

EXAMINATION

It's that week. We all feel it. See **each section** for a different take on exam time around campus.

vanderbilt hustler

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ADDERALL-OR-NOTHING

By TYLER BISHOP
News manager

By EMILY TORRES
Senior news reporter

Students on college campuses across the nation, especially during times of high stress, pay large sums of money, typically pill by pill, to use illicit prescription drugs — most commonly, Adderall — in hopes of boosting their academic performance. The problem that might be more pressing than the use of the drug itself is its inevitable prevalence on campus.

Based on results gathered through an anonymous Residential Education survey given during 2011 at Vanderbilt, 3.1 percent of students used non-medical drugs during periods of stress, including exams. Another 2 percent used them on occasional weekends or at special social gatherings. Only 0.2 percent of the student body uses it daily.

"We are aware that the illicit use and abuse of prescription medications is an issue on our campus as it is on many other campuses across the country," said G.L. Black, assistant dean and director of the Office of Student Conduct and Academic Integrity, in a statement to The Hustler. Black also outlined the university's policy on prescription drug abuse:

"The possession or use of prescription medication prescribed to another person as well as the distribution of a medication prescribed for one person to any other person are prohibited under the university's Alcohol and Controlled

Substances Policy. Students found responsible for possessing or using prescription medication prescribed to another person may be subject to a range of sanctions depending on the circumstances and severity of the incidents in which they are involved," Black said.

Despite university attempts, control of Adderall continues to be a problem on campus.

WHY POP THE PILL?

There are multiple reasons students turn to prescription drug abuse, according to associate dean and director of the Office of Student Health and Wellness Tina Smith. However, Smith said the most common cause on college campuses is a high level of stress.

"It can be a lack of experience. It can also be — say there was a killer chemistry exam that all my students were freaking out about — so it is a combination of things," Smith said.

Associate Professor of Psychology and Human Development and Peabody College Associate Dean for Undergraduate Studies Craig Smith has conducted extensive research on stress management from a cognitive perspective. He said that students especially over-stress during exam periods.

"The main thing is — exams are important — especially for first-years as they are just figuring it out, but keep it in perspective," Smith said. "Often we treat exams as life and death, but the world won't end if they don't go perfectly well."

— Continued on PAGE 2

FAST FACTS

3.1

Percent of students at Vanderbilt admitting to using nonmedical drugs during periods of stress (2011)

2

Percent of students at VU using non-medical drugs on occasional weekends or social gatherings

0.2

Percent of students at VU using non-medical drugs daily

34

Percent of University of Kentucky undergraduates who have used ADD medicine illegally

ADDERALL USE BY THE NUMBERS

In a 2007 study done by UNC-Greensboro and Duke University, researchers found that 9 percent of students report using ADHD medication without a prescription since they began college.

The same study found the following results concerning causes and effects reported by students:

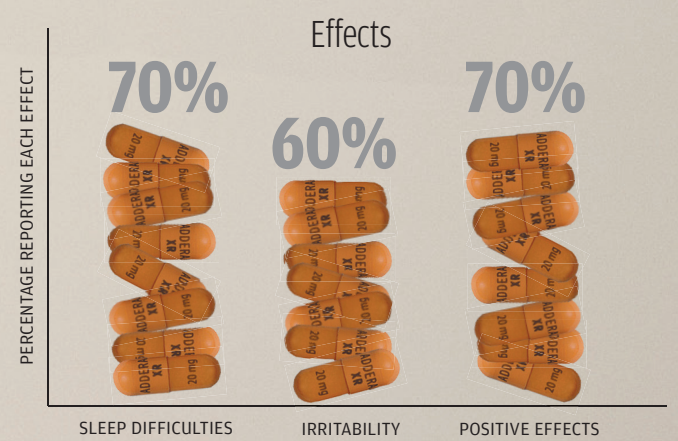
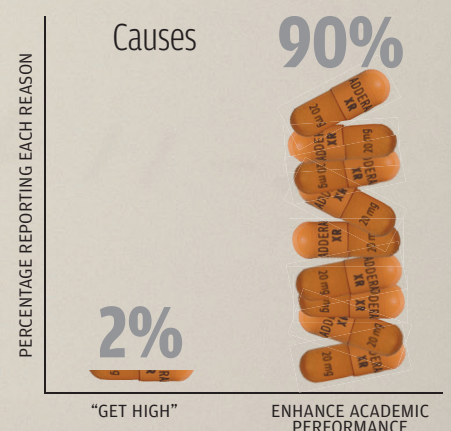


PHOTO ILLUSTRATION BY TINA TIAN / THE VANDERBILT HUSTLER

Tossing 'loony' in the bin

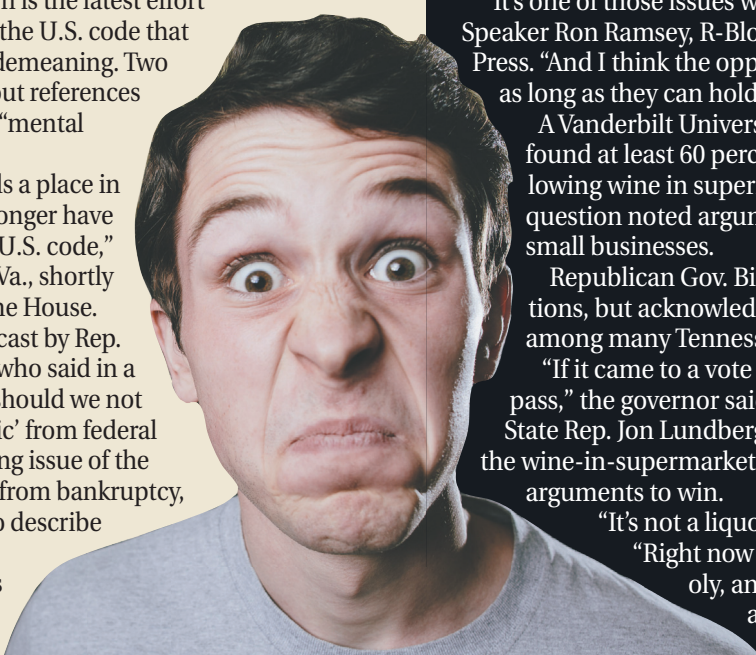
AP — You can say "lunatic" all you want, but you probably won't have the government's blessing.

The word "lunatic" will be stricken from federal law under legislation that passed the House Wednesday and is headed to President Barack Obama for his signature.

The congressional action is the latest effort to remove language from the U.S. code that has become outdated or demeaning. Two years ago Congress took out references in federal law to the term "mental retardation."

"The term 'lunatic' holds a place in antiquity and should no longer have a prominent place in our U.S. code," said Rep. Bobby Scott, D-Va., shortly before the 398-1 vote in the House.

The lone "no" vote was cast by Rep. Louie Gohmert, R-Texas, who said in a statement that "not only should we not eliminate the word 'lunatic' from federal law when the most pressing issue of the day is saving our country from bankruptcy, we should use the word to describe the people who want to continue with business as usual in Washington."



Let the wine flow

AP — The top two Republicans in the Tennessee General Assembly support allowing the sale of wine in supermarkets, and the influx of new GOP lawmakers is giving them the opportunity to reshape key committees where efforts to make that change have long been blocked by opponents.

"It's one of those issues we've battled forever," Senate Speaker Ron Ramsey, R-Blountville, told The Associated Press. "And I think the opponents have held it off for about as long as they can hold it off."

A Vanderbilt University poll conducted last year found at least 60 percent of Tennesseans support allowing wine in supermarkets — even when the survey question noted arguments that the change would hurt small businesses.

Republican Gov. Bill Haslam has expressed reservations, but acknowledged the move would be popular among many Tennesseans.

"If it came to a vote in Tennessee, it would probably pass," the governor said. State Rep. Jon Lundberg, R-Bristol and a main sponsor of the wine-in-supermarkets bill, said he expects economic arguments to win.

"It's not a liquor bill, it's a jobs bill," he said. "Right now the state is mandating a monopoly, and I don't think citizens want that anymore."

Alex heads to LPGA

Former Vanderbilt two-time All-American Marina Alex has qualified for the LPGA Tour as a Priority List Category 17 qualifier after finishing in a tie for 27th at the 2012 Q-School in Daytona Beach, Fla. The Wayne, N.J., native had a five-round total of one-under par, 359 at the tournament.

Alex, who was a first-team All-American in 2010 and 2012, earned provisional status with her finish. Those who ended Q-School in positions 1-20 earned their full card, while those who finished 21-45 earned their way on to the tour as Category 17 qualifiers.

"Q-School was good, but it was the hardest thing I've ever done," said Alex. "It was stressful. In college or as an amateur, you qualify for one event, but in this case, I was qualifying for my entire year — where you play the year out. Every round is important. I played a lot more conservative, more on edge. I took on a lot less risk. You gladly take par, get the birdies where you can get them, but you try not to make big numbers."

With the 27th place finish, Alex is seventh on the priority list — basically if the full 144-player field is not full, she is the seventh alternate. With that in mind, Alex is unsure whether she will try to compete early on the LPGA Tour or compete on the LPGA's Symetra Tour, where she is guaranteed a spot to play.

"I haven't decided yet what to do," said Alex. "Everything happens for a reason, so we'll see what happens. But, I'm excited."

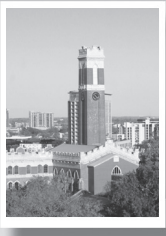
—Vanderbilt Athletics press release

campus

QUOTE OF THE DAY

"It makes me feel that I'm the most interesting, creative person I can be. It makes me feel great. Learning, writing — things that should not be fun — become fun. When they could feel like a chore, no longer become one. I enjoy work."

ANONYMOUS STUDENT ADDERALL USER



VANDERBITS

CRIME LOG

MONDAY, NOV. 26

Blakemore Avenue, 5:40 p.m. — A jogger was inappropriately touched by a stranger.

TUESDAY, NOV. 27

1211 Medical Center Drive, 9 a.m. — An employee's iPad was stolen.

THURSDAY, NOV. 29

Barnard Hall, 12:34 a.m. — A disciplinary referral was issued to an intoxicated student.

FRIDAY, NOV. 30

Commons, Midnight to 2:30 a.m. — Two students were issued disciplinary referrals for a liquor law violation.

Lewis House, 3:30 a.m. — Damage to property was reported.

McTyeire Hall, 11 a.m. — A student's unsecured bike was stolen.

SATURDAY, DEC. 1

Commons, 1:15-2:37 a.m. — Three students were issued disciplinary referrals for a liquor law violation.

1211 Medical Center Drive, 1:05 p.m. — An individual was sold fraudulent tickets.

NPHC House, 201 24th Avenue S, 9:15 p.m. — Items left unattended were stolen.

Carmichael Towers 4, 11:30 p.m. — A disciplinary referral was issued to an intoxicated individual.

SUNDAY, DEC. 2

24th Avenue S and West End Avenue, 2:15 a.m. — A disciplinary referral was issued for a liquor law violation.

24th Avenue S and West End Avenue, 2:15 a.m. — A disciplinary referral was issued after MNPD saw an intoxicated individual.

Carmichael Towers 4, 2:20 a.m. — A disciplinary referral was issued for a liquor law violation.

Carmichael Towers, 2:25 a.m. — A disciplinary referral was issued to an intoxicated individual.

24th Avenue S and West End Avenue, 2:25 a.m. — A disciplinary referral was issued to an intoxicated individual.

Lot 5, 2001 Terrace Place, 3:20 p.m. — A trespassing and uncooperative individual was arrested.

24th Avenue S and Blakemore, 5:30 p.m. — An individual stole a Vanderbilt University traffic sign.

MONDAY, DEC. 3

1211 Medical Center Drive, 7:22 a.m. — An individual was arrested for disorderly conduct.

Mega Stressed?

By **TYLER BISHOP**
News manager

Free massages, facials and other de-stressing activities will be available to students free of charge at the "Mega-Stress Fest" this Friday, Dec. 7. The Vanderbilt Programming Board along with the Office of Housing and Residential Education put together the event, which will run from 7-11 p.m., in an attempt to provide a break for students in a period of high stress.

Associate Professor of Psychology and Human Development and Associate Dean for Undergraduate Studies Craig Smith, who has specialized in stress management from a cognitive perspective, said that rest and relaxation are invaluable during stressful periods.

"One of the biggest advantages for finals is staying rested," Smith said.

Smith also said that taking care of basic needs like sleep and eating well is more effective in managing stress levels and maintaining energy than using high levels of caffeine.

"Take care of the basic things like sleeping and eating," Smith said. "Build in time to sleep and even exercise into your schedule. I particularly worry about caffeine, as it mimics symptoms of anxiety. It is easier to get confused, and it becomes difficult to solve problems."

In addition to massages and facials, yoga, waxing, refreshments, board and video games, henna tattoo and caricature artists and a photo booth will be free to students. The appointment station will open at 6 p.m.

vanderbilthustler

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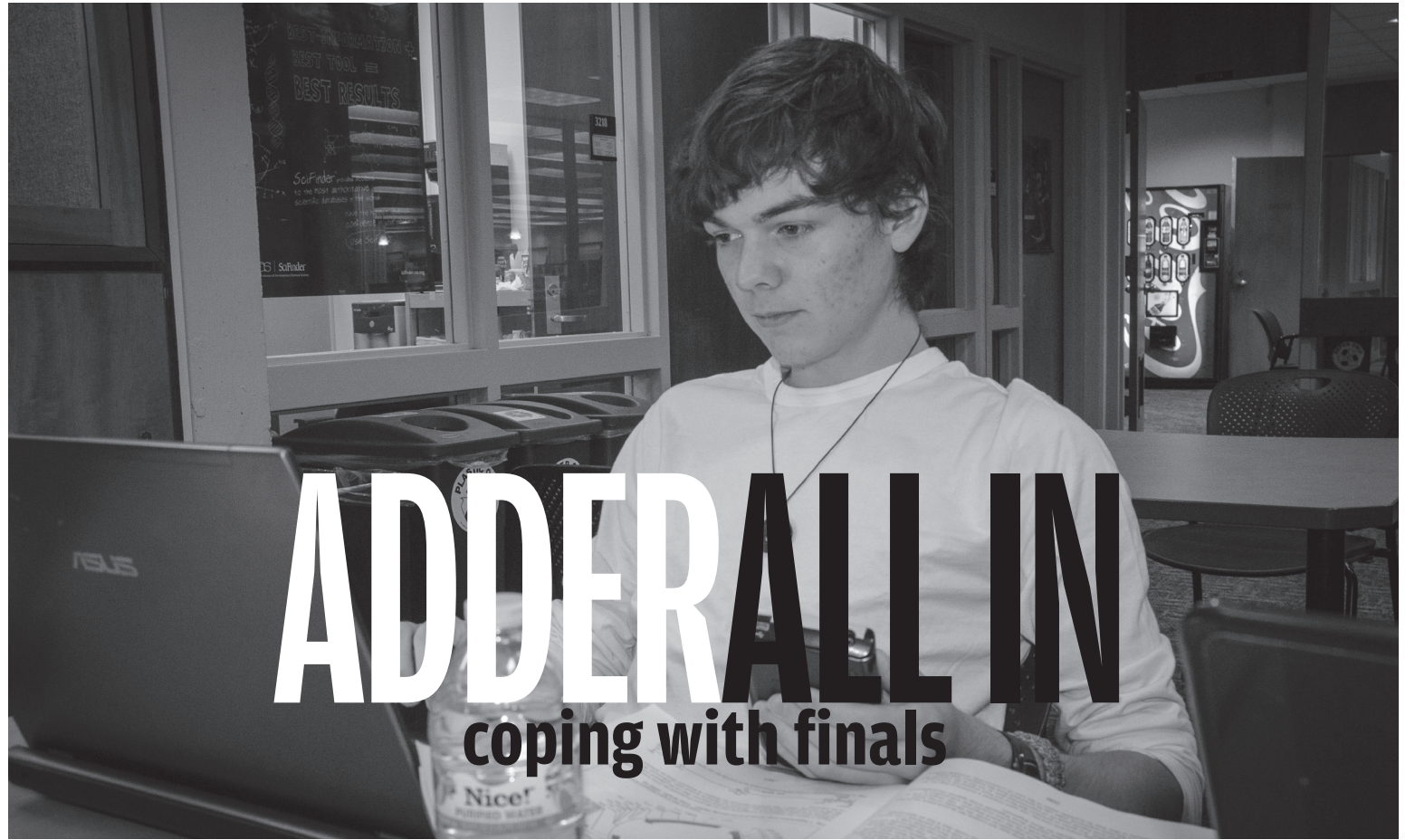
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— Continued from PAGE 1

Freshman Sean Walsch studies without stress in Stevenson library.

AN ISSUE OF INTEGRITY

The use of prescription drugs to cope with stress and enhance academic performance also raises questions regarding integrity. The language of some U.S. schools' honor codes actually makes it an academic honor violation.

In the 2010-2011 school year, Wesleyan University expanded the meaning of its honor code's inclusion of the phrase "completing academic work without improper assistance" to include the illicit use of prescription drugs, according to an article published in The Daily Orange. Wesleyan joined other schools, including Northern Illinois University, who have specific honor code policies against abuse.

Though it is both illegal and a conduct violation to illicitly possess or consume prescription drugs, its use with the intent of improving academic performance is not currently a violation of Vanderbilt's Honor Code, according to senior Michael Edwards, president of the Undergraduate Honor Council.

He said he believes the issue is a personal, rather than academic, problem — and the treatment of the issue as a conduct violation is more appropriate.

"This issue seems to me to examine one's integrity on a much more personal, not academic, level," Edwards said, "and therefore should be considered a conduct issue — just as other non-academic integrity issues."

Edwards said there are currently no plans to consider making the illicit use of Adderall a violation of the Honor Code.

Brian L. Heuser, assistant professor of the Practice of International Education Policy in the Department of Leadership, Policy, and Organizations, says the use of Adderall is more of a concern as a health issue than for its implications on academic integrity.

"It's an abuse. I don't know if it constitutes an abuse of the Honor Code. It should be dealt with according to Student Health and Welfare," said Heuser.

Professor of Philosophy John Lachs says there's multiple ways of looking at the issue from an ethical standpoint.

"We use all kinds of aids in helping us remember better or to be alert," Lachs said. "Coffee is very useful, and it's not banned."

CONCERNING HEALTH

Many studies have been conducted to examine the health effects of Adderall when used outside of a prescription. Many have concluded that the drug poses significant long-term effects.

The Office of Student Health and Wellness highlighted some of these long-term effects of commonly abused prescription drugs:

Long-term use of opioids or central nervous system depressants can lead to physical dependence and addiction. Opioids can produce drowsiness, constipation and, depending on the amount taken, depressed breathing. Central nervous system depressants slow down brain function; if combined with other medications that cause drowsiness or with alcohol, heart rate and respiration can slow down dangerously. Taken repeatedly or in high doses, stimulants can cause anxiety, paranoia, dangerously high body temperatures, irregular heartbeat or seizures.

Overdose can produce more severe effects. The National Institute on Drug Abuse states that if taken repeatedly or in high doses, stimulants (like Adderall) can cause anxiety, paranoia, high body temperatures, irregular heartbeat and/or seizures. It is not recommended for anyone with high blood pressure, heart problems or a history of seizures.

Adderall also has the potential to be an addictive stimulant for many students.

WHAT SHOULD STUDENTS DO?

Professor Craig Smith said that in college-aged students, managing time is the most important way to prevent stress from building up.

"A lot of stress boils down to time management. The key thing I would do is to look ahead to see what your schedule will be like and start planning," Smith said.

He also said that there are some warning signs to watch out for.

"When really stressed out, you start feeling as though the whole world is closing in on you," Smith said. "You can't see beyond the next thing you need to do. When your focus is narrowing and you feel out of control, it is an excellent time to take a break."

Tina Smith said that help is always available for students through the Office of Health and Wellness and the Psychological Counseling Center.

"It all goes back to safeguarding the students and making sure that they know what the resources are," she said.

"With those outside of residential education or conduct, the confidence level is higher. When they realize that I'm not taking notes and that I don't have a student file open on them, they are more willing to talk to me," Smith said.

"Because of some of the perceptions and misperceptions of what the services and the process is when you go over (to the Psychological Counseling Center), sometimes students won't go. So what I try to do is try to explain to them what the process is there, and that the information that they share at the center will be confidential."

Charlotte Gill and Hannah Sills contributed to this report.

Among users of Adderall

90%

are also binge drinkers

70%

are not worried they'll get addicted

2%

use it to 'get high'

An anonymous user speaks out

By **KION SAWNEY**
InsideVandy director

Coming to the university with no knowledge of the drugs, one senior has come to see their use as integral to his learning at the university.

The Vanderbilt Hustler: Are you prescribed Adderall and how did you acquire it?

Anonymous: I'm not prescribed the drug. I've been getting it from difference sources since freshmen year. There are probably 10 people in my phone right now where I can get Adderall or Vyvanse from. I actually didn't know what it was until my first midterms freshman year.

VH: How did you know your friends had the drugs?

A: It's not a rare thing at Vandy, if you ask your friends or someone who is cool. They will either have it or know someone who can get it for you... It's really beautiful.

VH: Why is it beautiful?

A: At least for me it does a lot more than help me focus. It makes me feel that I'm the most interesting, creative person I can be. It makes me feel great. Learning, writing, things that should be fun become fun. When they could feel like a chore, no longer become one. I enjoy work.

VH: Did you not enjoy work before?

A: Of course not! All you do in school is work so that you can finish. On Vyvanse, I see learning for what it is. It's enjoyable. We just forget that school should be about learning and not about work.

VH: Would your performance be different without it?

A: It would be less inspired with a lot of wasted time. At least for me you don't see as deeply into a subject. When you focus into something so hard, you see the core

of what you are studying. It's not just a focus drug; it allows you to see things in a larger way. In studying philosophy, it allows me to focus on one thought, and it allows my brain to make connections and I can see deeper into my mind. It allows me to connect the thoughts in my mind.

VH: Do you think it's ethical to use these drugs?

A: There are reasons for and against. Yeah it's less ethical to use it for a competitive standpoint (in terms of students and grade), but for me, school is not a competition. School isn't about the degrees for me — it's about the learning. I know many people won't defend this statement, but it's probably more ethical to try it, if you're here to learn and open your mind. We have this assumption that what we feel naturally is the way that we should be 100 percent of the time and that any other mindset is wrong. But this is not true. There are other ways for the brain to function. Assuming that it's temporary, it's a moral thing to explore what the brain is capable of. Because, after all, what we are is the brain. Our personality, our soul, or morals is the brain.

VH: How often do you use it?

A: I use it only during college, specifically during exam time when I use it more to focus. Typically about 700 milliliters of Vyvanse, because it gives you the high, and it's amazing. While I'm working on a paper, I go one page in, and then start working on something else. I could plan out my week, organize my vacation or plan my honeymoon a few years from now. I feel more motivated to do anything.

VH: Do you think it's prevalent on campus?

A: Yeah, absolutely, I think it's prevalent on many campuses.

Alumna shares her views on Adderall, academic performance

By **KION SAWNEY**
InsideVandy director

The Hustler asked 2012 alumna Meryem Dede to give her thoughts on Adderall and the importance of good grades. Dede is currently pursuing a law degree at the University of Virginia School of Law.

The Vanderbilt Hustler:

What is your opinion on Adderall use in general when it comes to studying or test-taking?

Meryem Dede: Adderall is similar chemically to speed and even people who have prescriptions for it sometimes are reluctant to use it. Therefore, I think it's incredibly stupid and reckless for those without learning disabilities or attention disorders to use it to study.

VH: Did you ever use Adderall or anything similar? Do you feel it helped if you did take it?

MD: I've never used it.

VH: How much do you feel Adderall use and cramming is "worth it" to a student who wants to receive a good grade in a class, especially a student at Vanderbilt?

MD: I don't think it's worth it at all. The people that I knew who tried Adderall or used it regularly were those who took it because they hadn't started writing their paper until the night before, or who stayed up

all night studying for that last big test. Instead of drugging themselves, they could have just started their work earlier. I've also heard stories of it not being effective for people — horror stories of Adderall making them totally unable to concentrate. I don't think it's worth that risk.

A lot of people consider Adderall as cheating. I don't ever think one grade is ever worth risking getting kicked out of school or forever ruining your prospects of getting security clearance or working for the government.

VH: As a Vanderbilt alum, how important are the grades you received in school to you today, in the non-schooling world?

MD: My undergraduate grades were really important for getting into law school, but now that I'm here, it's only law school grades that count. Grades do matter a lot, but I think having a healthy heart and living for a full life is more important.

VH: What would you tell current students regarding Adderall use during finals studying and test-taking?

MD: It's not worth it. If you can't concentrate, take a hike, go to the gym or use a legal drug like caffeine. Things don't get easier, and you can't use Adderall your whole life.

New offices promote diversity on campus

By **TYLER BISHOP**
News manager

The Vanderbilt Office of the Dean of Students has announced plans to again expand its efforts to improve diversity and traverse cultural boundaries on campus.

"We are reorganizing our efforts in the areas of diversity education and leadership development by redistributing and expanding upon the work of current Office of Leadership development and Intercultural Affairs (LDIA) through the creation of two new offices, a repurposing of one office, and the creation of two new cross-departmental committees," Dean of Students Mark Bandas wrote in a statement to The Hustler.

The two new offices created under the plan include the Office of Intercultural Affairs (IAA) and Advocacy and the Office of Leadership Development.

Tina Smith, who is currently assistant dean and director of the Office of Student Health and Wellness, will lead the IAA office. The primary mission of the new office will focus on developing ways to engage students across cultural boundaries, providing advocacy services in problem and conflict resolution and promoting positive perceptions of the cultural climate on campus.

The Office of Leadership Development is being established under the leadership of Associate Director Krystal Clark. The goals of this office will center on examining and creating ways to improve and increase the importance of leadership development on campus.

The Office of Active Citizenship and Service, which is led by newly installed Director Clive Mentzel, will be slightly repurposed, with the infusion of diversity education and inclusion programming. Efforts will include integrating service with broad community engagement and encouraging cross-cultural communication, connection and discovery.

The newly created committees include a new standing Diversity and Inclusion Initiatives Committee and an expansion of the Multicultural Leadership Council, both of which will include representatives from the Dean of Students Office, faculty and students. The committee on diversity and inclusion will focus on developing a culture of empathy, appreciation and understanding both on and off campus. The Multicultural Leadership Council will continue to work toward bridging cultural gaps on campus.

"These changes will come about gradually. The commitments of LDIA for this academic year will be fulfilled," wrote Bandas. "We will appoint the two standing committees by the beginning of the spring semester in order to develop division-wide strategic plans for the next academic year. The formal reorganization will be implemented on May 15."

'Fifteen Fragments': Published author opens up

By **EMILY TORRES**
Senior news reporter

On the day of her 20th birthday, senior Mara Truslow was able to see her hard work come to fruition. Her debut novel, "Fifteen Fragments," had been published. This was in April 2011.

An Ingram scholar and double major in history and human and organizational development, Truslow wrote 'Fifteen Fragments' as a fictional narrative that doubled as a service-learning curriculum. The book is targeted to a young (and primarily female) audience of middle and high school students. The story revolves around the intersecting journeys of two different high school girls, Alexis and Lina, who eventually come together to meet each other's needs. The title of the book comes from 15 anecdotes that are dispersed throughout the novel and form the core aspects of service.

"It's an alternative guide to service learning education, so it is targeted specifically for a younger audience," Truslow said.

As an avid dancer and visual artist, Truslow began to pursue writing her novel after high school graduation after an inspiring encounter with her brother's friend, Cody.

"The process happened really organically in terms of choosing to write it. So, I sort of had this event where I was at my brother's house at a party, and one of his friends didn't go outside with everyone else, and I started having a conversation with him and he ended up telling me that he had cancer when he was a young boy. I asked what type because I had written a book for teens with cancer when I was in high school, and ultimately he told me he had this really rare disease called Langerhans cell histiocytosis," said Truslow. "That's actually what my sister had and died from, and so when I was

thinking about that and thinking about the way that we're all connected in ways that we can't really understand and how that links to service and thinking about how we connect with the world and others. That sort of led me to think about writing because I had three free months."

During her three free months prior to coming to Vanderbilt, Truslow wrote the bulk of her novel. Writing for the purpose of catharsis, Truslow had no intention of publishing her novel. However, during the process she became inspired.

"I think it was really that interaction with Cody, the guy I met who was a good friend of my brother's at this party. My brother didn't know that Cody had histiocytosis. It was really something that just came out organically, so I was thinking about the way that conversations and the way that we interact with other people and how we are connected and can help each other in a lot of ways. Service and the way we think about service really comes to conversation in getting to know other people, so I thought that writing was an interesting medium to do that," said Truslow. "It's got a guide to service at the end of 'Fifteen Fragments.' It's a little more engaging hopefully for a young audience. It's also nice because all of the profits pay for writing education so it sort of comes full circle. So while it is a guide about service learning education to some extent, it really is about writing and sharing a story."

Truslow finished her first draft during the fall semester of her freshman year and began revising in spring semester. During her sophomore year, Truslow was able to publish via CreateSpace, a self-publisher subsidiary of Amazon, which provided her with greater autonomy and control over her profits. 'Fifteen Fragments' is unique in that all the profits from its sales go toward



MARA TRUSLOW / PHOTO PROVIDED

Author Mara Truslow will be working with Teach for America.

creative writing education.

"It's a curriculum I developed called The Edit, and it's about memoir. It's a six-module curriculum. It can be used at a variety of nonprofits because the content can be targeted and amended at any population. So that all sits in an account until I'm teaching or someone else is teaching in the community to pay for the supplies needed to teach. I've always been involved in service," said Truslow.

Though Truslow was inspired by her process, she admits her writing style has changed since and is unsure if she will write another young adult novel.

"I think it's really come full circle for me because I think

writing really serves as an incredible way to share stories even in fictionalized format and because I focus so much now on arts education and teaching writing, it's an opportunity for me to understand what my students are going through when I'm asking them to write. I understand how difficult that can be, but I also understand how powerful sharing stories is. I think that's been the most powerful lesson for me," said Truslow.

Truslow plans on working with Teach for America teaching English in Nashville after graduation. After two years, she plans to move to Washington, D.C., to work with Deloitte as a federal human capital analyst.

the vanderbilt hustler

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Life



WATCH THIS!

STRESSED OUT THIS WEEK?

There's an app for that

Making a to-do list is an extremely helpful tool for getting things done. There's something psychologically satisfying about crossing something off your list — it's a great way to visualize and track your progress, prioritize, schedule and stay on task. By encouraging you to break down what may seem an impossible feat into little, surmountable successes, it is easier to become confident in your work. Of course, if you are sick of your traditional to-do list strategies, here's a couple of apps that can help organize yourself during finals.

By **RACHEL ABESHOUSE**
Life reporter

Sticky Notes

Sticky Notes might just be the simplest app for making to-do lists. These notes are great because they're always on your desktop and are a constant reminder for you to get things done. It's helpful to organize your notes by creating a separate one for each subject or by date. Stay away if you're a person who needs structure or flashier reminders, though — it's easy to habituate to the presence of Sticky Notes, and they'll become useless if you don't keep up with them. While Macs come with a sticky note app, PCs can download them at cnet.com.

Google Tasks

Google Tasks is one of the most convenient apps simply because Gmail tends to dominate campus. Since you can have the tasks window up even when using other Gmail functions, Tasks makes it simple to transfer tasks that you may be asked through email to add to your list. Using Tasks, you can assign due dates, add emails (hit "More Actions => Add to Tasks", create sub-tasks (hit tab), move items between lists and access your lists via your integrated mobile devices. To make Tasks a little more functional, integrate it with your calendar, so that you can better see your deadlines, future scheduled tasks and share assignments with others. If you really love Tasks, check out the Canvas view — which puts your normally small list in full screen view.

TeuxDeux

TeuxDeux is a really simple, nicely organized app featuring lists organized by date. The app also includes a "someday bucket," where you can keep a list of more global things you want to get done. Designating certain tasks for certain days makes your schedule seem a little more manageable. The app also offers a visual incentive to stick to the schedule, or else you'll find your lists getting longer as you move down the week and constantly have to drag your tasks from one day to the next. The features of the app include "Week Overview," "Check Off Done Tasks," "Delete Tasks," "Move Tasks" and "Someday Bucket." For a quick explanation, see the demo video from their website, www.teuxdeux.com. Teuxdeux is available for Mac, PC and some mobile devices.

Culture Code's 'Things'

This app is much more complicated than TeuxDeux, as it offers features that categorize your tasks by prioritization. There are two main categories of tasks to which your lists can be divided: "Areas" and "Projects." Areas refer to domains of tasks, so that you can focus on one area of your life, such as "at work," without being reminded of the things you have to do "at home." Projects are more specific than areas — they list the steps that need to be taken in order to complete an assignment. This is very good for outlining and breaking down what you need to do to study for a certain class final: List which readings you need to catch up on, which practice questions you need to do, etc. As you systematically check each step off, you will feel completely prepared. You can also use the focus section of the app to prioritize your tasks based on timeliness, despite which project or area they fall under. Within focus, you can categorize tasks as for "Today," "Next," "Someday" or "Scheduled." The app is only for Mac and can be downloaded at www.culturecode.com. If you have a PC, MyLifeOrganized has a similar functionality and can be downloaded at www.mylifeorganized.net.

Evernote

Evernote is a lot like the Dropbox of to-do lists; it's great at integrating your lists across your computer and your mobile devices, giving you access to your most up to date lists immediately on any medium. Beyond to-do lists, you can store documents, videos, audio recordings, photos and more. The app is also searchable, so even if you're great at organizing yourself, you'll be able to find what you wrote. Evernote can be downloaded for both Mac and PC at www.evernote.com and downloaded on some mobile devices.

CELEBSTATUS

On Dec. 4, Kate Middleton, Duchess of Cambridge, announced that she was pregnant, putting an end to days of speculation. The announcement came after severe morning sickness prompted a trip to the King Edward VII Hospital in London. The Press Association reports that the pregnancy has not passed the 12-week point, a departure from the typical protocol for royal pregnancy announcements. Usually royal births are posted on the gates at Buckingham Palace only after the 12th week of pregnancy. Despite the unusual timing of the announcement, the couple and members of both families have released a statement, saying they are "delighted with the news."



THE ART OF CRAMMING

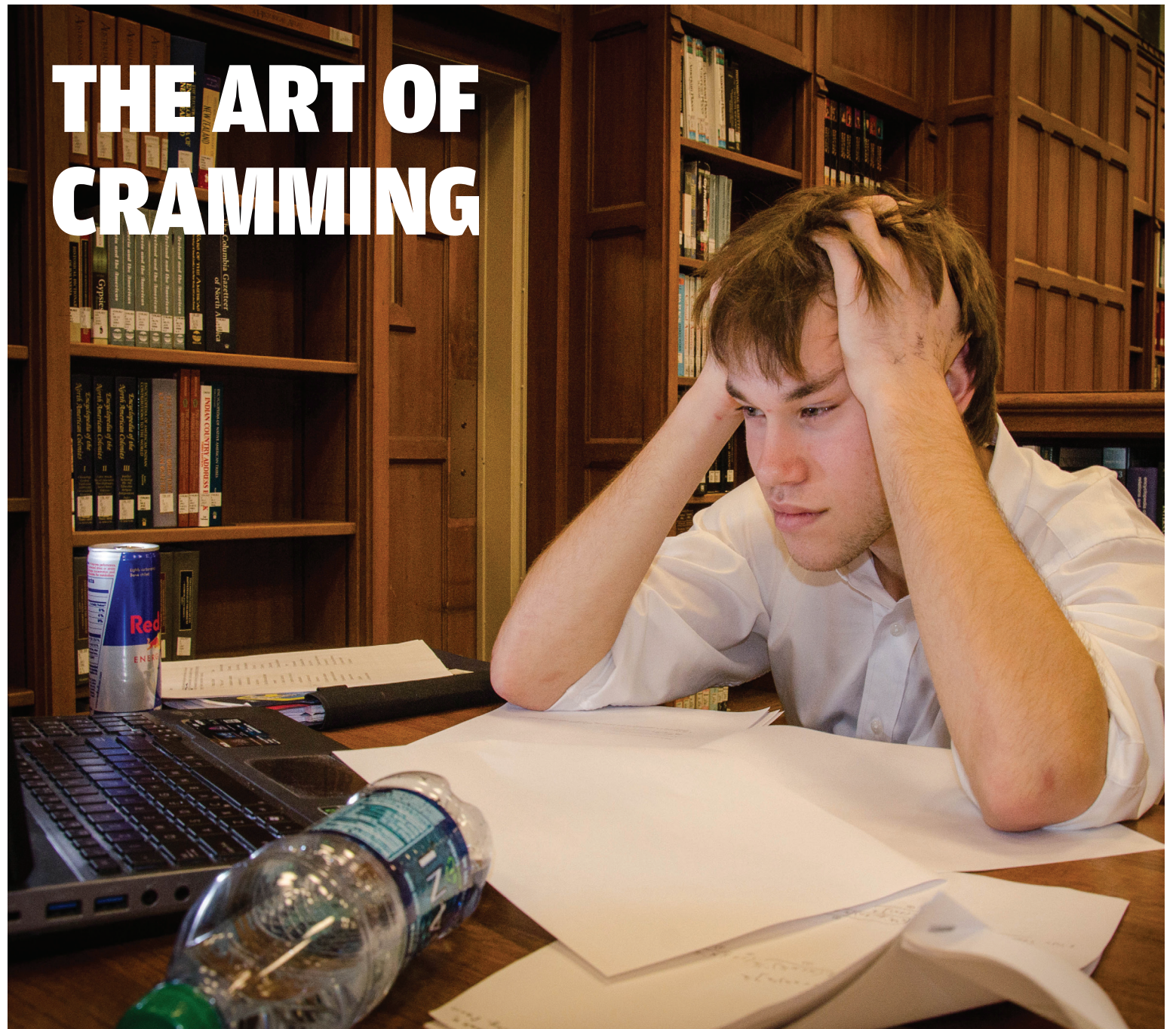


PHOTO ILLUSTRATION BY BOSLEY JARRETT / THE VANDERBILT HUSTLER
Stressed freshman Justin Paul studies in Central Library.

By **KELLY HALOM**
Life editor

"I am not a good student," senior Ashley Kimery bluntly admits in reference to her studying habits. "I am an awful student. I always wait till the last minute to do things."

Kimery notes that she only buys class textbooks half of the time, and almost always uses class time for email correspondence. Getting home as late as 10 p.m. most nights, she rarely dedicates time to homework.

While Kimery's poor study habits might seem out of place on a campus so focused on academics, they are not representative of her work ethic outside of class. In fact, such cramming is often a byproduct of an overcommitted, overscheduled campus.

Nominated as an outstanding senior this year, Kimery is widely involved on and off campus. Her extensive list of accomplishments includes everything from sitting as the Director of Public Relations for both the Nashville Mobile Market and the National Mobile Market to her job with Curry Ingram Academy, where she works in an after school program for children with learning disabilities.

Kimery has no qualms about her last minute studying. "I'm already doing what I want to do, so if I can dedicate time to Nashville Mobile Market, which is changing people's lives and

affecting people and giving me experience in the field I want to be in, then what is this class really doing for me?"

Though Kimery is known to only look at material for a few hours before test time, she has managed to make superior grades, as she has been on the dean's list for the past two years.

Kimery's key to success in the classroom? Prioritizing.

When it comes to finals, Kimery typically dedicates two hours to study for each major test, often relying on the study guides for assistance. After skimming through each review, Kimery chooses topics she feels least comfortable with and dedicates all of her studying time to them. "I don't waste time. If there is a section that I know, why am I going to study it?"

As far as classes without study guides, Kimery notes that the syllabus can act as a substitute, as she will look over class lecture topics and only study those she does not feel confident about.

Kimery also notes the importance of picking the right texts to study, as she has found that texts with the most simplistic language are the most helpful when cramming. She spends some of her time "... looking at the texts, and figuring out which one says it in the most simplified way that I can expand upon, because I'm an intelligent human being. Because we're all intelligent human beings, so I think it's just knowing the basics and being able to extrapolate."

MUNCHIE SMART

As you resort to the Munchie Marts during finals week, select healthy options to keep your stress to a minimum

By **KATERINA ROSEN**
Life reporter

With exams and final papers on the horizon, the importance of eating healthily and on the go has increased tenfold. If the pressure to finish that 20-page paper due in a mere four hours keeps you from the long lines in Rand, the campus Munchie Marts provide some healthy alternatives.

The Rand, Branscomb and Commons Munchie Marts provide a good selection of healthy nutrition bars. To keep you satisfied and energetic long-term, choose an energy bar rich in protein and carbs. Top off your quickie meal with a Chobani yogurt. Greek yogurt has numerous health benefits, such as its healthy dose of energizing protein.

Additionally, studies at the University of Washington in Seattle show that eating yogurt will help you feel fuller for longer. The study showed that men and women who eat yogurt compared to other 200-calorie snacks experience lower hunger ratings, definitely a good thing during those endless nights of studying. Luckily, the campus Munchie Marts provide



NELSON HUA / THE VANDERBILT HUSTLER

plenty of low-fat and nonfat yogurt options for students to choose from.

Lastly, choose fruit rich in Vitamin C, which will keep you from getting sick just when extra stress builds. The Munchie Mart sells pineapple, blueberries, blackberries, bananas and oranges — all of which contain a high concentration of Vitamin C and will keep you healthy as you power through this week.

If you are rushed in the morning, the Munchie Mart is a great place to pick up a quick and nutritious breakfast. Replace coffee with black tea for a healthier caffeine fix in the a.m. Excessive coffee drinking can hinder iron absorption, which causes exhaustion, absolutely adverse to the goal of caffeine consumption. Tea, on the other hand, hydrates and replenishes in the morning. Along with black tea, choose healthier

Though Kimery notes that she has not always done perfectly in all of her classes, she tries to keep things in perspective. "My goal in life is not to make money, it's to make change. So I don't feel like my GPA matters that much."

LIBRARY TIMES

CENTRAL: **Mon. - Fri.** 7:30 a.m. - 2 a.m. **Sat.** 9 a.m. - 12 a.m. **Sun.** 11 a.m. - 2 a.m.

ESKIND: **Mon. - Thurs.** 7 a.m. - 12 a.m. **Fri.** 7 a.m. - 10 p.m. **Sat.** 8 a.m. - 8 p.m. **Sun.** 12 p.m. - 12 a.m.

PEABODY: **Open 24 hours a day**, ending at 6 p.m. Sat. Dec. 15

STEVENSON: **Open 24 hours a day**, ending at 10 p.m. on Sat. Dec. 15

OFF CAMPUS

FIDO: **Mon. - Sun.** 7 a.m. - 11 p.m.

PROVENCE: **Mon. - Fri.** 7 a.m. - 8 p.m. **Sat.** 8 a.m. - 8 p.m. **Sun.** 8 a.m. - 6 p.m.

CAFE COCO: **Open 24 hours a day**

HOT AND COLD: **Mon. - Thurs.** 11 a.m. - 10 p.m. **Fri. - Sat.** 9 a.m. - 11 p.m. **Sun.** 9 a.m. - 10 p.m.

options discussed above — skip the greasy muffin or pastry, which will only cause you to feel lagged down rather than replenished.

For a quick and hydrating fix, choose healthy, yummy options like Steaz Iced Teas and Vitamin Water rather than soda. Drinking a lot of soda will dehydrate you, and dehydration leads to headaches, which can hinder your ability to perform well on upcoming exams and paper. Additionally, options like Vitamin Water and Steaz Teas will hydrate you while also providing healthy vitamins, keeping you out of the Student Health Center this week.

Though resulting to the Munchie Marts often leaves students underwhelmed, it doesn't have to. By creating a well-balanced meal on the go, you can take some of the stress out of finals week.

CASH BACK

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TEXTBOOKS



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in-store or at our on campus locations
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10:00a-4:30p December 10-14

BARNES & NOBLE
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Store hours: Mon-Thur 8a-10p, Fri & Sat 8a-11p, Sunday 11a-7p

opinion



TWO CENTS

THE QUESTION:

How do you feel about Adderall usage on campus?

The Hustler surveyed random students on how they perceived the illegal usage of the popular prescription drug Adderall on campus. Due to the sensitive nature of the topic, the names and photos of the respondents have been omitted to protect their identities.

"I am actually on Adderall right now. It's use is very widespread on campus, but seeing as how I graduated high school near the top of my class without ever taking Adderall, while other students who didn't do as well as I did took it, I don't feel like it's cheating. It doesn't give you superpowers or make you smarter, it just helps you focus and get your work done."

"I don't think it's cheating. I actually feel very strongly that it's not cheating. It's a study resource like coffee, the Internet, study guides or test banks. But I do think its use is a problem because people aren't really aware of its effects, and long term use of Adderall is actually dangerous in permanently affecting brain chemistry."

"It's pretty easy to get hold of, and a lot of people I know use it. I guess it's sort of cheating, but no one I know really thinks of it that way. I don't use it anymore because I don't think it helps me, and the crash afterward really isn't worth it."

"Coach Franklin says there are no short-cuts in life, including academics. The only thing you can do is prepare, and if you prepare enough, everything will work out. I don't take Adderall, I've never taken it. People definitely abuse it. Unless you really have a problem, it's something to stay away from. People here at Vanderbilt are smart, and not trusting in your own abilities is a slippery slope."

"It's really easy to get. I personally know a few people who use it. It's not like constant usage, but if they have a big paper or assignment due the next day, they'll use it. I don't think it's right, I don't use it, but it's definitely something that's present on campus."

vanderbilthustler

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OPINION POLICY

The Vanderbilt Hustler opinion page aims to stimulate discussion in the Vanderbilt community. In that spirit, columnists, guest columnists and authors of letters to the editor are expected to provide logical argument to back their views. Unreasonable arguments, arguments in bad faith or arguments in vain between columnists have no place in The Hustler and will not be published. The Hustler welcomes reader viewpoints and offers three methods of expression: letters to the editor, guest columns and feedback on InsideVandy.com.

The views expressed in lead editorials reflect the majority of opinion among The Hustler's editorial board and are not necessarily representative of any individual member.

Letters must be submitted either in person by the author to the Hustler office or via email to opinion@insidevandy.com. Letters via email must come from a Vanderbilt email address where the identity of the sender is clear. With rare exception, all letters must be received by 1 p.m. on Sunday or Wednesday. The editor reserves the right to edit and condense submissions for length as well as clarity.

Lengthy letters that focus on an issue affecting students may be considered for a guest column at the editor's discretion.

All submissions become the property of The Hustler and must conform to the legal standards of Vanderbilt Student Communications, of which The Hustler is a division.

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(Don't) play that funky music

People need to reevaluate their study habits in the scarce study spaces available



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This column's issue is one of this very particular time of year. As finals approach and the testing period begins, a mad rush to the libraries ensues. The most popular spaces for studying transform into jungles, and students take on animalistic tendencies — like marking their territory with a range of study materials.

My freshman year, it only took me a few weeks to realize the scarcity of quiet study spaces on campus. And, for once, I do not believe this flaw is completely at the hands of the university. Rather, a combination of unavoidable murmurs, often from technological devices; a lack of respect for each other and the rules of our workspaces and some seemingly ignorant choices by the school are interrupting the student body's focus at large.

Start with the "base" noise of a huge campus that houses a hospital; ambulance noises and helicopter whirs are familiar to me, having grown up in New York City; but nonetheless, they set a base, underlying level of noise. In most buildings on campus you might hear cars, air conditioning units and door slams. Sound carries here through just about every wall (besides that of classrooms, it seems).

I am talking specifically about my experience in the more popular areas of Central Library. I like to study here because of the building's location, the access to food and printing and, usually, the low volume level. With the exception of the first floor scanner machine — just shy of being as disruptive as a crying baby on an airplane — the library offers many quiet areas to study with a variety of table, chair, window and surrounding wall options.

But, as I sit on the eighth floor at a wide desk, my neighbor whispers aloud the document she's reading. It is only audible enough for me and perhaps her other immediate peer to hear, but I find the cause of this incident to be frequent and far-reaching.

See, the student sitting next to me is only creating a disturbance because she has her headphones in. While I find feedback noise from headphones most offensive (if I wanted

to listen to music, I'd be in Rand) the completely self-unaware behavior that sometimes accompanies the use of said headphones is a close second.

I love listening to music, but I cannot understand why one would come to the library to whisper to themselves, with headphones in. After many looks of disbelief from my friends when I tell them the narratives of my "shhhh"-ing library habits, I've lost the courage to personally confront this issue any longer.

What's more, many prime study spaces are closed off to students. Andrew Spencer, a junior studying engineering, likes to study in Featheringill. Yesterday he said, "My main pet peeve is that they lock the classrooms that would be great to study in."

I share this frustration with study spaces that are closed off to students. Perhaps it is fantastic to suggest something as drastic as leaving classrooms unlocked — there are probably many reasons to secure rooms with computer equipment — but it still seems like a waste of space.

As my fourth hour in Central ensues, I am bothered by the darkened, empty offices. These smaller rooms are a reminder that there are enough study spaces at Vandy but that we only have access to a few. This choke on the number of spots is underscored by Rand's ambiguous identity as a study spot. It seems like a popular place to study; yet, on the final night before classes end, when stress is presumably at its peak for most students, Rand was closed Wednesday afternoon to set up for the Rand Holiday Celebration. An echo of this attitude plays out in the '90s music radio that plays continuously, in complete denial of the majority of students within, covering their ears. Baseball Glove Lounge, only a few steps away and usually silent, is one of the most popular places to study, a nod to Rand's potential as a late-night study destination.

Perhaps if we had more rooms to study in, or less background music to our lives, we would be able to keep ourselves quieter.

— Hannah Rutcofsky

People kill people, with guns

The United States needs to take a closer look at the actual effects of gun ownership



SKYLER HUTTO is a senior in the College of Arts and Science and vice president of the Vanderbilt College Democrats. He can be reached at skyler.b.hutto@vanderbilt.edu.

On Sunday night, the Kansas City Chiefs played the Carolina Panthers, but the biggest story to emerge after the game was not the narrow margin of victory. Rather, every news outlet pointed out that one of the Kansas City players had, hours earlier, killed himself and someone else. In the face of this tragedy, the rest of the team voted to go onto the field as scheduled. Bob Costas, the central commentator on NBC's "Sunday Night Football," pointed out on air that this murder-suicide would probably not have been possible (it certainly would not have been so simple) without a gun.

The most outspoken second amendment advocates were up in arms immediately, as you might expect. Herman Cain tweeted, "You tune in for a football game and end up listening to Bob Costas spewing sanctimonious dreck." He was among a chorus of outrage. Cain's comment is indicative of one of the largest problems surrounding this whole issue: Gun advocates will not talk about it. Any attempt at conversation is shut down with "Guns don't kill people, people kill people" or "It's in the Constitution." No one is talking about banning guns, but the issue of gun violence must be taken more seriously.

Southern states, along with Montana, Idaho and the Dakotas, are the regions with the most guns per capita according to a Washington Post poll. That is probably not surprising. What should also not be surprising is that these states also boast the highest rates of gun violence and gun deaths according to a comprehensive report by Aljazeera. What is so compelling about the latter study is that it shows rankings of gun ownership and gun violence side-by-side. For example, Tennessee, which ranks in the top 10 of both categories, has a rate of about 16 deaths per 100,000 people that are a direct result of gun violence. Massachusetts, on the other hand, is nearly last on both categories with a rate of 3 per 100,000. A Tennessean is four times more likely to own a gun, and five times more likely to get killed by one than someone in Massachusetts. The standard comeback should instead be "People kill people, with guns."

I'm writing all of this as a Southerner. I'm also writing all of

this as someone whose family owns plenty of guns; everyone in my family hunts. We can still go hunting and protect ourselves with much stricter gun laws. Readers already know about the precautions that are taken — and taken seriously — in most states: waiting periods, background checks, etc. There is much more that we could be doing and are not. The easiest and first step that should be taken would be to ban high-capacity magazines. These are magazines for handguns that are meant for killing people. They hold many more bullets than normal and are culpable, along with their users, in several school shootings as well as the movie-theater attack on Colorado this summer. That single point should just be the start of the conversation because it's simply common sense.

What must also change is our culture, and that might be easier than it sounds. A gun may always be a symbol of power or manliness; there is nothing that can simply be changed about that, but what people should recognize with a little research is that guns are not effective tools for self-protection for three reasons. One, in the event of a home invasion or personal attack, an assailant is more likely to shoot someone who they believe to also have a gun. Second, in a situation where one is likely to draw a gun for protection, either the owner will be too afraid to use it — or the aggressing party will use the gun against the owner. And finally, accidents happen too often. These three problems are shown repeatedly in studies referenced in New Scientist by Ewen Callaway and on CNN by David Frum. People must understand that guns don't actually make them safer.

So what is the solution? Yes, there are a few states that need stricter laws, and there are some gun accessories that are made for killing people and should not be legal. More importantly, we must accept that a gun is a good investment for a hunter or shooting sportsman; it is a bad investment for home security. A family or home is much better served by an alarm system and the police than it is by a gun.

— Skyler Hutto

A reformation of culture

The necessity of a principled, unwavering and committed minority



STEPHEN SIAO is a senior in the College of Arts and Science and state chairman of the Tennessee College Republican Committee. He can be reached at stephen.h.siao@vanderbilt.edu.

It's no secret that one month ago today, my party lost. Again. In light of such defeat, there is yet another debate within the party about what we did wrong and how to move forward. Concerning our decisive defeat amongst those ages 18-29, many are calling for moderation on, or abandonment of, the party's stance on social issues. While debate over such issues is beneficial, reconsidering our positions on them for the sole purpose of winning the youth vote is outrageous. The youth are not ignorant. If we were to change our social policy for the sole purpose of gaining their votes, they would see right through it. And besides, the problem extends far beyond our social policy.

While political changes are needed, it is far more significant, in order for conservatives to win future elections, that greater change must occur outside the political realm. We need a reformation of culture. Our generation has a greater sense of entitlement than any previous generation. Our generation places far less value on ideals like personal responsibility and individual liberty than our parents' generation. And, more than half of our generation, for the first time in history, no longer believe the American dream is personally attainable for them. In sum, through today's public education and culture, we have been taught more government is the answer, not less, and that morality is relative, not absolute. Even if we were to abandon our principles on social issues, we will still not win the youth vote. These cultural beliefs do not just produce social liberals; data show they result in ardent fiscal liberals as well.

Personal responsibility and hard work ethic must be taught at the dinner table and in the classroom, the desire to pursue and ability to attain the American dream restored, and morality renewed. Capitalism cannot exist without all three of these values, especially with an amoral people. And neither can our

republic. No one understood this better than our Founding Fathers. John Adams summed it up best: "Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other."

Additionally, if we as conservatives want to reduce the size of government in society, then we — we, the people — must realize and fulfill our moral obligation to those in need. The government's role should not be as our brother's keeper, but until we as a people step up to help those in need, government has a moral obligation to be involved. The conservative form of government does not work unless there is a compassionate citizenry to aid their fellow man in need. But, if we do our part, the government's necessity to be involved is heavily diluted. Interestingly, time and time again, it has been revealed that private charities, especially faith-based nonprofits, are far more effective at providing aid to those in need than the government is.

The discord between social conservatism and the youth is not the only dissonance. Our culture has produced a generation of fiscal liberals as well. Until there is a true reformation of culture, conservatism will never win another election. True conservatives are a small minority amongst college students today. It is easy to be discouraged. However, we must remember that in the course of human history, great change has never initiated with any group larger than a principled, unwavering and committed minority. As another Founding Father, Samuel Adams, once said, "It does not take a majority to prevail ... but rather an irate, tireless minority, keen on setting brushfires of freedom in the minds of men." Let's get to work. Our tireless and resolute efforts are needed today more than ever.

— Stephen Siao

sports

THE BIG STAT

Number of days until The Hustler releases a special bowl game issue of The Hustler on Dec. 10, honoring the football team's second consecutive bowl appearance

4



MLB WINTER MEETINGS



By **BEN WEINRIB**
Sports reporter

The MLB Winter Meetings returned to Nashville this year for the first time since 2007. The four-day conference is a congregation of baseball executives, coaches, agents and media members, that proves time and again to be one of the wilder stretches of the offseason.

Gaylord Opryland Hotel & Convention Center played host to the festivities this year, which featured the Bob Freitas Business Seminar, a job fair and even a trade show. But more important and exciting than all the events run by Major League Baseball were the discussions going on at the same time.

An estimated 3,000 executives from all 30 major league clubs and 160 minor league teams attended the Winter Meetings, including every big-league team's manager and general manager. There was a general frenzy in the air as teams were trying to pull off major and minor trades and land the big fish in free agency.

With all 30 MLB general managers living in the same hotel, it's easy to see why this four-day stretch has the highest transaction-per-day ratio — the newest sabermetrics stat courtesy of Bill James. Of course, there are plenty of trades made during the rest of the calendar year over the phone, but face-to-face conversations expedite the process.

Fans swarmed to the see not only the job fair and trade show but also the ESPN and MLBTV sets to watch reporters talk shop live from Opryland. There was even a large crowd around the hotel waterfall as fans hoped for the off-chance of being able to buy their favorite exec a drink at the bar.

Between managers having their first chance to really talk to the media since the end of the season to general managers working around the clock on five hours sleep to improve their teams to executives and scouts leaking rumors, this week's Winter Meetings brought everyone and everything that makes baseball unique and exciting to Nashville.

To recap the week's action, here are six highlights from Monday through Wednesday.

- **The Boston Red Sox** gave out 3-year, \$39 million deals to free agent catcher/first baseman Mike Napoli and outfielder Shane Victorino.

- The World Series champion **San Francisco Giants** dropped \$60 million to re-sign outfielder Angel Pagan and second baseman Marco Scutaro.

- **The New York Mets** ponied up \$138 million over eight years to re-sign David Wright, giving him the 17th largest contract in MLB history.

- **The Miami Marlins** continued their cost-annihilating ways by trading off newly acquired Yunel Escobar to Tampa Bay, since Escobar was making a hefty \$5 million.

- **Josh Hamilton and Zack Greinke** remain unsigned, although both players are in line for nine-figure contracts.

- **The Rule 5 draft** will be held on Thursday. In this draft, teams get the chance to select minor leaguers from other teams that have been in the minors for at least five years and are not on the 40-man roster.

VANDY'S ALL-SEC PRESENCE

By **GEORGE BARCLAY**
Asst. sports editor

In James Franklin's second season in Nashville, the results are not just showing up on the scoreboard but also in the end-of-season awards. On Monday and Tuesday, five Commodore players were listed on the Associated Press and Coaches' All-SEC teams. The list of Vanderbilt players includes junior wide receiver Jordan Matthews, senior running back Zac Stacy, junior kicker Carey Spear, junior cornerback Andre Hal, and redshirt senior punter Richard Kent. Offensive lineman Wesley Johnson earned an honorable mention in the Associated Press voting.

Jordan Matthews was listed as a unanimous First Team All-SEC Offense selection in both the Associated Press and Coaches teams. As a second year starter, Matthews turned in a historic season in 2012 with 1,262 receiving yards, a new Vanderbilt team record. Matthews also became No. 2 all-time in catches in a season with 87 catches, ten behind Keith Edwards' SEC record in 1997. Acting as quarterback Jordan Rodgers' main down-the-field target, Matthews has seven touchdowns on the season all led all receivers in SEC play with an average of 109.6 yards per game.

Zac Stacy became the lone active Commodore player to earn All-SEC honors in 2011 and 2012 with his selection to the All-SEC Second Team Offense in both the Associated Press and Coaches teams. In his final season at Vanderbilt, Stacy rushed for 1,034 yards and nine touchdowns. With these totals, Stacy is the SEC's all-time leader in rushing with 3,036 yards and 29 touchdowns in his college careers. Additionally, Stacy became the first Vanderbilt running back to rush for over 1,000 yards in back-to-back seasons.

In his third season in Nashville, **Carey Spear** served as the team's primary placekicker and earned himself a spot on the Associated Press' All-SEC Second Team Offense. Spear converted 19-22 field goal attempts, including a season-long 52-yard field goal against Wake Forest. Spear also made a name for himself on kickoff coverage with three tackles.

Stepping up after Casey Hayward's departure to the NFL, cornerback **Andre Hal** turned some heads in his first season as a starter, making the Associated Press All-SEC Second Team Defense. In his junior campaign, Hal recorded 47 tackles, 11 pass breakups and had one fumble recovery. Hal also tied cornerback Trey Wilson for the team lead in interceptions with two. Next season, Hal is slated to move into the shutdown corner role following the graduation of Wilson.

Perhaps the most underrated player on the Commodores, punter **Richard Kent** was selected for the All-SEC Coaches Second Team Defense. Averaging 44.8 yards per kick, Kent ranked third in the SEC and 11th nationally in punting. This season, Kent produced only three touchbacks and kept 19 punts inside the 20-yard line. Of Kent's punts, 16 went for a total 50 or more yards and none were blocked.

WHEN GAME TIME IS EXAM TIME

Shelby Moats's height gives him away as a basketball player, but don't let him catch you looking down on him in the classroom

By **SAM MCBRIDE**
News manager

For most Vanderbilt students, schoolwork dominates the next week and a half. Every day — and most nights — will be spent studying, writing papers and working on projects. For Vanderbilt's student athletes, however, studying for finals week competes with other time commitments.

The men's and women's basketball teams are in the middle of their seasons, with games to prepare for on Dec. 15 and 16, respectively. Men's football has the Franklin American Mortgage Music City Bowl on Dec. 31 to get ready for.

While this seems like a daunting schedule, Vanderbilt student athletes are among the best in the nation at balancing these two demands. Vanderbilt athletic programs consistently top the SEC in terms of graduation rates.

Sophomore basketball player Shelby Moats has been especially successful at balancing the high academic standards of Vanderbilt with his athletics. Majoring in economics, which he says he chose specifically for its difficulty, Moats made



CHRIS HONIBALL / THE VANDERBILT HUSTLER

the 2011-2012 SEC First-Year Academic Honor Roll his first year.

The key, Moats says, is prioritizing and putting academics first.

"When travel gets tough, I try to prioritize my schoolwork, which is most important," said Moats.

Moats also emphasized the importance of challenging himself, saying that he chose to major in economics because of how hard it was.

"Whatever you do at Vanderbilt is going to be a good degree, but I want to challenge myself when I'm here."

This commitment to academics, along with the tireless work that it takes to succeed on the court, fills most of Moats' waking schedule.

"It doesn't leave a lot of social time, to be honest, but I chose that when I came to Vanderbilt for basketball," said Moats. "I realized that I'm going to have to make some sacrifices, and one of those is maybe going out at night."

This, along with the fact that he was his high school valedictorian, may make Moats seem like a super-committed, all-work-all-the-time sort of person, but he says that's not the case.

He took seven gym classes his senior year, and showed his more relaxed side during his speech at graduation.

"Everyone quoted people like Winston Churchill and Martin Luther King Jr., and I quoted Lupe Fiasco in my speech," Moats said.

Despite his impressive academic record, Moats says he still sometimes faces the "dumb jock" stereotype from other students in his classes.

"They kind of look at us and just think that there's not going to be much coming from our corner," said Moats. "But I think especially in the classes I'm interested in, I have a lot of input and a lot to say — and then my grades reflect that."

While he does have some academic assistance as a student athlete, Moats says he generally doesn't need it. He had a mandatory 10 hours of study hall his first year, as do most athletes, but his grades allowed him to take less second semester. Advisors and occasionally tutors from the Office of Academic Support give him assistance, but Moats stressed the personal responsibility he takes for his academics.

"As far as getting the work done, that's on me," said Moats. "Most of it's on my own, to be honest."

SEC coaching turnover comes to a head this week

By **GEORGE BARCLAY**
Asst. sports editor

In America's strongest football conference, mediocrity is unacceptable. While power programs such as Alabama, LSU and Georgia head to major bowl games, some of the SEC's less fortunate teams have experienced coaching changes in light of subpar seasons. Just two weeks after the end of the regular season, Kentucky, Auburn and Arkansas have new head coaches.

Kentucky may be a basketball school, but painful losses are unacceptable, especially when they come against in-state rivals such as Western Kentucky and Louisville within the same season. Following a 40-0 blowout loss to Vanderbilt, the Wildcats elected to head in a new direction, announcing that they would be letting go of Joker Phillips at the end of the season. A former player at Kentucky, Phillips served as head coach from 2010-2012. On Nov. 12, Kentucky hired Mark Stoops as its new head coach. Prior to his arrival in Lexington, Stoops served as the defensive co-

ordinator and defensive backs coach for the Florida State Seminoles.

The past 12 months have been a tumultuous stretch for the Arkansas Razorbacks. Just a few months after turning in one of the SEC West's best records, the Hogs found themselves in need of a new coach with the fallout from the Bobby Petrino scandal. Acting as a lame duck in Fayetteville, John L. Smith led the Razorbacks to a lackluster 4-7 record before the university announced on Nov. 24 that Smith would not be returning as head coach for the next season. Once again, the Hogs managed to stir up some more controversy when it was announced that former Wisconsin coach Bret Bielema would be the team's next head coach. Bielema opted out of his position with the Badgers after leading the program to three straight Big Ten titles and earning a contract extension through 2017.

A mere two years after winning a national title against Oregon, the Auburn Tigers found themselves back in the cellar of the SEC West in 2012. While Gene Chizik's arrival was greeted with optimism unseen at Auburn since the days

of Tommy Tuberville, Chizik was unable to build on his magical 2010 campaign in which Cam Newton drew the awe of football fans across the country, most notably those in Tuscaloosa. In 2012, the Tigers posted a 3-9 record and were 0-8 in SEC play. Auburn fired Chizik on Nov. 25, a move that will cost the university over \$11 million. On Dec. 4, the Tigers elected to hire former offensive coordinator Guz Malzahn as the team's new head coach.

Overall, the SEC's recent coaching changes reflect the conference's constant desire to improve itself. Although programs like Kentucky, Arkansas and Auburn have a great deal of damage control to take care of; do not count these teams out of contention in their divisions within the next five years. Since the dawn of the Bowl Championship Series in 1998, the SEC has dominated college football because of two reasons: its superior defenses and its superior athletes. These three hires reflect this trend, with Stoops representing the defense and Bielema and Malzahn championing the athleticism. Life in the land of college football just got a lot more interesting.



'How To' film a masterpiece with WarNo

By **ERIC SINGLE**
Editor-in-Chief

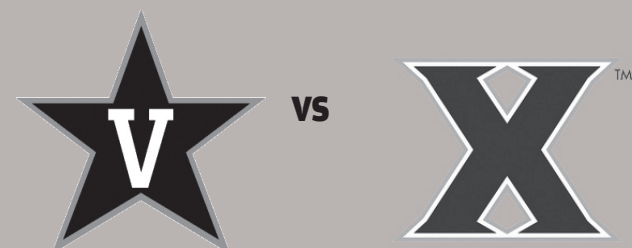
Throw out the highlights of Warren Norman's three career kick return touchdowns: Vanderbilt's junior running back is gunning for YouTube stardom by another route.

For a video project in his Performance Art class, Norman ("WarNo") partnered up with teammate Kenny Ladler ("Lad") this week for the release of the humorous sequel to a tongue-in-cheek presentation he put together for the class earlier in the semester. Norman posted the sequel, a seven-minute video titled "'How To' with WarNo pt. 2 ft. Lad!" on his Twitter feed on Tuesday night.

The videos offer humorous tips on how to complete basic tasks, such as ordering pizza and keeping yourself entertained during a boring class.

"The thing was just to have fun with it," Ladler said. "That was the big thing she stressed with us."

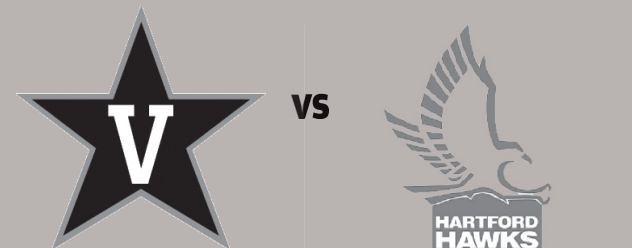
"That was my first time video editing and all that kind of thing, so that was pretty neat," Norman said. "The second one came out a lot better I thought. They both turned out pretty well."



VANDERBILT (2-4) VS. XAVIER (6-1)

Thursday, Dec. 6 at 6:30 p.m. CT
Cintas Center - Cincinnati, Ohio

All-time series: Xavier leads, 5-0
Last meeting: Nov. 28, 2011 (Xavier won in OT, 82-70)
Vanderbilt's last game: Lost to Villanova, 62-52
Xavier's last game: Defeated Purdue, 63-57



VANDERBILT (6-3) VS. HARTFORD (6-1)

Thursday, Dec. 6 at 7:00 p.m. CT
Memorial Gymnasium - Nashville, Tenn.

All-time series: First meeting
Vanderbilt's last game: Defeated Western Kentucky, 77-67
Hartford's last game: Defeated Providence, 66-39

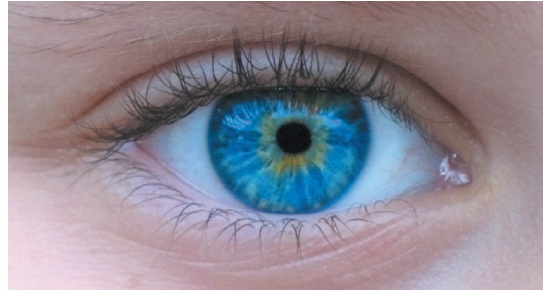
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Brunch on Saturday & Sunday at 11 am

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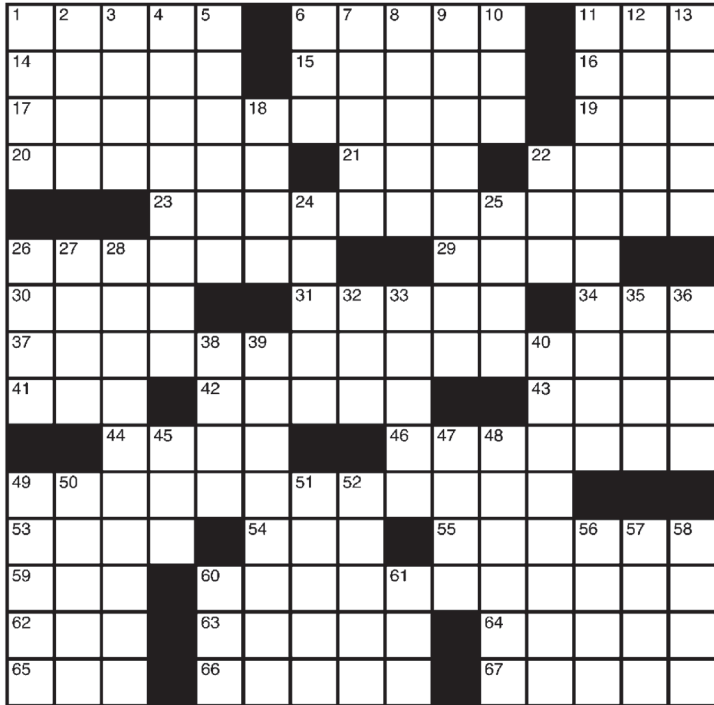


WHO SEES THIS AD?
11,500 STUDENTS
and many faculty/staff,
parents and alumni

TODAY'S CROSSWORD

ACROSS

- 1 Sundsvall rollers
- 6 Trickeries
- 11 Pops
- 14 Portion out
- 15 Knighted conductor
- 16 Took in
- 17 Typically pink-flowered bloomer
- 19 Paris pronoun
- 20 Title words preceding "beneath the milky twilight," in a 1999 hit
- 21 "So relaxing!"
- 22 Worrisome engine sound
- 23 Gateway Arch architect
- 26 Set straight
- 29 Hit, maybe
- 30 Breeders' Cup event
- 31 Loses on purpose
- 34 Light touch
- 37 Key Egyptian artifact unearthed in 1799
- 41 Coll. applicants
- 42 Big name in beer
- 43 Mindless process
- 44 Manitoba tribe
- 46 Blood sugar regulator
- 49 Postwar reception
- 53 Neutrogena rival
- 54 Like "ifs" and "buts": Abbr.
- 55 Throw a feast for
- 59 Back talk
- 60 Tools of the mischievous god hidden in 17-, 23-, 37- and 49-Across
- 62 Cézanne's summer
- 63 Pad user
- 64 Light wash
- 65 Le counterpart, in Leipzig
- 66 Like-minded gps.
- 67 Guide



By C.C. Burnikel

12/6/12

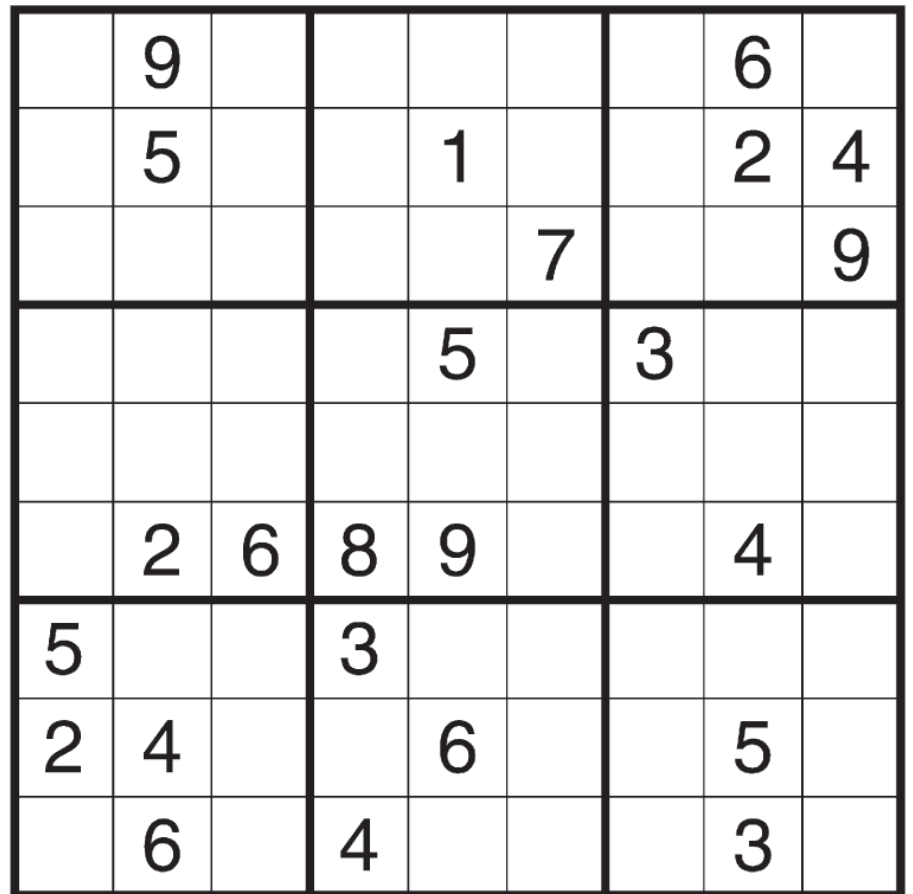
Answers to Monday's puzzle

- 4 Raspy-voiced "Like a Rock" singer
- 5 Where the anther is
- 6 Dallas-to-Houston dir.
- 7 Wedding dances
- 8 HI hi
- 9 Highest peak in the Calif. Cascades
- 10 "Sprechen — Deutsch?"
- 11 Single-and-looking group
- 12 Do a makeup job?
- 13 Stoop
- 18 "Unfaithful" co-star
- 22 One that stands to prevent a strike
- 24 More strange
- 25 Soft-spoken painter Bob
- 26 Liberal subject?
- 27 1939 Garland co-star
- 28 Defroster alternative
- 32 "Who am ___ say?"
- 33 Moral principle
- 35 Con
- 36 Summer intern, often
- 38 Plural medical suffix
- 39 Stock holders?
- 40 John Wayne classic
- 45 Campanella of Cooperstown
- 47 North of Paris
- 48 Mascara mishaps
- 49 Sank, in a way
- 50 High class
- 51 Cary of "The Princess Bride"
- 52 Blond comic strip teenager
- 56 Secretary of Education Duncan
- 57 Get whipped
- 58 Fancy pitcher
- 60 Org. with Eagles
- 61 Hardly shows of support

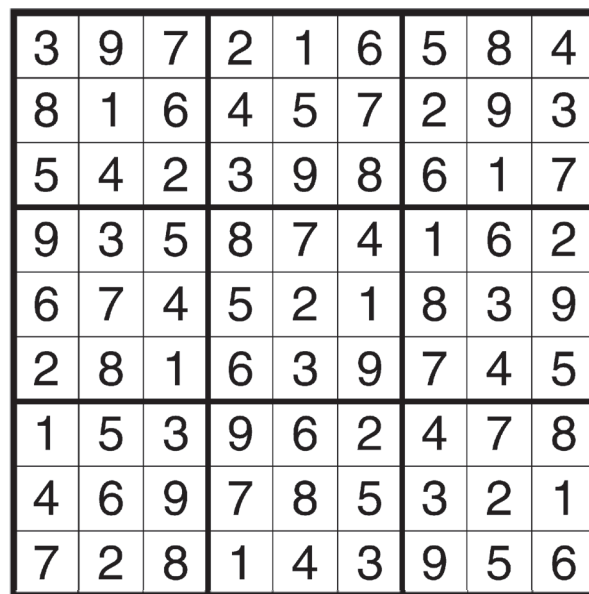


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TODAY'S SUDOKU



Answers to Monday's puzzle



Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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Sophomore Ted Mook performs with the Melodores during their winter show, MEL007, in Sarratt Cinema on Monday.

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