Students Select Favorite Professors

KATHERINE BAKER
Senior News Writer

A recent survey was conducted to select the favorite professors of the fall 2007 semester. From students’ votes a wide variety of teachers were nominated. This eclectic mix further proves how much diversity there is within the student body. However, only one professor from each college was selected.

Dr. Bruce Stallsmith, professor of biological sciences, won the most votes from the College of Science. “I am very honored. It takes a lot of work to teach classes and make it interesting,” he said.

Next semester Stallsmith will teach the second set of introductory biology classes, Organism Biology (BYS 120) and what he calls the “5 credit killer,” Vertebrate Zoology (BYS 317).

“His very understanding and considerate of his students,” stated Shannon Gurrent, a communications major.

In addition to teaching, Stallsmith’s personal studies involve stream ecology with a species of local fish.

Dr. Jennifer Garlen was selected for the College of Liberal Arts. She is a lecturer for the English department.

“That’s very flattering. I am very pleased,” said Garlen.

She is working on a book about the 18th century and a collection of essays about “The Muppets.”

“She makes learning fun. I actually retained all the information she taught, because she is so funny and interesting,” student Quintia Pauline explained.

In the spring, Garlen will teach Introduction to Literature (EI 102), British Literature (EI 205), and World Literature (EI 240).

Mr. Dennis Hite received first place for favorite engineering teacher.

“I think that’s great. It shows students have interest in their professors,” he said.

In the spring, Hite will teach Fundamentals of Computer, Electrical and Optical Engineering (EI 100). He is working on his doctoral degree in the same field.

“You're one of the most down-to-earth teachers,” student Lance Price stated.

Runners-up include Dr. Jill Onega of the English department and Ms. Mary Setzer of the chemistry department.

The College of Nursing and the College of Business Administration received too few votes to determine a winner.

Cast your vote for the spring semester in April 2008. A poll will be conducted early in the month at the University Center.

Theatre to Receive Endowment

SEAN KALO
Freelance Writer

Due to several successful performances featured on the fall bill including the ongoing piece: All In the Timing, Huntsville’s Arts Council has taken interest and is working to set up a fund in the memory of a recently deceased Alumnus, and local thespian, Lee Deal. The Lee Deal Endowment will hopefully create more opportunities for the further development of the theatre program, the promotion of university events in the community, and ultimately students involved in performance arts here on campus.

However, the Arts Council is currently having difficulties financing the initial ten thousand dollars necessary for the official establishment of the endowment. Therefore, the added financial strain placed on the theatre program effectively stifled efforts- expenditure of money that could be harnessed instead to production or improvement of other plays and performances. Those in theatre are nevertheless persistent and resilient, so the pressure that could be alleviated by the endowment will not cause the program to become “just another has-been.”

Lee Deal was a local champi

character. It seems, as well, that it recognizes the potential the department has for producing a success on campus and throughout Huntsville. Furthermore, the currently untapped student talent could serve to expose the university to the public and trigger interest in cultural activities among the student population. This, in turn, could increase awareness of the other events and programs the university has to offer in Huntsville and elsewhere.

The UAH Theatre department’s performance has been well received by the public in recent years. The program has been growing since it was revamped in the 2005-2006 school year. The Emmy Award winning David Harwell was brought into the Communication Arts faculty and placed in charge of UAH Theatre.

Thus far, the university and various generous benefactors have ensured the program’s financial stability, it would be a great help to the theatre department if the Arts Council could raise the needed funds for the Endowment. Students are already constantly divvying their time in order to make it through each semester, whether toward academics or jobs. Their efforts within theatre, if the Endowment is established, can go toward the promotion and production of the department and features, not finan-

ce. Support from the community could ensure that UAH Theatre breaks a leg rather than its bank account.

For more information on helping this cause, contact the UAH Office of Development, (256)-714-6505 or go to www.uah.edu/giving.
How to Get Healthcare on a Student Budget

RACHEL LACKEY
Freelance Writer

As holidays approach and the end of the semester draws near, workloads and stress levels increase, often resulting in an immune system breakdown. The fact that it also happens to be the season, and Huntsville is in the midst of a syphilis outbreak makes it a wonder that anyone stays well...

What is a student to do when illness strikes? Some call mom for some TLC or take a trip to the family doctor, but for those without insurance or who are unfamiliar with Huntsville, this can be quite the predicament. Here is a short review of some available options that seem to best fit students' needs.

The UAH Student Health Center is a small walk-in clinic conveniently located on campus. Four nurse practitioners provide medical services. The center is clean and efficient and patients are seen quickly. Only students who are enrolled in at least three semester hours at the time are eligible for services. Though prices for services are low compared to other doctors' offices and clinics, fees may still exceed some students' super-tight or nonexistent budgets.

For those who are willing to go off-campus to the mall, the Health Department offers several of the same services at no cost and some on a sliding scale. Those familiar with the old location downtown on Green Street will be happy to know that the Health Department has moved to a new, much cleaner building. However, keep in mind the old idiom that, "You get what you pay for," at least in terms of quick services: Arrive first thing in the morning to sign up; you may even have to come back after lunch. Either way, bring some extensive waiting material, because chances are that you will be in the waiting room for awhile. Still, for those with little income, the services are worth it.

The Community Free Clinic offers all of the medical services that are also available through the Health Department. As the name implies, services are free, but you must qualify. This clinic is for those in extreme need of long or short-term medical care and who are willing to give up two afternoons or evenings to receive it.

Local practitioners volunteer their medical expertise. This option is only recommended for those who have to walk-in clinics for short-term care that accept insurance or cash payments. Again, though prices are "low," they may seem exorbitant to those without insurance who have limited incomes. These are good options for those with some disposable income who loathe waiting around; a simple visit usually takes about 20 minutes.

The least expensive option is always going to be care. Unfortunately, "staying healthy" tips can seem like a bad joke to busy students who are working, studying, and social life. "Eat right! Get plenty of sleep! Exercise for 30 minutes a day?" If getting sick this way is unavoidable, at least knowing your options may help ease some of the pain.

Celebrating the Season with ACE!

ABIGAIL BROWN
Freelance Writer

Tired of studying? Looking for something to take your mind off of your upcoming exams? Come celebrate the season with ACE! On Tuesday, December 4th at 2PM in the UC Exhibit Hall, ACE is holding a holiday party for all students.

Anyone can attend, and you don't need an invitation. Joseph Ditto, ACE Director of Events, explains that they waived a sign-up process so that the event would be more easily accessible to students who were preoccupied with studying and exams. So, all you can have to do is show up and...

have fun. "ACE will be providing free food and a great band, [Fort Porter]," says Ditto. Holiday-themed fare is to be expected as is the musical delights of Fort Pastor, which Ditto describes as "uniquely soul acoustic rock" and a combination of American and Australian sounds. If you'd like to know more about Fort Pastor, visit their website at www.fortpastor.com.

Don't be a scrooge! Instead of posting because you're stuck inside with writers block or a bad case of procrastination, come on out to the ACE's holiday party and leave the stress of studying behind.

KATHERINE BAKER
Senior News Writer

Samantha Pelham, president of the Medical Careers Club (MCC), is a remarkable student at UAH. Between juggling senior classes, sorority activities, a pharmaceutical tech certification test and gaining post-graduate experiences in prospective medical careers, she sets the bar for university students.

"I came from a biology major with a double minor in chemistry and business administration. Throughout her college years she has received many honors such as the dean's list, and held many positions including student coordinator for the Admission's Ambassador. She explains that out of the multitude of activities she participates in, student life is her favorite aspect.

"Helping students get involved is very rewarding," she stated. One of the main methods she helps people get involved is through her presidency of the Medical Careers Club.

"Our goal is to enhance preprofessional scholarships through peer networking and mentoring, community service, and offering professional development workshops," explained Pelham.

The program helps build credits on resumes and applications for prospective job opportunities and graduate and medical school.

Students' Best Bet for Healthcare:

UAH Student Health Center - University Room, 203 - (256) 824-6757
Mon-Fri 8:15 a.m.-12 p.m., 1:30-5:00 p.m. By appointment or walk-in - Services: Health counseling, Immunizations, short-term illness/injury, testing
- Fees: $3 per office visit, plus additional charges for uninsured services
- Pro/Friendly on campus office that's cheap, clean, and fast.

Community Free Clinic - 711 Franklin Street - (256) 533-2910
Mon and Thu 9-3:30 p.m. by appointment, 4-5 p.m. for intake procedures
- Services: Most medical and lab services, full prescriptions
- Fees: Free, but eligibility is based on income
- Pro: Free, High quality medical care for short or long-term illnesses
- Cons: Very limited hours Long hours of waiting. Does not provide STD or pregnancy testing, immunizations, birth control or routine exams

Madison County Health Department - 301 Max Luther Drive - (256) 519-7118
Mon and Fri 8 a.m.-5 p.m. By appointment or walk-in
- Services: Testing for TB, STDs and HIV. For women: Pap tests, mammograms and birth control. Health education materials are also available
- Fees: $3 per office visit, plus additional charges for uninsured services
- Pro: New building is much cleaner, friendlier and testing services are free.
- Cons: Limited services, fees inefficient, only open for regular business hours.

Newspapers:

Express Clinic - Proprietary Drugs - 717 Pratt Ave - (256) 332-5168
Mon-Fri 8 a.m.-5 p.m., Sat 9 a.m.-1 p.m.
- Services: Immunizations, short-term illness and injury
- Fees: $30-$410, insurance or cash payment
- Pro: Fast, Competitive pricing. Later hours than most clinics and open on Sunday.
- Cons: Fees exceed budget for those without insurance.

CheckUps - Wal-mart - 6140 University Drive - (256) 830-9797
Mon-Sat 8 a.m.-6 p.m., Sun 10 a.m.-4 p.m.
- Services: Physicals and check-ups, Immunizations, Pregnancy and Pap tests, short-term illnesses blood work (with documentation), Urine drug screens for employment
- Fees: Office visits are $45 uninsured, $65 insured, Total cost depends upon services
- Pro: Fast, Competitive pricing. Open 7 days per week.
- Cons: Fees may exceed budget for those without insurance.
Home Remedies for Holiday Blues

November 21, 2007 • The Exponent

RACHEL LACKEY
Freelance Writer

The UAH College of Nursing’s Health Fair was held on Friday, November 16 from 10 a.m. to 2 p.m. The event was held in conjunction with the UAH Student Health Center and the Faculty and Staff Clinic.

The first floor of the Nursing building was bustling with people holding plastic tote bags stuffed with pamphlets as they toured numerous colorful displays on a wide variety of health topics and snacked on the candy that was offered at most of them. The irony was apparent with the table that had ice cream coupons and an open box of numerous colorful displays on a wide variety of health topics and snacked on the candy that was offered at most of them. The irony was apparent with the table that had ice cream coupons and an open box of 

Students gather around a Health Fair booth. (Photo by: Rachel Lackey)

Just Move It!
The 10 week Campus-wide Fitness Competition

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www.uah.edu/~fitness

Participants receive:
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• Motivation
• Accountability
• Custom Fitness Assessments
• Entry into wellness events

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KATHERINE BAKER
Senior News Writer

It happens every year; holiday handshakes turn into a shuttle system for cold and flu germs, our noses begin to run, our skin cracks to the dry wind, our heads sore to high temperature fevers, and to weaken our immune systems a little more, we have those fun after Christmas party hangover blues. Everyone has already emptied their wallets for jingle bells, kids and adult toys, and those eclectic varieties of gifts that either get gifted or shoved into a small space you had left over on the top shelf of the linen closet. More than any other time in the year, people ask a lot less happy about spending more money on medical costs for the holiday sick season.

So what can you do? Well, here is a list of home remedies that just might get you through winter without multiple visits to the doctors:

Dry! Dry! Dry!
• Chapped lips: As saliva evaporates from licking your lips, it pulls the natural moisture out with it. Instead, drink lots of water, which helps your body retain its natural moisture.
• Chapped skin and winter itch: If your dry skin evaporates from licking your lips, it pulls the natural moisture out with it. Instead, drink lots of water, which helps your body retain its natural moisture.

See HEALTH TIPS on Pg. 8
Finals Survival 101

ABIGAIL BROWN
Freelance Writer

I know you’ve been trying to deny it, but finals are right around the corner. Fact is, most of us will wait to the last minute to even think about opening that book we’ve been using to outveil the legs of our night stand this semester. So, if you’ve found yourself freaking out about the prospect of being unprepared or blanking out on a final, we’ve got some tips for you.

1. First of all, back away from the coffee. If you’ve been sipping down coffee through a bendy straw stuck in the coffee pot, you might not be in store for a serious caffeine overdose and eventual hangover. Sure, a little caffeine pep is fine, but opt for a good night’s sleep instead.

2. Also, refrain from popping Adderall or No-Doz-serious health effects are likely. And, if you O.D. on the night before, you’re not the only one. And next semester, try not to wait until the night before to study. Instead, sit somewhere uncomfortable like on a kitchen chair. Also, drink lots of water-how will you fall asleep if you have to pee every ten minutes?

3. Study with a partner. When you study alone, sometimes you can get stuck in a comfort zone. If you find yourself re-reading the same thing over and over, get up and walk around. Don’t sit in one place and expect to add to your knowledge base. Change it up.

4. Also, try out some meditation. I have to sit fairly still for that amount of time. It is a great time to stop moving, always having to do something. I don’t think a lot of people do that anymore. It’s a great time to meditate, pray, and just think. I find it helps me focus better the next day. Also, if you’re an anxious person, try it. It might help.

5. Eliminate distractions. Turn off the TV, shut your dorm door, and, if possible, turn off your laptop. If you don’t need the computer, turn it off. You’ll be tempted to wallow away the hours playing Spider Solitaire or browsing mindless videos on YouTube.

6. Sometimes, you do need something to break the silence. Go ahead and put on your iPod, but if you find yourself singing to words to “Soulja Boy” instead of reciting the conjugations of “estar,” you probably need to turn it down or completely off.

Other than that, don’t freak out. This is only a test-BEEP No, really. It’s not. Don’t get me wrong-grades are extremely important in our grade-centric society, but it’s not worth having an anxiety attack. Remember, you’re not the only one. And next semester, try not to wait until the night before.

STEPHANIE KALOI
Senior Arts & Leisure Writer

If you are one of the many who will remain in the greater Huntsville area over winter break, you may be wondering exactly what our university and city have to offer. Fortunately, there is no shortage of things to stay snug and warm inside while simultaneously being entertained, whether through film or folly.

Sarah Kittinger, a senior majoring in studio art, is exhibiting her exit show “Pinhole Images” in the University Center art gallery until November 30. The exhibition is largely comprised of Kittinger’s photography, in addition to a few lithographs.

“One of the messages of the show is that we need to slow down a bit. Pinhole photography, exposure times are usually pretty long—mine being between 10 and 25 minutes. I have placed myself in all of my images, which means I have to sit fairly still for that amount of time. It is a great time to meditate, pray, and just think about things. I don’t think a lot of people do that anymore. Just take this time to sit still, to appreciate the world around them. People are always moving, always having to do things,” Kittinger explained. “In the digital age where it seems like you can get anything instantly, I want people to know how long it took just to get one image. It was not just an instantaneous thing.”

To further explain pinhole photography, Kittinger said, “A pinhole camera is any light-tight container in which you poke a hole, usually with a pin or needle, in the side. This is your ‘lens.’ You then place film, photographic paper, or any light sensitive material inside the container opposite the hole. Expose the film for anywhere between a few minutes to a few hours, or longer, depending on the amount of light, the size of the hole, and the distance from the hole to the film.”

Due to popular demand, the University Center will host the annual UAH Late Night Breakfast in the Charger Café on December 4. The breakfast will begin at 10 p.m. and end at midnight. The meal is free to UAH students with valid ID, and will be served by UAH administration and staff.

The UAH Art Club will host its art show and sale in the University Center gallery on December 5-7 from 10-7 p.m. The show will include holiday cards, ornaments, and of course, art. Half of the proceeds will go towards the Art Club’s fund for a trip to New York next spring. Also, The Peep Show will perform at the Flying Monkey that evening at 9 p.m. and the following night at 8 p.m. Tickets are $7.

If you plan to venture into Huntsville for your entertainment needs, the Huntsville Ballet Company, in conjunction with the Community Ballet School, will stage its 38th annual performance of “The Nutcracker” from December 7-9. Performances are at 7:30 p.m. on Friday, 2 p.m. and 7:30 p.m. on Saturday, and 2 p.m. on Sunday. The ballet will be held at the Von Braun Center Concert Hall. Ticket prices range from $13-18, with a $2 discount for students and seniors. They are available at the Von Braun Center Box Office or through TicketMaster.

Also beginning December 7 at the VHC is the Fantasy Playhouse Children’s Theater’s production of “A Christmas Carol.” Performances are December 7-9 and 13-15 at 7 p.m. and December 8-9, 15-16 at 2 p.m. Ticket prices range from $10-15 and ordering information is available on their website. See WINTER BREAK on Pg. 8
Got a better idea?

A campuswide opportunity for students with entrepreneurial ambitions to present their new product and new business ideas to potential investors while learning how to start a new company based on their own ideas or those developed at UAH.

2008 Charger New Venture Competition

Spring semester 2008

For more information, or to register, call:

824-6952

Homecoming 2007: Red White and Blue UAH

MATT BARRON
Staff Writer

Homecoming attracted a crowd of UAH students Friday for a night of 'Americana' themed entertainment, but hockey game attendence was lackluster. The festivities centered around the crowning of the King and Queen on Friday night, and included a bonfire, a concert starring Da Funk Junkys, and a step competition.

The step show has been a major highlight of the festivities surrounding Homecoming for the past two years. This year, four teams competed. Friday night's step show brought out an energetic crowd, according to Homecoming court member and Exponent staffer Sarah Perrin.

"It got kinda rowdy," Perrin said. "The girls were in formal attire, so they couldn't get real close."

Friday night's events were well attended, but not everyone enjoyed the music selections.

"They need some real dance music, and less rap," said Lauren Patterson, who watched the Homecoming game after staying up late to mind near the embers of the bonfire after the Homecoming crowning festivities.

However, that crowd did not make it out to this year's hockey game against Bemidji.

"It looked like there were more people there that weren't from UAH than students," Patterson said.

The Chargers tied Bemidji 3 to 3.

The low attendance could have been due to the fact that the Homecoming crowning ceremony was held the night before. The crowning ceremony is normally held during the hockey game. This year, organizers were unable to get the opposing team to agree to an extended halftime.

This year's Homecoming King and Queen were Reggious Bell and Paris Gholston. Thomas Sargent and Megan McKenzie were Mr. and Miss Charger.

A campuswide opportunity for students with entrepreneurial ambitions to present their new product and new business ideas to potential investors while learning how to start a new company based on their own ideas or those developed at UAH.

For more information, or to register, call:

824-6952

Serious stories are a writing style that newspapers adapted in the 19th century. They in corporate tales of men, mystery, murder, and madness. Edgar Allen Poe is a remarkable example of someone who authored such fictional stories. Printed with permission, CS07 Matthew Callis. Questions or comments may be sent to runmyrace@gmail.com.
Women's Sports Recap

RAYMOND GILSTRAP
Senior Sports Writer

The Lady Chargers soccer team finished on October 26 with a home loss to Christian Brothers. The Lady Chargers men's basketball team suffered a loss against West Georgia on Senior Night, November 1; and Lady Chargers volleyball team prevailed in the Gulf South Conference (GSC) Championships and the National Collegiate Athletic Association (NCAA) South Regional Championships to win a trip to nationals. There were ups and downs this season for all fall sports and here is a look back at some of the highlights for the women's teams:

Women's Soccer: Led by Coach David Cain and seniors Caitlin Heider, Natalie Hamilton, and Bemidji State. In the Gulf South Conference (GSC) Championships, the Lady Chargers won 2-0. Two consecutive losses followed the win, including the first home game against Florida Southern, before four wins. The Lady Chargers lost the last game before beating North Alabama, their first GSC opponent. Four losses and a tie came next, prior to a thrilling win against Delta State, 7-2. The last game against Christian Brothers ended with a 4-2 loss. Sophomore forward Ina Bjorklid was named to the All-Gulf South Conference second team and the CoSIDA All-Academic second team, while senior defender Kelly McAlear was named to the CoSIDA All-Academic second team. Wm Bjorklid led the team with 13 goals. The team finished the season with a 7-8-1 record.

Volleyball: Led by coach Laura Taube and seniors Kristin Bramlett and Ann Ledford. The Lady Chargers were 2-2 in the season opening Arkansas Tech Tournament. This was followed by a 1-3 record in the Rollins Tournament. In the West Florida Tournament, the Lady Chargers dropped all four matches before losing to Henderson State in the first non-tournament match. The next tournament, the UAH/Country Inn and Suites Invitational was held in Huntsville and the Lady Chargers finished well, finishing 3-1. Seven non-tournament matches followed, including a loss in the first home game against West Alabama and losses against several GSC opponents. The only victory in that span of seven matches came on the road against Valdosta State. In the next tournament, the Hardin Tournament, the Lady Chargers were 1-2. Then, after a loss against North Alabama, the Lady Chargers lost all four matches of the Lady Reddie Classic, the final invitational of the season. With three wins and two losses in the next five matches, the Lady Chargers concluded the season with a 3-0 loss to West Georgia on Senior Night. In the previous game against West Florida, the Lady Chargers hopes of making the GSC tournament were crushed with another 3-0 loss. The Lady Chargers finished the season with an 11-27 record.

Women's Cross Country: Led by Coach David Cain and seniors Caitlin Heider, Natalie Hamilton, and Amy Smith, the Lady Chargers also had an impressive season. Just like the Chargers team, the Lady Chargers finished first in the opening Fleet Feet East Jacoby Memorial match and in the UAH/Country Inn and Suites Invitational. In the Auburn Tiger Invitational, the team finished 9th out of 22 competing teams and placed 6th in the Memphis Twilight Cross Country Invitational, which had 41 teams competing. The Lady Chargers almost claimed the GSC championship as well, but a strong effort to a first-place finish in the UAH/Country Inn and Suites Invitational with a second-place finish in the NCAA South Regional Championships, the Lady Chargers finished third and earned a bid to nationals, along with the men's team. Both teams will be running for a national championship on November 17.

Hockey Team Looks to Future

KAVI SPENCE
Staff Writer

The Chargers Hockey Team are fighting the Irish on the ice Friday Nov. 23 in Troy, N.Y. at the Rating Percentage Index (RPI) Tournament. With last season’s 3-2 double overtime loss to Notre Dame still lingering in Charger memory, UAH Head Coach Danton Cole and his squad look to even the score. The Chargers are coming off a 1-6 start to go up against an eleventh ranked Notre Dame team that is playing 9-4 hockey this season. “We’ll definitely have our hands full with them but I think our chances are great.” Cole said in a telephone interview on Monday afternoon.

Senior Sports Profile

RAYMOND GILSTRAP
Senior Sports Writer

Full Name: Caitlin Marie Heider
Sport: Cross Country and Track
Major/Minor: Elementary Education and Collaborative (Special Education)

Why Caitlin enjoys running track and cross country: “It is a way to get away from the stress of school. I have also made great friends and memories that will last me a lifetime.”

Caitlin’s hobbies: “Running is actually something I do for fun. However, when I am not running I love to shop, eat out, and spend time with my friends and family.”

Caitlin’s plans after she graduates from college: “I hope to find a job teaching in the Huntsville area. I also hope to keep up with running and train for marathons.”

CHARGER SCOREBOARD

Hockey
Record 1-6-1
November 9
Bemidji State 2
Chargers 0
November 10
Chargers 3
Bemidji State 3

Women’s Basketball
Record 1-0-1
November 30 (Exhibition)
Armstrong Atlantic 66
Alabama A&M 76

Men’s Basketball
Record 0-1
November 17
Purdue-Cayey 73

Lady Chargers 57
Armstrong Atlantic 74
Lady Chargers 57
Lady Chargers 81
Puerto Rico-Cayey 29

Chargers 73

Don’t Like What You See?
We take leads, stories and photographs from students and faculty.
Email: editor@exponent.uah.edu for more information.
Thursday, Nov. 22
- Thanksgiving Holidays: No class
- Men’s Basketball vs. Carson-Newman, Spragins Hall, 7 p.m.

Tuesday, Nov. 27
- Honors Forum Senior Symposium: “Identification of Genes Involved in Signaling during Ectomycorrhizal Symbiosis,” Emily Jones, Frank Franz Hall, 11 a.m.
- Retirement Reception for Dr. David Billings, Business Administration Building Lobby, 4 - 5:30 p.m.
- “All in the Timing,” Morton Hall, Studio 106, 5:30 p.m.
- ACE presents the band “Fort Pastor,” Slob, 9 p.m.

Thursday, Nov. 29
- Honors Recital, Roberts Recital Hall, 11:10 a.m.
- “We the People High School Oral Competition,” Chan Auditorium, 9 a.m.
- Winter Commencement, VBC Arena, 2 p.m.
- Ice Hockey vs. Robert Morris, VBC, 7:05 p.m.
- “All in the Timing,” Morton Hall, Studio 106, 5:30 p.m.

Friday, Nov. 30
- “All in the Timing,” Morton Hall, Studio 106, 7:30 p.m.

Saturday, Dec. 1
- “All in the Timing,” Morton Hall, Studio 106, 7:30 p.m.

Sunday, Dec. 2
- “All in the Timing,” Morton Hall, Studio 106, 2:30 p.m.

Monday, Dec. 3
- “We the People High School Oral Competition,” Chan Auditorium, 9 a.m.

Sunday, Dec. 6
- Winter Commencement, VBC Arena, 2 p.m.

Monday, Dec. 17
- Ice Hockey vs. Robert Morris, VBC, 7:05 p.m.
- Men’s Basketball vs. Christian Brothers, Spragins Hall, 7 p.m.

Tuesday, Dec. 18
- Ice Hockey vs. Robert Morris, VBC, 7:05 p.m.

FINAL EXAM SCHEDULE

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Crossword

Across
1. Plug of tobacco
2. Amerada
9. A wee hour
12. Capital of the Red River
14. Johnson of “Laugh-It”
15. Face-off
16. Like a couch potato
18. J.F.K. postings
19. Patron
20. Lake George hotel
22. Crowd noise
24. Eagle grippers
25. Followers
29. Comie Rudner
30. Moolah in Moldova
31. Pinocchio, at times
33. Nautical time tellers
36. Horse opera
39. Austin-to-Dallas dir.
40. Blockhead
41. Lose ground
42. Pierre
44. C.E.O.'s degree
45. Quitting time, for some
47. Comedian, at times
50. Tally
52. Ridge of sand
53. Big apes
55. Cut
59. Prefix with China
60. Like a bull in a china shop
62. “there, done that”
63. Healthy look
64. Aquarium fish
65. Be mistaken
66. Ketch's cousin
67. Blackball

Down
1. Partner of van.
2. Drag
3. Dead against
4. Suitors
5. “Gotcha!”
6. Baseball stats
7. Mar. honoree
8. Slangy smoke
9. Like tree surgeons?
10. Closes in on
11. “What is new?”
13. Otherwise
15. Kicked downstairs
17. Drag one's feet
21. Way out
23. Bridle attachment
25. Burn soother
26. Juicy fruit
27. Rustled
28. Seasonal visitor
32. Double check a check
34. Ear part
35. Celeb
37. It may be limited
38. Live it up
43. Poker play
46. Parting words
48. Klutzy
49. Ball girls
50. Coper need
51. Newswoman Zahn

By GFR Associates • Visit our web site at www.gfrpuzzles.com

Sudoku

Solutions to last issue's puzzles:

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Quotable Quote

If at first you don't succeed, try, try again. Then quit. There's no use in being a damn fool about it.

• • • W.C. Fields
WINTER BREAK From Pg. 4

As long as driving an hour or two does not diminish your holiday cheer, the Alabama Theatre in Birmingham will begin their annual Holiday Films Fest on December 15 at 2 p.m., with the 1954 classic "White Christmas." The film stars Bing Crosby and Rosemary Clooney, to name a few. The theater was built in 1927 and to this day boasts the largest screen in the state. For a complete list of show times and film selections, visit www.alabamatheatre.com. Tickets for each movie are $6 for adults and $5 for children under 12, and are sold at the box office one hour before the movie begins.

The Exponent - November 21, 2007

ROOSTERS

MEN'S GROOMING CENTER
475 Providence Main
256-489-0886
Walk-ins Welcome

$5.00 off
HAIR CUT.

$10.00 off
HAIRCUT & SHAVE

MATT BARRON
Staff Writer

UAH President David Williams is a busy man. The university runs him as much as he runs the university. But now UAH students can see what Dave is up to every day because he has a blog.

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Williams Climbs Aboard Blog Balloon

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Fever: Filling up on fluids helps the body sweat more and helps the body burn off alcohol faster. Or couple of glasses of water and a pain reliever before you go to sleep can prevent a heavy head.

HELP TIPS From Pg. 3

The Woes of the Worst

- Fever: Filling up on fluids helps the body sweat more and alleviates the heat. Do not take a cold or hot bath! The cold water makes the body tremble and causes it to generate more heat, thus it worsens a fever. Again, hot bath just heats up the body more. Instead, use neutral warm water; it will still calm the body and mind without raising internal temperatures.

- Flu: Eat well-balanced meals. The nutrients in the food help hinder the infection from worsening and strengthen the immune system. You should also avoid over-the-counter flu liquid remedies. These medicines contain around 30 proof alcohol. It may help aid flu symptoms, but the alcohol depresses the body's defense system and can just prolong the sickness.

- The Woes of Fleas

- Too Much Alcohol: The Electrolytes in Gatorade or Powerade can help re-hydrate the body. Also, any fruit or vegetable product helps the body burn off alcohol faster. Or couple of glasses of water and a pain reliever before you go to sleep can prevent a heavy head.

Want to know more? You can find all the information listed above and plenty more in the book, The Doctors Book of Home Remedies by Sid Kirchheimer and the Editors of Prevention Magazine Health Books.

No matter what you do over the holidays, preventive medicine always works best. Good luck on Exams and have a happy, healthy holidays from The Exponent.