a new coaching staff in place it looks like this Saturday may be a proving ground for the Blazers' defense.

The Trojans will be the favorite going into Saturday's match, and the past few years show that they deserve that role. However, the Trojans must make sure to be prepared in order to win this Trojan war.

Trojan volleyball: All about the team

Wally Pendergrass
Staff Writer

With the season quickly approaching, coach Sonny Kirkpatrick has high expectation for his volleyball team.

"I would be really disappointed if we didn't compete for a championship," Kirkpatrick said. "I think we've got the talent and we've got a shot to do some really great things."

The team has a focus of one team and one goal. The coaching staff has attempted to unify its coaching, and Kirkpatrick expanded on that.

"It starts with us as a coaching staff, us being consistent on how we're teaching things, and consistent on what



Joshua Thurston photo

Coach Sonny Kirkpatrick believes in focusing on unity and teamwork rather than individual players. Troy starts its season against Austin Peay on Friday, Aug. 29.

we are saying and making sure the players aren't told 18 different things."

While the team does have a preseason All-Sun Belt Conference player in Maria Zelenovic, coach Kirkpatrick said that it's a team focus and all awards are better at the end of a successful season.

"I'd rather have that at the end of the year than at the beginning of the year," Kirkpatrick said. "We made it clear that any awards that we attain during the year are a culmination of 16 players' work."

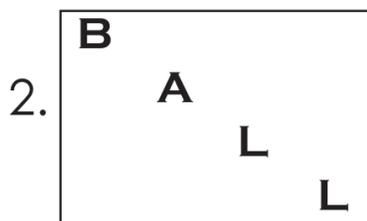
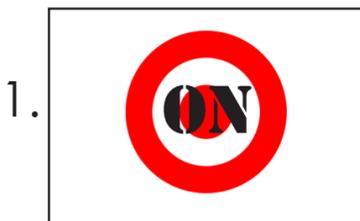
Conferences in the NCAA Division I have seen many changes throughout the last

See **Volleyball**, page 7

Word Games

How to play:

Each of these word games represents a sports saying or is related to sports in some way. Think literally to solve. Answers are in the lower right corner



Solutions

1. On target
2. Drop the ball
3. Hat trick
4. Home plate

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