

Families prepare for next deployment

FRGs offer options while loved ones are deployed

By **TANYA LUDLOW**
Assistant News Editor

According to various news agencies, Fort Campbell's 3rd Brigade Combat Team is preparing its equipment and soldiers for deployment in late September.

With the new 15 month deployments looming ahead of them, soldier's families are also preparing.

Families on the home front have the support of Family Readiness Groups (FRGs).

These teams in each unit are designed to provide a network of support among the unit's spouses and also provide an information avenue between the unit and those waiting at home.

Although FRGs are supposed to provide support for all family members, FRG effectiveness varies greatly from unit to unit, and family members can find themselves outside of the support framework.

Adelina Domanaco-Roberts, whose husband is a combat engineer preparing to leave with the 3rd Brigade, found her experience with the FRG in her husband's former unit completely inadequate in terms of support and information.

She is not only a newlywed, but also an immigrant. She received FRG e-mails about group activities but was unable to attend as she did not have a driver's license.

"I e-mailed them for help but they didn't do anything. They just kept e-mailing me to join their group and come to their activities," Domanaco-Roberts said.

Frustrated with the lack of support from the FRG, Domanaco-Roberts relied most heavily on her own personal network of friends other army wives who were also immigrants.

Domanaco-Roberts says that the only time the

FRG contacted her by phone was to tell her that her husband was coming home.

"They called me to tell me my husband was coming home and how I can meet his bus when he gets here."

Carrie Whalen, a senior medical technologist major at Austin Peay State University and wife of a Chinook pilot stationed at Fort Campbell, had a similar experience with the FRG at her husband's previous unit in Fort Bragg, N.C.

Married barely a month before his deployment, "I fell through the cracks," Whalen said. As in the case of Domanaco-Roberts, Whalen was first contacted a few weeks before her husband's 12 month deployment in Afghanistan ended.

Whalen found her FRG at Fort Campbell to be much more proactive during her husband's most recent tour in Iraq.

"The FRG scheduled meetings to tell us about the guys. It's a source of information so you're not in the dark wondering 'what in the hell is going on with my

husband?'" Whalen said.

However, Whalen added, "Of course, that information is not always reliable, but they do try."

Domanaco-Roberts is optimistic about the support she will receive from her current FRG while her husband is in Iraq.

Her FRG contact has already called her and Domanaco-Roberts said "she told me, 'Just call me if you need me. Don't think about it, just call.'"

The new 15 month tours may mean that spouses like Whalen and Domanaco-Roberts will rely more heavily on the support of groups like FRGs. Domanaco-Roberts says the prospect of her husband being gone so long "gives me bad dreams and thoughts."

But I will pray and try not to think about it too much."

Whalen is more cynical about the prospects of longer deployments. Whalen says, "12 months, 15 months, same thing," Whalen said ♦

CONVOCATION

Campus welcomes new President

Hall begins semester, changes on the horizon

"I think we have to ... learn to pay close attention to students, and make a close personal connection early on."

Timothy Hall



By **KYLE NELSON**
News Editor

Timothy Hall assumed his role as Austin Peay State University's president Aug. 1. Hall has many ideas, none of which will move forward until he meets with APSU's faculty and students.

"I think the beginning of a new presidency is a time for me to listen to members of this community and help this community listen to itself," Hall said.

"I plan to spend concentrated time this fall, and probably into the spring, with faculty from every department, staff from every division, student groups and the community in Clarksville and around the state to see where they think APSU is going."

In January, Sherry Hoppe announced her retirement from the presidency and the school quickly began to search for a new president. Hall was announced as Hoppe's successor in May.

Now Hall is using his experience gained at the University of Mississippi to improve the APSU community.

"I think we have to ... learn to pay close attention to students, and make a close personal connection early on," Hall said.

"The important overarching principle is that students who feel like they belong, and who are plugged in are more likely to finish their education."

Hall said that one of his goals is to increase the amount of students retained year to year and increase the percentage of students who graduate. Hall also plans to encourage involvement in APSU's athletic programs.

"I'm going to encourage folks to tailgate. It's not just about watching the game. It's about building a sense of community at Austin Peay," Hall said.



LOIS JONES/SENIOR PHOTOGRAPHER

Hall has been meeting with faculty and students since he arrived to determine the direction that both groups would like to see Austin Peay State University go.

He emphasized that football and other sports at APSU are important ways to get students involved and attached to the school.

Before any real plans are put into motion, Hall will meet with SGA and other student organizations to ensure the desires of students are heard.

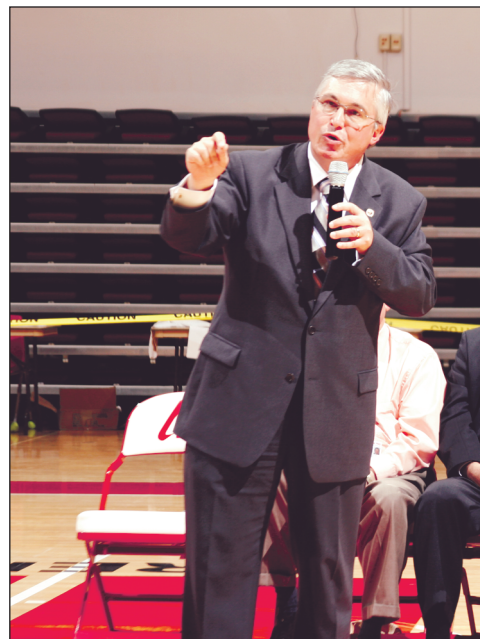
"I expect us to have some plans when we finish that period. I want to make sure that that's a living document. I want to add that conversation to what we're doing," Hall said.

Hall will also be trying to raise more funds for the university through private sources.

"I believe public institutions now require that kind of support if they really want to do what they need to do to support students. So, I will be actively engaged in trying to persuade alumni and friends of the university to continue to support our school," Hall said.

Hall stated that the reasoning for this was that state support for universities has been on the wane, thus the school needed to work harder in that direction to help support APSU's educational interests.

"My family and I are really excited to be here," Hall said. "I think you'll see a lot of us." Hall plans to host events at Archwood, the president's house. "It belongs to the university." ♦



LOIS JONES/SENIOR PHOTOGRAPHER

President Hall spoke to the freshman class at convocation on Thursday, Aug. 23

New semester brings new dining options

By **TINEA PAYNE**
Staff Writer

Campus dining will be served on a fresh new plate this semester as Austin Peay State University's Dining Services announced its new director, along with a facelift to dining on campus.

Joe Lachina, former dining services director for Marietta College in Ohio, now caters to a smaller community of college students as he accepted the position of senior director of Chartwells Dining Services last June. The Cleveland native has over 12 years of experience working in campus food services, including positions at the University of Mississippi, Freed-Hardeman University and the University of Memphis.

Lachina takes the place of former director, Tom Callahan, who announced his transfer to Auburn University last May. Not only are there slight changes to the dining staff, but many new menu options and dining features have been added this fall that will turn campus dining in a new direction.

Last spring a student survey resulted in plans to implement more healthy and well balanced meals on campus

"We want to involve the students more into what goes on in campus dining," Lachina said. "We do listen to the students and try to implement what we can."

Lachina's focus at APSU is in line with the Chartwells motto, "Eat, Learn, Live." "You want to nourish the body, stimulate the mind and enhance the quality of life," Lachina said.

New menu options reflect these changes as campus favorites such as Austin's Diner and the Food Court have added more variety and balance, according to night supervisor, Debbie Asbell.

Changes made to the Food Court include the new Mama Leon's, an Italian eatery station offering not only pizza, but a variety of pasta and soups that will replace Trattoria. Bamboo Asian Cuisine will also leave the dining scene as Habanero's Mexican Cuisine makes way with Latin-inspired cuisine choices such as tacos, burritos and gorditas.

Austin's Diner has also received a facelift this semester, offering a variety of healthier menu selections for the '50s themed eatery.

Some of the choices added to the menu are the Italian grilled veggie pita sandwich, grilled chicken breast sandwich and other "grab and go" options.

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Counseling Center provides students with avenue for support

By **MARC WALLS**
Guest Writer

The beginning of a new semester at Austin Peay State University has many new students excited to begin college and returning students the chance to reconnect with friends.

However, the transition from high school to college, or simply summer to college, rarely happens without its obstacles and worries.

APSU Student Counseling Services presents an opportunity for students to receive guidance and support through the difficult circumstances that occur during a student's transition.

Located in the Ellington 202, SCS addresses a wide scope of academic and non-academic issues.

"We exist to help students become successful in school and life," said Director Lowell Roddy. "We try to help people understand there are many outlets for dealing with disturbances. If we can help remove the

impediments they can be successful."

Typical counseling concerns range from struggles with anxiety and depression, to family and relationship issues, though more serious problems can exist.

A 2006 report from the National College Health Assessment shows that 33.8 percent of APSU students reported significant stress. An additional 16.3 percent suffered from depression and anxiety.

The counseling center responded to 585 students last school year, though Roddy suspects many more can be helped.

"On any given day, 10 percent of students suffer from stress," Roddy said. "Many people do not seek help because they are embarrassed they can't handle things by themselves."

An important detail to counseling is confidentiality. Students who visit the counseling center receive a consent form that outlines the obligation of the counselor to keep the visit and all details confidential.

This also means that a student can feel free to discuss any issues without worries of academic disciplinary action.

For those who feel they may want help with issues, the counseling center Web site features an online screening tool designed to identify possible areas of concern.

From there, an appointment can be made to visit one of the counselors. Though appointments are preferred, emergencies walk-ins are welcome at any time.

In addition to grief counseling, the center also provides couple and marital counseling as well as support for military families.

While Roddy and the staff at SCS continue to work with faculty to help students' problems, he also has advice on how students can help promote a safer campus.

"Don't be afraid to get involved," he said. "Talk to

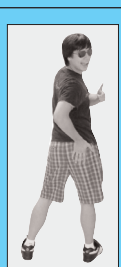


PATRICK ARMSTRONG/SENIOR PHOTOGRAPHER

Melissa Conwell, left, and Priscilla Dale, right, working in the Counseling Center.

your friends. When you see something that doesn't look right, it probably isn't."

For more information regarding Student Counseling Services, visit: <http://apsu.edu/counseling> or call 221-6162. ♦



Perspectives

Find something revealing on pages 4 and 5.

Features

Ecuador provides escape into lush cultural paradise



Sports

Week One: men and womens cross country, volleyball, and soccer



Online

Don't miss the first weekly 5Q, featuring President Timothy Hall



FYI

♦ Welcome Back Week events ongoing through Tuesday.
♦ APSU hosts new wireless access; no IT registration required.