What do you think of the Government?

Starting October 1st and ending on the 16th, the government was shut down and Americans were furious with the government’s actions. That was nearly sixteen days that Congress and the President sat twiddling their thumbs while government employees went without paychecks. For some of these people, that meant resorting to the dollar menu for a week or two; however, others weren’t that lucky. The government shutdown affected a lot of people in bad ways. Many military families who lost someone in service while the shutdown was in effect had to pay their own funeral costs, rather than receive the compensation they deserved.

This isn’t the first time there has been a shutdown, either. For most of us, this is at least the second time in our lifetime that this has happened. In 1995, the government shut down for nearly a month while Clinton was in office. Since 1977, the government has been shut down 17 times! Is this becoming a normal action for the government to take?

This past May, leaks about the NSA unjustly spying on American citizens were released to the public by so-called “traitor” Edward Snowden. This created a public outrage, and made many Americans doubt that the U.S government has our best interests at heart. The Supreme Court has started to review the legality of the NSA’s ability to pull millions of phone records under the guise of counterterrorism. President Obama has urged the Supreme Court not to take the case. It seems terrorism is our modern witch hunt; but how long before we start burning innocents on stakes, if we haven’t begun already?

For one month, I polled Southwest students, asking for their opinion on these matters. My three questions were:

1. Do you approve of the job the government is doing?
2. Do you think there should be a government reform?
3. Do you trust our government?

When asked if there should be a government reform, freshman Isaiah Morgan replied, “Yes! We have less input in the way our government is run than we should have. We the people hold the power!”

When asked if he trusted the government, freshman Christian Moon replied, “I trust the government as much as I trust my potty trained dog with a weak bladder. Sometimes he knows what to do. Other times he doesn’t, and when he doesn’t, he shuts down. There goes the carpet!”

The results to these questions were almost unanimous. Nineteen out of twenty students do not approve of the job the government is doing. Sixteen out of twenty students were completely for a government reform, and twenty out of twenty students admitted they did not trust our government. Should a government which the majority of us don’t trust still run our country? It’s a scary thought, that the government that was built to rule under us has started to rule over us.
How to Study – And How NOT to Study: The Five Commandments for Good Study Habits.

Ideally, all of us should have learned proper study skills in high school. However, for a variety of reasons, this is often not the case. These days, there are numerous distractions which prevent students from focusing wholeheartedly upon their studies; some are very old, and some are very new. But regardless of the source, extracurricular distraction is the number 1 killer of GPAs. To become familiar with a class, and with the course material, a good deal of time must be spent in quiet solitude, reading over textbooks, notes, and Power Points. Such silence is difficult to find when we receive text messages every five seconds. But fear not, brave students! I have assembled the Five Commandments for Study Habits. Follow these religiously, and watch your grade point average improve steadily with each new test, quiz, presentation, and paper.

I. Turn off all electronic distraction. Unless you are in the middle of an emergency, Facebook statuses and conversations with friends & lovers can wait. Turn off your cell phone and your computer. They’ll only provide excuses to do something besides your schoolwork.

II. Get comfortable. You’re going to be studying for a while, so make yourself comfortable! Don’t study in a cramped, unpleasant environment. Bedrooms and quiet offices are often good choices.

III. Take your time. Cramming. We’ve all done it. And most of us would agree that the results are quite poor. Take your time studying; rushing will only ensure that you forget most of it. And allocate time based upon the seriousness of the project – the bigger the grade or importance, the longer you should study.

IV. Give yourself a break! If you study for too long, everything can start to fade together. Set a goal for yourself; once you study the first 2 chapters out of 6, for example, allow yourself to have a 15-minute break. This will also provide an incentive for you to study harder.

V. Quiz yourself. The only way to really know if you have retained everything you studied is to quiz yourself. Use any study guide your teacher has given you to make the questions; test yourself like they are going to test you. I do this using flash cards – I purchase index cards, and write the question on one side, and the answer on the other. Is that what second graders do? Yes. Does it still work incredibly well for college students? You bet. Finals are coming up soon, and many of you will have projects and presentations that are due, as well.

Follow these Five Commandments for Good Study Habits, and you’ll knock each one of these out of the park!

Best of luck to each and every one of you on your finals!

Exams are coming up soon - are you ready? Finals week can be a frustrating and exhausting experience if one is not properly prepared. Instead of cramming for your exams, why not actually study? These tests count! Here are some good tips for studying for finals:

1) DON’T PROCRASTINATE Waiting to study until the night before an exam is disastrous. Procrastinating causes unnecessary stress and sets one up for failure. Instead, plan ahead. Look at your exam schedule and begin studying for your first, or hardest, final now.

2) FIND A QUIET PLACE TO STUDY Studying for finals takes a great amount of concentration. Find somewhere to study that is beneficial for concentrating and learning. Chose a place of study should be quiet, comfortable, and distraction-free.

3) STUDY WITH A PARTNER Find a classmate or friend to study with you. This can be extremely helpful if you are both preparing for the same exam.

However, remember to stay focused. Studying with someone may be helpful at times, but it can also be dangerous if you both get distracted easily.

4) GET ENOUGH SLEEP Pulling an all-nighter is risky business. While most college students think that studying all night will help them learn more for an exam, all-nighters can actually damage grades. Exhausted students can’t concentrate on exams, and cramming for a final can actually reduce the amount of information you remember. Well-rested students, on the other hand, are much more relaxed and alert when it comes time to take exams. Stressing out over an exam will drive you crazy and will only damage your performance on the exam. Try to relax. Whatever you do, don’t think it’s the end of the world.

Written By: Candace Woods

Reporter: Kurt Fritjofson kfritjofson@southwest.tn.edu
What do you think about when you hear or see these words: Domestic Violence? Do you define it as a violent altercation between two people? If so, then you are correct. Domestic violence and emotional abuse are behaviors used by one person in a relationship to control another. Partners could be married or not; heterosexual, gay, or lesbian; living together or not. The abuse may be physical, sexual, emotional, and psychological. Examples of this type of violence is name-calling, keeping a partner from seeing one’s family or friends, actual or threatened physical harm and sexual assault. It takes many forms; it can happen all the time or take place every once in a while.

The abusers are no typical abuser; one could be a lovely friend or family member who puts a smile on their face. However, behind closed doors, one does not know what is to come. In most cases, women are violated by men. Nationally, one in four women (25%) has experienced domestic violence in her lifetime. The cycle goes from tension building: abuser starts to get angry, there is a breakdown of communication, and feels the need to calm the abuser. The second is making up: abuser apologizes, promises it will never happen again, may blame the victim for the cause of abusing. Last but not least, calm: abuser acts as if nothing happened, promises to make up for what has happened, gives gifts to victims, and physical abuse is not taking place. If you are experiencing any of the symptoms listed above, leave immediately and call the police; have proof that you have been abused, and file a report. If any more information is needed go to this website.
http://www.thehotline.org/

Southwest At Its' Finest

The first of November marked a tremendous feat for the Southwest Tennessee Community College Men’s Basketball Team. When the team (pictured below) took the floor, they did more than show up; they showed out, scoring over a hundred points in the game (picture of the score on the scoreboard below). Fans Jennifer and Jessica Banks stated, “This was one of the best basketball games [they] had ever attended at Southwest.” Under the tutelage of the new Head Coach, Jerry Nichols, this year’s roster is proving to be a force to be reckoned with. Coach Nichols instills core values into his players about the importance of education first before athletics. He even makes sure that if any players are having problems, they go to tutoring to get the necessary assistance needed to pass their courses. I had the distinct pleasure of meeting with Coach Nichols a while back and I asked him about some of the things that he intended to bring to the team. His response was that he planned to “assist with making his team an honorable team of young men who will help bring Southwest basketball back to what it once was.” Coach Nichols is truly excited and confident that he can put fans back in the seats and assist his players with going on to succeed in their future endeavors past Southwest and basketball. He also stated that he was building the future leaders of tomorrow through hard work, dedication and perseverance. It’s no wonder that the Southwest Men’s Basketball Team are putting up the numbers on the scoreboard! We will see what will become of the Men’s Basketball Team and bring you updates, in the future, about Southwest’s basketball teams and the Coach who is determined to bring notoriety back to Southwest and its Men’s Basketball team. The Southwest Source would like to congratulate the basketball team as well as their Coach on their win, and we look forward to what you will bring to our institution! Go Saluqis Go!  Mia L. Atkins mlatkins@southwest.tn.edu

Picture furnished by Jennifer and Jessica Banks

Both pictures furnished by Southwest Athletics webpage
**Professor Akil Mensah**

*Instructor*

*Social Behavioral Sciences*

For many of us who attend the Union Avenue campus and have taken History, we may have had the pleasure of taking Mr. Akil Mensah. Mr. Mensah came to Southwest Tennessee Community College in the fall of 2009 for the opportunity to teach in his field. He teaches multiple courses such as African American History, World Civilization, and US History.

When asked why he was interested in teaching history, he said the most interesting thing was when he was introduced to a book titled, "What Race Was Jesus?" He said, "I then started to conduct my own research on this subject matter, and realized the image that's world-widely displayed couldn't have been the true race of Jesus."

He refers to himself as a person who finds facts (a Factologist). His hobbies consist of poetry writing, spoken word, mc'ing, reading, and participating in concentrated debates among his peers. He is a proud father and he wears other hats around the college campus as well, such as participating in the SMARTS mentoring program. When asked about his teaching philosophy he said, "I have several, I believe teaching is a two way street. I like to learn from my students as well." Mr. Mensah is also a published writer. He has a poetry book titled, *A Preface to a Suicide*.

A great book, if I must say so myself. He comes highly recommended, and is well-respected by his current and former students, as well as his colleagues. Mr. Mensah has also impacted many of his students' lives. He quoted, "I have to stay updated with the latest information because I gotta stay Hip because I am Hip Hop, which includes being on a continuous search for information so I can better open the eyes of the people I teach."

"I have to stay updated with the latest information because I gotta stay Hip because I am Hip Hop, which includes being on a continuous search for information so I can better open the eyes of the people I teach."
Need To Know

Reporter: Kurt Fritjofson
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College offers a person many chances to improve themselves; education strengthens and sharpens the mind, and trains us to think critically in an ever-challenging world. But most importantly, college helps students in their quest for satisfying employment. Not all of us come to college just to find a job, but all of us are hoping it will help! And in these dark economic conditions, finding steady work is no longer the certain-

Mark Walden Memorial 5K Sickle Cell Run-Walk

Established to fund research, social and patient services, which include patient care, this run-walk has been one of the most instrumental in bringing enhanced awareness to the communities within the city of Memphis and the greater surrounding area.

According to the Mark Walden Memorial 5K Sickle Cell Run-Walk’s official website (changed this year in memorial to Chief Meteorologist Mark Walden), the initial idea was to create a walk for a worthy cause that would bring awareness here in Memphis. It was initially the brain child of Mr. Kenneth Carpenter, who had the idea during a board meeting of the Alpha Memphis Education Foundation (AMEF); the presence of Mr. Trevor Thompson (SCFT Founder and Sickle Cell Consumer), who was also present at the meeting, suggested that the cause be Sickle Cell; thereby giving Memphis its cause.

According to Sean Parker, Sickle Cell disease is a hereditary lifelong disease that distorts the red blood cells to form a crescent shape, at which point the cells begin to block the flow of blood vessels causing extreme pain and other life threatening issues.

Years later, this cause is still being recognized as one of the premier walks for causes in the local Mid-South area. People donate and come from Memphis’s surrounding areas to show their support to the worthy cause; the dedication shown by all of these individuals is nothing short of amazing. Even though the race was delayed, so that the temperature could climb, cold temperatures didn’t stop this crowd (as pictured below). The temperature was reported by News Channel Three as being fifty five degrees and even colder near the Mississippi River. When I asked Mr. Lucas Spencer, who is pictured below, why he fought off the cold to participate, his reply was that his fiancé is a nurse and he wanted to help the fight against the disease.

Technology has made our lives better and easier in many ways. Pacemakers and dialysis machines extend the lives of the sickly; mobile phones and laptops allow us to stroll in the park while reading news from Japan and listening to music from Brazil. Since the Promethean discovery of fire, man’s dominion over technology has resulted in remarkable advances which have placed our species on the Moon and in the Marianas Trench. Technology has even changed how we kill one another; an American drone pilot can wake up, go to work, fly a mission in Pakistan, and then make the commute back home to have dinner with his wife and his children. As we saw with the atomic bomb, technology itself has no morality; what it does all depends upon how humanity uses it.

However, technology is rapidly outpacing the world we knew. Automated robots have replaced most automotive factory workers; touchtone phone menus have replaced most operators; and Google is even working on a car without a driver. What will happen to the millions of cab drivers the world over when a cab driver is no longer required?

According to Sean Parker, Sickle Cell disease is a hereditary lifelong disease that distorts the red blood cells to form a crescent shape, at which point the cells begin to block the flow of blood vessels causing extreme pain and other life threatening issues.

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Success Stories

CAB Cares

For four days, October 28th-31st, Campus Activity Board members (better known as CAB) took up donations for the Southwest Tennessee Community College’s Race for the Cure team, which donates proceeds to the Susan G. Komen Race for the Cure. They helped raise over $250.00 which put Southwest’s team in a position to take the number one spot for donations raised by Colleges around Memphis. CAB members are responsible for implementing and assisting with over 60% of all activities held at Southwest Tennessee Community College. All week they gave away goodies to the students of Southwest at two campuses (Union Avenue and Macon Cove), attempting to not only bring awareness but to bring in the much needed funds for cancer research. CAB also had shirts made and issued them (pictured to the right) to students until supplies ran out. The shirts provided students with some cancer prevention methods as well, listed on the back of the shirt. The President of CAB, Mr. Donovan Blackburn, stated that CAB always attempts to do what it can to provide positive enlightenment to the students of Southwest. He also stated that “he was moved to learn that two people whom he had great admiration for and who he worked closely with here at Southwest were breast cancer survivors,” and he felt “compelled to bring awareness so that others would get informed and get checked.” The four-day event proved to be a huge success and CAB members wanted to thank Student Activities and all of those students who donated money. CAB’s main focus was to make sure that the students of Southwest take an active stand with their own personal health and fitness. All of CAB’s upcoming events can be found in Southwest’s Student Planner. If you have any questions regarding joining CAB, please feel free to stop by Student Activities on Union Avenue or on Macon Cove to get information regarding this organization.

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Experience

For the past five years, Southwest Tennessee Community College’s Student Activities department and Recruiting department has sponsored “The Student Leadership Institute Retreat”. The SLI was, and is designed specifically for the purpose of making leaders in a short length of time. Participants from different clubs and organizations around the college are chosen selectively to take part in this great opportunity. Meals, transportation, and lodging are all provided for the students. It sounds like a vacation, but any student who has experienced the SLI before can attest that it’s more like boot camp! Four members of “The Source” had the pleasure of participating in the retreat. During the retreat, students have break out sessions where they come together in their groups to meet, discuss upcoming events, fundraising ideas, and more. During the break out sessions for “The Source,” we had the honor and pleasure to have Mr. Michael Williams join us. Mr. Williams is the editor/publisher of the Post-Intelligencer, located in Paris, TN. Mr. Williams is the 4th generation Editor of the Post-Intelligencer; the newspaper has been in print since 1927, and is inherited by each new generation of the original owner’s family. The P.I. is also one of the oldest businesses in Henry County. Mr. Williams is the descendant of Mr. W. Percey Williams, who began the paper. The P.I survived the Great Depression, and is still standing strong to this present day. When Mr. Williams spoke, we all listened in silence and admiration. We all agreed that listening to him was like gaining years of experience. He touched on topics like improving student involvement, creating ideas, reinforcing ethics, creating a layout, taking action photos, and reaching your target audience. His personality was down to earth, vibrant, and professional. We look forward to bringing him back as a guest speaker at the leadership retreat in future years to come!

By Stephanie McAtee

Shirt designs by Lindsey Beason with assistance from Jennifer and Jessica Banks

By Stephanie McAtee
Kids Bringing Weapons to School to Protect Themselves

The reports are increasing, and the statistics in these reports are reinforcing the sad realization that weapons in school are not only becoming common place for students in high schools, but in middle schools and elementary schools as well. Many children in elementary schools are concealing weapons found at home, and bringing them to school in an off limits show and tell on the playground at recess or in the lunch room. On Channel 5 news, there was a report stating that two officials found two guns and one knife on different Shelby County Schools campuses in the time span of five school days. A gun was in a 5-year-old’s backpack and discharged in the school cafeteria. What is the reason to bring guns in schools? Is it the video games that are being played now days? Or is it the simple fact that violence in these times has been bad enough to bring us to this point? If there is a debate about children bringing guns to school, then there should be a debate about teacher bringing guns to school to protect their students. But is that a good idea as well? If you think of it, it would be a better suggestion than a child bringing the gun to protect themselves. Here is a way that this can be prevented: resources can be provided for parents, teachers and students who want to know more about weapons in schools and school violence. By getting informed and involved, you can make a difference and help make our schools safer for our children! Sources: http://www.wmctv.com/, http://www.wdtn.com/

Family and Friends Day

This year, I had the privilege of attending Family and Friends Day at the Macon Cove Campus with my family. It was an outdoor event, one to remember. There were activities for people of all ages to participate in. People were asked to sign in at the front entrance of the Farris building; this way, the sponsors of this event were able to keep track of how many people were in attendance at the event. There was a large, diverse crowd that consisted of faculty, staff, students, and their families. There were giant bouncers for entertainment purposes for the smaller children. The food was freshly prepared and cooked on site by "The Taste". Popcorn and snow cones were also served. The music was loud and of diverse styles, for all to enjoy, and the servants at each station were volunteers from various organizations around campus. Even our very own Kurt Fritjofson served in the beverage section of the food line. Inside the Farris building in the passageway, different organizations were set up to give out information about their organizations. This event was well planned and facilitated. Way to go Southwest Tennessee Community College - another successful and enjoyable Family and Friends Day!

By Stephanie McAtee

Go Jim Go

Raising $258,920 in donations this year alone, Jim Jaggers (pictured below) is proving that one man truly can make a difference. What started off as a one man, one station effort has turned into a massive campaign for the children of Le Bonheur Children’s Hospital here in Memphis. In 2006, with the backing of News Channel Three, the Chief Meteorologist Mr. Jim Jaggers began diligently raising money to support Le Bonheur. Every year since 2006, Jim cycles over three hundred and thirty three miles across the Mid-South area collecting donations for Le Bonheur. This year’s “Go Jim Go” cycling event took place from September 25th through October 2, 2013 and has broken last year’s record by $28,000. With the combination of schools, volunteers, and businesses that sponsor Jim’s cause by donating their employees, time, money, and business gear, this event seems to get bigger every year. Le Bonheur is currently one of Memphis’s leading hospitals who specialize in many aspects in the safety, well-being and the care of children. According to News Channel Three, Jim Jaggers stated, “as long as he is able, he will try to raise funds for Le Bonheur.” It is nice to know that in a world plagued with economic troubles, rising health care costs, and government shut-downs, people still take the time to give back to their community. If you would like to donate to this worthy cause, or would like more information, go to the Go Jim Go website at: http://lebonheur.kintera.org/faf/home/default.asp?ievent=1057305&lis=1&kntae1057305=FE26F3785EAA4A9FB1F6415356792DE.

Saluqis - become involved! Be informed and give back to your community by supporting local causes.

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New Donors  

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You can earn up to $260 per month donating plasma

**Requirements**  
18-65 YEARS OLD  
WEIGHT AT LEAST 110 POUNDS  
HAVE PROOF OF SOCIAL SECURITY NUMBER,  
CURRENT PICTURE I.D. AND CURRENT ADDRESS  
BE OF GOOD GENERAL HEALTH

**Business Hours**  
M,W  
6:00am – 5:00pm  
T,TH  
7:00am – 5:30pm  
Friday  
6:00am – 4:00pm  
Saturday  
7:00am – 2:00pm  

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