



NEWS | FINANCE

The depth of debt

Students face financial burden after graduation

By Jessica Smith | Contributing Writer

As students prepare for graduation, many are expecting an overwhelming amount of post-college debt. While student debt is an all-too-common problem, taking out loans is sometimes the only option.

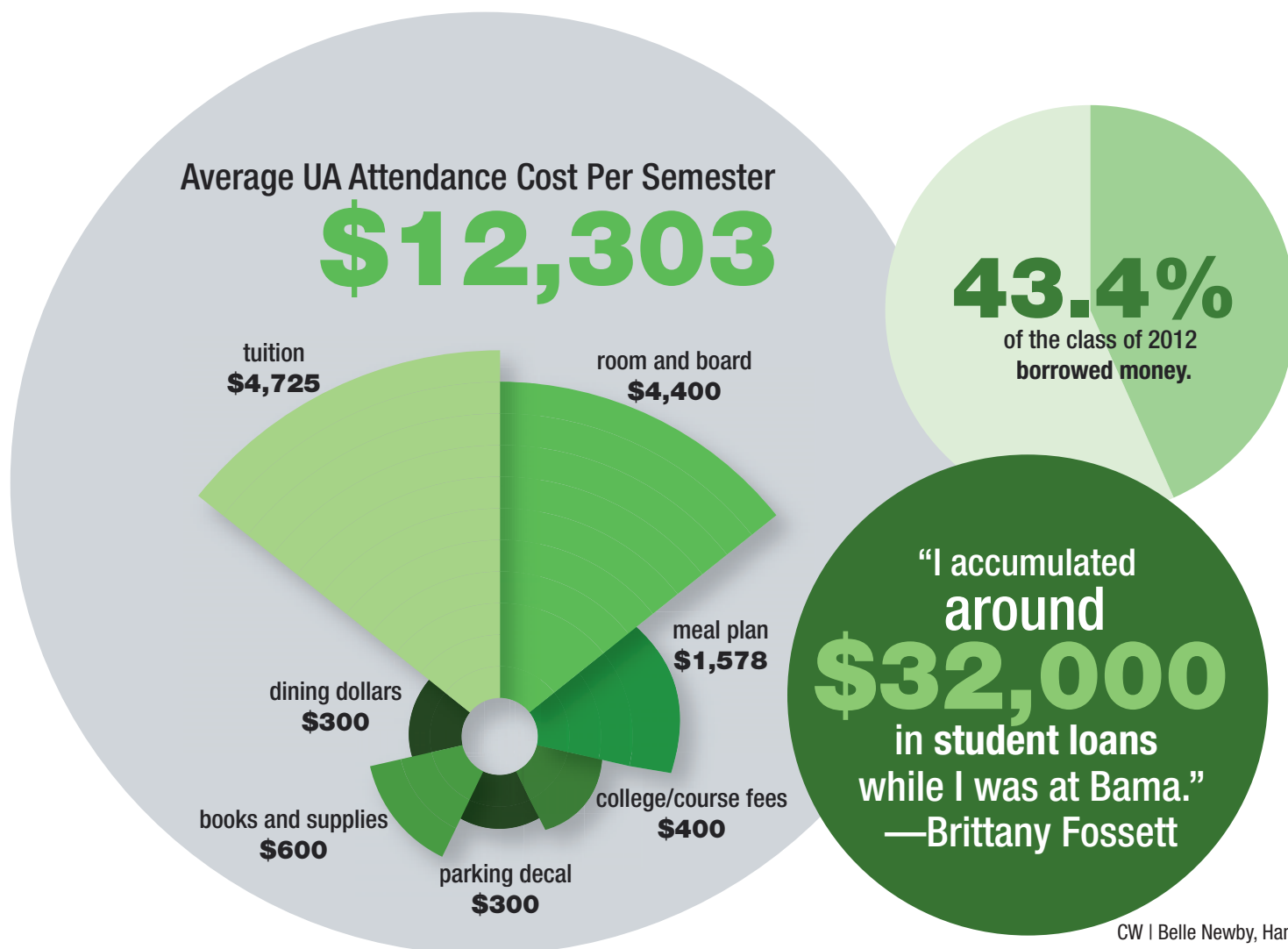
Cathy Andreen, director of media relations, said the average student debt for The University of Alabama varies each year, but during 2011-12 it was around \$10,000.

Andreen said the average "per-undergraduate-borrower cumulative principal borrowed" by 2012 undergraduate class graduates was \$27,639, \$22,403 of which was provided by federal loan programs. According to the Office of Institutional Research and Assessment, which posts financial data from past years, 43.4 percent of 2012 graduates borrowed money.

Adam Zelensky, a junior majoring in nursing, transferred to the University in the fall of 2013. He spent his first two years at a community college taking advantage of cheaper tuition.

"Part of how I'm paying for school is a scholarship," Zelensky said. "But it's basically split between loans and the scholarship."

SEE DEBT PAGE 12



CW | Belle Newby, Hannah Glenn

SPORTS | WOMEN'S BASKETBALL

Curry leads team to success

Alabama sees most SEC wins since 2001-02 season

By Nick Sellers | Staff Reporter

Alabama women's basketball coach Kristy Curry said the move from Lubbock, Texas, to Tuscaloosa in 2013 was easier than the previous one from West Lafayette, Ind., to her previous head coaching job at Texas Tech in 2006.

It was initially hard on her two children, Kelsey, 13, and Kendall, 10, with the older daughter taking it harder than her sibling, Kristy's husband Kelly said. An assistant coach with the program himself, Kelly has been with his wife for every transition in Kristy's 15 years of head coaching.

The family has settled into Tuscaloosa nicely the past few months, Kelly said, and Kristy agrees.

"We're just a lot more comfortable in this environment, whether

it's the trees and the water or just the South," Kristy said.

Whatever it was, the Curry family's positivity must have trickled down into the women's basketball season and into Foster Auditorium, where routine record-setting crowds saw the Crimson Tide (14-16, 7-10) finish with the most conference wins since the 2001-02 season.

In Kristy's first season at Alabama, the team achieved numerous milestones and broke losing streaks. On Jan. 26, the Crimson Tide broke a 23-game drought against Georgia for its first win against the Lady Bulldogs since 1998. Curry and her team traveled to Nashville in February and picked up Alabama's first win over Vanderbilt since 2004. It was also the program's first win ever at Memorial Coliseum.

And on Senior Day, playing against No. 23 LSU, the Crimson Tide's 78-60 downing of the Tigers



UA Athletics

In her first year at UA, Kristy Curry led the women's basketball team to several achievements including a No. 7 seed in the SEC tournament for the first time since 1999.

SEE CURRY PAGE 16

CULTURE | ART

Students collaborate with renowned artist for Sonic Frontiers

Holley combines media for improvisational style

By Elayne Smith | Contributing Writer

Lonnie Holley never entered eighth grade. His neighbors said the art he made was voodoo, so he hid it in his backyard. Holley only played the black keys of the piano until recently. Holley, "the Sandman," is an internationally acclaimed artist and musician coming to Tuscaloosa to perform Thursday at the Paul R. Jones Gallery.

Holley was born the seventh of 27 children. He grew up doing odd jobs such as digging graves, picking up trash at a drive-in theater and cooking as a short-order chef.

Holley stumbled upon art at the age of 29 when he made tombstones out of sandstone for his sister's children. He didn't know he was making art until his friend explained it and told him to take it to the museum. His work was selected for a traveling show with the Smithsonian and is distinguished by his use of discarded materials. More than 30 years later, Holley became a recording artist, set apart by his improvisational style.

"I want people to think of me as an awarer: a person that makes somebody aware of something," Holley said. "I'm trying to show that humans, from the times that we've arrived in a place, have

SEE HOLLEY PAGE 12

TODAY ON CAMPUS

Stress management

WHAT: Hand in Paw Puppy Break
WHEN: 11:30 a.m. – 1:30 p.m.
WHERE: The Quad

Film scene

WHAT: LunaFest
WHEN: 7 p.m.
WHERE: Bama Theatre

Out on the town

WHAT: Chase Rice
WHEN: 9 p.m.
WHERE: The Jupiter Bar

NEWS | INTERNATIONAL

Ukraine panel provides diverse perspectives

Panel analyzes conflict on Crimean peninsula

By Heather Buchanan | Contributing Writer

More than 40 people gathered in a ten Hoor lecture hall Wednesday afternoon to discuss the crisis in Ukraine with a panel flanked with UA professors. The audience was filled with students, faculty and members of the Tuscaloosa community in search of answers, clarification and discussion.

"I think that there are a lot of questions that people have and a lot of confusion about what's going on," Margaret Peacock, professor of Russian history, said of the need

for dialogue. "We really want to open it up to questions."

Andrew Drozd, associate professor of Russian, organized the discussion after seeing a huge demand for it in his classes. He also recruited Margaret Peacock and Barbara Chotiner, political science professor, to cover multiple aspects of the Ukraine situation.

Drozd said many of his students wanted to talk about Ukraine and it was cutting into his class time, so he arranged this event to provide a time and place for such a discussion.

"I wanted Dr. Chotiner and Dr. Peacock to also weigh in," Drozd



CW | Heather Buchanan

UA professors participate in a panel discussing current tensions in Ukraine in ten Hoor Hall on Wednesday.

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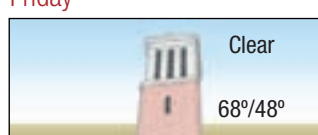
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WEATHER

today



tomorrow



CONTACT

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90.7 reports election violations

In an article posted to its website Wednesday morning, WVUA-FM 90.7 The Capstone reported Vice President-elect for Student Affairs Stephen Keller allegedly violated Student Government Association election rules by accepting and distributing fliers that his campaign did not purchase.

The primary source for WVUA's report was Chris Allen. According to the report, Allen is not a UA student or a resident of Alabama and was visiting a friend over spring break when he secretly recorded a conversation with Keller on Tuesday.

WVUA claims that the fliers constitute an in-kind donation, which must be included in candidates' final spending reports. According to the report, Keller said he would not include the fliers in his final report.

Compiled by Andy McWhorter

Students to protest sweatshops

United Students Against Sweatshops will be hosting a "die-in" demonstration Tuesday in the Ferguson Promenade from noon to 2:30 p.m. to protest the administration's repeated refusal to address a concern that the UA logo apparel might be made in sweatshops.

USAS has been campaigning for two semesters for the University administration to affiliate with the Worker Rights Consortium, which is an independent labor organization that would ensure that all University apparel is produced under ethical working conditions and in facilities where the rights of workers are respected.

According to a press release, the administration, particularly President Judy Bonner, has repeatedly refused to meet with representatives of the group to discuss the possibility of affiliating.

"The die-in comes in response to the administration's blatant disregard for human rights exhibited by their refusal to meet with our group," the release read. "The event is intended to symbolize the very real fact that workers are working in lethal conditions – sometimes even dying – to produce apparel. This can be changed, and The University of Alabama can be critical in bringing light to this issue by affiliating with the WRC."

Compiled by Chandler Wright

SCENE ON CAMPUS



Photo Courtesy of Brielle Appelbaum

Students spend time playing with dogs outside of the Ferguson Center during SGA's Puppies on the Quad event Wednesday.

GO ON THE

TODAY

WHAT: The Whole Mine Reception

WHEN: 5:30-8:30 p.m.

WHERE: Paul R. Jones Art Gallery

WHAT: Chase Rice

WHEN: 9 p.m.

WHERE: The Jupiter Bar

FRIDAY

WHAT: International Coffee Hour

WHEN: 11:30 a.m. – 1:30 p.m.

WHERE: 121 B.B. Comer Hall

WHAT: Convocation with Amir Zaheri

WHEN: Noon

WHERE: Moody Music Building

WHAT: Men's tennis vs. Auburn

WHEN: 5 p.m.

WHERE: UA Tennis Stadium

WHAT: Gymnastics vs. Auburn

WHEN: 7:30 p.m.

WHERE: Coleman Coliseum

SATURDAY

WHAT: Krispy Kreme Challenge

WHEN: 9-11 a.m.

WHERE: Government Plaza

WHAT: Student Recital: Sandy Draper, soprano

WHEN: 4 p.m.

WHERE: Moody Music Building Recital Hall

WHAT: ABP Advanced Band Performance

WHEN: 6 p.m.

WHERE: Mildred W. Warner Transportation Museum

WHAT: Baseball vs. Kentucky

WHEN: 6:35 p.m.

WHERE: Sewell-Thomas Stadium

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The Crimson White

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MENU ON THE

BURKE

LUNCH	DINNER
Steak, Ham, Salami, Pepperoni Stromboli	Baked Chipotle Orange Chicken
Mashed Potatoes	Rachel Grilled Cheese Sandwich
Glazed Carrots	Steakhouse Potatoes
Grilled Vegetable and Black Bean Wrap	Steamed Peas and Onions

LAKESIDE

LUNCH	DINNER
Chicken Cacciatore	Barbecue Brisket
Chicken Parmesan Slider	Barbecue Chicken and Cheddar Sandwich
Home-style Mashed Potatoes	Scalloped Potatoes
Seasoned Corn	Hamburger
Eggplant Parmesan with Marinara	Cheddar Vegetable Strata

FRESH FOOD

LUNCH
Fried Chicken
Sautéed Zucchini and Tomatoes
Grilled Vegetable
Rotini Salad
Roasted Potatoes
Vegetable Lo Mein with Tofu

OPEN RECORDS REQUESTS

"Every citizen has a right to inspect and take a copy of any public writing of this state, except as otherwise expressly provided by statute."
From statute 36.12.40 of the Code of Alabama

"The term 'public records' shall include all written, typed or printed books, papers, letters, documents and maps made or received in pursuance of law by the public officers of the state, counties, municipalities and other subdivisions of government in the transactions of public business and shall also include any record authorized to be made by any law of this state belonging or pertaining to any court of record or any other public record authorized by law or any paper, pleading, exhibit or other writing filed with, in or by any such court, office or officer."
From statute 41.13.1 of the Code of Alabama

WHAT WE REQUESTED: List of applicants considered for vice chancellor of government relations, email correspondence between Judy Bonner and Robert Witt correlated to 'vice chancellor for government relations' and 'Jo Bonner' between April 1 and July 31, 2013.

WHO REQUESTED IT: Lauren Ferguson
FROM WHOM WE REQUESTED IT: Kellee Reinhart, vice chancellor for System Relations

WHEN WE REQUESTED IT: Feb. 10, 2014
STATUS: March 5, 2014, response from Reinhart: "There are no public records that are responsive to your request. I can confirm that Congressman Bonner was interviewed on May 3, 2013."

WHAT WE REQUESTED: All receipts (airplane ticket and car rental) and travel vouchers for the four members of the executive branch and their advisor who attended the SEC Exchange at the University of Missouri. Copies of all emails between Jan. 1 and Jan. 15, 2014 addressed to and/or from SGA President Jimmy Taylor, Chief of Staff Brennan Johnson, Vice President of Financial Affairs Chris Willis and/or Program Assistant/Office Manager Carolyn Fulmer containing the words "Missouri" and/or "ticket."

WHO REQUESTED IT: Mackenzie Brown
FROM WHOM WE REQUESTED IT: Leela Foley, SGA director of media relations
WHEN WE REQUESTED IT: Jan. 15, 2014
STATUS: Filled Jan. 23, 2014

IN THE NEWS

Websites assist entrepreneurs

From MCT Campus

Starting a business is complicated, but there is support for entrepreneurs. And advice can come even from unusual sources. Example: the ex-Navy SEAL with lessons in business leadership. Hard-core leadership lessons are taught at Entrepreneur.com by the likes of well-named Jeff Boss, a former Navy SEAL, now a business consultant. In one recent post, Boss describes the ways "a leader should show up." That includes dressing the part, listening and being candid.

And, he says, there are no excuses: "Tired after a rough night sleep? People don't care. Having a rough hair day? Oh well. Angry from that last conversation you had with a colleague? Get over it. The attitude you display, the words you speak, the body language you exude and the scornful faces that you don't think anybody else sees (but of course they do), all contribute to the value - or lack thereof - that you, as a leader, create for others."

For someone starting or running a small business, Entrepreneur.com is helpful for staying sharp on marketing, attracting venture capital and people

and managing money.

Entrepreneurship.org, by the Missouri-based Kauffman Foundation, abounds with blogs and meeting opportunities for entrepreneurs. Here, it offers an online "Founders School," along with information about its "One Million Cups" events, which are coffee-fueled meetings where start-ups present their businesses. There are also links to webinars on how to hire, manage, and pay workers, and how to navigate the rough landscape of government regulation.

Kauffman.org is another site by the foundation dedicated to entrepreneurship education and support. Recognizing that things don't always work out for new business ventures, the organization last month held a "Fail Night," a meeting for people whose entrepreneurial efforts have crashed and burned: "Still mourning the demise of your last great idea? Join us for a somber, supportive and celebratory meeting ... to talk about business failures. We invite anyone in the community to share their stories about failed or failing ventures ... Kleenex and light refreshment will be provided."

Renovations bring dining to Paty Hall

By Emily Sturgeon | Contributing Writer

With the addition of a Raising Cane's Chicken Fingers, Paty Hall, which once housed a dining hall, will again be a dining location for University of Alabama students in addition to an all-male dorm.

Project manager Matt Denaburg said bidding on the project was completed Tuesday. Construction bidding is a process in which a construction undertaking is proposed, and involves cost estimates and blueprints.

"Right now I would say that the project itself was approved," Denaburg said, "Some things need to be worked out before proceeding with actual construction."

He said construction is expected to begin over spring break in order for Paty's Raising Cane's to have its grand opening in the middle of May of this year.

University of Alabama spokesperson Cathy Andreen said Wednesday that the plans to build a Raising Cane's in Paty Hall have been finalized.

"The construction bids have been opened and the project is ready to proceed," Andreen said.

Denaburg said that the University chose Paty for the project because of future plans to repurpose the residence hall.

The Raising Cane's will be located in the hall's current lounge area, which will be renovated to accommodate the addition.

"Actually, it would be really great because I study a lot in my room," Brian Burnett, a current Paty resident majoring in political science, said. "I have to go down to Lakeside to grab something to eat, so the fact that there will be somewhere to go in Paty will be really useful."

Raising Cane's is a restaurant chain based in Baton Rouge, La., specializing in chicken finger meals. There are currently no locations in Tuscaloosa. With the construction of a new location in Paty Hall, the restaurant will be one of two in Alabama.



CW | Shelby Akin

The new Digital Media Center at Bryant-Denny Stadium will serve digital journalism and other departments after opening Thursday.

College opens Digital Media Center

By Jason Frost | Contributing Writer

The new Digital Media Center is set to open Thursday in the North End Zone of Bryant-Denny Stadium, concluding the 10-year project spearheaded by the College of Communication and Information Sciences.

At 4:30 p.m., three speakers will take the stage to discuss the future of digital media. John Cochran, UA alumnus and retired senior correspondent at ABC News, will give a keynote address.

"John Cochran is a legend in the news business. He's covered every president from Eisenhower to Obama and was involved in the foundational work with civil rights in Alabama covering George Wallace," Jennifer Greer, interim dean of journalism, said. "John has had this distinguished news career, and he can talk about the fundamentals of the world of news and open information in a democratic society."

Cochran will then participate in a panel discussion, joined by three recent UA graduates who all work in digital media fields: Lee Boulie of the Country Music Hall of Fame, Kathy Nontasak of Google and Victor Luckerson of Time.com. After the panel, attendees will engage in a Q-and-A session with the panelists.

"Kathy came through advertising, Victor came through journalism, John came out of one of our founding department in broadcasting, and Lee is from the School of Library and

Information Studies," Greer said. "These are three graduates who work in digital media, and we thought it would make a nice contrast to see what we do today. My concept was to go from foundational, like a big-name like John, to recent graduates."

The Digital Media Center project was led by two deans, Cully Clark and Loy Singleton, nearly a decade ago, and Greer took over after they left. Construction of the center began in 2011, covering 46,594 square feet and including three television studios, three control rooms, four radio studios and 10 television edit suites.

"The Digital Media Center is designed to be a laboratory for students, just like a teaching hospital," Elizabeth Brock, director of the Center for Public Television and Radio, said in an article on UA News.

Justin Brant, director of Crimson Tide Productions, said the center was originally conceived as a collaboration between UA Athletics and the College of Communication and Information Sciences as a way to improve the UA brand overall.

"Our main control room is operated from the DMC, and we have all our offices over here. Students can work and help us. Several students work on internships and things within the space," Brant said. "Our old offices were in Coleman Coliseum. We really had one room we were all working in, so it's a good change for us."

The DMC will serve a number of academic

departments but was first used by Crimson Tide Productions to produce multimedia sports stories for the fall 2013 football season. Many digital journalism classes will hold labs in the center, and 100 students are expected to work in the center each semester. The center will also assist in producing 40 nonlinear productions for the SEC Network.

"The DMC is all state-of-the art broadcasting technology," Brant said. "It's very similar to an ESPN control room or a national broadcast control room. We're starting the SEC Network in August, and it'll be just like an ESPN production. Down the road, we may even try more linear productions."

Tours of the center will be self-guided, and some of the staff will be available to explain various sections of the center. The DMC will also produce broadcasts at other locations, including Moody Music Building and Coleman Coliseum. Alabama Public Radio will also use the Center.

"In addition to staff, we have a lot of student interns who do graphic design, video editing, tagging and cataloguing, live video production, replay equipment, technical directing, broadcast graphics," Brant said. "We pretty much do everything."

A reception following the panel will take place from 5:30 to 7 p.m. Refreshments will be provided, and the event is free and open to the public.

"We got seating for 400, and we intend to use it," Greer said.

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COLUMN | EASTERN EUROPE

US should free Europe, provide non-Kremlin gas

By Cruise Hall | Staff Columnist

The crisis in Eastern Europe demands the unequivocal resolve of the West, but Europe can hardly afford to use harsh words, much less actions, to repel the Russian invasion of Ukraine. Today, 30 percent of Europe's natural gas flows through Russian pipelines. The flow of gas has been shut off twice in the last decade, and Putin is again threatening to cutoff exports to certain Ukrainian markets.

While the Obama Administration has maintained a timid political stance towards natural gas exploration, the energy security of the European continent makes the fate of natural gas a matter of foreign policy. The president should use his executive power to approve drilling permits and loosen restrictions on gas exploration. The subsequent supply surge would neutralize Russia's power-trip and level the political playing field in Europe.

“The president should use his executive power to approve drilling permits.”

Natural gas doubters fixate on the lack of transportation infrastructure, but thanks to the mechanics of the international energy market, American gas doesn't have to leave America in order to benefit European energy security. The energy market, like other global markets, is

dominated by speculators, who “buy low” today and “sell high” tomorrow. Unlike consumers, skittish speculators fear the prospect of falling prices. If the President embraces policies that promise to drastically increase the long term supply of natural gas in America, the speculation market will drive natural gas prices down in the short term. This strategy of eroding gas prices might seem irrelevant to the Ukrainian crisis, but Europe's energy security is not unrelated to gas prices in America.

Thanks to the first law of thermodynamics, 1 kilowatt of natural gas is equivalent to 1 kilowatt of oil and 1 kilowatt of coal. So when the price of natural gas plummets, consumers find ways to get their kilowatts from natural gas. As new technology and consumer behavior suppress American demand for conventional energy sources, the first law of economics will drive excess supplies of coal and oil in other markets, namely Europe. Already the American natural gas boom has drastically reduced coal prices in Europe; an increase in natural gas supply will amplify this trend.

In the end, every kilowatt of energy imported from the US is a kilowatt that the Kremlin cannot hold over Europe's head. Even if America has little direct interest in the outcome of the Ukrainian crisis, we, along with our European allies, will always benefit from cheap energy. The president should double down on American natural gas and liberate Europe's economy from the arbitrary will of Vladimir Putin.

Cruise Hall is a junior majoring in mechanical engineering. His column runs biweekly.

COLUMN | SGA ELECTIONS

Machine wins election, not future

By Asher Elbein | Staff Columnist



On March 11, 2014, Machine candidate Hamilton Bloom was elected president of the SGA. Nor was he the only mechanized candidate to do so. Tuesday marked the 100th anniversary of the Machine's creation, and as if to celebrate the occasion, Theta Nu Epsilon's entire manufactured slate installed itself, wholesale, into the executive positions of student government. A clean sweep, if you're willing to bend a bit on the definition of the word “clean.”

Before I go any further, though, I'd like to congratulate Hamilton on his election. I don't know him personally, but I've heard from people I trust that he's a decent man and a competent politician. It's sad that his win is tainted by his affiliation with the Machine because he's the kind of candidate who could have won on his own merit.

But this campus is an

environment where candidates, even qualified ones, rarely win on account of their own merit. Why be good at a rigged game? It's much easier to attach yourself to a rusting gravy train, one running on a track thick with the scent of blood and burning crosses. With no need for real competition, there is no need for real innovation. With no need for innovation, the greater problems that beset our campus fester. Those with power have not earned it. Those who must use it have no concept of its value.

I don't write this in anger, because there comes a time when anger cools. For nearly four years I've watched the Machine take election after election, including a bonus municipal one, and at some point all my passion burned itself down to coals. I suspect there are many like me all across campus, graduating seniors and newly arrived freshmen alike. It's easy to feel as if nothing can change.

I know the work will not be easy. It will be hard, and it will be grueling. It's a difficult task we have set for ourselves, but it can be done. The right candidate exists, though they may not know it yet. The right team exists, though they haven't yet gathered. The ground is shifting underfoot, as the student body swells with people unaware of the status quo and ready to change it. Nearly 4,000 more people voted in 2014 than they did the year before, and most of them voted for independent

candidates.

Change does not come quickly. The Machine is a rusty, entrenched thing, the accumulation of a hundred years of secrecy and corruption, and it will not be moved in a night. We cannot melt it with our rage. We cannot break it with our passion. We burn out trying. So the fire has to go toward something different.

Instead of trying to melt, we have to forge. Out of our anger, we forge resolve. Out of our passion, we forge connection. Beneath the flame is iron. Beneath the glow, the bitter steel. While the Machine stagnates in smug victory, we build the tools that will take it apart.

On March 11, 2014, the Machine won an election. It did not win the future. That, as always, is up to us.

Asher Elbein is a senior in New College. His column runs biweekly.

COLUMN | STUDENT DEBT

Government subsidizing of higher education worthwhile investment

By Nathan James | Senior Staff Columnist

The cost of attending The University of Alabama in one year is estimated to be around \$24,000. To some that number will seem like a lot, and to others it may seem perfectly reasonable. But what really puts it in context is when you realize that the average Alabamian only makes \$23,500 in a year.

This isn't an isolated incident. Nationwide, the cost of attending college increases by around 6 percent a year, according to Forbes. And because more and more employers are requiring their new hires to have a bachelor's, young Americans are being forced to find a way to foot the bill.

Enter student loans. Although they appear to be a godsend, student loan debt is now the second largest source of private debt in America. The average student debt for a 2013 graduate is \$35,000.



At this point, all Americans need to face facts. In our economy, a college education is no longer a luxury for the intellectual elite; it's a necessity for most people who want a decent wage and job security. But our model for tuition payments is putting a staggering burden on young people who just want to learn a trade.

Many will shrug their shoulders and ask, “What can we do?” But few realize that in other parts of the world, radically different

approaches to this problem are helping students and society achieve their full potential.

Take Australia. Like in the U.S., every Australian undergraduate needs to pay tuition if they want to stay in school, and students who can't pay by other means can resort to government loans. The amount of debt one student can incur is capped, and interest rates are extremely high. However, Australians don't have to start paying until they're earning \$50,000 a year. Payments then increase with income up to about 8 percent of a debtor's total income.

The benefits of this system are numerous: It allows the government to charge higher interest and collect more money from each debtor, but without placing the burden on recent grads who have yet to find their feet. It is simultaneously generous to students and extremely profitable. As the saying goes, you can't get blood from a stone.

More extreme examples can be seen in the U.K. In England, the government places an upper limit on the amount that universities are allowed to charge for tuition. And in Scotland, no citizen is required to pay for a college education at all.

In fact, as shocking as it may seem, many European states

“As the saying goes, you can't get blood from a stone.”

offer free education. Denmark and Greece provide universal free education for citizens, and tuition is free for most students

in Spain, France and Italy.

Obviously, some Americans will view any government subsidization of college education with mistrust. Our confidence in capitalism is so robust that the knee-jerk reaction of many Americans will be to stay the course and weather any difficulties.

But ultimately, student debt is incredibly bad for our economy. Indebted students spend less, pay fewer taxes and fewer than 50 percent of all student debtors are actually able to pay all of their debts. In contrast, to subsidize education is to inject skilled, trained laborers into our economy.

In the end, government subsidization of education is an investment. And as we can see from the rest of the world, it's an investment worth making.

Nathan James is a junior majoring in public relations. His column runs weekly.

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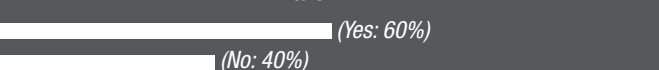
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Last Week's Poll: Do you plan to vote in the SGA elections March 11?



This Week's Poll: Should chalking be allowed for campus campaigns and student organizations?
cw.ua.edu/poll

Conference addresses Latino literature options

By Emmalee Molay | Contributing Writer

The University of Alabama School of Library and Information Studies will hold their biennial National Latino Children's Literature Conference in Gorgas Library on Thursday and Friday.

The conference will include teachers, librarians, children's authors, illustrators, educators, graduate students and other college students who will participate in speeches and learning sessions.

"For the attendees that are teachers and librarians, it gives them information that they need on how to serve Latino and Spanish-speaking populations, and how to select the best literature for those populations," associate professor and conference chair Jamie Naidoo said.

Naidoo started the conference in 2008 at the University of South Carolina and brought it with him when he made the move to Alabama. He said he began the conference because at the time South Carolina had the fastest growing Latino population in the country. The area of rapid Latino population growth has expanded and now includes Alabama and other states in what he calls the new Latino South.

"Librarians and teachers out west have been serving Latinos for a long time and they have all these strategies that they can share with librarians and teachers over here," Naidoo said.

He said the conference is meant to share information about the best practices for educating Latino and Spanish-speaking children in their area, something many attendees have not needed to know until now.

Christine Bethard, Naidoo's graduate assistant, is in her second semester of the library information studies graduate program. She said while there is a larger Latino population than there has ever been, there aren't a lot of services in literature and having all of the major contributors in that field come together in one place helps keep the idea moving.

"It's definitely a connection builder," Bethard said. "It helps with building intercultural ideas. Any awareness we can bring to the subject really helps."

One major part of the conference will take place Thursday night at the Tuscaloosa Public Library. Families and children are encouraged to come to a free event where there will be a number of authors

and other creative people. Two separate programs will be held at the library, one for children and another for teens and adults. Naidoo said they have had the children's program in the past, where they have given out books and done storytelling, but the teen program is new.

"For Latino children, it gives them an opportunity to see books about themselves," Naidoo said. "For non-Latino kids, it introduces them to a culture that is different from their own."

Bethard said going to the public library is a way for the conference to get the community involved.

"It's a service that has not been as widely provided as it should have been," Bethard said. "It helps to broaden children's understanding of what's available."

Bethard also said the conference shows that this is a relevant subject, and that it matters because the more people who come together for the cause, the faster it grows. She said each year the conference has grown in attendance, and more students are coming back to present and be involved.

"The conference is all about building bridges of understanding," Naidoo said.



Photo Courtesy of Jamie Naidoo
Participants in a prior conference display Latino children's literature.



Submitted

James Costa, professor of biology at Western Carolina University, will give the next ALLELE lecture Thursday.

Lecturer to discuss work of Alfred Wallace

By Emily Sturgeon | Contributing Writer

The ALLELE lecture series will continue its education of the public on evolutionary topics with a free presentation Thursday by James Costa, professor of biology at Western Carolina University.

Costa's lecture, which will occur at 7:30 p.m. in the Biology Building Auditorium, will concentrate on the studies of Alfred Wallace, a legendary figure in the areas of biology, biological exploration and biogeography who lived from 1823 to 1913. Titled "Alfred Russel Wallace's 'Species Notebook' of 1855-1859," Costa's talk will focus on his recent analysis of one of Wallace's never-before-published field notebooks, which he kept through the 1850s while exploring Southeast Asia.

"Wallace, although well-known in some ways, for example his co-discovery of the principle of natural selection, has also at the same time been underappreciated in terms of just how insightful he was and how much he understood about the evolutionary process," Costa said.

Costa said he will discuss how Wallace's work parallels that of Charles Darwin, and that his analysis is interesting because it shows how the lines of evidence leading to evolution that Wallace pursued, such as fossils, geographical distribution, behavior, instinct, embryology and anatomy, were exactly the same lines that Darwin followed.

"I hope that it might pique curiosity about the way naturalists of the 19th century have figured out this process of evolution, and especially a new appreciation for Alfred Russel Wallace in particular," Costa said.

Costa is the executive director of the Highlands Biological Station and has published five books on the evolutionary process and insect social behavior. He has taught, lectured and studied extensively on both topics. He is a research associate of entomology at Harvard University's Museum of Comparative Zoology.

"I'm really looking forward to meeting students and faculty and sharing my passion and enthusiasm for Wallace and the history of the field," Costa said. "It's always very exciting to have an opportunity to talk to students and others and answer their questions."

ALLELE, Alabama's Lectures on Life's Evolution, is an 8-year-old lecture series designed to improve the public's understanding of evolution. Each year, a number of renowned scientists in disciplines ranging from physics to biology, psychology to history, are brought to the University to address the subject.

"I think in general there is not a good appreciation for the importance of evolution in science," Leslie Rissler, UA associate professor of biology, said. "It is the unifying concept in biology and

permeates many different disciplines."

The long-standing program has spurred the creation of an evolutionary studies minor and an evolutionary studies club at the University. It has also helped produce the "Speaking Evolution" website, an information source for K-12 teachers in Alabama.

Costa said he hopes even those uncertain about the idea of evolution will still attend his presentation.

"What I would suggest to students that might be skeptical is that the most important thing is to have an open mind," Costa said. "As mind-boggling as it is, it's a process that happens. For those that feel like the challenge is their religious beliefs, I might only suggest that they consider that many people of faith who are also very good scientists have no problem with the idea of species changing, or evolution as we call it. In fact, they simply think, 'Why couldn't the Creator have worked through a process like natural selection?'"

Rissler said she hopes students can gain an excitement about the field of evolution through speakers like Costa and not be afraid of the subject.

"I think there's that unreflective knee-jerk resistance to thinking about these ideas, and I'm hoping that listening to my talk might bring some people to step back and think about things in a different way," Costa said.

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Family medicine program selects chief residents

By Samuel Yang | Staff Reporter

The College of Community Health Sciences' three-year family medicine residency program has selected three 2014-15 chief residents.

Leslie Zganjar, director of communications for CCHS, said the program is unique because it has no competing residencies and utilizes a single community hospital for most rotations, increasing convenience and quality.

"[The residency gives] residents ample opportunity to directly care for patients and develop procedural skills," Zganjar said. "It has a highly skilled, committed, diverse program of 50 faculty in the core medical disciplines who teach only family medicine residents along with medical students on their clerkships."

The residents will work at the University Medical Center's Family Medicine Center and DCH Regional Medical Center.

"It is a program structure that emphasizes individualized instruction," Zganjar said.

JD Engelbrecht, an outgoing 2013-14 resident, will work as an outpatient family medicine physician with the Tanner Medical Group in Carrolton, Ga.

"I loved becoming part of the community of residents and faculty at this program. We are a close-knit group of professionals who work and learn together, and have fun while doing it," Engelbrecht said.

Engelbrecht said some of his favorite memories with the program came from making the residents' annual lampoon videos.

"We had some great laughs and enjoyed the camaraderie while we recorded these short films and skits about our lives as doctors/residents," Engelbrecht said.

Sarah Mauthe, an incoming resident, completed her undergraduate work in Canada and earned a medical degree at the Saba University School of Medicine. After her residency, she hopes to work as a hospitalist in Alabama.

"I chose Tuscaloosa Family Medicine Residency Program after I met the wonderful residents who were already here," Mauthe said. "The education and curriculum was exactly what I was looking for, and the people were warm and welcoming."

Mauthe will be joined by Hunter Russell, who received his medical degree at the University of Alabama School of Medicine and graduated from the CCHS Rural Medical Scholars program, and Kelly Shoemaker, who received her medical degree from the University of Mississippi in Jackson.

Zganjar said graduates of the program have gone on to rural, urban and academic settings.

"Since the residency's founding in 1974, more than 400 physicians have completed the program and the majority are practicing in Alabama and the Southeast," Zganjar said. "In addition to the residency, the College of Community Health Sciences also offers fellowships to family medicine physicians in sports medicine, obstetrics, hospital medicine, behavioral health and rural public psychiatry."

Students promote brands

By Emmalee Molay | Contributing Writer

College students are no strangers to free stuff, and it's not uncommon for a dorm room to include a pile of T-shirts, pairs of sunglasses, tote bags and product samples, all accumulated from booths, strangers and stands. Chances are, if you're in college, you collected these things for free just by simply being on campus, and they were designed to get you interested.

Student brand ambassadors, also known as student brand managers, get paid or endorsed to represent a company on a university campus. Their main job is to get the word out about a particular brand, or product. This often involves giving away free items.

"Everybody likes free stuff," Jesse Warshaw, a sophomore majoring in economics, said.

Warshaw is the campus representative for The American Fishing Tackle Company, AFTCO, and its licensee, Guy Harvey. In addition to weekly raffles to give away anything from stickers to shirts, Warshaw said he helps promote all the ocean-oriented philanthropy events and groups on campus, including the UA Fly Fishing Team.

Warshaw and other student brand managers are employed by companies to help promote their brands from a student perspective. The student reps often receive merchandise and samples to give away to promote interest in the companies they represent. Warshaw said the biggest benefit for him is that he gets to expand his network.

"It just gives me a chance to meet new people with a common interest," Warshaw said. "It gives me the opportunity to explore different venues in a way that I wouldn't have been able to if I hadn't been a rep."

Emily Nieman, a senior majoring in Spanish on the pre-med track, is a campus representative for the Double Cola brand. Nieman said she balances running her own events and teaming up with other organizations and gets paid based on the number of events she does. Double Cola hosts tasting events, and she said in the fall she organized a couple of tailgates. She also said she tries to go to small parties that campus clubs have to give away the cans of soda.

Nieman said working for Double Cola has given her more than just a traditional student job might.

"It's a great way to gain experience, one, with public speaking and learning how to coordinate events. But two, it gives you good marketing experience," Nieman said. "It could help me with future jobs."

Another person who is no stranger to giving away free stuff is Morgan Daniels, a senior majoring in public relations. Daniels is currently a representative for Microsoft Windows and a former L'Oreal representative. Daniels was shipped 500 boxes of hair dye after she was hired by L'Oreal. She said she hosted multiple gatherings at her house to entice people to try the new product that the company was trying to promote. She also gave away the free samples, along with coupon books, to all the



Photo Courtesy of Kyle Whigham
Morgan Daniels holds magazines to represent L'Oreal.



Photo Courtesy of Morgan Daniels
Daniels displays L'Oreal products that she gives away.

sorority houses on campus.

Daniels said she's hopeful that being a representative will potentially land her a full-time job with one of the companies she has worked with. She believes it will give her a better chance to get a job because she does have the experience.

"It's going to be really helpful for me in the long run, no matter what job I end up taking," Daniels said. "It's just so applicable to any other job, just the people skills and the networking skills, and just the general outgoing personality I had to establish and go with."

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League enables special needs children to play ball

By Rufus Aldridge | Contributing Writer

It's not rare for people to use the word miracle, but for John Miller and his family, the past six years have given new meaning to the term.

A baseball player all his life, John said he wanted to pass down the game he loved to his son once he was born. But six years ago, when his son, Brylan Miller, was diagnosed with cerebral palsy at 1 year old, Miller's dreams of his son ever playing baseball seemed to disappear. Then he learned about the Miracle League, a nonprofit organization that develops leagues and special fields where children with special needs can play baseball.

Miller was able to see his dream turn into a reality through the organization, where Brylan began playing when he was 5 years old. By Brylan's first spring season, Miller and his family got to witness their son, who was told he would not be able to walk without support, put down his walker and make his way around all three bases and cross home under his own strength. It was then that Miller said he knew this was something he was supposed to be a part of.

"We've got so many children that would benefit from this in Tuscaloosa," Miller said. "This is something great."

Now, six years later, Miller is the acting president of the Tuscaloosa branch of the Miracle League and is preparing for what is shaping up to be a loaded spring season. He said the



Photos Courtesy of the Miracle League of Tuscaloosa
The Miracle League develops leagues and fields where special needs children can play baseball.

organization means a lot to him, and it has changed his life for the better. He also said he has seen the impact the league can have on the lives of families.

"I love what goes into it," Miller said. "I love seeing the end result."

The Miracle League is unique in that the organization builds rubberized baseball fields for the local leagues, complete with two dugouts, a scoreboard and the Miracle League insignia placed in the middle of the diamond. The facilities also include a room specifically built for children who can get overwhelmed and need a quiet place to calm down.

Although the Tuscaloosa chapter of the Miracle League has been a success so far, it hasn't been without struggles, Miller said. He said the hardest thing is finding the time and financial support. Between his jobs as a firefighter and a part-time electrician, his daughter's softball season and spending time at home, he still finds time to dedicate to the Miracle League. His hard work and persistence haven't gone unnoticed.

"He refused to give up when he met many obstacles. He persevered and led the charge to get the job done," Jerry Mims, volunteer coordinator for Miracle League of Tuscaloosa, said.

Miller doesn't get paid. He doesn't get an award or any public recognition. For him, it's about the children and the difference this organization makes in their lives. The children have had so many problems, but when they go out onto that field and play a baseball game, their faces light up from the applause they receive, Miller said. When they go around the bases, all the issues disappear, and that's what makes it worthwhile for Miller and the other volunteers.

"We take the negative out of their life," Mims said.

Panel discusses background of conflict with Russia, Ukraine

UKRAINE FROM PAGE 1

said to open the event. "And for that matter, I am a language and literature guy, so it's hard for me to keep up on everyday events. So this was kind of my way of bringing in other expertise, too."

Drozd then introduced Peacock, who explained that Russia and Ukraine's interactions date back to the ninth century in Kiev, where, in a way, the Russo-Ukrainian story began.

"The only reason I'm going back all the way to [the ninth century] is to make the point that the Russian population very much sees itself and its own history as beginning in Ukraine," Peacock said.

Peacock continued explaining the history of the Russo-Ukrainian relationship, emphasizing Russia's claim on the region that dates back to the seventeenth century, when Russians began fondly referring to their eastern neighbor as "Little Russia." At first this was not perceived as a negative statement, but later would offend many western Ukrainians.

"Back then, it was not intended to be a pejorative term. It was intended to connote an inclusivity of the Ukrainians into the larger Russian narrative," Peacock explained.

Chotiner's discussion was focused more on current developments. She spoke about the recent events that caused the current situation to evolve.

"The weekend before last, unmarked troops with generally unmarked vehicles, some of which had license plates from the vicinity of Moscow, started moving into Crimea," Chotiner said.

She explained that the area into which the troops entered had not been a separate province until 1945.

Chotiner said Putin has defended these actions as necessary to secure the civil and human rights of the predominately Russian-speaking, predominately ethnically-Russian population, many of whom are military veterans and their families, and to protect multiple Russian naval bases.

Drozd emphasized the importance of considering this angle while discussing and thinking about the situation in Ukraine. He also said there is a distinct culture of "Russophobia" in American and British media coverage that is causing resentment in Russia and increasing any already present Anti-American sentiments.

"I think we are in something of a dangerous situation. The Russians think the West is provocative, insulting," Drozd said. "Most recently some Russians were saying that Obama insulted Russia and was threatening."

Lonnie Free, a junior majoring in public



MCT Campus

U.S. President Barack Obama and Ukraine Prime Minister Arseniy Yatsenyuk discuss the current situation of the Russian military intervention in the Crimea on Wednesday.

relations, attended the discussion and said Peacock's denial of a second Cold War affected his understanding of the Ukraine crisis.

"I think she cleared up that we're not going to another Cold War, and that there really is not a threat of war because there is no ideological differences, really," Free said. "We're gonna have to wait and see how it plays out, and

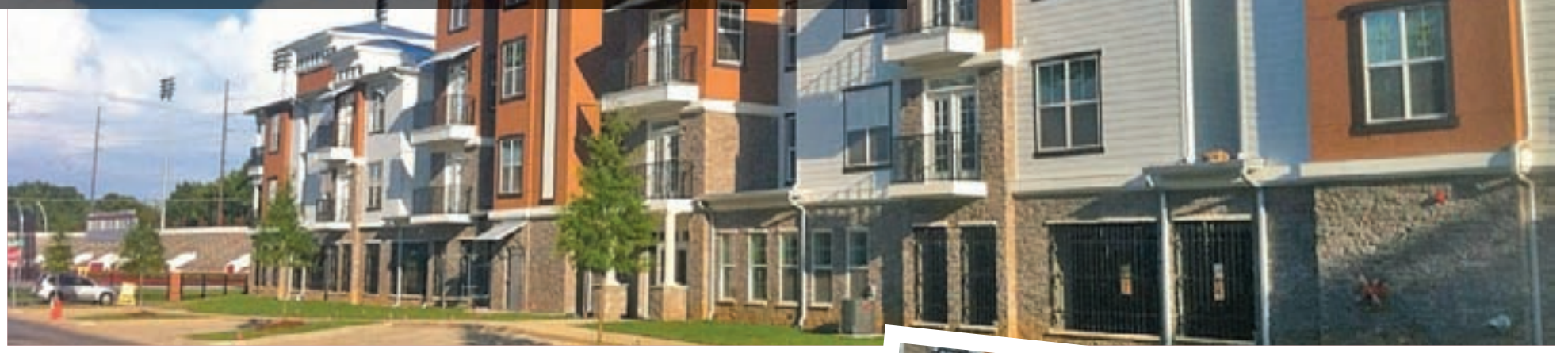
maybe a referendum isn't such a bad thing."

The referendum will decide whether or not the Crimean region of Ukraine will become part of Russia. Voters can decide to become independent and apply to join the Russian Federation or to restore the 1992 constitution of the Republic of Crimea, therefore recognizing Crimea as part of Ukraine.

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CW | Hannah Glenn

College offers degree program, development help

By Kailey McCarthy | Contributing Writer

Students in The University of Alabama College of Continuing Studies do not fit the mold of the typical UA student.

"Our average student is over 30 years old, they're working and they have children. They can't come here and walk around or live on campus, so they do it through us," Bill Elrod, director of business development and college relations, said.

"Often people start school and for whatever reason are unable to finish. It could be that they are out of money, or a countless number of reasons. Next thing they know, they are just out of time. They get to a certain point in their life or career where they need to advance, and the only way they can advance or change jobs is to have a degree of some sort, or a certificate. Those are the people that come to us," Elrod said.

Dean Rebecca Pow said the college provides a variety of programs that reach a wide audience.

"Whether it is providing flexible pathways to earn college credit, providing professional development training or creating safer, healthier workplaces, the College of Continuing Studies is all about providing learning opportunities for individuals from grammar school to retirement age," Pow said. "The programs that CCS offers are designed around the busy schedules of non-traditional students and working adults."

Although the College of Continuing Studies' degree program may be the most well-known, the college also offers a variety of other programs, including professional development and environmental and occupational health and safety. Nina Smith, program manager of the student services division, said the college offers programs for both adult students who want to pursue degrees and those who don't.

Elrod said some former students return to the University to get assistance and certifications for their real-world jobs.

"People can come back to us for help with safety issues that they have at their companies," Elrod said. "If they need a certification in regard to environmental-type issues - such as the removal of lead-based paint or problems with mold - we have an area of the college that takes care of that."

Smith said the main focus is delivering degree programs to adult students.

"With regard to the degree program side, courses are delivered online. Some degree programs may be referred to as blended, requiring both on-campus attendance and online. Some require video streaming as well. Our Distance programs provide flexible plans for busy adults," Smith said. "We have also secured the Osher Reentry Scholarship for students who started their college career and then stopped. It is available to adult students 25 to 50 years old who are on our campus."

The College of Continuing Studies also uses the Bryant Conference Center to provide space for meetings and weddings.

"We also do conferences there," Elrod said. "Conferences on obesity, autism, for HR people, for the Federal Tax Clinic, ADD conferences. We do conference services as well as professional development and degree programs."

Offices move for Ferg renovation

By Heather Buchanan | Contributing Writer

Eleven offices have moved out of the Ferguson Center into temporary locations scattered across campus as of March 1.

Cathy Andreen, director of media relations, said the 11 displaced offices will return to the Ferguson Center in time for the Fall 2014 semester in August, when the renovations are expected to be completed. Andreen also said the Blackburn Institute will join the list of departments housed in the Ferguson Center, in addition to several other expansions and changes.

"The renovation and expansion of the Ferguson Center includes doubling the floor plans for the Career Center and the SUPe Store, plus adding six meeting rooms and providing more general seating areas for student use," Andreen said. "The food court area will also see a major renovation, as the Fresh Food Company will move to a different facility."

The moving process was relatively smooth for several of the offices involved. Elizabeth Myers, program assistant for the Crossroads Community Center, said her office encountered a couple small speed bumps on the way but had a smooth transition overall.

"Thankfully we have a wonderful team of students and staff who helped make our move as easy as possible," Myers said. "Our move was extremely easy,

and thankfully we did not encounter any issues besides just needing more computer outlets once we got moved in and settled."

Travis Railsback, director of the Career Center, said his office was able to coordinate its move to the former Capstone Medical Center building at the end of last semester.

"We were concerned about trying to make the move in the middle of the semester and to still conduct the business that we normally conduct," Railsback said. "The biggest thing we were concerned about was students not being able to find us when the new year started, but we communicated pretty extensively on our website and through other means to let students know where we're at."

SGA president Jimmy Taylor said the SGA relied on help from its organization to make the move.

"It was definitely an arduous process, but people from all branches of SGA came by to help with the transition, which eased the burden," Taylor said.

Railsback said with careful planning, the Career Center has actually seen greater numbers this semester than this time last year despite the move across campus. Measures were considered to make up for a potential drop in numbers, but they have not had to be used.

"We really tried to think it through

to head off any potential problems," Railsback said. "We thought we might have to make some adjustments once the year started, but so far so good. Our student traffic is actually up versus the same time last year."

Taylor said the SGA office saw the most complications during the transition period into the new office in 307 Russell Hall, but the election process was not severely interrupted.

"There have been some complications with moving offices and not having all of our resources available as they were moved from place to place," Taylor said. "But, as far as elections and campaigning are concerned, we have not seen any real disruption."

Myers expressed her office's concern about being distanced from students, the basis of the Crossroads Community Center.

"Our program works directly with students, so needless to say, being so 'removed' from campus has been an adjustment," Myers said.

The second floor of the Ferguson Center will remain open until May 1, when the Ferguson Theater, Credit Union, Art Gallery, Crimson Copies and all food services will close. Starbucks, the SUPe Store and the Mail Center on the ground floor will remain open throughout the renovation process.

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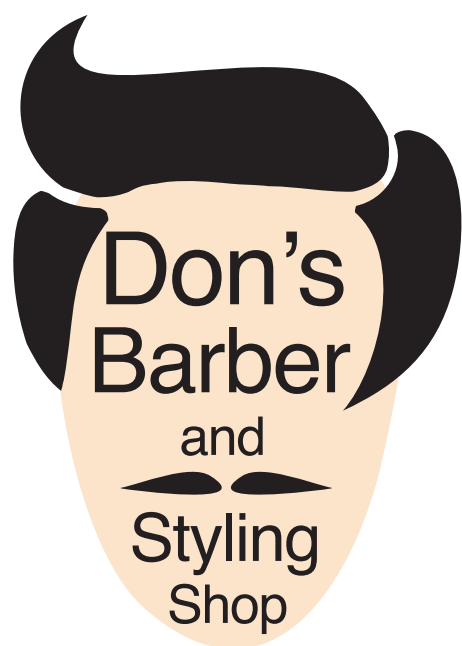
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Salons around Tuscaloosa chop, snip, weave

By Dylan Walker | Staff Reporter

Around the University, students and staff sport a variety of classic, trendy and unique hairstyles. From military cuts to dreadlocks and extensions, not all styles are created equal. Local salons offer a one-of-a-kind atmosphere, specialty styles and even a complimentary drink.



Don's Barber and Styling Shop, located on 15th Street, is the product of 70 years of family history and four generations of barbers in Tuscaloosa. Decorated with University of Alabama news clippings, photos and memorabilia, Don's has been the choice for many students and faculty, including former UA president Joab Thomas. Short or long haircuts are \$18.

"This shop's full of history; most of our customers are students and we're mighty lucky to have some of the finest men and women in the world coming to our shop," said owner Don Whitley.



CW | Austin Bigoney



Located on Hargrove Road, African Hair Braiding by Sankay offers a variety of braids and sew-in weaves. Styles include dreadlocks, men's and women's corn rows, single braids, and Stwists. Prices vary with style and length, but micro-braids are a \$200 flat rate, and kinky twists are \$190. The salon has an attached beauty supply store, so several hair and color options are available and included in the style price. Student discounts are also available, and examples of styles can be found online at www.alabamahairbraiding.com or Facebook. www.facebook.com/Sankay.hairbraiding.



CW | Austin Bigoney



Located on University Boulevard down from DePalma's Italian Cafe, Just 4 Him Men's Haircut Lounge is a masculine spin on the traditional salon. Decorated like a modern man cave, the lounge is adorned with hunting memorabilia and flat screen televisions. For \$22, men can get a haircut, wash, steam towel and style. Every haircut comes with a complimentary beer, Coke, water or Diet Coke. Military personnel receive \$6 off, and clientele range from students to men of all professions. Just 4 Him accepts walk-ins only and reserves no appointments.



CW | Austin Bigoney



This salon, located on 12th Street, celebrated its one year anniversary on March 10th. cL Salon is owned and operated by cosmetologist Crystal Layne, who has eight years of experience. The salon specializes in multi-dimensional color, dry haircuts and waxing for men, women and children. Make-up styling, perms and relaxers are available. A cut, wash and style is \$38, men's haircuts are \$22, and women's haircuts are \$28. The cL Salon Boutique carries wallets, scarves, clothes and jewelry, and the salon carries professional-grade hair and skincare products.

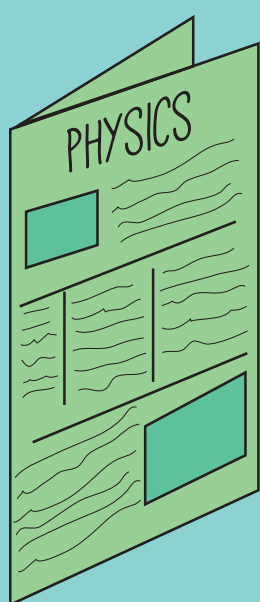


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CW | Lauren Robertson

In preparation for spring break, tanning salons see more than a 53.73 percent increase in business in March and April.

Students strive for spring body

Hannah Widener | Contributing Writer

While most students are giving up swearing, over-spending at Chipotle or drinking soda for Lent, Maddy Higgins is giving up meat to get spring-break ready. Higgins, a sophomore majoring in fashion retailing, first began her quest for the perfect bikini body at the beginning of the spring semester.

Higgins was unsure of her spring break plans, but only had one goal in mind: sporting a crop top by March 21. Now, she's spending at least two hours in the gym every night, getting ready for after spring break, when students return and the pool is open.

"It is so hard to watch my friends eat meat in front of my face, especially the pizza because I used to eat pizza all the time last semester," Higgins said. "I haven't eaten pizza, Chick-Fil-A or any fast food this semester."

Higgins isn't the only one getting her body "spring break ready." Ryan Missanelli, informal recreation coordinator, said that last February the Rec Center had 89,000 action card swipes over a 28 day period.

Courtney McAdams, a senior majoring in secondary education, said the earlier spring break is, the greater the overlap between New Year's "resolutions" and spring breakers.

"Honestly I have no idea where the whole concept of 'Oh, if I work out in two weeks then I will see results', [comes from]. It takes at least a month," McAdams said. "Four weeks to see results within yourself, eight weeks for your friends to notice the result and 12 weeks for the world to notice."

McAdams said she believes the worst mistakes a person can make when trying to get in shape for spring break are decisions such as not eating all day and then hopping onto the elliptical. The Rec's center's staff is trained to recognize the signs of over-exertion and to know when to step in if a student is about to pass out.

Until March 21, the Rec Center is offering personal training sessions geared towards students getting "spring break ready." Two partner sessions cost \$58 and six partner sessions can cost up to \$160. Missanelli said he believes that working out earlier in the semester will give students the bigger benefit.

"To get the best results, I would recommend coming in at the beginning of the semester," Missanelli said. "In a short amount of time I can tell you the ways not to do it. Don't starve yourself. You need that food to jump start your metabolism, and to do it short amount of time is just not a good idea. To try and force yourself into some kind of paradigm of what you want to look like in two weeks is just not possible," Missanelli said.

Missanelli said he thinks people believe that tanning also fits into the ideal of the perfect body for college students. According to tantoday.com, tanning salons see more than a 53.73 percent increase in business during the months of March and April. However, business drops 38.8 percent in May.

Talia Broadus, a sophomore on the pre-med track, has been going to Planet Fitness to fulfill her tanning needs. Over-crowding has pushed her

to go as late as 10 p.m. on weeknights.

"In the past three weeks, they've started this little tanning list. Sometimes when I go in I can't do it immediately like I used to," Broadus said. "I go about five times a week at Planet Fitness. The black card only costs \$20 per month, and if you have the black card then you can go an unlimited amount of times."

Between spring break preparation costs and the cost of accommodations, many students cannot afford to stay at a hotel for more than a few days. Students such as Mary Pulliam, a sophomore majoring in business, gather a large group of people to afford their stay.

"We are spending about \$42 per person including the deposit fee so far, and then need extra money for food, gas and going out," Pulliam said. "We are bringing 12 people and staying four nights and three days at Panama City Beach. It's been hard having our friends complain about some places being too expensive or too small because everyone has such a low budget."

Pulliam will reacquire the deposit fee, which will lessen the costs, but for students such as Higgins the beach is not an option. Higgins said she will be camping during her spring break to save money. In the meantime, Higgins continues going to the gym for the perfect "spring break body."

"I have seen a difference in my body since I started working out, and I just feel stronger and healthier," Higgins said. "After spring break, I'm definitely going to be ready for the pool."

COLUMN | MUSIC

Dental technician produces album 44 years after 1st record

By Jordan Cissell

Forty-four years ago, a lady from Los Angeles you've probably never heard of released a record called "Parallelograms." It was at once mellow but vivacious, pastoral but worldly. The album sold incredibly poorly, so the lady decided to call it quits and return to her day job as a dental technician.

But over the past four decades, "Parallelograms" has slowly and steadily developed a sort of cult status in certain circles, including those of freak-folkie Devendra Banhart and prog metal act Opeth. Spurned by affirmation from her auspicious fan base (Banhart convinced her to sing backup vocals on "Freely" from his 2007 album "Smokey Rolls Down Thunder Canyon"), Linda Perhacs has written and recorded a follow-up four decades in the waiting, entitled "The Soul of All Natural Things" and due out this week.

Like her debut, Perhacs' sophomore effort strives to achieve less than the sum of its parts and largely succeeds in doing so. Each track functions as a self-sustaining micro-environment jam-packed with small sounds. Harpsichord, violin, acoustic guitar, digital drums and multi-tracked vocals occupy each moment but never compete, like the sounds of summer bugs on a deeply wooded night. The washes of mellifluous noise are direct rather than diffuse, cooperating to distill each tune to its simple, haunting melody.

Check out the album-opening title track, in which Perhacs' multi-tracked self harmonies float over gentle, percolating

flamenco guitar as barely-there synths drip out from within the collage.

Classical piano and Perhacs' voice take swaps in the spotlight on "Freely," one of the record's most simply crafted tunes. Her voice exchanges one pitch for another with confidence and tact, soaring into the cocoon of its own echo at the end of each phrase.

While it's at the front of our minds, a quick word on Ms. Perhacs' voice, which at age 70 has not unexpectedly relinquished a meager portion of the fullness and elasticity it conveyed in the year 1970. But she certainly hasn't lost it, as her beautiful contralto often connotes an ideal synthesis of Joni Mitchell's "Blue" era octave-hopping majesty and the mature, slight-twang sweetness of contemporary Emmylou Harris.

She obviously hasn't just been cleaning teeth the past 40 years, as several of the record's most successful tracks blend her retro pastoral acousticism with subtle synth burbles. The repetitive, pop-savvy chorus and whooshing synth filigrees of "Immunity" suggest a wizened, drowsy Ellie Goulding.

Drowsy makes for a pretty good way of looking at "The Soul of All Natural Things." Nothing jumps out and blares at you upon first listening, but there's a lush, warm-Sunday-afternoon beauty to these 45-odd minutes of sound that will at the very least grab you enough to want to go back and check out "Parallelograms."

A two-hour investment in two records seems fair, considering it took her 44 thoughtful years to get 'em along to us.

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Jason Isbell returns to Tuscaloosa

By Francie Johnson and Kinsey Haynes | CW Staff

Just a few years ago, Alabama-born musician Jason Isbell lived the stereotypical rock star life. In “Super 8,” a song from his recently released album “Southeastern,” Isbell sings about the crazy, drunken nights of his past. But after a recent two week stint in rehab, things have changed for Isbell. In another song off the album, Isbell sings, “These are different days,” and they are.

“It’s fun, especially now things are going pretty well for us,” said Chad Gamble, drummer of Isbell’s band, the 400 Unit. “It’s always been fun – sometimes too much fun. That got squashed a couple years ago, so that

was good. We’ve settled down as a band and are not quite the partiers we used to be, and in turn we’ve had some good fortune.”

Isbell got his start at 22 years old when he joined the Drive-By Truckers, a band based in Athens, Ga., just days before it went on tour to support its album “Southern Rock Opera.” After a five-year stint with the band and a divorce with bassist Shonna Tucker, Isbell announced in 2007 that he had left the Drive-By Truckers to pursue a solo career. Years later, in an interview with New York Times, Isbell would confess that his fellow band members had forced him out because of his drinking problem.

Now, seven years later, Isbell has sobered up, launched a solo career backed by the 400 Unit and released several studio albums. This Friday he will return to Tuscaloosa for the first time since 2007 to perform at The Jupiter Bar on the Strip.

Isbell’s passion for music began early in his life. Gamble and Isbell both grew up in Muscle Shoals, an area in northern Alabama known for its legendary “Muscle Shoals Sound.”

Although Gamble and Isbell lived in the same area, their paths didn’t cross until Isbell and fellow Drive-By Truckers member Patterson Hood played a show in Memphis, Tenn., where Gamble lived. A year or two later, Gamble moved back to the Muscle Shoals area and the two met once again.

What began as just a few fill-in gigs here and there soon turned into something more when, after a year spent in the band’s “revolving door of drummers,” Gamble became an official member of the 400 Unit.

“It’s always been nice,” Gamble said. “I’ve always had a high regard for [Isbell’s] songwriting, and it’s always been a pleasure for me to be a part of [the band].”

In addition to 2011’s “Here We Rest” and 2012’s “Live From Alabama,” Gamble appears on Isbell’s fourth studio

Weekend Band SCENE

BARS	THURSDAY	FRIDAY	SATURDAY
RHYTHM & BREWS	Whiskey Dix	Diamond Hitch	Glen Templeton
JUPITER	Chase Rice	Jason Isbell and the 400 Unit	N/A
INNISFREE	The Doctors and The Lawyers	May Day and the Broken Arrows	Mike Battito
ROUNDERS	DJ Spinnzz	Plato Jones	N/A
EGAN’S	N/A	Mississippi Shakedown	N/A
COPPER TOP	N/A	90 Proof	Tequila Mockingbird

CW | Hannah Glenn

album, “Southeastern.” Released in 2013, “Southeastern” debuted in the Top 40 and received favorable reviews from Rolling Stone, Pitchfork, American Songwriter and more.

“Southeastern” was Isbell’s first album since leaving rehab, where he overcame the alcohol addiction that had haunted him since his days in the Drive-By Truckers. He had been all set to fly out to Los Angeles and record an album produced by Ryan Adams, but Adams backed out just days before his scheduled flight, so Isbell decided to work with Nashville producer Dave Cobb instead.

He originally planned to record a solo acoustic album, but with Cobb’s guidance Isbell decided to include the 400 Unit on some songs. A couple days before the recording sessions, Gamble received a call inviting him to appear on the new record.

“I think that [Isbell] would’ve gotten bored with [an acoustic album], and quite possibly listeners might have gotten bored with it,” Gamble said. “I think it just helps dynamically to have a little extra umph in there when it’s needed.”

Gamble showed up at the Nashville studio a few days later, never having heard a single song off the record.

“[Isbell] would play the song for us on guitar before we’d record it,” Gamble said. “This would be the first time we heard it, and my jaw was just wide open for every song that he played for us. I knew then this was gonna be something special - definitely his best work thus far.”

Having no prior exposure to any of the songs didn’t stop the band from recording up to three of them per day. Cobb urged Isbell to record each song’s vocals in a single take, and the band members didn’t rehearse

beforehand, which Gamble said helped them approach the music with an open state of mind.

Jeremiah Jones, owner of The Jupiter Bar, has a personal connection to Isbell’s music. He first booked Isbell in 2007, soon after his split from the Drive-By Truckers, but the show was not a huge success. Jones tried for years to get Isbell back, but nothing happened until this year.

“It’s incredibly rare for us to book an artist that we enjoy ourselves,” Jones said. “To actually like the music and stand there while the concert is going on and sing along – that maybe happens three or four times a year.”

Jones said he values local music, and in addition to Jason Isbell has previously booked Alabama bands and musicians such as the Drive-By Truckers and Jamey Johnson.

This Friday won’t be Gamble’s first time in Tuscaloosa. In addition to graduating from The University of Alabama in 1997 with a degree in public relations, he also has played Greek events, filled in for musicians on drums and gone to several football games.

Gamble said he looks forward to returning to Tuscaloosa once again.

“I always like coming down there,” Gamble said. “I have friends that still live down there. Hopefully some of them will come out and see me. We are always working, so it seems like I never get down there enough. I like walking around campus – it brings back some memories.”

Jason Isbell & the 400 Unit, with special guest Amanda Shires, will perform at The Jupiter Bar on Friday. Tickets are \$18 in advance and \$20 at the door. The show is ages 19+. Doors open at 8 p.m., the show starts at 9 p.m.



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Students find ways to repay school debt

DEBT FROM PAGE 1

As a full-time student, Zelensky is unemployed, but his leftover scholarship funds provide him with money for rent, gas and groceries. At the end of his undergraduate career, Zelensky will owe about \$25,000.

Brittany Fossett, a May 2013 graduate, began repaying her student loans in December of 2013. After graduation, Fossett had more than \$30,000 in debt.

"I knew before I started college that I would need to take out loans to pay for it," Fossett said. "I was number one in my class and had a few scholarships, but not enough to cover everything."

Fossett knew she wanted to attend The University of Alabama, and thus would have to take out loans. Like Zelensky, she did not hold a job as a student, so she lived frugally.

"I knew I wanted to come to Alabama," Fossett said. "I could have gone to other schools with tuition paid for, but my dream was to come to Bama."

Fossett works at NorthRidge Fitness and budgets part of her paycheck to pay back her loans.

"I accumulated around \$32,000 in student loans while I was at Bama," Fossett said. "I have a payment plan set up with the loan provider to pay a \$300 a month."

The current average cost of attendance per semester at The University of Alabama is \$12,303. That average comprises a plethora of factors: \$4,725 for tuition, an average \$400 in college/course fees, \$300 in dining dollars, \$1,578 for the required freshman unlimited meal plan, a maximum \$4,400 for room and board, \$300 parking decal and various books and supplies at an average of \$600.

The Division of Financial Affairs notes that while actual expenses can vary widely from student to student, the above semester budget is a reasonable estimate for the Fall 2013/Spring 2014 semesters.

Any financial aid questions can be answered at the financial aid office located at 106 Student Services Center. Office hours are Monday through Friday from 8 a.m. to 4:45 p.m.

Artist scavenges for creative materials

HOLLEY FROM PAGE 1

spread and how the material usage that we're using has become massive. And I'm trying to go through the massive amount of material and show the definition of some of it."

Holley uses his experiences and observations in his approach to making work. His artistic style has been given labels and categories that Holley said he dismisses.

"The only difference between myself and other artists is that other artists were from other countries. They were born in different time periods and the materials that they worked with were totally different," Holley said. "People must realize we are American artists. That's all I want said about me on my grave."

This Alabama-born artist will be performing Thursday at 7:30 p.m. in the Paul R. Jones gallery, surrounded by pieces of his work and work that UA students created in response to his work. This exhibit, *The Whole Mine*, is comprised of 17 pieces and will have a reception at 5:30 p.m. before the show.

Andrew Dewar, the head of the Sonic Frontiers concert series, invited Holley to perform at the University. The series tries to bring a mixture of musicians to campus, and Dewar said Holley represented both a regional and international artist.

"Mr. Holley's music and art is truly unique; the moment you see and hear it, you enter the incredible, singular world of his making," Dewar said.

After hearing that Holley was coming to campus, Pete Schulte, assistant professor of art, arranged for his drawing seminar class to travel to Atlanta, Ga. to speak with Holley. He created a project for his students to respond to Holley's art, incorporating the artist's thought process into their own.

"There aren't filters in Lonnie Holley's work," Schulte said. "I think it's



CW | Austin Bigoney

Art student Greg Randall showcases his exhibit piece.

healthy for students to be immersed in the art making process. Students get too involved in the outcome, and it's healthy to focus on the art making."

Greg Randall, a senior majoring in studio art, said it was challenging to immerse himself in the immediacy of Holley's creation process.

"Lonnie Holley has no separation between art and life; there is just art," Randall said. "Interacting with him, it became apparent that his thought is his art. You could see his hands moving at all times, just making at every movement. I don't know that I've ever met someone with no separation between their life and their art."

For this exhibit, Randall created a six foot cube out of tarp that inflates and deflates in intervals of 30 minutes using a fan with a timer. He was inspired by the texture and the color of the material and he said it fits the exhibit well, resembling a giant trash bag.

"I want people to be enthralled and confused by what's happening and how it's happening," Randall said. "And by doing so, I want to distort, if only slightly, their perception of reality."

Astri Snodgrass, a second year graduate student in studio art, took a different approach to the project. Snodgrass created a seven-foot painting and used tape to peel off paint, revealing the canvas. She said it

PLAN TO GO

WHAT: Sonic Frontiers presents Lonnie Holley
WHEN: Thursday 5:30 p.m.
WHERE: Paul R. Jones Gallery

looks like one side rises and the other falls. Snodgrass responded to Holley's work by using found objects as tools instead of a part of her art.

"I think that when you're not so concerned about what it's going to be, you can enjoy it and that's when interesting things start to happen," Snodgrass said. "We're in art school so we're trying to build up our technique and our style with a lot of critiquing. With him, there's less editing and it's much more about the production."

Holley looks for materials to use everywhere and said he is excited to perform for the students and to pick up materials from the area.

"Everybody all around us is doing some form of art, but they don't know it's art," Holley said. "Somebody in the kitchen right now is making supper. But they wouldn't call it culinary art. It's just mama or grandmama cooking. But for a chef, he calls it a culinary experience. It just determines how we use it."

COLUMN | HEALTH



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Juice cleanses do not yield any lasting benefits for lifestyle

By Katherine Metcalf

We are almost two weeks into March, which means spring break is not too far away. Many students are now on health crazes, such as going to the gym more frequently and eating less junk food. However, some students are taking a more drastic approach to lose weight in a short amount of time.

Juice cleanses have been on the rise, but they are also extremely controversial. Some say the juice cleanses are good for the body's organs because it flushes away toxins. Others claim the cleanses just lead to yo-yo dieting and even more unwanted weight gain. Juice cleanses are not sufficient for losing weight because they starve your body by eliminating food and lead to unnecessary problems, such as a change in metabolism.

Juice cleanses do detox the system in a number of ways, but they do not necessarily help you become healthier on a daily basis. Many cleanses are filled with juices that are not enjoyable and instead can make you ill with over-consumption. Another reason juice cleanses are not ideal is because many of the packaged juices on different plans are loaded with added and processed ingredients. Some of these processed ingredients can lead to weight gain over time. Many symptoms of starting a completely new diet often lead to unwanted issues in the digestive system and gastrointestinal tract.

Alternatively, the best way to get in shape for spring break is to be smart and make small changes. Juicing is a very drastic way of losing weight, and many think they have to change everything about their lifestyle to become healthy fast. Small changes such as working out four to five times a week, drinking more water and eating more fruits and vegetables will help you get on the right track to a healthy body in no time. Both healthy eating and working out come hand in hand when trying to become healthy in a rush. Never underestimate the power of simple changes. Simple changes in lifestyle are better in the long run than rushing to a juice cleanse that will leave fewer benefits.

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DCGP offers Saturday gardening workshops

By Margaret Wilbourne | Contributing Writer

Helping to grow a love of gardening throughout the community has always been the mission of local non-profit organization Druid City Garden Project. Since its creation in 2010, the group has organized volunteer efforts, school gardens and elementary education programs.

The DCGP is now taking root beyond the crosswalk with its new community garden workshop series. DCGP director Lindsay Turner said the move was important in furthering the impact of the program.

"All of our educational outreaches have been focused on elementary students, so we wanted to branch out and provide education about organic gardening to the wider communities," Turner said. "We thought Saturday morning workshops would be a great way to do that."

The monthly series will feature a different theme for each workshop, which will be held outdoors. Topics will range from organic farming to backyard composting and propagation techniques. The cost for each varies from \$20-\$25, with a \$10 discount for students.

"The workshop fee covers all supplies needed, but [participants] might want to bring a water bottle, a hat and sunblock," Turner said. "Other than that, just bring yourself."

Because community is a fundamental aspect of the entire project, Turner said she hopes to bring together a diverse group, which is important in order to create the popular farm-to-table concept DCGP strives to nurture.

"We [at DCGP] think in order to build a healthy food system, it takes a lot of components, and one of those components is home gardens," Turner said. "They are a wonderful way to allow residents to connect with their food and understand where [it] comes from. It's important to focus on the home gardener and how [they can] empower themselves to



Photo Courtesy of Druid City Garden Project
The Druid City Garden Project will host a community garden workshop series.

create that food system."

Alli Marie Humphries, a senior majoring in English, has a long history working with DCGP. She said she respects the importance of self-knowledge when it comes to food.

"[Gardening] gives people a chance to learn how to make their own food instead of just going to the grocery store," Humphries said.

She said she feels the workshop series is a great way to dip a toe into what seems to be a complicated hobby.

"The workshops will be really good as far as exposing people to new things—students from out of state probably have never seen a garden outside of a window," Humphries said. "For the people who say, 'Oh I don't have a green thumb', it's actually a really easy thing, and they can teach you the basics no matter the scale of what you want to accomplish."

"[These workshops] are a great introduction to gardening and a really positive way to become involved in the community," Humphries said.

The workshop series will take place at University Place Elementary School, located on 1st Avenue. More information can be found at druidcitygardenproject.org. Organic Farming 101 will be held Saturday from 10 to 11:30 a.m.



Photo Courtesy of Michelle McClinton

Students in UA class APR 419 organize and promote fundraising events for Secret Meals For Hungry Children.

Students help with Secret Meals program, aid schools

By Cokie Thompson | Contributing Writer

From Lakeside Dining to Bryant Hall and all the vending machines in between, food is readily available all over the University of Alabama campus. Freshmen and anyone else with an unlimited meal plan have access to all the food they can eat at almost any time of day. For many children in Alabama, this is not the case.

Secret Meals for Hungry Children provides weekend meals for around 2,000 children across Alabama. Many of these children are on free or reduced-price lunches, and they only get food when their school provides it.

The West Alabama Food Bank started the program under the name "Backpack Buddies" and fed 18 students in Tuscaloosa. The Alabama Credit Union took over the program and renamed it to avoid confusion with school supply drives.

On Friday afternoons while students are at recess, volunteers deliver 3 1/2 pound food packs to schools, and teachers put them in the backpacks of children in the program. The packages contain two breakfasts, two lunches and two snacks for the weekend.

Michelle McClinton, a marketing assistant at Alabama Credit Union, said teachers and counselors see the impact of the organization.

"They say children feel rewarded when they get their food," McClinton said.

The Alabama Credit Union manages the program, but the food banks put the food packs together and send them to the schools. The Alabama Credit Union covers all promotional and advertising costs so all financial donations go directly to purchasing food.

Since the spring of 2011, a UA course has partnered with Secret Meals. Students in APR 419, public relations development, split into groups to organize and promote fundraising events for the charity.

Susan Daria, who teaches the course, said the class is an exhilarating experience.

"Secret Meals is a fantastic client," Daria said. "At the very least, you have 20 students who are now aware that hunger isn't a third-world problem."

McClinton was a student in the class herself about a year ago.

"The project is a great opportunity for students to get pieces and experience," McClinton said.

Since the relationship began, McClinton said the students have raised more than \$50,000 for the organization. Student involvement in the project helps target a key demographic in Tuscaloosa – UA students. Tuscaloosa is not home to many students, and promotion by an on-campus group helps raise awareness about the charity.

"Many students and residents in Tuscaloosa don't realize that people around us are struggling so much – the more awareness we raise, the more we can help those in need," said Frances Blount, a junior majoring in public relations who is working on Ales To Fight Hunger.

Black Warrior Brewing Company is donating 20 percent of profits of all beer sold to Secret Meals for the Ales To Fight Hunger event.

"We came up with the idea to host Ales to Fight Hunger at Black Warrior Brewing Company because it is a new spot in town with a lot of buzz," said Sam Nadolski, a senior majoring in public relations. "People are excited to try it out, and our event will be the perfect time for them to finally go while supporting a good cause."

Although Black Warrior Brewing Company is donating a portion of its proceeds, event organizers encourage attendees to donate throughout the night.

"It only costs \$120 to feed a child on the Secret Meals program for an entire year, so we are hoping to raise enough money to sponsor several children," Blount said.

Another group has organized a date auction at Rounders called All In For Secret Meals, which will feature live music and a silent auction.

Kelsey Crumpton, a senior majoring in public relations working with the All In For Secret Meals event, said the process has been about more than raising money for the charity.

"We're just trying to get the word out because not a lot of people realize that poverty in Alabama is so bad, and that 20 percent of children live under the poverty level, especially in West Alabama and the Tuscaloosa area," Crumpton said.

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GYMNASTICS

Tide to end regular season against Auburn



CW | Austin Bigoney

Senior Sarah DeMeo twists during her bar routine against Stanford last Friday.

By Sean Landry | Staff Reporter

Perfection is a rare concept in sports, but five Alabama seniors have the chance to keep several perfect streaks intact when the gymnastics team faces No. 11 Auburn on Friday.

The seniors will look to extend a 20-0 regular season home record, part of an overall 30-0 home record.

Seniors Kim Jacob, Diandra Milliner, Ria Domier, Lindsey Fowler and Sarah DeMeo will also be looking to finish a perfect 5-0 against Auburn, the last five in a streak of 108 Alabama victories against its in-state rival.

Alabama coach Sarah Patterson said she knew this group was special in its first season on campus, particularly remembering the 2011 NCAA Championship, which Alabama won in Cleveland, Ohio. It was the beginning of a run that team members hope will end in a third championship in four years this April.

"That first year, we were dependent upon them," Patterson said. "Sometimes you have a freshman class come in, and you're not dependent on them to compete. Without them, we wouldn't have been successful. Not only did they compete, but they dominated our lineup. I

PLAN TO GO

WHAT: Gymnastics vs. Auburn

WHEN: 7:30 p.m.

WHERE: Coleman Coliseum

RECORDS: Alabama (9-3, 6-1 SEC), Auburn (4-5, 2-5 SEC)

just knew it would be a great run, and throughout their career they would be a great group of ladies. When they won their second year, we had never won back to back, so that was pretty special. I think it was difficult when they finished third last year. We were right in contention, but everything they've done over the past three years has put us in position to be there."

This senior class might have been some of the top athletes on the team four years ago, but that hasn't held the athletes back from growing in ways both measurable and intangible.

"This is Sarah DeMeo's best year," Patterson said. "Kim Jacob went from not really competing on bars to being a staple in our bar line up.

Lindsey [Fowler] and Ria [Domier] have not competed as much, but they've been such great team ambassadors. In terms of leadership and helping somebody if they needed it, they've been great."

The last time Alabama faced Auburn, the Crimson Tide narrowly edged the Tigers 197.5 to 197.1. In the final event of that meet, Auburn lost their best gymnast, Bri Guy, to an ankle injury. Even without their top athlete, however, Patterson and the gymnasts are not taking their rivals lightly. The gymnasts are looking forward to taking on their neighbors at home.

"I don't think it's ever comfortable to face Auburn, just because they're so good and they're getting so much better," Patterson said. "But I think they are glad that we're here at home. There's no place they'd rather be, and I think they'll be inspired to perform well. It's the Iron Bowl II."

Milliner said the team won't take motivation from any distaste for Auburn or their athletes. To the senior, who holds Alabama's only perfect 10 of the season, this group's motivation has always been much simpler.

"There's not really that spite against other teams," Milliner said. "We just like to win."

SOFTBALL

Softball team prepares for Ole Miss away game

By Leila Beem | Contributing Writer

Alabama softball coach Patrick Murphy said it may not be easy to beat the formidable SEC foe the Crimson Tide has in Ole Miss, but that is what No. 9 Alabama will seek to do as it travels to face the Rebels this weekend.

Murphy said the team will employ all of its tools to get wins in this series and during SEC play.

"I don't think there are going to be many sweeps, for anybody," Murphy said. "Obviously, at home you want to get them as much as you can, but on the road you need to steal some. Our bats need to put the ball in play a lot, play great defense and give it to Jackie [Traina] and Leslie [Jury] and Sydney [Littlejohn], and hopefully they'll do the rest."

Ole Miss is currently unranked, but its potential is something Murphy said he has watched. Last weekend, Ole Miss opened its series against No. 1 Florida with a win on Friday. Though it could not repeat the upset, the Rebels held the Gators to just two runs on Sunday. Murphy said



CW | Austin Bigoney

Runs may be scarce against the experienced Ole Miss pitcher Carly Hummel.

pitching will be a challenging factor.

"I think whoever has a senior pitcher is going to have an advantage," Murphy said. "And obviously, their senior pitcher [Carly Hummel] is hot. She beats Florida, she had a really good game against them Sunday, she throws a perfect game the Monday before

that. So obviously, she's very talented, and she's hot right now, so it's going to be tough scoring runs against her."

Hummel threw Ole Miss' first ever perfect game last Monday and is slated to face Alabama this weekend. Alabama senior Jordan Patterson said the team has been preparing for her.

"Their pitcher is coming off of a great weekend at Florida," Patterson said. "She beat them on Friday and held them to two runs on Sunday, and to do that with an offense like Florida is very respectable. So we have film on her, we're going to be preparing, and our hitters will definitely be ready."

Patterson also said the Crimson Tide is not underestimating its opponent.

"We definitely have to be very focused," she said. "Ole Miss is a great team, and it's always tough to go on the road and play in someone else's home turf, so we're definitely going in very focused. We're going to have a good day of practice today, and really prepare for their pitcher, and that's kind of our

PLAN TO GO

WHAT: Softball vs. Ole Miss

WHEN: Friday, 6 p.m.; Saturday, 2 p.m.; Sunday, 1 p.m.

WHERE: Oxford, Miss.

RECORDS: Alabama (21-4, 3-0 SEC), Ole Miss (15-9, 1-2 SEC)

RADIO: 95.3 FM

mindset going in."

Freshman Chandler Dare, who saw playing time with a triple and three RBIs Tuesday night against Mississippi Valley State, said Alabama is taking things step by step.

"We're just taking it one game at a time," Dare said. "SEC play is big, you want to win, and Ole Miss is a very good team. We're just taking it one game at a time, and we're just going to go out there and play our best and hope to come out with the win."

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BASEBALL

Tide to take on No. 20 Kentucky



CW | Lindsey Leonard

The Tide's pitching success is up to the test against Kentucky's high-ranking offense.

By Kevin Connell | Staff Reporter

It took exactly 37 innings before Alabama conceded its first run in nearly a week during Tuesday's game against Samford.

This weekend, it will look to regain that dominance against the best offensive team in the nation to start Southeastern Conference play.

The Crimson Tide baseball team will take on No. 20 Kentucky this weekend at Sewell-Thomas Stadium in what can be best described as a true offense versus defense matchup.

The Wildcats (13-4) rank first in the nation in nearly every offensive category, including hits (199), batting average (.345), runs (182), runs per game (11.4) and doubles (45).

For Alabama, it has been nearly equally impressive pitching.

In addition to its 37 scoreless innings streak, the Crimson Tide (10-5) pitched three straight shutouts against Mississippi Valley State for the first time since a three-game set against Marion Institute in 1912, as well as its first nine-inning no-hitter in 72 years in Saturday's contest.

Statistically, Alabama's 1.76 ERA for the season is ninth-best in the nation.

"We're very excited," junior left-hander Justin Kamplain said. "We know that Kentucky's a real good hitting team and everything, but we're not going to let that change who we are. We're just going to keep doing what we've been doing all year, and it should be a fun weekend series."

Alabama, which struggled offensively to start the season but has since improved during its current six-game winning streak, including a 14-hit game in a 12-1 win over Samford on Tuesday, has scored only 61 runs in comparison to the Wildcats.

"We like our offense," Alabama coach Mitch Gaspard said. "We know there's been some struggles up to this point, but I think last [Tuesday] night was an indicator of what we can be, and what we expect to be, moving forward."

Junior right fielder Ben Moore believes Kentucky's offensive production will put up a challenge for the Crimson Tide's hitters to match the scoring, but he said that the team should stay true to its own identity.

"I think if we come out and stay with our plan and do what we do best, we'll be all right," he said. "Our pitching staff has been phenomenal so far, and I think that will be a great matchup for our pitching staff and their hitters."

Overall, Gaspard said that his team is in a good place right now, heading into the 30-game SEC season. After a 14-15 mark in conference play last season, he is confident the Crimson Tide can take the next step this season.

"I mean, that's what this team is capable of being," he said. "I think when we put all phases of the game together, it can be a team that can dominate, and it can be a team that can compete at the highest level in the SEC."

MEN'S TENNIS

Men's tennis team recalibrates for SEC

By Kayla Montgomery | Contributing Writer

For the second time in less than a month, the Alabama men's tennis team will take on Auburn. This time the Crimson Tide will take on the Tigers at home.

Alabama (9-7, 2-2 SEC) previously defeated Auburn (13-5, 3-1) in the Blue Gray Tennis Classic in Montgomery Feb. 23. After losing the doubles point in the consolation finals, the team came back to win 4-1.

Coach George Husack said he's excited to face the Tigers again not only because of the previous victory, but also because of the caliber of play that comes with facing such a storied rival team.

"We won, and we won in very good fashion," Husack said. "That's one of our best matches

of the year, so that's the standard we're trying to uphold for the whole season. Just the rivalry alone gets us more focused on competing that way."

Junior Stuart Kenyon said the rivalry between the two teams made the February victory that much sweeter.

"When we beat Auburn, it's not like beating any other team," Kenyon said. "It's pure rivalry, and there's so much history behind it. Everyone thinks Auburn football and Alabama football, but with the other sports it's just as big of a rivalry."

Alabama will enter this match off of a busy weekend, where it took on Arkansas and the Citadel in a doubleheader Sunday. Before definitively beating the Citadel 7-0, the Crimson Tide fell 4-3 to the Razorbacks in a

back and forth battle.

Kenyon said that despite the victory in the second match of the doubleheader, the loss to Arkansas was extremely disappointing and illustrated some key issues to focus on during practice before facing Auburn.

"It was kind of heartbreaking. We definitely went in to that match expecting to win," Kenyon said. "It kind of stokes the fire a little bit and refocuses us on what we need to improve on to get the win this week."

Following the Auburn match, the Crimson Tide will face a series of SEC opponents for the remainder of its season, with the exception of a match against USC, leaving no time for rest.

"We have to keep things in perspective," Husack said. "It's a game, and we have to enjoy the game when we go out to play it."

SPORTSIN BRIEF

Gymnastics to give donuts

Krispy Kreme donuts will be handed out to students before Friday's meet against Auburn, Alabama coach Sarah Patterson said. The donuts – 25 dozen – will be given away on a first-come, first-served basis. The gymnastics team will compete in its final regular season meet at 7:30 p.m. inside Coleman Coliseum.

Jacob named SECCST

Alabama senior gymnast Kim Jacob has been named to the Southeastern Conference Gymnastics Community Service Team, the league announced Wednesday. Jacob earned a place on the SEC team for the second consecutive year after volunteering with the UA Adapted Sports Camp, the Community Soup Kitchen, the Stalling RISE Center, the ReadBAMAR Foundation and Suds for Sully.

McClain prioritizes degree

Former Alabama linebacker Rolando McClain retired from the NFL in May 2013, but rumors have recently surfaced that McClain is interested in returning to the game. At Alabama's Pro Day on Wednesday, he made it clear he was not focused on football right now.

"Right now I'm just focusing on finishing up my degree," McClain said.

McClain said he has the remainder of this semester and two more classes to take in the summer before he obtains his degree. Once he graduates, McClain said he will consider an NFL comeback.

"It's always possible. I'm not going to wait for the door to be closed," McClain said. "Right now, I think it's still open. But I still have some things to get in order before I make that decision."

Alabama coach Nick Saban said he is supportive of whatever McClain decides to do, but he hasn't talked to him since he retired.

"He knows when he's ready to talk about it again – which I think it's up to him to decide that – he's welcome to come and talk to me, and I'd be happy to talk to him anytime about it," Saban said.

Compiled by Charlie Potter



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Curry sees success in 1st year as coach

CURRY FROM PAGE 1

marked the school's first win against LSU since 2002.

One win in particular, however, stands out for Kelly as a personal high point in the season.

"I think for me, probably, was the game at Kentucky [on Jan. 23], just because of the adversity we overcame to win that game," he said.

The win, which came on a layup from guard Daisha Simmons with three seconds left to secure a 57-55 victory, was the Crimson Tide's first road win against a top-10 team since 1998.

"We were fortunate to get that one at Kentucky, and I thought that one was a real positive confidence booster," Kristy said. "I thought that came at a critical time for this team."

Alabama started 1-4 in SEC play and was coming off a 77-51 loss to No. 8 South Carolina before earning a signature win in Lexington that Thursday in late January. After that win, the Crimson Tide's first in Kentucky since 2002, Alabama finished 5-6 in the league and earned a No. 7 seed in the SEC tournament, its highest since 1999.

Falling to LSU 78-65 in the first round, however, the Crimson Tide is on the outside looking in at a berth in the National Invitational Tournament.

With all the challenges of taking the reins of a team with a combined nine conference wins in the three previous years, both Currys said the transition was made a little easier with the help of a fellow Alabama coach whom Kristy parallels: gymnastics coach Sarah Patterson, who also coaches with her husband and has two daughters.

"She's been a fantastic supporter of ours from day one, really," Kelly said. "She

reached out and made contact to Kristy before she ever took the job, so her support has been overwhelming."

Kelly said Patterson made it to nearly every game at Foster Auditorium she was able to attend. The praise from Kristy to Patterson is reciprocated from the gymnastics coach as well.

"I think she has done a lights-out job this year," Patterson said. "I texted her after they completed the SEC Tournament, and I said, 'If I was a coach and I was voting, you're my vote for Coach of the Year.' It's great seeing another women's program just jump right up there. Think about it: Softball, golf, we can all compete. It just takes great leadership."

After nearly every game, Kristy stayed at Foster Auditorium well after the game was over, win or lose, until the lights dimmed and the bleachers folded up for another Alabama practice, speaking to whomever happened to still be at the venue. At times it was Patterson, but not always, Curry said.

"Some of those were just normal fans who hung around to speak to our players," Curry said. "I think it's important. We want to get out and get back on the court as soon as we can just to thank people for coming and thank them for their support and have a chance to visit. I think that's what makes women's basketball special, the relationships that you develop with people and that you take time for people and you never become too big that you don't take time, one-by-one."

On Feb. 2, a 64-54 loss to Tennessee saw a record crowd at Foster Auditorium with 3,002 spectators.

With the season Curry posted in her inaugural year at the Capstone, many have praised new athletic director Bill Battle, whose first high-profile order of business after taking over last March was luring the



UA Athletics
 In her first year as head coach of the Crimson Tide, Kristy Curry has led the team to the most conference wins since the 2001-02 season.

coach from Lubbock. Battle, like Patterson, had positive things to say about Curry's resume with Alabama.

"I have been very impressed with the great coaching job Kristy has done with our team this season," Battle said in a statement. "It's not uncommon in years of transition for a team to take several steps back before real progress is made. That was certainly not the case with this year's team. The progress that Kristy, her staff and her players made this year was remarkable. Our team this year showed more improvement from start to finish than any team that I have ever seen. They have come so far in many areas. Alabama women's basketball has a very bright future."

During Alumni Weekend, which took place Jan. 11-12 and saw Kristy Curry's first SEC win, a 93-79 thumping of Ole Miss, the 1994 Alabama team that reached the NCAA Final Four was honored on center court at halftime. That

journey marked the furthest any Crimson Tide women's team has gone in the NCAA tournament, and it gives Curry confirmation those heights can be reached again someday in Tuscaloosa.

"To know that we've done that here, and this league's been so successful, gives you hope," Curry said. "And that's what we wake up for every day is to get this program back to the tournament, and if you get back to the tournament you have a chance to compete for a Final Four."

For now though, looking back at what the 2013-14 team did with lone senior Shafontaye Myers, two-time SEC Freshman of the Week Ashley Williams and the rest of her incredibly young team, Curry knows what was accomplished was special.

"I'm not sure, and I mean this in a positive way, that I've enjoyed a group more than I have in a long time," she said. "It's been one of my most rewarding years in 14 years. I've learned that."

SPORTS | ROWING

Scrimmage helps Tide prepare for invitational race

By Caroline Gazzara | Staff Reporter

After its season opener against Michigan State, the University of Alabama rowing team will be heading to Tennessee to compete in the Oak Ridge Cardinal Invitational.

Hosted by No. 20 Louisville, Alabama has competed in the race for the past three years. As the first true race of the season, coach Larry Davis said his team gained confidence from a scrimmage against Michigan State.

"I would say last week-end gave us a bit more confidence," Davis said. "We're reasonably close to a high level team. I think it gave us the idea that if we do certain things we can compete against these people."

Though the first race of the spring season was only a scrimmage, Davis said his team learned how to handle top-10 teams.

"We wanted to test the waters, so to speak," Davis said. "Going up against a high-level team like Michigan State can be a little bit intimidating but what we wanted to get out of that was not necessarily being

over-impressed by how they race."

Davis also said the Crimson Tide will face many high-ranking teams over the course of the season, and though Alabama raced some of the top teams in the fall, it won't compare to who the team will face in the spring, including No. 5 Virginia, No. 16 Wisconsin and No. 20 Louisville. Davis said his team is responding well to the competition.

"One of the things that I saw this year at the first scrimmage is a level of composure where, if we didn't do something right in the first piece, we didn't get rattled and we didn't freak out," Davis said.

While at Oak Ridge, Alabama will have three chances to race against the tough opponents. With a game plan in motion, Davis is confident that his team can adapt to the competition after scrimmaging against Michigan State.

"We want to go out and have not so much of a learning curve our first true race," Davis said. "And having raced [Michigan State] helped us."

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- involvement in dispatch
- customer service, and more

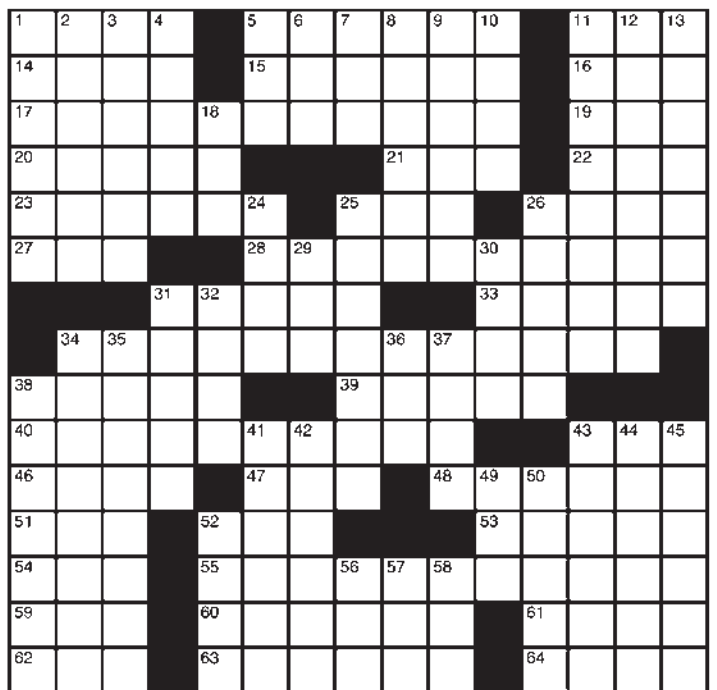
Interested CIAA students should send in a cover letter and resume to Guy R. Martorana, HR Director at: gmartorana@wtitransport.com
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Public Intoxication?
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"No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."

- ACROSS**
- 1 Move suddenly
 - 5 Art style emphasizing gritty reality
 - 11 Cut, as a branch
 - 14 Maker of BESTA storage products
 - 15 G8 member country
 - 16 "___ Got No Strings": Pinocchio
 - 17 Cookies named for their flavor
 - 19 Chemin de ___
 - 20 First name in American poetry
 - 21 Carrier with a hub in Oslo
 - 22 Physics unit
 - 23 Toed the line
 - 25 Modesto-to-San Jose dir.
 - 26 ___ speak
 - 27 Agree, in a way
 - 28 Flu sufferer's complaint
 - 31 Trig ratios
 - 33 "It's a Wonderful Life" director
 - 34 Fib
 - 38 Some stereotypes
 - 39 Stage device
 - 40 Washington county or its seat
 - 43 Spooner, for one: Abbr.
 - 46 "Perhaps"
 - 47 Have the flu
 - 48 Plant with edible seeds
 - 51 On behalf of
 - 52 Initials on old globes
 - 53 Stingy one
 - 54 Yank
 - 55 Ones often in custody ... and what 17-, 28-, 34- and 40-Across are?
 - 59 Computer add-on?
 - 60 Brought down
 - 61 Really important
 - 62 Blushing
 - 63 Desert shimmer
 - 64 Shot



By Jeffrey Wechsler

3/13/14

DOWN

- 1 Eat at the main meal
- 2 Like Superman's arms, often
- 3 Leaned (on)
- 4 Running amount
- 5 Group for ex-GIs
- 6 Stat that's better if it's lower
- 7 Luftwaffe foe: Abbr.
- 8 Actually existing: Lat.
- 9 Poor penmanship
- 10 Fool (with)
- 11 2012 film for which Ang Lee won Best Director
- 12 Operatic opening
- 13 Vine-covered walkway
- 18 Assent to a captain
- 24 Actress Merrill
- 25 Formal group assent
- 26 Soggy lowland
- 29 Handful
- 30 Completed with one stroke
- 31 In a foxy way
- 32 "As Time Goes By" requester

Wednesday's Puzzle Solved

S	T	A	G	A	P	E	S	E	R	E	C	T	
P	O	K	E	L	E	V	I	V	E	G	A	N	
E	D	I	T	I	T	A	L	I	A	N	A	R	T
C	O	N	S	E	N	T	C	O	N	S	E	N	T
I	N	V	E	S	T	S	I	N	V	E	S	T	S
S	T	Y	E	S	T	R	E	E	T	O	E		
K	I	L	N	S	M	E	A	R	S	O	I	L	
I	N	O	C	A	R	A	O	C	A	L	A		
M	A	N	D	A	T	E	M	A	N	D	A	T	E
F	O	R	T	U	N	E	F	O	R	T	U	N	E
M	I	L	E	S	T	O	N	E	S	E	T	A	S
B	L	A	M	E	P	U	C	E	R	A	T	S	
A	L	F	I	E	E	F	T	S	S	H	O	O	

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3/13/14

- 34 Bums' "tim'rous beastie" ode
- 45 Skilled
- 49 Pollution-fighting org.
- 50 Followers of Guru Nanak
- 52 Bang on the way out
- 56 Merit badge gp.
- 57 Short rule?
- 58 Stamp ending

Sudoku

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

HOROSCOPES

Today's Birthday (03/13/14).
Focus on your joy this year. Play with partners, family and friends, as creativity abounds. Sort, organize and strengthen infrastructure at home and work. Schedule a vacation to take advantage of high romance this summer. After August, a career boost amps the activity level. Healthy exercise, diet and rest practices keep it balanced. Partnership remains key. Grow your heart.
To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19)
-- Today is an 8 -- Now the fun really begins. Find alternative solutions to a problem, and hidden value appears as a side effect. Your holdings quietly grow. Invite guests to celebrate. Use what you've been saving, and get creative.

Taurus (April 20-May 20)
-- Today is an 8 -- An amazing development solves a problem at home. It involves teamwork and collaboration. Check out an interesting suggestion from a brilliant friend. Apply this inspiration to beautify and add elegance to your surroundings. Use quality ingredients.

Gemini (May 21-June 20)
-- Today is an 8 -- There's more work coming in. The very idea you were looking for shows up, from far away. Accept a creative challenge. Plan to travel light. A barrier gets overcome. If you say you're worth it, others agree.

Cancer (June 21-July 22)
-- Today is a 9 -- A brilliant solution to a romantic dilemma appears. Ask deep questions. Improve your comfort level by getting your concerns addressed. Intuition inspires your creativity. Venture farther out. Dive into action and results get profitable.

Leo (July 23-Aug. 22)
-- Today is a 9 -- You're on a roll, personally and professionally. Take notes, to remember what worked best. Heed the intuition that arises in contemplative silence and meditation. Remain obsessed with a passion project. Let others bring food.

Virgo (Aug. 23-Sept. 22)
-- To-

day is an 8 -- Friends offer good advice and apply their technical perfectionism to your project. Find a generous, thoughtful way to express thanks. Consider someone's fantastic scheme. Share your talents, and research solutions. An institution may be involved.

Libra (Sept. 23-Oct. 22)
-- Today is a 7 -- Accept a creative challenge. Collaboration adds fun and value to the project. Iron out disagreements by finding the common vision. Love finds a way. Allow change to occur naturally. Amuse yourself, and others want to play along.

Scorpio (Oct. 23-Nov. 21)
-- Today is an 8 -- You're especially attractive and charismatic. Ask for what you want. It could get playfully romantic. Cherish a loved one. Consider an unusual suggestion. Accept encouragement. Gather strength and inspiration from someone else's talent and brilliant ideas.

Sagittarius (Nov. 22-Dec. 21)
-- Today is an 8 -- Clean up and fix something at home that's broken. Listen carefully to family, and discover a new resource. Nestle into the coziness and get lost in fascinating studies... or travel straight to the source.

Capricorn (Dec. 22-Jan. 19)
-- Today is a 7 -- Look at a situation from another perspective. Make a fabulous discovery. Abrupt decisions may need revision. Learn from expert group members. Capture brilliant ideas and find ways to apply them to build shared resources.

Aquarius (Jan. 20-Feb. 18)
-- Today is an 8 -- Work in partnership and the profit increases all around. Follow intuition about which direction to take a project. Your heart knows the way. Passion and discipline grow your money tree. Tend it with enthusiasm.

Pisces (Feb. 19-March 20)
-- Today is a 9 -- Invent a brilliant solution to a persistent problem. You're especially creative now. It's a good time to launch or push forward. Balance work with play, and get plenty of exercise and rest. Serve yourself.

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FOOTBALL

Alabama players impress NFL scouts at Pro Day

By Charlie Potter | Sports Editor

NFL coaches and scouts filled The University of Alabama's indoor practice facility Wednesday to observe the group of Crimson Tide football players entering the 2014 NFL Draft.

The former Alabama players participated in various drills, including the 40-yard dash and bench press, during the team's Pro Day.

"This is an exciting day," Alabama coach Nick Saban said. "It's [also] a sad day in a way because you have such great relationships with a lot of these players and you hate to see them leave, and you certainly do appreciate the great job that they've done in representing the program while they were here. But you're also extremely excited and happy for them to be able to have an opportunity to fulfill their dreams of playing in the National Football League."

Three NFL head coaches were in attendance: New Orleans' Sean Payton, Cincinnati's Marvin Lewis and Philadelphia's Chip Kelly.

Former Crimson Tide players who are currently in the NFL also looked on as the new crop of potential pros put on a show for the scouts. Among them were Cincinnati's Dre Kirkpatrick, Tampa Bay's Mark Barron and Rolando McClain, who recently retired from the Baltimore Ravens.

Saban said the big turnout from the league is great for the players participating in drills.

"To get this kind of interest and representation from the league to give our players the opportunity [to play in the NFL] is certainly what we like for each one of our players to have," Saban said.

Wednesday was a chance for the former members of the Crimson Tide to prove themselves as individual players.

I gave it my best, I gave it my all, and hopefully they like it.

— Kevin Norwood

"It felt good to work on my game and focus on myself," quarterback AJ McCarron said. "I felt like overall it was a good day."

Defensive lineman Jeffrey Pagan, safety Vinnie Sunseri and offensive lineman Anthony Steen did not participate in any drills due to injury.

The other former Crimson Tide stars were drenched in sweat after their workouts with the NFL scouts.

"I got a little tired, but at the end of the day, most of the scouts were impressed," linebacker C.J. Mosley said. "Now's all about getting our private workouts and going to different organizations and showing them my football knowledge."

Alabama's players are broadcast every week, so the scouts are at least familiar with their abilities before stepping foot in Tuscaloosa. Saban is known for being one of the best coaches in college football at grooming players for the professional level.

Still, the athletes wanted to leave an impression with the coaches and scouts in attendance of Wednesday's Pro Day.

"I know they watched a lot of film, but I just wanted to show them in person what I can do," wide receiver Kevin Norwood said. "I gave it my best, I gave it my all, and hopefully they like it."



CW | Austin Bigoney

Former Crimson Tide linebackers C.J. Mosley and Adrian Hubbard perform agility drills for NFL scouts Wednesday at the team's indoor practice facility.

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