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The Exponent

THE STUDENT NEWSPAPER OF UAH

VOLUME 43, ISSUE 3

SEPTEMBER 22, 2011

NEWS BRIEFS

It went through two delays and narrowly avoided a third one, but NASA sent off its solar-powered twin lunar Gravity Recovery and Interior Laboratory (GRAIL) space probe in an incredible effort to completely map out the moon.

See **MISSION** on Pg. 2

The job fair attracted hundreds of students, alumni, and job seekers from diverse fields including business administration, engineering, science, liberal arts, medicine, and nursing. It was an ideal opportunity for job seekers to meet, interview, and discuss various career opportunities with 85 national and regional employers.

See **FAIR** on Pg. 2

ARTS & LEISURE BRIEFS

As part of UAH's Hispanic Heritage Celebration this month, the Office of Multicultural Affairs brings in Andres Lara to speak on Sept. 29. Also known as "the Cuban Guy," Lara will be addressing Honors Forum students at 11 a.m. in Frank Franz Hall room 138. At 7:30 p.m., he will also give a lecture entitled "How to Turn Setbacks into Comebacks: Challenging the Status Quo" in the UC Exhibit Hall.

See **LECTURE** on Pg. 3

SPORTS BRIEFS

The Lady Chargers volleyball squad split a two-game series in Montevallo this past weekend and is now heading in to the most important games of the year: conference play.

See **VOLLEYBALL** on Pg. 5

It was a very successful day for the UAH cross country team this past weekend at the 2011 Fleet Feet/Earl Jacoby Memorial Invitational. The men's team charged its way to first place while the women finished a solid fourth.

See **COMPETITION** on Pg. 5

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The Space Shuttle and You: How the End of the Space Shuttle Era Affects Students

AARON SNODDY
Staff Writer

In the early hours of July 21, 2011, space shuttle Atlantis returned to solid Earth and effectively ended another era in manned space flight.

In 2008, becoming out-dated, costly and ever more hazardous to launch and pilot, NASA chose to end the program by 2010 (eventually extended to 2011) and begin charting a new path in manned space flight. However, the newly trodden path has yet to take form, and an American symbol for progress is seemingly missing.

"Unlike the gap between the Apollo and Space Shuttle programs, the transition between the shuttle and future projects will not be as smooth or fast due to tight budgets, economic problems and an overall lack of communication with the scientific community," Dr. Richard Miller, associate professor of physics and faculty senate president of UAH, said. "It creates uncertainty with students, and begins taking the dream of space flight away."

This transition, or lack thereof, is a reason for major concern,

especially for students. Almost everyone studying in areas of physics and engineering has dreamt of being part of NASA and its space flight program.

"The space program is truly more symbolic than anything for students," Miller said. "It's more about possibilities and making those possibilities tangible."

Now, with a lull filling those dreams, whose end may be too distant to see, students are beginning to lose hope. Dr. Carol Strong, lecturer of physics at UAH, feels that a big star at the center of science has been put out for students.

"Students of all ages have lost a major goal in the absence of a recognizable space program," she said. "This absence not only affects interest in majors concerning space flight, such as physics and aerospace engineering, but interest in scientific and mathematical fluency, as a whole. Physics and engineering students cannot help but be disappointed by that amount of support given to the space program. They are essentially removing goals from the students."

The worry lies not only with physics and engineering majors but also with students whose areas

of expertise are not always in the forefront of perception concerning space flight. Dr. Debra Moriarity, the department chair of biological sciences, shares this worry.

"One of the main uses of the Space Shuttle program was to ferry astronauts to the International Space Station, where major biological research concerning the effects of long-term exposure to micro-gravity on humans and protein crystal growth, which affects technological development, was being conducted," she said. "Without the means to get to the ISS, those students interested will lose the excitement and interest needed for such progressive research."

So, where does this news leave students whose dreams and aspirations are firmly placed in the distant reaches of space? The only other rocket-propelled show in town is the private sector. SpaceX, Virgin Galactic, and various other privately owned space programs could help while NASA plans its next move. The main problem with the private sector, in regards to students, is exposure. Moriarity, Strong and Miller, collectively, have concerns with outreach from private companies.

"New contacts with companies will have to be made that do not, at the moment, readily exist at the university level," Moriarity said. "And without contact, students will be less likely to be exposed to those companies and vice-versa."

The current outlook for students looks grim, with a lack of direction from NASA and a lack of interest from the private sector, but that point of view can only last so long.

"There isn't a symbol of American space flight at the moment," Miller said. "But I believe that, whether it involves traditional or private programs, or a mixture of both, we will make that next transition. It is just going to take time."

The Space Shuttle period, which entailed 135 missions spanning 30 years, was arguably one of the most audacious and rewarding endeavors in human history. Five shuttles carried upon their backs the tools that have carved and sculpted the modern technological age, with the most notable of those tools being the Hubble Space Telescope and components of the International Space Station.

NASA Has No Plans to Slow Down: What's Next?

JONATHAN KEENUM
Staff Writer

On July 21, the space shuttle Atlantis returned to Earth, officially ending the Space Shuttle era for NASA. It was a bittersweet moment as the crew and shuttle workers celebrated another successful mission, but left a large shadow of doubt as to what was next for the space agency. Many wondered if it was the beginning of the end for NASA.

NASA Administrator Charles Bolden is determined to keep the program alive and ensure Americans a continued role in space for years to come.

"As a former astronaut and the current NASA administrator, I'm here to tell you that American leadership in space will continue for at least the next half-century because we have laid the foundation for success... and failure is not an option," he said.

NASA already has new plans in programs of exploration, technology development and scientific research. Perhaps the most exciting work right now is the Multi Purpose Crew Vehicle, based on the design for the Orion capsule. The MPCV will have the capacity to take four astronauts on 21-day missions and will be 10 times safer during reentry than a space shuttle. Plans are already underway to find out if this

vehicle could accomplish the now not-so-crazy idea of landing on an asteroid.

The current plan is to land a team safely on an asteroid in 2025. A lot more research and development is needed before this can be a possibility, due to the distance of asteroids. As a comparison, the moon is approximately 240,000 miles away, and the closest asteroid astronauts could conceivably land on is about 5 million miles away. It is a lofty goal, but then again so was President Kennedy's mission of sending a man to the moon "before this decade is out."

Also in the testing phase is a new solid rocket motor that can help engineers draw closer to completing the design of a next-generation booster that will help propel astronauts on journeys deeper in space. The recent successful test of the Demonstration Motor-3 was the third test firing of the five-segment motor by ATK, which provided optimism that a design may be completed soon.

"Given the great success we've had on these three tests, I think we are close to calling the design good," Charlie Precourt, vice president and general manager of ATK space launch systems, said. "If we are successful at that, we could be saving quite a bit of money for the government."

The design and implementation

of a better, more efficient engine is vital for what President Barack Obama wants to see out of NASA next. Obama has his eyes set on something a bit further away than the International Space Station or the moon.

President Obama made headlines everywhere when he announced in his 2011 budget that NASA's five-year effort to return astronauts to the moon would be shut down. This effectively scrapped NASA's Constellation program to build the Orion spacecraft and Ares rockets for future manned moon missions, and perhaps most famously, meant the end of the Space Shuttle era. This plan received much criticism from NASA workers, fans, and space enthusiasts, but both the president and NASA want the people to know this is not the end.

"I am 100 percent committed to the mission of NASA and its future," President Obama said in his "Remarks on Space Exploration in the 21st Century" speech last year. "Because broadening our capabilities in space will continue to serve our society in ways that we can scarcely imagine... if we fail to press forward in the pursuit of discovery, we are ceding our future and we are ceding that essential element of the American character."

See **NASA** on Pg. 3

Pair of UAH Students Win STRI Fellowship

CLAUDE BRIDGES
Staff Writer

Two UAH students were named recipients of the Smithsonian Tropical Research Fellowship for a research proposal they submitted this summer.

Casey Calamaio, an earth system science and German double major, and Zach Langford, a UAH alumnus in earth system science, both learned that they had been granted the award as they were wrapping up a research excursion in Panama this summer with the UAH CATHALAC Study Abroad Program.

"I was shocked and relieved once I heard about the fellowship," Langford said. "UAH put a lot of time and effort for sending Casey and me down twice to build an educational relationship with the Smithsonian. I'm grateful we can continue to work with the Smithsonian and possibly bring something new to the table."

The STRI fellowship is awarded quarterly to students wishing to perform biological research in the tropics. Applicants are required to submit a research proposal as well as a timetable and budget for their

See **FELLOWSHIP** on Pg. 4

NASA's GRAIL Mission to Map Out Moon

JONATHAN KEENUM
Staff Writer

It went through two delays and narrowly avoided a third one, but NASA sent off its solar-powered twin lunar Gravity Recovery and Interior Laboratory (GRAIL) space probe in an incredible effort to completely map out the moon.

The two spacecraft, named Grail-A and Grail-B, are on a three-month journey to reach Earth's closest neighbor. GRAIL's mission is to fly these two nearly identical spacecraft in tandem around the moon to measure and map the moon's gravitational field. If all goes as planned, this mission will provide the most accurate global gravity field to date for any planet or satellite, including our own.

"As the spacecraft move over the surface features on the moon, the distance between the two spacecraft will change as a result of the attraction of material on the moon, thus providing the acceleration of gravity everywhere over the lunar surface," Dr. David E Smith, MIT research scientist and deputy principal investigator for the GRAIL Discovery Mission, said. "The variation in gravity measurement is a measure of the variation in density within the moon."

Astonishingly accurate, the measurements will record the distance between the two spacecraft at any given point in time to about a micron. As a comparison, a human hair is between 40 and 120 microns in diameter and a red blood cell is about 7 microns in diameter. These measurements will not only tell us the gravity field but what lurks beneath the surface as well.

"We'll use the moon's gravity to tell us what's inside the moon, all the way down to the core," principal investigator Maria Zuber of MIT said.

By knowing where the moon's gravity is strongest, NASA will be able to better pinpoint landing locations for future missions. This will eliminate dangerous scenarios like the Apollo 11 landing by Neil Armstrong and Buzz Aldrin in 1969. The astronauts overshot the touchdown site in part because of the small gravity changes in the moon's surface. The spacecraft was uncomfortably close to running out of fuel before it landed safely.

The reason for these "spots" on the moon of higher gravitational pull is due to a large number of mass concentrations (called mascons) under its surface. The mascons were formed from the colossal number of asteroid impacts the moon has taken over its life, making the moon the most gravitationally lumpy major body in the solar system. An astronaut in a full spacesuit who weighs 50 pounds at the edge of a mascon would weigh 50 pounds and 4 ounces when standing at the mascon's center.

A journey to the moon typically takes fewer than three days, but the GRAIL ships will not be arriving until New Year's Eve for Grail-A and New Year's Day for Grail-B. They will also be covering a much longer path, travelling a looping 2.5 million miles rather than a straight-line shot of about 230,000 miles. The slower travel time and longer path allow the spacecraft to carry less fuel and ensure that once they arrive they can be precisely put into place, since precision is vital in this mission.

The spacecraft will start actively studying the moon in early March of 2012 and finish in late May. Once all is said and done, this is expected to be the most successful interior moon mission ever.

"We will learn more about the interior of the moon with GRAIL than all previous lunar missions

Navy Launches Career Opportunities at UAH Job Fair

DR. TENG K. OOI
UAH Navy Campus Liaison Officer

The job fair attracted hundreds of students, alumni and job seekers from diverse fields, including business administration, engineering, science, liberal arts, medicine and nursing. It was an ideal opportunity for job seekers to meet, interview and discuss various career opportunities with 85 national and regional employers.

The biannual job fair is free and open to all students and alumni interested in employment, including co-ops, internships, full- and part-time positions, as well as those seeking to switch career paths.

Job seekers were anxious and eager to learn and discuss Navy officer programs, recruiting incentives and career opportunities. A CLO and four Navy recruiters from NRD Nashville were on hand to impart valuable insights on the job opportunities for current and future students specifically in the medical, nuclear and Navy Reserve officer programs. Financial aid, scholarships and numerous incen-

tive benefits available to students interested in pursuing Navy officer programs were also discussed.

"All they said was go to college. They didn't exactly say how to get there or how to pay for it," said Chief Matthews. "These Navy officer programs benefit students by significantly reducing tuition expenses, while at the same time providing continued training, personal growth, and the opportunity for an excellent career after college. For many students, these programs may be the encouragement needed to complete their bachelor and graduate degrees and advance towards a more successful future."

A job fair is an effective employee placement tool because it facilitates establishing multiple contacts, receiving select resumes and the conducting of brief interviews with potential officer candidates. It presents the needs of the Navy to qualified candidates and leads to mutually beneficial career opportunities. A job fair also helps job seekers research the newest and most exciting, competitive, and challenging employment pros-

pects. "We feel that choosing from a large diverse pool of talents at a job fair, we are certain to find the right fit for our available positions," said Lt. Kennedy. "Additionally, we assist college graduates in selecting Navy careers that best fit their skill sets, interests, aptitudes, intelligence, and creativity. The Navy is the leader in preparing college graduates for the rigors of a technical-based career in aviation, medicine, nuclear engineering, intelligence and health care. We are also looking for engineers and scientists to design, build and test the next generation advanced supersonic jets, hypersonic bombers, unmanned fighter jets, and faster and more powerful ships and submarines."

For more information on opportunities in the Navy Reserve, please call 1-800-USA-USNR or visit www.navyreserve.com.

To learn more about full-time opportunities in the Navy, please call 1-800-USA-NAVY or visit www.navy.com.

Associate Professor Richard Miller Elected Faculty Senate President

AARON SNODDY
Staff Writer

The Faculty Senate recently elected Dr. Richard Miller, an associate professor of physics here at UAHuntsville, as president starting next year.

The responsibilities of the Faculty Senate president entail setting the agenda for meetings and developing bills set forth by members of the Faculty Senate to be sent to the Provost. Dr. Miller wants to also reach out and include the voices of the students.

"Most students do not know this, but they can actually submit

bills to the Faculty Senate for consideration," says Dr. Miller. "This gives students a chance to make a direct impact on the direction of the university."

The Faculty Senate is a representative body that serves as the voice of the faculty. The Faculty Senate meets once a month to discuss topics ranging from the possibility of PASS grading to the merging of colleges.

"The Faculty Senate's purpose is to communicate the needs of the faculty to the university," he said. "We, essentially, try to set the tone and direction of UAHuntsville."

Dr. Miller obtained his Bach-

elor's Degree at the University of California-Irvine in Physics. He later received his Master's Degree from Louisiana State University and then achieved his Ph.D at the University of New Hampshire. He went on to work at the Los Alamos National Laboratory and as an Assistant Research Professor at the University of New Hampshire. In 2003, he joined the UAHuntsville faculty as Assistant Professor.

Dr. Miller is in the process of creating a Twitter account for the Faculty Senate so interested students can stay up-to-date with topics and discussions pertaining to the meetings.

The Exponent

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Now Hiring For the Fall Semester!

The UAH student newspaper is looking for motivated students who need a part time job and want to take part in creating the only student-run news service on campus. Here's a couple of reasons why you should join:

It's fun!
Flexible Hours.
Get paid to write.
Be on top of all the fresh news.
Good experience & great for your resume!

Interested? Here's how to apply:

Submit your writing sample and/or questions to exponent.editor@gmail.com.



Hispanic Heritage Month Brings Andres Lara to Lecture at UAH

CASEY KALBER
Staff Writer

As part of UAH's Hispanic Heritage Celebration this month, the Office of Multicultural Affairs brings in Andres Lara to speak on Sept. 29. Also known as "the Cuban Guy," Lara will be addressing Honors Forum students at 11 a.m. in Frank Franz Hall room 138. At 7:30 p.m., he will also give a lecture entitled "How to Turn Setbacks into Comebacks: Challenging the Status Quo" in the UC Exhibit Hall.

Lara is a nationally known speaker and former president of the magazine "Inspiration Time." He also wrote the international best-sellers "Inspire the Sleeping Giant

Within," "How to Stay Motivated During Difficult Times" and "The Finish Line." Currently, he is the CEO of A Success Training, Inc. But what really inspires his audiences is his story of struggle.

At the age of 16, he escaped from Cuba and arrived in America. He did not know any English and was without parents or money. His worst nightmare of living on the streets had come true. Despite tremendous odds, he attended college at Montclair University, where he graduated cum laude as a speech communications major, with a minor in creative writing. Now, at 26, he is a millionaire and is living his dreams.

His speeches center on inspiration, success and excellence.



Photo courtesy of UAH

Every college student, freshman or graduate, can learn something from Lara's amazing story of struggle.

Guitar Center Opens and Offers Lessons, Rehearsal Space

CASEY KALBER
Staff Writer

All music players rejoice: In July, Guitar Center opened in Huntsville.

As one of the largest retailers in musical instruments, GC is becoming a new go-to shop for amateur and professional players alike in the area. Some of the items available are instruments, such as guitars, bass guitars, drums, keyboards and DJ equipment; sound equipment including monitors, PA systems and microphones; and accessories of strings, picks, pedals and tuners.

"On the retail side," Lauren Alexander, a GC employee, said, "We offer fabulous customer service and a wide range of products varying from the top-of-the-line brands like Drum Warehouse, which is a few thousand dollars per drum kit, to even stuff a beginner can afford. We also have a thing called GC Garage where they do tune-ups and repairs on instruments."

GC also has studios that offer lessons and rehearsal space.

"We teach lessons in guitar, bass, drums, vocals and keyboards with a curriculum tailored made for us by Hal Leonard, [the] larg-



est music publisher in the world," Alexander said. "We also offer classes in the Pro Tools and Logic softwares."

The rates for the rehearsal space are \$14 per hour for the smaller room and \$18 per hour for the larger room. Alexander also commented on the fine rehearsal area.

"We have [cheap] rehearsal space and the room comes full[ly] stocked with top-of-the-line amps, monitors, drum kit, microphones, mixer board, and even has small mic in the ceiling," she said. "[W]e give you a free live recording of your session. It is not an official

studio recording at all, though. There's a common misconception that we are a recording studio."

The employees at GC are just as passionate about the music industry as the customers who come to see them. Alexander really enjoys her job.

"I absolutely love Guitar Center and Guitar Center Studios," she said. "It's the first job I've worked where I truly feel like we are a family. Everyone is great and highly supportive of each other, and they know how to really get the job done while having fun. It's a

See GUITAR on Pg. 4

Solar Bottles Light Homes for Cheap

STEPHANIE DAVIDSON
Staff Writer

It's out of the dark and into the light for many people in the Philippines. In the small town of San Pedro people are now using solar bottle lights to illuminate their homes.

Because of the lack of natural light, before these lights, people had to turn on their electric lights during the day to see to get around their houses. Using simple ingredients like a 1.5 liter soda bottle, chlorine, water and some salt, nearly a thousand people have an extremely cheap way to generate 55 watts of light. The architect of the solar bottle lights project, Illac Diaz, hopes for over one million lights to be in use soon.

These new solar bottle lights are in such demand that Diaz, who makes and installs them, had to quit his other job just to keep up with the demand. Sometimes people had to wait for their lights because he ran out of materials.

Because of these bottle lights, the people of San Pedro no longer have to turn on their electric lights during the day, thereby lowering their electric bills. In the past, Diaz and his family had to sometimes go without electricity because they could not afford their bill. The new solar lights have changed that. People like Diaz can now save money or spend it toward food or education.

Not only are solar bottle lights new ways to illuminate homes in the Philippines, but they are also a recycling project that creates "green jobs." Before these lights were installed in homes, plastic soda bottles would have ended up in a landfill somewhere. Now the bottles are repurposed into a cheap, useful energy source.

Thanks to Illac Diaz, a hard-working man, as well as his son and some simple components, the people of the Philippines have a great way to light their homes, recycle and save money all at the same time.

Making a solar bottle light is simple:

First, fill a 1.5 liter clear soda bottle with purified water. The water needs to be purified so mold and other things won't grow in it.

Add three capfuls of chlorine and a dash of salt. The salt also helps keep growth away.

Next, cut a hole the size of the bottle in a 1-foot square sheet of roof material and insert the bottle into the hole so that only the top one-third of the bottle shows. Attach the bottle and the material together.

Next, cut a hole the size of the bottle in the roof of the house and attach the metal with the bottle to the roof. Finally, seal around the edges with a rubber sealant or epoxy resin so that the elements cannot get in around the new light.

Eventually the contents of the bottle will need to be changed but these bottle lights can last for two years or more before they will need to be redone.

This recipe works because the chlorine refracts the water and the salt keeps the bacteria from turning into mold and clouding the water.

From NASA on Pg. 1

While many NASA workers are excited for this new mission, many are also still upset that the president shot down their original plans to further explore and return to the moon. These workers feel disappointed that the president has

his own ideas for missions rather than letting the NASA engineers continue with what they started and then figure out what should be done next.

Despite some hiccups, NASA is far from gone. These next few years may not see a lot of action but plans for the next several years

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New Bookstore Serving UAH Proves to be Top Choice for Students

Everything costs you more these days. Food is expensive, tuition is always rising, and gas prices are getting ridiculous. Wouldn't it be nice if prices went down for once? Good news! Infinity College Bookstore recently opened on Holmes Avenue, just two minutes from campus.

Infinity College Bookstore sells and rents UAH textbooks at lower prices. You'll easily save 10% or more on the cost of textbooks at Infinity. Over the course of a college career, this could save the average student \$300-\$500!

Infinity College Bookstore buys textbooks year-round. Students frequently find that they get more money for textbooks at Infinity than anywhere else. Infinity will often buy books that are missing CD's and access codes. They even buy some old editions

and customized editions!

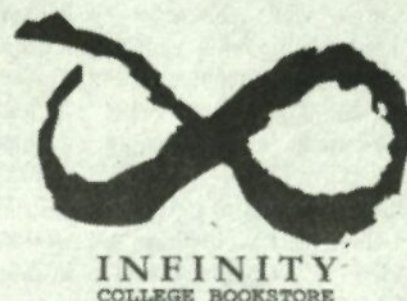
While you're at Infinity selling your books, be sure to ask about reserving used books for the spring. You'll save a fortune by getting used books or renting whenever possible, and you'll be prepared long before classes start. If you change classes, don't worry. Infinity's generous return policy has you covered.

To find out more, check out their website: infinity-books.com/huntsville

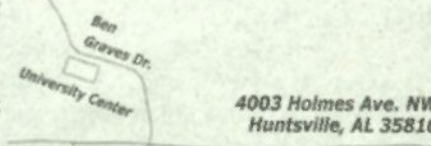


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Text BOOKS to 77948 to get 10% bonus cash when you sell books to Infinity
Messaging and data rates may apply



INFINITY
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Event Calendar

Sept. 22

- Extreme Couponing 101: Huntsville, Al-SportMED Fitness. 6 p.m.
- Ballroom and Latin Dancing-Rocket City Dance Club. 7 p.m.
- Free Yoga every Saturday in Big Spring Park near gazebo. 8 p.m.

Sept. 23

- Big Spring Jam 18-Big Spring Park. 5:30 p.m.
- "Something Old-Something New" Concert-First Baptist Church of Huntsville-Free. 7:30 p.m.
- NANPA 2011 Symposium-Huntsville Marriott through Sept. 24. 8 a.m.
- UAH Hockey Presents: Ice Olympics-Municipal Ice Complex. 9-11 p.m.
- The Complete World of Sports (Abridged)-Princess Theater Center for the Performing Arts. 7:30 p.m.

Sept. 24

- Salsa and Latin Dance Party-Kinesthetic Cue Dance Club. 8 p.m.
- Dave Anderson performs at Bandito Southside. No cover charge.
- Kozmic Mama performs at Lee Ann's.

Sept. 25

- Doc's "Music Tuesday" at Dan McGuinness Pub. 8:30 p.m.
- The Kaffeeklatsch hosts the Sunday Blues Jam with Freddy Earl and the Mercenaries.
- Six Shot Revival with Motor Train play at Black Water Hattie's.

Sept. 26

- Storytime-Barnes & Noble Booksellers-Bridge Street. 10 a.m.
- Sally Johnson's exhibit, "Projections and Reflections," will be on display at the Huntsville Museum of Art through Oct. 1.

Sept. 27

- Red Cross Blood Drive-UAH. 12 p.m.
- James Gregory, the "Funniest Man in America," performs at Merrimack Performing Arts Center from 8-10 p.m.. Tickets are \$30.

Sept. 28

- Hockey 101 Night-UC Exhibit Hall. 8-10 p.m.
- Microwave Dave performs at Bandito Southside. No cover charge.
- Burritt on the Mountain presents Bizarre and Unique Curiosities. Open from 9 a.m. to 5 p.m. Exhibit will be on display through Oct. 30.

From FELLOWSHIP on Pg. 1

study abroad. Winners are selected based on the scientific value of their proposals and STRI's assessment of the students' ability to perform their proposed research.

The focus of the two UAH research partners will be swamp grass and invasive plants common in areas of the Panama Canal Watershed. For the pair of students, the fellowship means another exciting opportunity to study abroad next summer. This time, however, their personal expenses will be covered by the fellowship.

Calamaio views the fellowship as not only an endowment to further his education but also a vehicle that will allow him to return to an environment in Panama he has grown to love.

"After the initial ecstatic confirmation that I would have a chance to return to Panama, I needed to finish the research I started

[this summer]," he said.

Calamaio and Langford intend to study swamp grass in depth with STRI next summer in Panama.

Calamaio is currently involved in a student exchange program with Universität Rostock in Rostock, Germany. He will remain there for his senior year, after which he plans to return to the U.S. to attend graduate school. Langford is a graduate student at Penn State University, where he is pursuing a master's degree in water resources engineering.

STRI is a branch of the Smithsonian Institution that is based in Panama City, Panama. Studying biological phenomenon in 14 tropical countries in the Americas, Africa and Asia, STRI's purpose is to "better understand tropical habitats." It was established in 1923 and has since grown into one of the world's most prestigious research institutes.

From GUITAR on Pg. 3

fantastic company to work for, and I really look forward to making a career out of my time with Guitar Center."

GC offers a wide range of items and services and provides

excellent customer service, which is something music lovers cannot beat. Musicians with an itch to learn something new or purchase another instrument should head over to Guitar Center where Lauren Alexander and company will gladly assist.

How to Manage Stress During the Middle of the Semester

GARY FRAZIER
Staff Writer

Students often find themselves overwhelmed in the middle of the semester. Many students come to the UAH counseling center for school-related stress around this time.

"Stress during this time is a normal experience and encourages students to reach out to counselors, friends and family for support," Dr. Larry Cantor said. "Often, students are worried about their grades, their future, living up to their parents' expectations, and financial concerns."

But Cantor acknowledges that those are the concerns most people experience throughout their lives, and we usually learn to cope pretty effectively.

Cantor offers some common sense advice for students:

The best course of action is to study every day to help retain more of the information, and you won't be so stressed out the night before the exam. Get a calendar and block out your classes and the times you are going to study. Time blocking and sticking to your calendar will help you stay focused. Also arrange study times with others on your calendar. Having a plan will lower your anxiety.

When you study don't just commit information to memory, but ask yourself questions about why that information is true. Often tests are more than just memory. Good teachers want you to be able to apply information, and application is seen as a higher order of

learning.

Understanding how memory works can help you develop better study habits.

An individual can generally hold about seven items in short-term memory, with a range of five to nine items depending on the type of information. Items in short-term memory last around 18 seconds, but can be refreshed to keep them longer by repeating information several times.

In order to recall information later, we need to move it from short-term to long-term memory, where it can last anywhere from days to decades. How do we facilitate the transfer of information from short-term to long-term memory?

It helps to focus on only a few items at a time. This is one reason cramming doesn't work well--because you're trying to learn a lot of information at once, it is encoded only weakly and thus lasts for only a few days. Focusing on one area at a time allows for a better encoding. Additionally, we tend to recall things by association, so understanding how various elements fit together makes it easier to recall them later; this is also the basis for memory tricks that help us recall information.

Sleep. Because much of the work of permanently encoding memories is done while sleeping, not getting enough sleep can make it harder to remember things later. Letting your brain rest will actually improve recall, so someone who gets plenty of sleep will often do better than someone else who spends the night cramming for the

test.

A word of warning: it does take some time for information to be encoded into long-term memory, and falling asleep can interrupt the process, causing you to lose the information you just studied. As a result, it's a good idea to wait at least half an hour after your study session before going to sleep.

Smart Eating. Eating whole grain foods is a good idea, and eating breakfast is smart. Whole grain cereal with milk and a piece of fruit would be the ideal breakfast. Smart snacks are important. Nuts and dried or fresh fruit are good combinations. Eating five or six small meals to keep a steady blood-sugar level is smart.

Remember, you still have time to organize your time, study smart, sleep, exercise and have fun with your study group after a study session.

There is a great story by Anne LaMott about her little brother, who was cramming for a big test on bird identification that he hadn't prepared for. He began to cry at the kitchen table; their father sat down by him and said in a sympathetic voice, "Son, just take it bird by bird."

That's great advice for students.

Get a plan and then just take it "Bird by Bird."

The middle of any semester can be a stressful time. But by learning good habits now, students can put themselves in a great position to cope with stress for the rest of their lives.

Beta Alpha Psi Iota Theta Chapter

Beta Alpha Psi welcomes students to our first speaker meeting on Friday, September 23 from 1-2 p.m. at BAB 114.

Beta Alpha Psi is an honor society for students majoring in accounting, finance and information systems.

Fall 2011 Meeting Dates:

- Friday, September 23
- Friday, October 21
- Friday, November 11

All at BAB 114 from 1-2 p.m.

Learn more about the organization at <http://mis.uah.edu/bap>.



Volleyball Splits Weekend; Set to Open Conference Play This Weekend

JONATHAN KEENUM
Staff Writer

The Lady Chargers volleyball squad split a two-game series in Montevallo this past weekend and is now heading in to the most important games of the year: conference play.

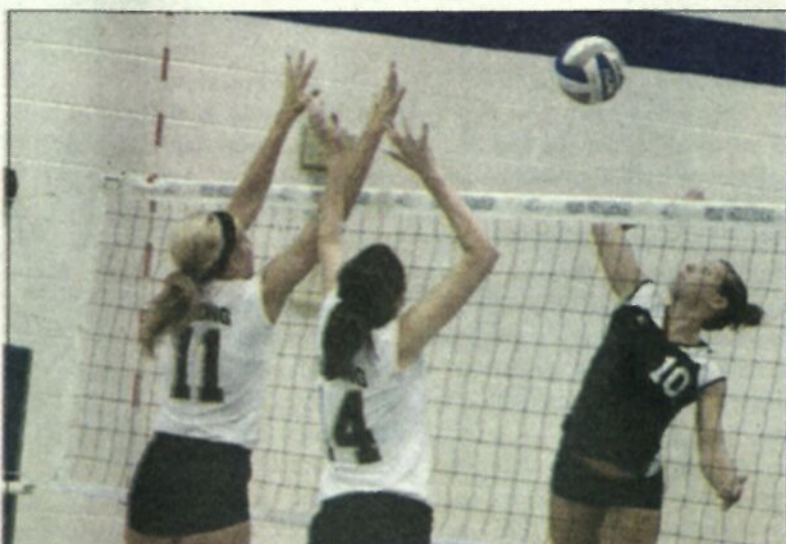
UAH began its double-header over the weekend with a win against Augusta State. The Lady Chargers fell behind 19-11 in the first set but put together an impressive rally to pull into a tie and eventually going up 22-21. After a short back-and-forth battle UAH took the first set 25-23. The Lady Chargers kept that momentum through the rest of the match as they went on to sweep the Falcons 3-0. Kelsey Williams put together an impressive game with 18 kills and a .500 hitting percentage.

The Lady Chargers put together a solid effort against Montevallo in the second contest, but just couldn't keep up with the Falcons towards the end of the contest. UAH found itself down 20-9 in the third set of the match and tried to put together another rally like they did against the Jaguars. The valiant attempt fell short as the deficit proved to be too much to climb and Montevallo went on to take the set

25-19 and go up 2-1. The fourth set was up for grabs late in to the set but unfortunately it was the Falcons who would take it by scoring the final four points and clinching the match.

UAH has already shown improvement over last year and is hoping to continue to get better as the year goes on. The Lady Chargers have been steadily showing improvement over the last several years, going from 1-31 in 2008 to only a game away from the Gulf South Conference tournament last season.

The first true test for the Lady Chargers begins this weekend at home as conference play opens. UAH kicks off a three-game home stand against a tough Valdosta State team Friday at 7:00 pm. Play continues the next day at 2:00 pm against West Georgia, and then UAH wraps things up at home for a while on Sept. 27 against West Alabama. The team then hits the road for nearly a month with 12 straight away games, including the GSC Crossover tournament at West Florida. The odd schedule pays off at the end of the season as UAH will close the year with six straight home games before hopefully heading to the GSC Tournament in November.



Photos courtesy of UAH Athletics

UAH Cross Country Charges Past Competition

JONATHAN KEENUM
Staff Writer

It was a very successful day for the UAH cross country team this past weekend at the 2011 Fleet Feet/Earl Jacoby Memorial Invitational. The men's team charged its way to first place while the women finished a solid fourth.

The men were on fire during their performance, claiming four of the top five spots and finishing with 20 points. West Florida finished a distant second place with 49 points. Austin Peay, a Division I participant, finished third, while Birmingham Southern and Montevallo rounded out the top five. Head coach David Cain was very pleased with the Chargers' performance.

"We had a great day," Cain said. "We had some quality competition out here, some division I schools, and several teams from our conference. We put our top seven guys in the top fourteen; that may be the best we have ever done in our home invitational."

See COMPETITION on Pg. 6

ADAM LEVINE
LEAD SINGER
MAROON 5

I REMEMBER BEING
THE KID WITH ADHD.
TRUTH IS, I STILL HAVE IT.

If you had ADHD as a kid, you may still have it. Watch Adam's video to learn more, then talk with your doctor.



Watch Adam's video at
AdamsADHD.com

IT'S YOUR ADHD. OWN IT.

Shire

ADDA

CHADD

MYV-0261-07/11

CHARGER SPORTS SCORES

Men's Soccer
Record 4-2-0
GSC 0-0-0

September 1 Talladega Chargers	0 7
September 4 Lincoln Memorial Chargers	2 1
September 8 Christian Brothers Chargers	1 2
September 10 Tennessee Wesleyan Chargers	4 2
September 14 Montevallo Chargers	1 3
September 17 Georgia Southwestern Chargers	0 5

Women's Soccer
Record 1-5-0
GSC 0-0-0

September 1 Delta State Chargers	1 2
September 4 Lincoln Memorial Chargers	2 1
September 7 North Georgia Chargers	4 1
September 10 Tennessee Wesleyan Chargers	1 0
September 11 Martin Methodist Chargers	2 1
September 14 Montevallo Chargers	2 1

Volleyball
Record 4-8
GSC 0-0

September 6 Lee Chargers	3 0
September 8 Henderson State Chargers	1 3
September 9 District of Columbia Chargers	0 3
September 9 Harding Chargers	3 2
September 10 Christian Brothers Chargers	3 0
September 10 Arkansas Tech Chargers	3 1
September 17 Augusta State Chargers	0 3
September 17 Montevallo Chargers	3 1

Charger Hockey Ready to Begin Season, Still Looking for Conference

JONATHAN KEENUM
Staff Writer

After an interesting offseason, the UAH hockey team will begin its 33rd season of play on Oct. 1.

Head coach Chris Luongo announced in late June that the Chargers have added 10 newcomers, seven forwards and three defensemen, to the team for the upcoming season. Luongo is very optimistic that the freshmen will quickly develop and make an immediate impact.

"I am very excited about the class of 2015," Luongo said. "This class has size, speed, skill and most importantly the character and academic background to be scholar athletes at UAH. Together with our returning players, we look forward to the 2011-12 season with excitement."

This will be a critical season for the Chargers, who are hoping to impress the league in hopes of get-

ting an invitation to a conference soon. The players know there will be added pressure to perform at a high level this year and convince the NCAA that UAH belongs in Division I.

"Like any season, the team's expectation is to win," senior forward James Easton said. "Attaining this expectation has never been more critical. Since the team has gotten back on campus there has been a real positive vibe among the guys, as well as a sense of anxiousness to get the season underway. We want to prove to all the naysayers that this team is just as good as any other Division I hockey team."

The Chargers will enter their



Photos courtesy of UAH Athletics

second year as an independent team in Division I hockey after a very tough year last season. UAH was faced with a brutal road schedule that proved to be an extremely difficult task as the Chargers finished the year 4-26-2. Despite the record, there were some positive moments for the team throughout the year, including an incredible comeback that ended in a tie against No. 11 Michigan State.

Several of last year's contests could have easily fallen in the Chargers' favor as the team lost eight games by a single goal. The close losses last year serve as motivation for this year's squad.

"It was tough to lose those games by just one goal, and I think each [player] was disappointed about those losses," Easton said. "The team has been working ex-

tremely hard this year on its conditioning so that we can outlast and out-skate our opponents. We can't control the bounces of a game, but we can control how hard we work."

The Chargers begin the season at home Oct. 1 at 7 p.m. against Lake Superior State. The UAH Department of Athletics is looking to pack the house for opening night and is offering free upstairs general admission tickets on a first-come, first-served basis. Reserved downstairs tickets are still available for \$10 and can be purchased in advance by calling (256) 551-2345 or by visiting www.ticketmaster.com.

The game marks the first time the Chargers will hit the ice since the multimillion-dollar renovations at the Propst Arena were completed.

From COMPETITION on Pg. 6

Freshman Blaise Binns had a stellar race, finishing first with a time of 26:32 in the 8k run. He was followed by teammates Josh Moshier in second at 26:49, Dante Dorsey in third at 26:52 and Joey Bemowski in fifth at 27:06.

The women had a very solid day finishing fourth despite missing two of their top runners. Leah Sparks led the way for the Lady Chargers, placing seventh in the 7k event with a time of 20:09. Michelle Kruse, Haley Hancock and Amber Powell paced the Lady Chargers, finishing 11th, 12th, and 13th, respectively.

"We are a little thin on the women's side, but I felt like we ran well today," Cain said. "Our top four girls ran fantastic. When we

get everybody healthy I think we are going to be a really good team. I think we are on track to be where we need to be when that time rolls around."

Both squads get a little rest before heading to Tallahassee for the Florida State Invitational on Sept. 23. UAH must then travel to Chicago on the first of October before heading back to Alabama to finish out the regular season at Oakville and Hoover on Oct. 15 and 22, respectively. The NCAA Division II South Regional kicks off Nov. 5 in Tampa, followed by the NCAA Division II National Championship Nov. 19 in Spokane, Wash.

The Chargers last qualified for the NCAA Division II Nationals in 2007, while the Lady Chargers advanced to Nationals last year.

CHARGER SPORTS CALENDAR

Men's Soccer
Record 4-2-0 GSC 0-0-0

Date	Opponent	Site	Time
September 25	Saint Leo	Away	1:30 p.m.
October 1	Covenant	Away	7:00 p.m.
October 7	Harding	Home	3:30 p.m.
October 9	Ouachita-Baptist	Home	3:30 p.m.
October 14	Delta State	Away	4:30 p.m.
October 16	Christian Brothers	Away	2:30 p.m.
October 19	Concordia-Selma	Home	3:00 p.m.
October 26	Clayton State	Away	6:30 p.m.

Women's Soccer
Record 1-5-0 GSC 0-0-0

Date	Opponent	Site	Time
September 25	Saint Leo	Away	11:00 a.m.
September 30	Valdosta State	Home	2:00 p.m.
October 2	West Georgia	Home	1:00 p.m.
October 7	Harding	Home	1:00 p.m.
October 9	Ouachita Baptist	Home	1:00 p.m.
October 14	Delta State	Away	2:00 p.m.
October 16	Christian Brothers	Away	12:00 p.m.
October 21	North Alabama	Home	12:00 p.m.
October 26	Clayton State	Away	4:00 p.m.

Volleyball
Record 4-8 GSC 0-0

Date	Opponent	Site	Time
September 23	Valdosta State	Home	7:00 p.m.
September 24	West Georgia	Home	2:00 p.m.
September 27	West Alabama	Home	7:00 p.m.
September 30	New Orleans	Away	7:00 p.m.
October 1	West Florida	Away	2:00 p.m.
October 4	North Alabama	Away	7:00 p.m.

Ice Hockey
Record 0-0

Date	Opponent	Site	Time
October 1	Lake Superior State	Home	7:00 p.m.
October 2	Lake Superior State	Home	3:00 p.m.
October 7	Western Michigan	Away	6:00 p.m.
October 8	Western Michigan	Away	6:00 p.m.
October 14	Bowling Green	Home	7:00 p.m.

Cross Country

Date	Event
September 23	Florida State Invitational (5k, 8k)



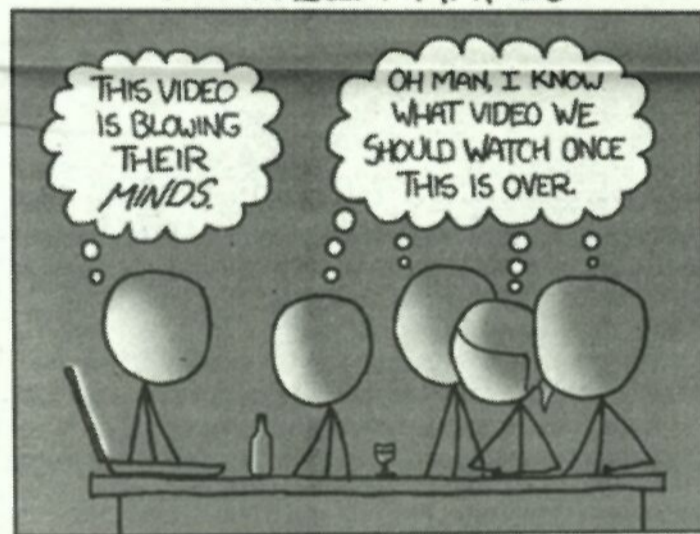
Photos courtesy of UAH Athletics

XKCD



THE FIRST RULE OF TALKING TO ME ABOUT MOVIES IS DO NOT TALK ABOUT FIGHT CLUB.

THE PROBLEM WITH YOUTUBE PARTIES:



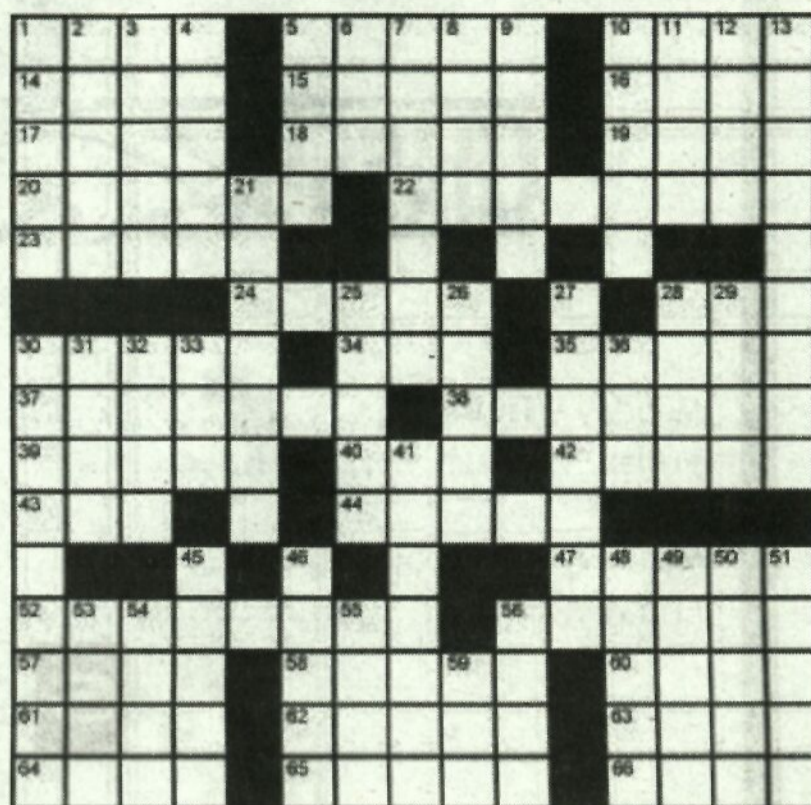
Crossword

Across

1. Strikes
5. Celestial body
10. Abbreviated abbreviation
14. Exclude
15. Alert
16. Function
17. Goo
18. Male name
19. Rake
20. Female name
22. Remote
23. Exchange
24. Fermented fruit juices
28. Document
30. Dice game
34. Slippery person
35. Tailless amphibians
37. Pleasing
38. No longer in existence
39. — acid, protein building-block
40. Hue
42. Primitive aquatic photosynthesizing organisms
43. Base of the decimal system
44. Hayseed
47. Walk (3,2)
52. Sideways
56. Secondary pipe
57. Vex
58. Horse harnessed alongside a vehicle's shaft
60. Hawaiian dance
61. Send forth
62. Female given name
63. Chinese gelatin
64. Debutantes
65. Elude
66. Borders

Down

1. Fowl shelter
2. Love affair
3. Open Italian pie
4. Place
5. City in NW France
6. Operating late at night
7. Afternoon performance
8. Near-Earth asteroid
9. Male voice
10. Marshal
11. Start
12. Low in spirits
13. Train again (2-7)
21. Paperboy
25. Destitute
26. Streamlined
27. Mortally
28. Manure
29. Grampus
30. Made a confusion of noises
31. Hoar
32. Consanguine
33. Greek god of forests
36. Naught
41. Sang by changing between falsetto and normal voice
45. Confronts
46. Effaced
48. Hebrew dry measure
49. Appraise
50. The Muslim world
51. Persons of great authority
53. 10-year prison sentence
54. Pat
55. Musical composition for one
56. Scottish slope
59. Engineer (abbrev)



Sudoku

	1	3		2				6
			7		9			
					3			2
9	2			4				3
5								1
4						6		5
	7					2		8
8				1		4		
	6			9				

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusive.

Solutions to last issue's puzzles:

1	5	2	9	7	3	6	8	4
3	7	8	5	6	4	2	1	9
9	6	4	1	8	2	7	3	5
4	9	3	6	2	5	1	7	8
8	1	7	4	3	9	5	2	6
6	2	5	7	1	8	4	9	3
5	4	1	3	9	7	8	6	2
2	3	6	8	5	1	9	4	7
7	8	9	2	4	6	3	5	1

1	S	L	I	D	E	8	U	P	P	E	R	10	F	C	C
14	H	I	N	D	U	15	N	I	E	C	E	16	I	R	A
17	A	L	T	A	R	18	R	E	E	L	S	19	J	O	G
20	H	O	L	Y	O	N	E	21	L	A	T	T	I	C	E
23							24	P	E	A	R	25	T	H	
28	R	E	D	H	E	A	D	E	D	29	M	I	D	S	T
34	O	R	E		A	R	A	B	I	C		R	E	N	A
37	U	R	B	A	N	38	B	U	D		I	D	E	A	L
41	G	O	U	T		42	S	L	I	G	H	T		P	R
46	E	R	G	O	T	47	E	L	E	V	E	N	S	E	S
							L	S		D	R	A	M		
53	S	C	U	L	P	T	S		54	I	C	I	C	L	E
58	W	A	S		L	I	P	I	D		Z	A	I	R	E
63	A	V	E		A	L	A	M	O		E	L	F	I	N
66	Y	E	S		T	E	M	P	O		S	C	E	N	T

NEW FALL 2011



We Proudly Brew
STARBUCKS COFFEE

In the UC and NEW in the Salmon Library!

UC Location

Monday - Thursday.....8:00 a.m. - 6:00 p.m.
Friday7:00 a.m. - 3:00 p.m.

Salmon Library

Monday - Thursday.....8:00 a.m. - 7:00 p.m.
Friday8:00 a.m. - 4:00 p.m.



In the University Center

Monday - Thursday.....10:00 a.m. - 9:00 p.m.
Friday10:00 a.m. - 5:00 p.m.

Join us at the Charger Village Food Court



Monday - Friday.....7:00 a.m. - 8:00 p.m.
Saturday.....10:00 a.m. - 8:00 p.m.
Sunday.....Closed

Breakfast

Chicken Biscuit • Chick-n-Minis • Butter Biscuit • Hasbrowns

Lunch/Dinner

Chick-fil-A® Sandwich • Chargrilled Chicken Sandwich • Nuggets
Chargrilled Chicken Garden Salad • Fruit Cup • Waffle Fries

Beverages

Freshly Squeezed Lemonade • Chick-fil-A® Tea
New Fall 2011 - Milkshakes and Ice Cream



Monday - Friday.....11:00 a.m. - 10:00 p.m.

Wings: Honey Chipotle • BBQ • Spicy Buffalo • Unsauced
Pizza*: Garden Fresh • Cheese • Pepperoni • The Works • Meat
Sides: Garlic Parmesan Breadsticks

**All pizza sold by slice - whole pizzas available upon request.*



Monday - Friday.....10:00 a.m. - 10:00 p.m.
Sunday.....12:00 p.m. - 9:00 p.m.