

# THE METER

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VOLUME 62, ISSUE 1



Welcome  
Class of 2015

FRESHMAN GUIDE 2011



# Cole welcomes new students to TSU

Greetings,

I feel honored to have the esteemed privilege of welcoming you all to The Land of Golden Sunshine, the illustrious Tennessee State University!

I am Maximilian Cole, a senior political science major from Calumet City, Ill., and I am serving as Student Government Association President for the 2011-2012 school year.

Let me take you back in time to the exceptional, riveting, and historic past of Big Blue Country and its tenacious Tigers!

Nearly 100 years ago, students from Tennessee Agricultural and Industrial State Normal School physically carried their textbooks, notebooks, pencils, and desks from class-

room to classroom in the pursuit of obtaining a higher education.

Later on, in 1988, after graduating from our prominent institution, Jesse Russell became a lead designer at AT&T for cell phones everywhere.

And more recently, Dominique Rodgers-Cromartie shocked the nation when he became a first-round draft pick and helped lead the Arizona Cardinals to the Super-Bowl in 2009.

As you can see, TSU alumni and students are a part of an outstanding pedigree. We're looking to carry on tradition starting with you!

"Think, Work, and Serve" serves as our motto and we're looking to instill those same characteristics in you.

TSU is like no other historically black college or university in the country.

Here, you will have an opportunity to cultivate your skills, grow and develop by leaps and bounds, while studying courses that will truly prepare you for the real world.

Our university is hospitable, eye-catching, and diverse. At TSU, you'll have the opportunity to meet a myriad of people that will help you reach that next step in your life.

So, without further ado, welcome to TSU where we "enter to learn and go forth to serve!"

**Maximilian A. Cole**  
SGA President 2011-2012



## Rogers: Get involved on campus

Future Leaders of the World,

It is a historical time in the Land of Golden Sunshine - we are celebrating 99 years of educational excellence in higher education.

For the duration of the 2011-2012 academic year, I have the distinct honor and privilege of serving as the SGA Vice President. I am Shelby Rogers, a junior secondary education major from Chicago.

I hope all is well with you on this day, to the students, campus organization Presidents, Executive Boards, Officials, and to the new addition to Big Blue Country "Class of 2015."

I know that you have been work-

ing diligently this summer to ensure the progressiveness of your postsecondary endeavors.

I encourage you all to continue to walk in your purpose as you grow into your individual disciplines.

The SGA has a variety of programs, events, and activities planned to ensure you are fully acclimated into our University.

I encourage you all to get involved in any avenue possible. I am looking forward to meeting, working, and serving each one of you.

**Shelby Rogers**  
SGA Vice-President 2011-2012



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304  
or give us  
a call at  
963-5555.

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# Mr. TSU to unite males on campus



Salutations,

**T**SU family, students, faculty, alumni and friends: I bring you Greetings from the Land of Golden Sunshine.

I would first like to thank every student who entrusted me with his or her vote that allowed me to be your Mr. TSU for the 2011-2012 school year.

I am a senior cellular and molecular biology major with aspirations to become an orthodontist and to also conduct earth science research.

Originally from Dallas, I have learned fundamental life lessons here at TSU that have prepared me for the task at hand.

As your Mr. TSU, I promise to be transparent, loyal, honest, and, most importantly, consistent throughout my entire reign. I plan on exhibiting the characteristics this university has taught me.

My platform and vision for 2011-12, one I humbly accept, will

be to inspire my peers to overcome fears and failures by introducing **COURAGE** in a Life.

I will strive to unite the male population on campus to take a stand against the negative stereotypes of a "black man" and be accountable and **CONSISTENT** in all areas of there life.

"**MANPOWER**- Its Bigger Than You" will be the Umbrella that all activities and initiatives will fall under.

I have an open-door policy for you to visit my office in the SGA suite to discuss any problems you might have.

Remember that a fist is powerless without its fingers - so spread unity.

Follow me @Mr\_TLav on Twitter.

**Thomas Lavallais**

Mr. Tennessee State University 2011-2012

# Miss TSU sends greetings to all



Hello Tigers of TSU,

**G**reetings from the Land of Golden Sunshine. I am Ashleigh Taylor, a senior mass communications major concentrating in journalism and integrated marketing with a minor in nonprofit management and leadership from Memphis, Tenn.

During the 2011-2012 school year, I have the pleasure of serving as Miss Tennessee State University, your Centennial Queen.

You have chosen to spend the next four years at an institution that has developed and propelled world-class leaders and shapers into an unimaginable tier of success.

Like many before, you have also chosen to embark on a journey to mold your life into something extraordinary. But, most importantly, you have chosen to become a

**TIGER** forever.

Your years by the Cumberland's fertile shore will be the most memorable full of ups and downs.

But with time you'll soon learn how to become independent from your parents and social cliques. Some of your best memories will be made here at TSU.

As a Tiger, you will gain a plethora of friends just because you dawn reflex blue and white. I challenge you to find your inner Tiger.

I challenge you to "Think, Work and Serve." I challenge you to make TSU your home away from home.

To keep up with me on Twitter, follow @theataylor14.

**Ashleigh Taylor**

Miss Tennessee State University 2011-2012



# SGA Representatives 2011-12



**Name:** Jenea Graham  
**Position:** Miss Senior  
**Major:** Business Management  
**Hometown:** Dayton, Ohio  
**Plans:** I want to take TSU on a ride to pride! I will unite the senior class by creating more on campus activities; bring awareness to job opportunities. We the Senior Class, have to set the tone and be the leaders of TSU.



**Name:** Okoye Cothrine  
**Position:** Miss Junior  
**Major:** Health Science  
**Hometown:** Clarksville, Tenn.  
**Plans:** Enhance junior class academically, physically, spiritually and financially.



**Name:** Savannah Salters  
**Position:** Miss Sophomore  
**Major:** Health Science  
**Hometown:** Washington, D.C.  
**Plans:** As a component of the Royal court, my activities will primarily be focused around my campaign platform, "standing for academics, legacy and tradition."



**Name:** Darion Banister  
**Position:** Representative at Large  
**Hometown:** Champaign, Ill.  
**Major:** Political Science  
**Plans:** To increase student involvement with resolving all issues on campus; to increase alumni involvement and support of current students and their respective organizations.



**Name:** Danicia Hayes  
**Position:** Junior Class President  
**Major:** Psychology  
**Hometown:** Nashville, Tenn.  
**Plans:** Preparation for graduate school and building well-rounded scholars!



**Name:** Myah Naomi Lipscomb  
**Position:** Representative At-Large  
**Major:** Animal Science  
**Hometown:** Adelphi, Md.  
**Plans:** As student representative of the Centennial Planning Committee, I plan to get students involved. Also, I will be working diligently with the "I Am" program, which is for incoming freshmen males and females. The purpose of this program is to instill in freshmen the essential qualities that TSU men and women should have.



**Name:** Kenneth Dorsey II  
**Position:** Representative At-Large  
**Major:** Business Supply Chain Management  
**Hometown:** Dallas, Texas  
**Plans:** Consistent dedication and innovative ideas for the foundation of the next 100 years.



**Name:** Devonte Johnson  
**Position:** Representative At Large  
**Major:** Biology  
**Hometown:** Atlanta  
**Plans:** Increase participation in sophomore class in leadership positions, campus activities, and overall involvement. In addition, partner with the University Honor's Program for a forum that will help students become more knowledgeable about the organization and its structure.



# SGA Representatives 2011-12



**Name:** Maya Matthews  
**Position:** National Pan-Hellenic Council President  
**Major:** History  
**Hometown:** St. Louis, Mo.  
**Plans:** Monthly, we will be providing a service to the students, hosting seminars, campus service, social events, etc.



**Name:** De'Janel Henry  
**Position:** SUBG Chairperson  
**Major:** Mass Communication  
**Hometown:** New York, N.Y.  
**Plans:** You all can expect fun, consistency and an anticipating tip off to our 100 years centennial celebration



**Name:** Justin L. Ellis  
**Position:** SUBG Co-Chairperson  
**Major:** Business Information Systems  
**Hometown:** Indianapolis, IN  
**Plans:** You can expect a GREAT HOMECOMING!

## Freshman Class Officers

**President:** Chelsea Smith

**Vice President:** Justin Howell

**Miss Freshmen:** Samantha Thomas

**Mr. Freshmen:** Markeil Lewis

**Class Representative:** London Thomas

**Secretary:** Aujel Hudson

**Treasurer:** Ta'Bron Nettles

## Student orgs offer activities, fun for freshmen

**BY MELANIE GUILLORY**  
*Contributing Reporter*

For the freshman student who does not want to become just another number, there are several organizations and clubs to get involved. Freshmen can make their marks by taking part in extracurricular activities.

Here is a list of organizations freshman students can join. Look out for upcoming interest meeting posters, flyers and events throughout the year around campus.

### Pre-Alumni Council

This organization was designed with you in mind. Every freshman should join the pre-alumni council in order to keep in contact with alumni related events; this support group offers an immediate interaction with the student body while preparing you to support your school for the long run!

### Pep Club

If you've got BIG BLUE spirit then this is the club for you. Enjoy cheering on our tigers as they claim victory and represent part of the student

body in full force at all games and special events.

### Fellowship of Christian Athletes (FCA)

For all athletes in need of spiritual nutrition, FCA offers that and more; the organization is for student athletes but doesn't discriminate against any student who'd like to join.

### Africana Studies Society

This club was created for those who are interested in wanting to know and study the history of all things entitled from the African culture.

### Students of Caribbean Ancestry

Whether your Caribbean or not if you're curious in knowing about this history of the Caribbean Ancestry or fellowshiping with fellow Caribbean's then this club is where you belong.

### Future Politian's of America

For all of you future lawyers, mayors, governors, and presidents of America this club may interest you. The name says it all if you're interested in politics, or just like to stay up on current events then this organization may grab your

attention.

### Theater Society

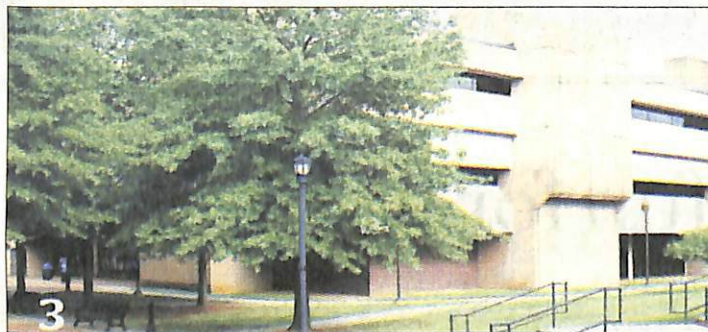
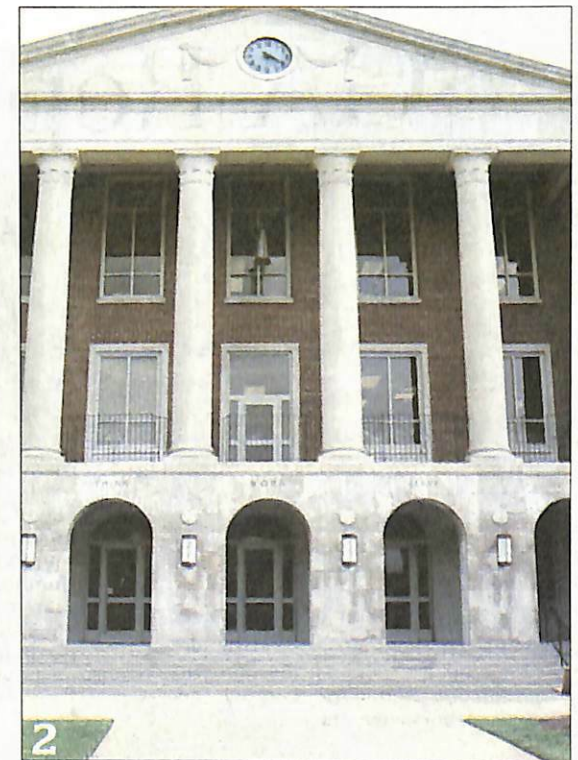
Thespians and anyone who loves the arts may join the Theater Society. If you enjoy acting and are enlightened by literature and theater then you may find this club stimulating.

### New Direction Gospel Choir

If you enjoy singing for the Lord then take the time out to check out TSU's New Direction Gospel Choir. All students are welcomed to this organization no matter what denomination. New Direction has won countless awards and is considered by some to be not only the best college choir in the land of golden sunshine, but in the Nashville area period.

No matter what freshmen are looking for—artistic exhibitions, recitals, lectures, film series, musical concerts, game tournaments, convocations, athletics, or fellowship — anyone can find the activity he or she is interested in.





## Campus Buildings

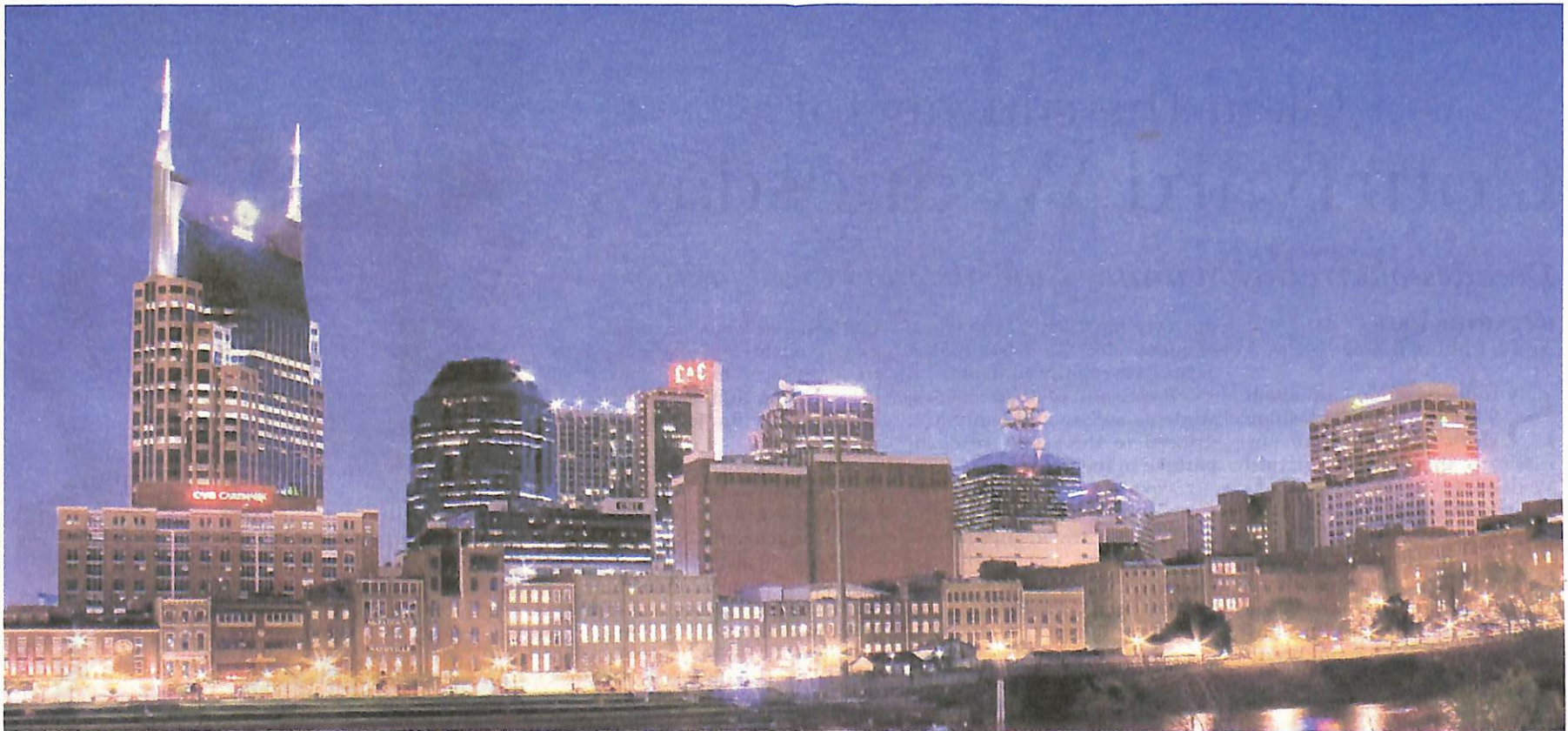
1. Floyd-Payne Campus Center and McWherter Administration Building  
2. Humanities Building  
3. Brown-Daniels Library

4. Research Building  
5. Performing Arts Center  
6. Learning Resources Center

7. Crouch Hall  
8. Boswell Science Complex

PHOTOS BY ASHLEY NASH





# Local Businesses Directory

## NIGHTLIFE

**Labamba**  
295 East Thompson Lane  
Nashville, TN 37211  
(615) 365-1158

**La Paz**  
2214 Elliston Place # 102  
Nashville, TN 37203  
(615) 873-4435

**Cadillac Ranch/Karma**  
305 Broadway  
Nashville, TN 37201  
(615) 742-9078

**Limelight**  
201 Woodland Street  
Nashville, TN 37213  
(615) 780-3099

**Graham Central Station**  
128 2nd Avenue North  
Nashville, TN 37201  
(615) 251-9593

**Tequila City**  
701 4th Ave South  
Nashville, TN. 37210  
(615) 254-8053

## BEAUTY

**Kim's Hair Plus**  
1037 9th Avenue North  
Nashville, TN 37208-3136  
(615) 726-0226

**S & E Hair & Beauty Supply**  
2719 Jefferson St # A  
Nashville, TN 37208-2824  
(615) 321-9777

**Masters Hand**  
1101 Jefferson Street  
Nashville, TN 37208-2533  
(615) 251-4140

**New Masters Barber Shop**  
3110 Clarksville Pike  
Nashville, TN 37218-2810  
(615) 733-0045

**Star Nails**  
3736 Annex Ave # 106  
Nashville, TN 37209-4375  
(615) 352-3567

## RESTAURANTS

**O'Charleys**  
17 White Bridge Road  
Nashville, TN 37205  
(615) 356-1344

**Swetts**  
2725 Clifton Avenue  
Nashville, TN 37209  
(615) 329-4418

**Demos Steakhouse**  
300 Commerce Street  
Nashville, TN 37201  
(615) 256-4655

**Chilis Grill and Bar**  
2322 West End Ave  
Nashville, TN 37203  
(615) 327-1588

**T.G.I. Fridays**  
2034 West End Avenue  
Nashville, TN 37203  
(615) 327-8071

## MALLS

**Green Hills Mall**  
4021 Hillsboro Pike  
Nashville, TN 37215  
(615) 440-5100

**Cool Springs Galleria**  
1800 Galleria Blvd.  
Franklin, TN 37067  
(615) 771-2128

**Rivergate Mall**  
1000 Rivergate Parkway  
Goodlettsville, TN 37072  
(615) 859-3456



# Clear the runway for Courtyard Wednesdays

*Decades-old tradition unites students, music and fashion*

**BY ZERYUS HALL**  
Arts & Culture Editor

Students often joke about TSU being like a fashion show. If there were any merit to this joke, Courtyard Wednesdays would be the campus equivalent of Fashion Week in New York.

On any given Wednesday, there are three things students are sure to find in the courtyard: a mass amount of people, loud music and name brand fashion.

What's not so obvious to

the eye, however, is the sense of camaraderie and family that exists between the students.

Fresh out of their classes, students swarm the courtyard, dressed to the nines, ready to partake in the festivities.

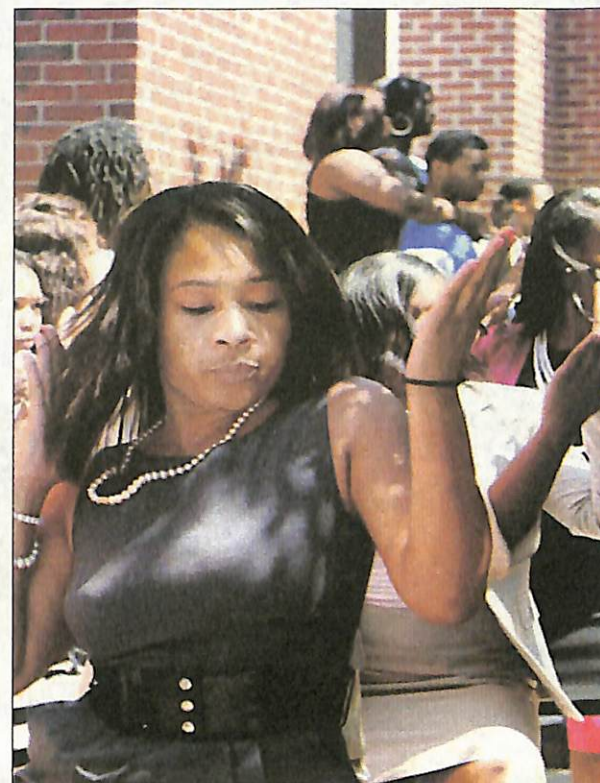
Weaving in and out of the crowd, one will begin to see the bonds and friendships made over the years. Groups of people, who are seemingly different, are enjoying a decades-long tradition.

Some days it is just about having a good time; yet, other days can take on a more seri-

ous tone as when an organization might bring awareness to a cause or may be having a fundraiser. Still, it's always a comfortable, fun-loving environment.

Students may occasionally even see a faculty member or two stopping to watch or join in on the excitement.

Even if loud music and swarms of people are not your cup of tea, the atmosphere and spirit will be enough to make you want to stay, if only for a couple of minutes, and enjoy the time with your peers.



# Keep good handle on GPA

*Faulty GPAs can lead to academic probation, loss of financial aid*

**BY PATRICK LEWIS**  
Contributing Reporter

Maintaining one's GPA may be one of the most important challenges in a student's collegiate career.

In the TSU *Student Handbook*, expectations are stated as follows: "Students who are not in compliance with the cumulative GPA and/or completion rate satisfactory academic progress (SAP) standards will be granted a one-term probationary status.

"Students who have exceeded the 150% time limitation for undergraduate or graduate programs are not eligible for the probationary term."

LaToya Pooré, a junior biology major from Chicago, offered this advice: "Your GPA is important because when you're thinking about going to post-secondary schools,

graduate schools or medical schools, they look at your GPA to compare you (to other candidates) and see how seriously you took your undergraduate years."

Freshmen who have a cumulative GPA of less than 1.5 for 0-15 attempted hours will be deemed in violation of maintaining SAP for financial aid.

Students can also be placed on academic probation, meaning your academic process for that semester will be under supervision.

If grades do not improve, financial aid can even be revoked; in that case, a student would have to appeal the decision.

During the appeal process, students must submit a letter to the financial aid committee explaining why they did poorly in the previous semesters as well as a plan for improvement. If the issue was health

related, proper documentation is required.

If the appeal is approved, the student is given a semester to pull things together. By the end of the semester, if nothing has changed, financial aid could be suspended again. However, this process can also be appealed.

To avoid all of this just do your work, you can work and still have fun.

A student is in violation for maintaining SAP for financial aid purposes if he/she:

- Has a cumulative GPA of less than 1.5 for 0-15 attempted hours
- Has a cumulative GPA of less than 1.7 for 16-30 attempted hours
- Has a cumulative GPA of less than 1.8 for 31-45 attempted hours
- Has a cumulative GPA of less than 1.9 for 46-59 attempted hours
- Has a cumulative GPA of less than 2.0 for 60 or more attempted

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## DO YOUR PART Help Keep Campus Safe

**BY JESSICA MOSELEY**  
*Copy Desk Chief*

This semester marks a new protective group called Guardians. The Guardians are being placed on campus to help people stay safe while traveling. Guardians will be around to walk with students to and from their car, buildings and classes at night.

Getting to know the campus will assist students in practicing campus safety procedures. TSU Police officers are here to serve and protect the university - not only drivers, but also students traveling by foot to and from their residence halls and classes.

TSU PD is located between the apartment complexes in the General Services Building. The office is open 24 hours seven days a week, or always by phone at 615-963-5171.

During an emergency, calling TSU PD instead of 911 will avoid any delays in getting the proper emergency help to you. Also, if you witness a crime on campus, an anonymous tip line can be reached at 615-963-5900.

TSU Police also provides the campus with emergency notification services. Anytime an emergency situation is occurring on campus, the emergency notification services will send a text message. Visit [www.tnstate.edu](http://www.tnstate.edu) to sign your telephone number up to start receiving emergency notifications.

TSU PD cares about your safety, below are a few tips to help prevent you from being involved in a crime:

- Always be aware of your surroundings and the people around you
- Always walk with a purpose (do not hang around, especially at night) and walk with a buddy or two
- Park and walk in well-lit and populated areas
- Always carry your identification cards
- Do not flaunt cash, jewelry, camera phones or other things of value
- Have your keys in hand before getting to your vehicle or residence hall
- Do not walk alone - after dark, make use of the campus shuttle service

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part of living history?  
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Hall 304 or call us at  
963-5555.

## Avoid the Dreaded Freshman 15

*Nine tips for overcoming the pitfalls of living on campus*

**BY CATHY LE HO**  
*Adversting Manager*



**1** Don't skip meals, especially breakfast. Starting with a filling breakfast helps steady your metabolism throughout the day.

**2** Drink lots of water. Skip the soda and carry a water bottle that you can refill throughout the day to prevent bloating.

**3** Include at least three food groups in every meal. Make an effort to get plenty of fresh fruits and vegetables, lean protein, and calcium.

**4** Control your portions. Familiarize yourself with what proper portions look like and stick to them.

**5** Treat yourself only occasionally.

**6** Avoid a fourth meal. Instead, have a healthy snack like fruit.

**7** Make sure to stock up on lots of healthy snacks.

**8** Pick your liquor carefully. Freshmen aren't supposed to drink! But if you do, remember that alcoholic beverages are full of calories.

**9** Shop smart, instead of eating at fast food places, go grocery shopping!

### Exercises for every occasion

- |  |                                   |   |
|--|-----------------------------------|---|
| <input type="checkbox"/> Brisk walking | <input type="checkbox"/> Yoga     | <input type="checkbox"/> Lunges             |
| <input type="checkbox"/> Jogging       | <input type="checkbox"/> Aerobics | <input type="checkbox"/> Push-ups           |
| <input type="checkbox"/> Swimming      | <input type="checkbox"/> Cycling  | <input type="checkbox"/> Abdominal Crunches |
| <input type="checkbox"/> Gym           | <input type="checkbox"/> Squats   | <input type="checkbox"/> Boxing             |



# Homecoming Week on the Horizon

*Annual weeklong celebration just months away*

**BY NAKEVA WILLIAMS**  
*Opinions Editor*

The 3500th block of John A. Merritt Boulevard becomes a sea of never ending blue during the annual Homecoming Week.

For TSU and the community that surrounds it, Homecoming Week is all about pride. It is the time of the year when every person

who has served at this institution knows that they made one of the best decisions of their lives by becoming a tiger.

Yes, the events are all nice and definitely worth going to, but the sense of pride one gets from the feeling of coming home surpasses everything he or she will experience that week.

Current students should understand where the university has come from;

Homecoming is the perfect time to learn.

Alumni are some of the best teachers. Just look for the infamous straw hats.

Take advantage of everything there is to do, embrace your inner tiger, but do so safely.

Freshmen class of 2015, your first Homecoming is on the brink of TSU's centennial year, relish it.



## Distinguished TSU Alumni



### **DR. BOBBY JONES**

- A 1959 graduate, Bobby Jones is the host and executive producer of Bobby Jones's Gospel on Black Entertainment Television (BET).

- Dr. Jones is also a singer, author, and owner of his own production studio, Vision, in Nashville.

- In 2006, he was named Dominica Ambassador At-Large.



### **WILMA RUDOLPH**

- Graduating from TSU with a degree in elementary education, Wilma Rudolph was a teacher, track coach and a sport commentator.

- In 1960, Rudolph became the first American woman to win three gold medals in one Olympics.



### **XERNONA CLAYTON**

- The retired vice-president of urban affairs at Turner Broadcasting System (TBS), Clayton is a 1954 TSU graduate.

- She is also the creator of The Trumpet Awards and CEO of the Trumpet Awards Foundation.



### **THELMA HARPER**

- Serving as Senator for the 19th District in the Tennessee General Assembly, Senator Harper is a 1976 graduate of TSU.

- Harper has served as a delegate for the 1980, 1984, 1988, and 1992 Democratic National Convention.



### **RICHARD DENT**

- Recently inducted into the class of 2011 Pro Football Hall of Fame, Dent is a 1983 graduate of TSU.

- Drafted by the Chicago Bears, Dent was named MVP in Super Bowl XX, playing with the bears for 10 years.

- With stints playing for the San Francisco 49ers, Indianapolis Colts and the Philadelphia Eagles, he retired from the NFL in 1997.



# Do's and Don'ts of Campus

BY MIKE CURTIS  
Sports Editor

## Do...

1. *Keep a good reputation.*

This is because you want your name associated with good things, not things that you would be ashamed about.

2. *Network with the 3rd floor in the Floyd-Payne Campus Center.*

Networking with the 3rd floor will be helpful so you can identify the university's administration so they can help you.

3. *Get involved.*

You should get involved on campus so that you can meet new people, build your resume up, and gain more opportunities.

4. *Get well acquainted with your academic adviser.*

Getting to know your adviser enables you to develop a working relationship with him. She is here to help guide your matriculation here, so see her often.

5. *Learn the Alma Mater.*

You should learn the *Alma Mater*; it will be sung at sporting events, programs and graduation. It's the university's official song.

## Don't...

1. *Don't call anyone your friend the first time you meet them.*

You will encounter a lot of people through your matriculation at TSU, some good and some bad. Know who your real friends are.

2. *Don't gain the freshman 15.*

Set the tone for your first year of college by living a healthy lifestyle. Work out and eat properly.

3. *Don't walk around campus or the neighborhood by yourself at night.*

Walking alone on campus at night is dangerous. Always walk with at least one other person. Take advantage of the Guardians program.

4. *Don't wear pajamas outside of your dorm room.*

Wearing pajamas to class, to the café, and anywhere else is inappropriate. Dress for success.

5. *Don't be oblivious to time management.*

Arguably the most important thing in college is the way you manage your time. If you get your work done early, you will be stressed less and can play more.

# Surviving Stress 101

*Several tips for managing the stressors of freshman year*



BY HAMEEDA F. DAHNIYA  
Contributing Reporter

Since TSU will become the home away from home of many first-time freshmen and new students, all freshmen should beware of the highs and lows of campus life - academically and socially!

Within the first couple of weeks of classes or even after the first semester here on campus, a lot of things will be thrown at students all at once.

Some include the challenges of balancing classes and studying, contemplating a major that will guarantee a job after college, extracurricular activities, managing money and maintaining somewhat of a social life.

All of these factors can contribute to high stress levels and affect your mental health.

BUT, not to worry, these nine tips should make navigating freshman year here at TSU much less of a hassle!

### Step out of your comfort zone

Do NOT be afraid to meet new people. You NEVER know when and how someone can help you!

### If you fail to plan, you plan to fail.

Get yourself a planner. It will only make your life easier. This will help to keep the many things happening all at once in your life in order.

### Get to know your professors and if you need help, ASK.

Always remember that the classroom is for learning and interaction with not only your peers but your professors.

Take advantage of the syllabi to know what will be assigned ahead of time and get familiar with your instructors' office hours.

### Manage your time wisely

Waiting until the last minute to do ANYTHING will always get you mediocre results and procrastination will add greatly to your stress levels.

Always remember that WE TIGERS are ANYTHING but mediocre!

### There will ALWAYS be ANOTHER party

Never get too excited about a party and rearrange your PRIORITIES for one. Putting off important things to party can and will cause a great deal of stress. In college, parties come a dime a dozen and there will ALWAYS be more.

### Manage your money wisely, too

SAVE, SAVE, SAVE. There is one thing you do not want to be and that is the cliché "broke college student." Do not spend all your money in one place.

Whether it is a refund or money sent to you by your loved ones, make sure to put some away!

### Maintain a good reputation

Remember that your reputation is a like a house of cards. It takes

forever to build one and it takes only one second to blow it away.

You do not want to be stressed worrying about people's perceptions of you, so think smart and act accordingly.

### Take time out for YOU

Being in close contact with thousands of people on a day to day basis can sometimes be stressful and overwhelming.

Be sure to get some quiet time in for yourself in order to stay in tune with who you really are.

### Get an adequate amount of sleep

Make sure that you are getting enough rest to be able to function properly in your day to day activities.

Follow these tips and you'll be sure to have a Stress Free Freshman Year!



# Football Schedule

Date	Opponent	Location	Time (CT)	Results	Media
<b>John Merritt Classic</b>					
Sat, Sep 03	Southern	Nashville, TN	6:00p		
<b>Southern Heritage Classic</b>					
Sat, Sep 10	Jackson State	at Memphis, TN	6:00p		
Sat, Sep 17	Murray State *	at Murray, KY	6:00p		
Sat, Sep 24	Air Force	at Colorado Springs, CO	2:00p		
Sat, Oct 01	Austin Peay *	at Clarksville, TN	6:00p		
Sat, Oct 08	Southeast Missouri State *	Nashville, TN	6:00p		
Sat, Oct 15	Tennessee Tech *	at Cookeville, TN	1:30p		
Sat, Oct 22	Eastern Kentucky *	at Richmond, KY	2:00p		
Sat, Oct 29	O P E N	Nashville, TN	TBA		
Sat, Nov 05	Eastern Illinois *	at Charleston, IL	1:30p		
<b>Homecoming</b>					
Sat, Nov 12	Tennessee Martin *	Nashville, TN	5:00p	<u>PROMO</u>	
<b>Senior Day</b>					
Sat, Nov 19	Jacksonville State *	Nashville, TN	2:00p		

# Volleyball Schedule

Date	Opponent	Location	Time (CT)
Fri, Aug 26	vs. South Carolina State	at Clemson, S.C.	4:30 p.m.
Sat, Aug 27	at Clemson	at Clemson, S.C.	12:00 p.m.
Sat, Aug 27	vs. Loyola-MD	at Clemson, S.C.	4:00 p.m.
Fri, Sep 02	vs. Norfolk State	at Macon, Ga.	3:00 p.m.
Fri, Sep 02	at Mercer University	at Macon, Ga.	7:00 p.m.
Sat, Sep 03	vs. Troy State University	at Macon, Ga.	1:00 p.m.
Tue, Sep 13	at Western Kentucky	at Bowling Green, Ky	7:00 p.m.
Fri, Sep 16	at Morehead State *	at Morehead, Ky.	7:00 p.m.
Sat, Sep 17	at Eastern Kentucky *	at Richmond, KY	2:00 p.m.
Fri, Sep 23	SIU EDWARDSVILLE *	Nashville, Tenn.	7:00 p.m.
Sat, Sep 24	EASTERN ILLINOIS *	Nashville, Tenn.	2:00 p.m.
Fri, Sep 30	at Tennessee Tech *	at Cookeville, Tenn.	6:00 p.m.
Sat, Oct 01	at Jacksonville State *	at Jacksonville, Ala.	2:00 p.m.
Mon, Oct 03	MOREHEAD STATE *	Nashville, Tenn.	6:00 p.m.
Fri, Oct 07	MURRAY STATE *	Nashville, Tenn.	7:00 p.m.
Sat, Oct 08	SOUTHEAST MISSOURI *	Nashville, Tenn.	2:00 p.m.
Tue, Oct 11	at Austin Peay *	at Clarksville, Tenn.	6:00 p.m.
Sat, Oct 15	UT MARTIN *	Nashville, Tenn.	2:00 p.m.
Mon, Oct 17	EASTERN KENTUCKY *	Nashville, Tenn.	6:00 p.m.
Fri, Oct 21	at Eastern Illinois *	at Charleston, Ill.	7:00 p.m.
Sat, Oct 22	at SIU Edwardsville *	at Edwardsville, Ill.	2:00 p.m.
Fri, Oct 28	JACKSONVILLE STATE *	Nashville, Tenn.	7:00 p.m.
Sat, Oct 29	TENNESSEE TECH *	Nashville, Tenn.	2:00 p.m.
Tue, Nov 01	LIPSCOMB	Nashville, Tenn.	6:00 p.m.
Fri, Nov 04	AUSTIN PEAY *	Nashville, Tenn.	7:00 p.m.

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