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SIDELINES

Thursday
September 29, 1994

Vol. 70 No. 18

16 Pages ■ Middle Tennessee State University's Community Newspaper ■ Murfreesboro, TN 37132

IN BRIEF

WORLD

More than 800 die in ferry disaster; 141 rescued

TURKU, Finland (AP) — Frigid waters and raging winds turned the Baltic into a sea of death for more than 800 people when a ferry suddenly listed and sank in a storm early Wednesday. Authorities said 141 others survived.

Helicopters and ships searched for survivors and bodies off Finland's southwestern coast.

Officials said it was too early to say what caused the ferry to sink shortly after midnight about 25 miles from Uto island.

A surviving crew member said water started pouring through the Estonia's front cargo door and the ship rolled over and sank quickly.

NATIONAL

Alcohol may have medical benefits

CHICAGO (AP) — Get some exercise, quit smoking, skip the double cheeseburgers — and have a couple of beers every day?

Doctors are debating whether moderate alcohol consumption should be part of the prescription for a healthy heart in light of another study that suggests drinking can reduce the risk of a heart attack by stimulating production of an enzyme, t-PA, that helps break down blood clots.

STATE & LOCAL

Nashville man blames tobacco company for amputation of fingers

NASHVILLE (AP) — A Nashville man has filed a lawsuit against a tobacco company he claims manufactured cigarettes that gave him a disease, which caused him to have nine fingers and five of his toes amputated.

Larry Martin filed the lawsuit against R.J. Reynolds Tobacco Co. in Davidson County Circuit Court on Monday. It asks for up to $500,000 in compensatory damages and up to $500,000 in punitive damages.

Martin said a physician at Baptist Hospital examined him last fall and diagnosed him as having a circulatory problem called Buerger's disease. The illness can lead to gangrene and amputation of extremities, according to the American Medical Association.

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New Senators, others chosen in SGA elections

KRYS SPAIN
Staff Writer

Five Freshman Senators, an election commissioner, and a Homecoming Queen and her court were elected by approximately 4 percent of the student body Tuesday in SGA elections held across campus.

The new Freshman Senators are Jana Turner, Brad Jennings, Damon Brent, Jennifer Jones and Emily S. Bartlett.

"The job of the Freshman Senator is to learn how the Senate operates and take some of the concerns they have and put them into legislation," said Drew Bergman, SGA president.

Bartlett received the most votes.

"I am honored to represent the freshman class," Bartlett said. "I assure them that I will do the best job possible."

Geoff Jenkins was elected as election commissioner.

"Geoff will make sure that the elections are run in a fair and equitable manner," Bergman said. "He will make sure no special interests get any special attention.

"It's going to be a real pleasure to work with him."

Bergman expressed hope that all the candidates will agree to work with SGA in some capacity.

"We will find something for them to do," Bergman said.

The new Homecoming Queen and her court will be announced on Sunday at the Queen's Tea.

Voting sites were set up in the lobby outside the KUC Grill and in the hallway outside the JUB first-floor cafeteria. A total of 745 students voted. ❐

EMILY BARTLETT
Freshman Senator

SHERRI LAROSE/Chief Photographer

CADET DODSON, SQUAD LEADER, AND CADET WALLACE attempt to complete an obstacle during the R.O.T.C. Leadership Reaction Course over the weekend. **Story on page 9.**

Accounting firms visiting campus tonight to recruit MTSU students

ISAAC DANIEL
Staff Writer

A "Meet the Firms" reception will be held at 7 p.m. tonight in the Alumni Center for all junior, senior and graduate accounting students.

At the reception, students will get the chance to meet potential recruiters from firms in the surrounding community, including some from Nashville.

"Meet the Firms" is a social event sponsored by Beta Alpha Psi, a national accounting fraternity.

"Students will be meeting on an informal basis before they have to have to meet professional recruiters in the interview process," said Dr. Sarah Dawkins, faculty adviser to Beta Alpha Psi.

"We've experienced good turnouts in the past for students," Dawkins said.

About 40 to 50 firms have been invited to spend a social evening with students.

This will not be a career-day type of event, according to Dawkins. No applications or interviews will be accepted.

The reception has been held at MTSU for the past four years and is the largest event expected this fall for accounting students.

Kim Bean, a first-year graduate student, has attended this event for the past two years.

"I think it is a good opportunity to meet potential employers and find out what the job will be like," Bean said.

Bean said she encourages everyone to attend.

Those wanting more information may call Dr. Dawkins at 898-2360. ❐

DR. SARAH DAWKINS
Accounting Professor

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CAMPUS CAPSULE

Today

The Minority Student Journalist Association will hold a general interest meeting at 5:00 p.m. in the Mass Comm building. For more information call Jennifer Bailey at ext. 2229 or 2813.

The SGA House of Representatives will meet at 4:30 p.m. in the KUC Theatre. Attendance is mandatory; please have a member from your organization there.

ARMS will hold a mandatory meeting concerning members volunteering to work for the T.J. Martell and SRO functions at 7 p.m. in room 101, Mass Comm.

The Society of Professional Journalists will meet at 5 p.m. in room 310, JUB. Contact Jessica Clayborn at ext. 2816 for more information.

Alpha Phi Alpha fraternity is sponsoring the Miss Black and Gold Pageant at 7:30 p.m. in the Tucker Theatre. Tickets are $4 in advance and $6 at the door and can be purchased from any member of Alpha Phi Alpha. Contact Marcus Acklin at 895-3403 for more information.

The MTSU Accounting Department is sponsoring the annual "Meet The Firms" reception at 7 p.m. in the Alumni Center. Contact Ken Youngstead at 895-3784 for more information.

Lambda Alpha Epsilon, the fraternity of the American Criminal Justice Association, will meet at 5 p.m. in room 318, KUC. Metro Nashville police officers will be holding a panel discussion. Contact Leigh Smith at 896-9301 for more information.

The June Anderson Women's Center and National Women's History Month are sponsoring "War Zone: The Abuse of Women on the Streets of America" as part of Sexual Assault Awareness Week at 7 p.m. in the Tennessee Room of the JUB.

Information tables on violence against women will be available from 9 a.m. to 3 p.m. in the KUC Lobby outside Phillips Bookstore as part of Sexual assault awareness week.

Psi Chi Psychology club will be holding a meeting for nomination of officers from 4 to 5 p.m. in Peck Hall 208. Dr. Larry W. Morris, department chair, will be speaking on "The State of Psychology at MTSU."

Friday

The MTSU athletic department and the BRAA will be holding a pep rally today at 5 p.m. at the KUC, followed by a Greenland Drive block party two hours before the game. Meet the football team and coaches, volleyball team and coaches. Also, meet cheerleaders and 160 member band. Free food and drinks.

Upcoming & Ongoing

Anyone interested in forming a Transcendental meditation group as a new campus organization should contact Paula at 898-4979.

Speech testing or speech therapy services are available to MTSU students. Students should call the MTSU Speech Clinic, ext. 2661, for an appointment..

Students for Environmental Action meet every Tuesday at 6 p.m. in the KUC, room 305. Contact Christopher Kincaid at 890-0473 for more information.

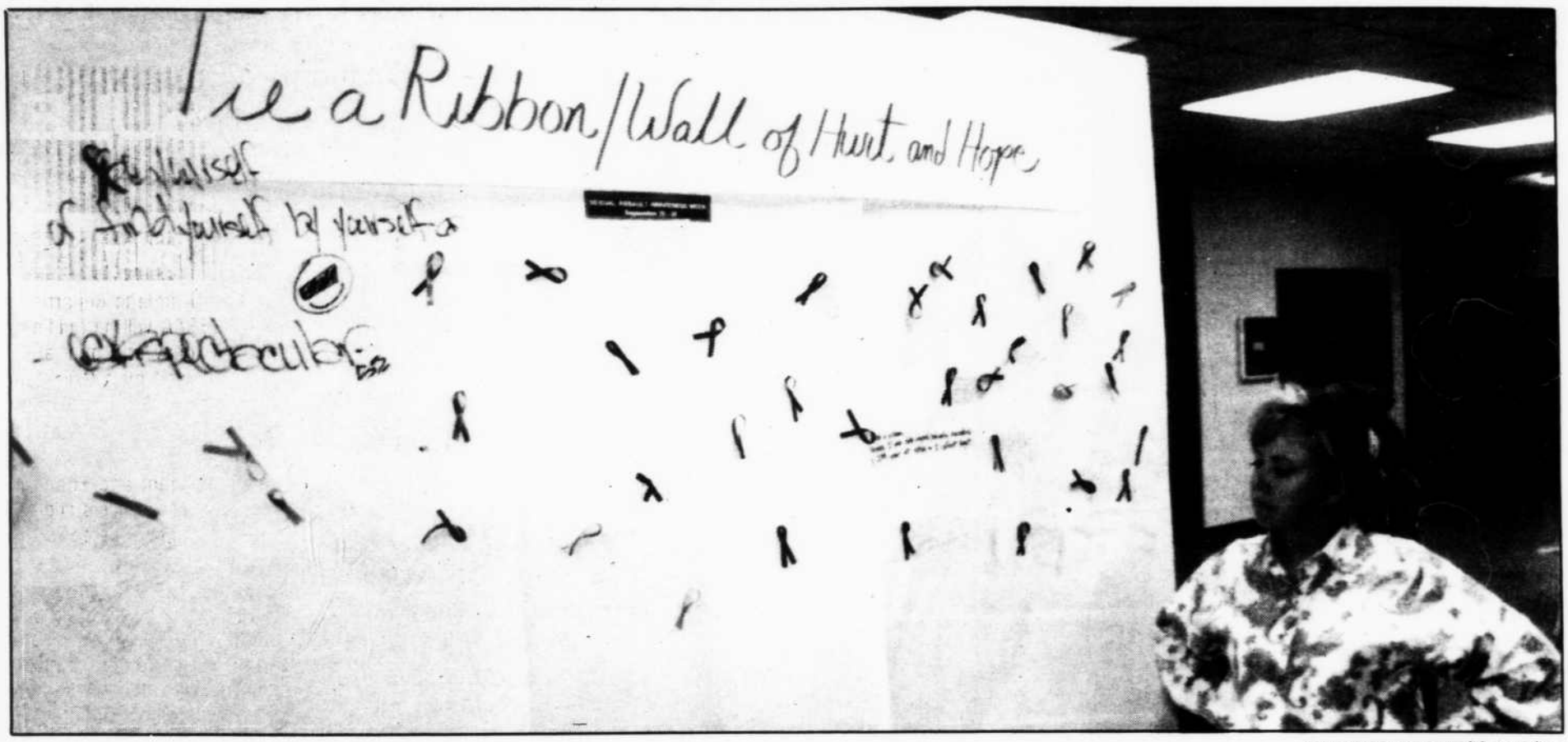
The MTSU Symphony invites interested students to rehearsals Tuesdays and Thursdays from 5 pm.m to 6:30 p.m. Contact the Symphony office at ext. 2484 or go to room 264, Wright Music Building.

The Student Coalition for Animal Rights (SCAR) meets every Thursday at 7 p.m. Please call Kellie at 898-6457 for more information.

Inter-Varsity Christian Fellowship meets every Wednesday at 5 p.m. in the KUC, room 313. Contact Brandon at ext. 4868 for more information.

The June Anderson Women's Center has support groups for women meeting throughout the semester. All groups are free to students. Contact Mary Glantz at ext. 5725 to sign up. Space is limited.

All submissions must be brought by or sent to the *Sidelines* office in writing. Phone in submissions will not be accepted. *Sidelines* reserves the right not to publish any listing for any reason. *Sidelines* is not responsible for inaccurate information.



CHARLES HOGUE/Photo Editor

MICHELLE LORD CHECKS OUT THE RIBBON BOARD on the second floor of the KUC Wednesday afternoon. The ribbons on the board are placed by passersby who have been touched by sexual assault. The board is part of Sexual Assault Awareness Week.

Mature, non-traditional women students organize

KRIS WETZEL
Staff Writer

A new support group will meet weekly to discuss issues of interest to mature, non-traditional women students, according to a co-facilitator of the group.

The Mature Women's Support Group provides an opportunity for non-traditional women students to network with "other women learners who are returning to school, trying to balance their time with jobs and families," said Charlotte Lampley, group co-facilitator and graduate student in guidance and counseling.

Based on similiar groups that met last year, Lampley and co-facilitator Karen Baker formed this support group after a suggestion from the June Anderson Women's Center.

Lampley said they chose the term "mature women" because it communicates that the group is limited by various non-traditonal responsibilities (finances, jobs, families, children), not by age.

The group lists its goals as "locating and bringing together women learners, establishing friendships and providing a network with people sharing common problems," said Lampley.

High-interest topics include exploring methods to balance time equally among priorities and reduce financial burdens. The support group will also discuss issues concerning stress, competition and guilt associated with returning to college.

Lampley said many women face feelings of doubt and need to be assured of their legitimacy.

The group is intended to build a safe environment where women can share their experiences, blow off steam and exchange coping skills, said Mary Glantz, counselor in the Women's Center.

Glantz said she hopes the outcome of the group will provide women with "the strength and motivation to carry on."

The Women's Center has distributed flyers across campus and placed advertisements in *Sidelines'* Campus Capsule to make students aware of the group.

Both Lampley and Glantz stressed that any woman involved in the Mature Women's Support Group will be required to make a commitment to attend each week.

The founders of this group said they have limited the size of the group to 8 eight to 10 persons to assure continuity and a safe environment.

Lampley and Glantz said they would consider opening another group to accomodate the needs of women students if the demand is large enough.

The Mature Women's Support Group will meet from 3:30 to 4:30 p.m. every Tuesday in the JUB.

Glantz emphasized that anyone interested in attending should first call the Women's Center at 898-5725. ❐

Credit companies targeting MTSU college students

CAROL IRWIN
Staff Writer

Credit cards are readily available to students, for better or worse.

Credit card companies actively pursue students on college campuses across the country. The choices are up to students; they need to be aware of what is being offered. There are credit cards, debit cards, ATM cards and student cards, each with its own benefits and drawbacks.

Credit card companies offer such differing features that shopping around and comparing costs and benefits can be confusing to students with limited time. Experts advise to look at annual percentage rate (APR), the annual fee, whether there's a grace period, how interest is calculated and how costs match up with benefits.

Need can help determine which card works best for you. Will there be a monthly balance carried over each month, or is the balance paid in full each month?

If the balance is paid in full each month, the annual fee could be a big determining factor. If a portion of the balance is carried over each month, then the interest rate is more important.

Also, the credit card should be in the student's name, if at all possible, to begin to build a credit history.

Retail-store credit cards and gasoline credit cards usually charge the highest interest rates, from the high teens to the 20-plus percent range.

Secured cards are tied to an interest-bearing savings account. They are useful for people with no previous credit history or for someone with a bad previous-credit history. The savings are used for collateral, and the credit line is equal to or less than the savings balance.

A debit card is set up like a credit card, except that it operates like a checking account. The amount of purchase is deducted automatically from the account, just like writing a check. There is no grace period, the purchase is paid from account balances, which requires the consumer to stay on top of available balances.

SOUND BITE

"Where a student makes a mistake is in gettting a credit card with too large a credit limit."

Earl Harris
Director of Phillips Bookstore

Student cards are a type of debit card. The money must be deposited up front, and they can be used all over campus instead of cash.

Credit card companies target college students as future income generators. Taking a risk on students can pay off in long-term loyalty to a particular credit company.

Phillips Bookstore has an agreement with Citibank to place inserts in shopping bags. The National Association of College Stores negotiated the agreement, which gives local stores a rebate on a percentage of subscription sales through Citibank.

"Where a student makes a mistake is in gettting a credit card with too large a credit limit," Earl Harris, director of Phillips Bookstore, said.

Credit card sales are higher each year, but this year the debit card is new.

The credit card companies that set up in Keathley University Center outside the bookstore are sponsored by campus organizations. The companies must contact an interested organization and provide company representatives to work the table. In exchange for sponsorship, organizations are paid either a flat fee or a percentage of sales.

According to Sandra Stott, facilities coordinator, campus organizations are allowed two days per month for vendor space.

Gail Stevens, associate dean of students, refers interested companies to specific organizations, or mails them a list of all organizations on campus. There are approximately 175 listed campus groups available to sponsor commercial vendors.

When asked if the credit card companies are providing a necessary service to students, Tammy Smith, a senior education major, said, "I think it's a trap for younger students. It's their first time away from home, and it's hard enough for students to get out and enter the work force. If they are in debt, it makes it harder to make a living."

Freshman Shawn Lovell held the opposite opinion.

"I think it's good to establish credit, a good opportunity for students," Lovell said. ❐

Local judge speaks on violent juvenile crime

JANET SINGER
Staff Writer

Juveniles are becoming more violent yet have more rights than adults in the courtroom, said Dr. Lance Selva during the honors lecture series on Monday.

Juveniles cannot be "punished," only "rehabilitated," said Selva, who is a Rutherford County Juvenile Court Judge and associate professor of criminal justice at MTSU.

However, Selva said, "Never once have I felt like a child I committed [to an institution] would come out better. They only change on their own."

Selva said he has seen violence by juveniles increase steadily in the last few years.

"Kids used to hit and fight," he said, "but now they don't waste time with that. They just use guns."

Selva said he sees two types of juvenile offenses: status and delinquent. Status offenses are minor issues such as curfew violations and underage drinking. Delinquent offenses include anything from simple assaults to murder.

Selva accused the state of trying to save money by not admitting juveniles to institutions.

"The state cloaks these kids as not being dangerous, when they need to be committed," Selva said.

Selva also reminded students of the new drinking violation law in effect since July 1993. An 18-to-20-year-old caught possessing or attempting to purchase alcohol can have his or her driver's license revoked for one year.

Selva obtained his Juris Doctorate degree from the University of Alabama in 1975 and his Ph.D. from Florida State University in 1984. He opened his criminal defense practice in 1985 and became juvenile judge for Rutherford County in August 1990.

Nelson Vaughn, a senior in the honors program, said he had heard Selva speak before. "I couldn't think of a better person to speak on juvenile justice. It was enlightening."

"[He is] an expert [who] is up to date and knows what he's talking about," Jim Gaither, honors program junior, said of Selva.

Ginger Sullivan, a senior not involved in the honors program, had "an interest in wanting to know how problems are solved, because I was the victim of a juvenile crime."

"The presence of violence is affecting the U. S. psychologically and monetarily," said Dr. John Montgomery, director of the MTSU Honors program. ❐

UT-Memphis health science reps visit MTSU

◆ *Davis, Strothers advise students about medical programs*

GENA J. WELLMANN
Staff Writer

Representatives from the University of Tennessee-Memphis Health Science Center visited MTSU yesterday to advise potential transfer students about opportunities available there.

Degrees are available for transfer students in the College of Allied Health Sciences, consisting of cytotechnology (cancer diagnosis), dental hygiene, health information management, medical technology, occupational therapy and physical therapy. Degrees are also available in the pre-dentistry, pharmacy and medical (physician) programs.

Approximately 60 former MTSU students are currently enrolled in the UT-Memphis Health Sciences programs.

"We advise them [pre-med students] here, but this is their chance to get it from the horse's mouth," said Dr. James H. Hutchinson, chairman of the physics and chemistry department at MTSU.

Hutchinson added that the annual sessions are a great benefit to those students interested in the UT-Memphis programs.

Dr. Jan Davis, representative from the College of Allied Health Sciences, told questioning students at the session, "Work hard in science classes. Be well-rounded, and participate in extracurricular activities."

Davis said that physical therapy is the hardest program to enter in the college, with only one of six applicants accepted. The GPA for these students is about 3.6. Occupational therapy is also popular, with one of five applicants accepted. Volunteer hours are also required for admission into the college.

SOUND BITE

"Utilize [your] undergraduate experience. Broaden your horizons, have fun, but be prepared for a serious career in medicine."

-Dr. Nelson Strothers
pre-med representative

Dr. Nelson Strothers, representative for the pre-med program, also had advice for incoming students. "Utilize [your] undergraduate experience," he said. "Broaden your horizons, have fun, but be prepared for a serious career in medicine."

He said MTSU students are well-represented in the Health Sciences program at Memphis and also commented, "MTSU students are always well-rounded."

Strothers said the advisement sessions are a great benefit to students, because "rumors can be addressed, [and] students know what we're looking for."

Virginia Andrews, a pre-pharmacy major who plans to attend UT-Memphis next fall, expressed the benefits of the meeting. "It cleared up a lot of confusion for me. I wasn't sure when to take the PCAT [Pharmacy College Admission Test,] when to turn in my application, and send my transcripts," she said.

Apparently UT-Memphis is not the only school that recruits MTSU students to its medical programs. Alabama's Samford University came to MTSU earlier this month to recruit students to its pharmacy program, and both Mercer College and East Tennessee State University will visit the university later this year, Hutchinson said. ❐

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NATIONAL ROUNDUP

FROM THE AP WIRE.....

Fay enters drug rehab for butane-sniffing habit

KETTERING, Ohio (AP) — Michael Fay, the teen-ager flogged in Singapore for vandalizing cars, has gone into drug rehab for treatment of a butane-sniffing habit, his stepmother said Wednesday.

Jan Fay said her 19-year-old stepson was admitted to the Hazelden clinic in Minnesota several weeks ago after she and his father, George Fay, learned he had been inhaling the gas from pressurized cans to get high.

Butane is used in cigarette lighters.

Fay told her he was inhaling butane because it made him forget what happened in Singapore.

"But you can't blame Singapore for everything," she said. "Michael knows that now. He knows that he has to take responsibility for his actions."

Fay received four lashes with a rattan cane and spent 83 days in a Singapore prison after being accused of spray-painting cars. Fay denied the allegation and said police coerced a false confession from him.

Fay was released from prison and returned to his father's home June 22.

On Sept. 2, Fay was treated at a hospital after his hands and face were burned. Mrs. Fay said he told her he and some friends had been working on a car when someone struck a match and there was a flash.

A few days later she found about a dozen cans of butane in his room, she said. She and her husband confronted him.

"Finally, it all came out," Ms. Fay said.

She said he admitted he had inhaled butane in Singapore, and was sniffing butane when he was burned Sept. 2. He agreed to get treatment.

"I think he was pretty scared," she said.

Teen arrested one hour before 18th birthday to be tried as adult

FRANKLIN, Tenn. (AP) — A defendant arrested on her 18th birthday will be tried as an adult on charges of possessing marijuana and drug paraphernalia, a judge ruled Tuesday.

General Sessions Court Judge Jane Franks dismissed a motion by Ernest Williams, attorney for Elizabeth Marie Rice of Brentwood.

Williams, former U.S. attorney in Nashville, argued that his client was born at 2:44 p.m. and since she was arrested at 2 p.m. Aug. 19, she was not technically an adult.

"It might be a minute technicality, but 18 is 18," Williams said.

Juveniles convicted of the charge are often sentenced to community service whereas adults face a jail sentence of 11 months and 29 days.

Rice, who is free, is to appear in court again Nov. 8 for her preliminary hearing.

Walgreen's to offer flu shots during October

CHICAGO (AP) — A drug-store chain will offer flu shots this fall — no appointment or prescription necessary.

Nurses will give the shots on at least one day between Oct. 1 and Oct. 22 at almost 2,000 Walgreen stores in 30 states and Puerto Rico, the company said Tuesday.

Each shot will cost about $10. They take two weeks to become effective and last six months.

Doctors recommend preventative influenza shots for people 65 and older, nursing home residents, children with asthma and those with chronic disorders. Side effects such as a slight fever or redness can occur, but the potential dangers of flu and possibly pneumonia are greater, the National Institute on Aging says.

Those who shouldn't be vaccinated through the program include children under age 9, pregnant women, people allergic to eggs or chicken, people who have received another vaccination in the past two weeks and people with active illnesses.

Those unsure of their risk status should talk with their doctor before getting a shot.

Injured Murfreesboro child receiving gifts from around the world

NASHVILLE, Tenn. (AP) — A 2 1/2-year-old boy whose left arm was chewed off by a neighbor's dogs has received toys and get-well wishes from around the world.

Tyler Throneberry of neighboring Rutherford County was mauled Sept. 21 when he stuck his hand through a fence. His face, jaw and neck were severely injured and doctors were unable to reattach his left arm.

He remained in critical condition Wednesday at Vanderbilt Children's Hospital where he is heavily sedated and breathing with the aid of a tube.

"He's a tough little kid," said Joe Throneberry, his father. "That helps. And a lot of people have been standing by us — and him — that we don't even know."

"We've just about been run out of the room from the stuff people have sent to tell him to get well. It's amazing how many people have offered us support. It's hard to believe."

The dogs, two Rottweilers, were destroyed at the neighbor's request two days after the attack.

Grand jury declines to indict day care worker in toddler's death

NASHVILLE, Tenn. (AP) — The Davidson County grand jury has declined to indict a church day care worker who left a toddler in a van outside the center, leading to the child's death from heat stroke.

Sarah Lee Davis, 53, director of the Woodcock Memorial Baptist Church day care center, accidentally left 23-month-old Donte Phillips in the van all day June 16.

The body of the toddler was found late that afternoon.

Relatives of the toddler have filed two civil damage suits, each seeking $5 million, against the church, the day care center and Davis.

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In Our Opinion

By the *Sidelines* Editorial Staff

Rape confronts us all

Not one male student bothered to show up at the "Men Only" rape-prevention discussion group yesterday. Not a single one. For the second year in a row.

Why?

A *Sidelines* reporter was told by a discussion group facilitator, sometime before the meeting, that she might not want to interview attendees because the men might not be comfortable discussing their views with a woman.

Why?

Does it matter to anyone that male participation in Sexual Assault Awareness Week has so far been less than remarkable?

Why?

Perhaps men, as a group, do not care about women's issues because they are numb from hearing "sexual harassment" this and "incest survivors" that. For the past few years, these buzz-words have been bandied about, often with little discrimination.

Perhaps they just "tune out"—their brains filtering out information they do not perceive to be meaningful, like so much background noise.

Or perhaps they ignore articles like "MTSU student confronts her rape" (this page) and "Life After Incest" (page 10) because if they don't look, that kind of thing will go away.

Whatever the reason, please put it aside and make the effort to understand. It's not too late to participate. There is a march and candlelight vigil Friday night at 6:30 p.m.

Be there.

Sexual assault is a problem that society must deal with. It won't go away if we ignore it or refuse to talk about it. And it is not just a women's issue; it is an issue that should concern all of us.

If we don't confront sexual assault frankly, openly and honestly, then the issue will continue to confront *us*. ❐

APOLOGY: Tina, I am sorry for any embarassment I may have caused you and for any poor judgment I may have exercised concerning pages 8 and 9 in the news section on Sept. 26.

SIDELINES

MIDDLE TENNESSEE STATE UNIVERSITY

P.O. Box 42, Murfreesboro, TN 37132

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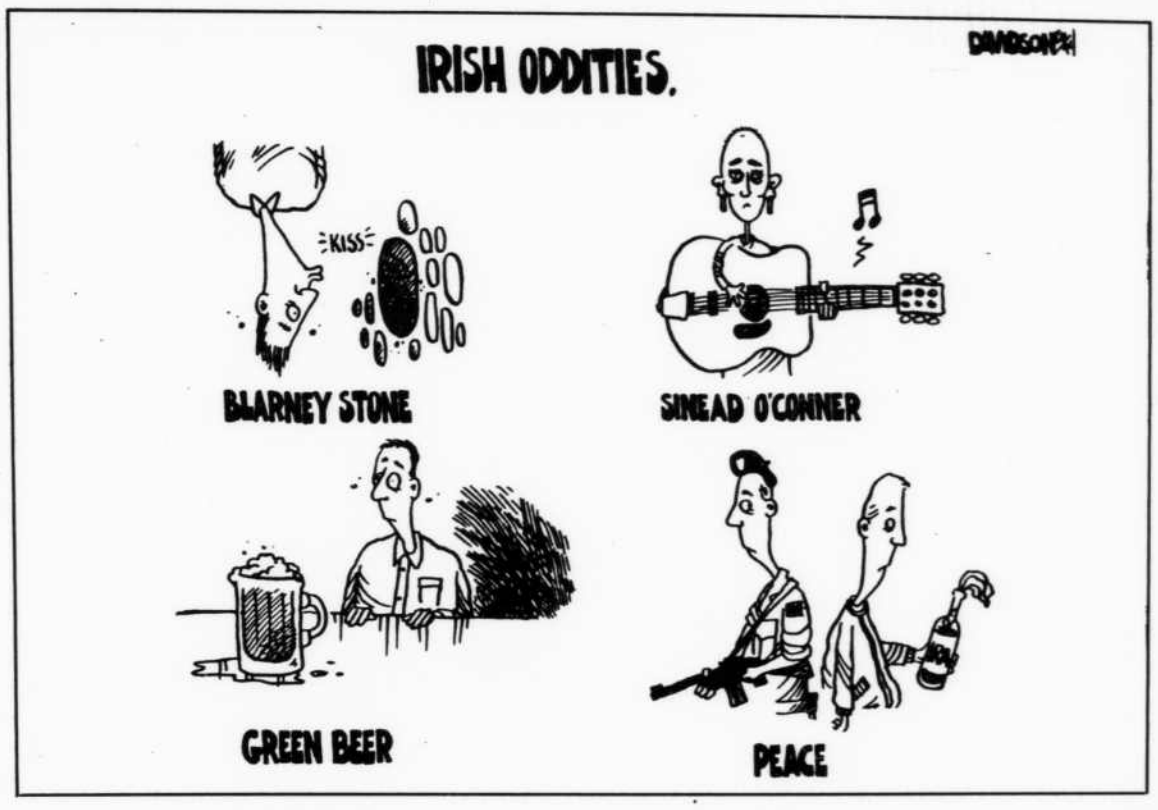

MTSU student confronts her rape

A Survivor's Story

LISA MARIE POMFRET

News Editor

Have you ever dreamt you were being hurt, falling, etc., and were totally helpless to save yourself? Did you ever fall down and were unable to catch yourself?

Have you ever been physically overpowered by someone? Maybe someone held you down and tickled you till you couldn't breathe. Even though you were laughing and crying as you gasped for breath, it really wasn't funny or sad, was it?

No, it really isn't funny when you can't breathe, can't scream, and can't get them to stop.

I was helpless when he pinned me down and took from me what I refused to give—my virginity.

I was dating him, but that didn't make it any less of a rape. The worst part of being raped wasn't the actual violation but the stares when I tried to prosecute, and the silence.

Even my own mother didn't believe me. When I dropped the case (for God's sake, if my own mother didn't believe me, who of a jury of our peers was going to?), everyone seemed to breathe a sigh of relief and go on.

But I couldn't.

I wasn't the same person anymore.

I didn't trust men and wouldn't go out with the same guy more than once. I was afraid to be alone with a man.

I went to talk to a counselor at school. She gave me the number for a rape crisis hotline. I said it wasn't a crisis anymore. Months had passed by the time I was willing to talk about it.

But I was wrong. It *was* a crisis.

In the same way that a family member's death is a crisis, to have something that can never be replaced ripped from you, with such violence, scars you, and you must grieve in order to heal.

I hadn't been given the opportunity to grieve, because as far as everyone else was concerned, it had never happened.

I had to deal with painful memories and tell myself that I didn't deserve for it to happen, that dating him wasn't giving him the right to have sex with me whether I wanted to or not.

That was just it—his raping me wasn't about sex, it was about whether I wanted it or not; he took that choice away from me.

By talking about what happened to me with counselors and other victims, and by writing this article, I am taking it back. ❐

Homosexual parents poor role models

The Conservative Philosopher

CHRISTINA BASIEL

Staff Writer

Few, if any, disagree that the influences of childhood affect our entire lives. We learn from the examples of the authority figures around us: teachers, neighbors, parents, etc. There are also few, if any, who disagree that a home shared by a mother and father is the ideal environment for growing up.

Unfortunately, many children do not have the ideal home environment. Parents divorce, spouses die and some families, although they live together, are harmful to the welfare of each other. The harmful effects of physical and mental abuse are not questioned; however, the harmful effects of the aberrant sexual orientation of parental figures are, surprisingly, being debated.

As the small yet powerful gay rights groups lobby to force their unnatural practices upon mainstream America, they not only demand tolerance but they also demand acceptance. These desires become dangerous when the very structure of the family is threatened.

It has increasingly become the trend among homosexuals to begin families. Men marry men and women marry women. Although these marriages are not recognized by law, these "couples" consider themselves to be spouses, and as such they look forward to raising children.

The most primal and important fact of nature is this: conception requires the contributions of a male and a female. This is a facet of life which clearly discriminates against homosexuals. Regardless of wealth or press coverage, government cannot pass laws to reverse the bigotry of nature.

Homosexuals, who desire to "have" children with their partners, view this natural law as merely a hurdle which can be cleared with the assistance of two options; adoption and artificial insemination.

In their pursuit of acceptance, lesbians and gays are challenging the requirements for legal adoptions within the United States. Although some agencies have placed children in single-parent families (due

PLEASE SEE **HOMOSEXUALS,** PAGE 8

CLINTONGATE: The continuing crime

PART TWO IN A MONTH-LONG SERIES

ISSUE TWO: "MENAGATE"

TODD MEYERS
Editor in Chief

FOR THE RECORD

Bill Clinton and Dan Lasater had much in common. Both were young, successful, and among the most powerful men in Arkansas during the early 1980s. Bill Clinton was the youngest governor in America, and Dan Lasater founded the Ponderosa restaurant chain and was worth $37 million by age 29. They were good friends, seeing each other at social gatherings and playing golf together at their elite, all-white country club in Little Rock.

After selling Ponderosa, Lasater decided to become an Arkansas bond dealer. He donated heavily to Clinton's re-election campaigns, and his brokerage firm, Lasater & Company, became the recipient of a large share of the state's bond business.

Lasater threw lavish parties for business associates at his Little Rock mansion and on his private planes. According to several published stories, drug use figured in heavily at these parties, with cocaine set out like bowls of dip.

An intimate Lasater friend has related that sometime around 1984, Lasater's pilots abruptly switched from using credit cards to paying for fuel and maintenance with cash. Another source has said that at this same time, Lasater and the state of Arkansas started laundering huge amounts of cash, allegedly drug profits, and running drugs through Mena Air Field in Arkansas. This has been detailed in the respected British magazine *The Economist*.

Also at this time, Bill and Hillary Clinton began using Lasater's corporate jet for both state and personal business. This was a gift of significant value for a governor who was directing state bond business to the jet's owner.

Lasater also gave a job to Clinton's brother, Roger. When Roger Clinton was charged with cocaine offenses, he received a reduced sentence in exchange for testifying against Lasater.

It is a matter of record that Lasater told the FBI about his cocaine use. He admitted to more than 180 occasions of cocaine distribution. "I shared my success ... in that manner," he confessed.

In 1985, Lasater officially became the target of a drug investigation. His bond firm was also under reprimand from the Securities and Exchange Commission, facing charges of securities fraud. Nevertheless, then-Governor Clinton helped push a $30.2 million state bond issue through the legislature, giving the contract to Lasater & Company. According to *The New Republic*, Clinton "vigorously lobbied the legislature" on Lasater's behalf. Lasater's firm subsequently received a $750,000 commission on the issue.

> ***"In 1990, Clinton issued Lasater a full pardon of his crimes, and also ordered that his convictions be expunged from the record. Why would an ambitious young politician like Bill Clinton risk so much to help a confessed cocaine distributor?"***

In 1986, Lasater pled guilty to minor "recreational use" drug charges. Investigation into the bond company and the influential people who were a part of his circle was halted, and the records of the grand jury have been sealed.

A generous prosecutor gave Lasater a good deal in exchange for his guilty plea, but Governor Clinton cut Lasater the deal of a lifetime. In 1990, Clinton issued Lasater a full pardon of his crimes, and also ordered that his convictions be expunged from the record. For his offenses, Lasater served only six months in a halfway house.

Clinton did several big favors for Lasater, including helping him obtain state bonds and granting him a pardon. Why would an ambitious young politician like Bill Clinton risk so much to help Dan Lasater, a confessed cocaine distributor? Maybe it was gratitude to a campaign contributor and close friend. Or maybe Lasater had something on Clinton. Either way, the relationship between Clinton and Lasater could become more troublesome as investigation into "Menagate" continues. ❐

Note: Most of the information in this series is public knowledge and was primarily obtained from *The Washington Times*, *The Economist*, *The Times* of London, *The Wall Street Journal*, *The Washington Post*, *The Arkansas Democrat-Gazette*, and *The Kansas City Star*.

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HOMOSEXUALS (CONTINUED FROM PAGE 6)

to unique circumstances into which I will not delve), the overwhelming consensus of child-care professionals has dictated that adoptive children should be placed in two-parent homes. Until recently, the idea of two parents was not questioned to refer to a mother and father, or female and male adult. Now, single-sex couples claim that this policy includes them.

Artificial insemination has been a controversial procedure from its inception. Not only are health risks much greater than are popularly reported, but the legal questions of parentage, and the ethical questions involved with the alterations of natural law have succeeded in gaining little acceptance for this. Gay and lesbian couples are increasingly turning to artificial insemination. Male and female homosexuals assist each other to provide the necessary components of conception. Of course, the female carries the child; however, after the birth, either two women or two men will assume the responsibility of raising the child.

Homosexuals argue that they can provide healthy formative environments for children. I strongly disagree. To consider a household shared by two adults of the same sex who engage in perverted (yes, perverted, look it up) sexual practices a healthy, formative environment is to agree that homosexuality is indeed an acceptable alternative and not a deviation from normal interhuman relationships. The sexual orientation of the parent does influence the sexual orientation of the child, especially during adolescence.

It has often been said that "children are cruel." This is a reference not only to the taunting nature of some children, but also to the inherent honesty that children project in their assessments of each other. It is a fact that children living in a homosexual environment are more susceptible to behavioral and social problems at school because other children react negatively to their situation at home. Whether this is right or wrong is irrelevant to the fact that it does happen. Acceptance among peers is important to children, and this childhood acceptance does affect their mental status as adults.

Of course, some homosexuals became parents before they admitted, discovered or whatever that they were gay. These situations are particularly distressing because they involve disruption of established families, the introduction of painful and confusing new moral standards, and the backlash of community disgust.

Tolerance of homosexuals is not synonymous with the acceptance of homosexuality as an alternative family element. Homosexual couples are entitled to engage in whatever behavior to which they both consent; however, they are not entitled to subject young, impressionable children to their unnatural desires.

There is a reason that men and women cannot procreate without each other; children need the guidance of both sexes in their struggle to mature into mentally healthy adults. ❐

Volleyball poster sends mixed message

CAROL IRWIN
Staff Writer

"Where's the volleyball?"

I saw the new women's volleyball team poster with the schedule of games, and that was my first reaction: "Where's the volleyball?"

The poster is of the only senior on the team, Angie Raffo, and features a single picture of her in black hose and a black dress split to the thigh.

Angie Raffo is a beautiful young woman, no doubt about that. She is also an athlete and a senior majoring in education.

What message is the MTSU athletic department sending to the public? Does it highlight either the academic excellence or athletic ability of our women's volleyball team? It seems to me that sex sells in higher education, also.

When these posters are displayed on campus, will they encourage people to catch a good competition between schools or to catch some high? What message does the school want to send to prospective students, and specifically to female athletes? Is physical attractiveness that important?

"Take Back the Night" is a rally and march planned for Friday, Sept. 30. It is a protest against sexual harassment and violence against women. The literature for the event proclaims that "88% of female college students have experienced sexual harassment." If true, these are atrocious statistics and should not be tolerated in a free society. Where will it stop?

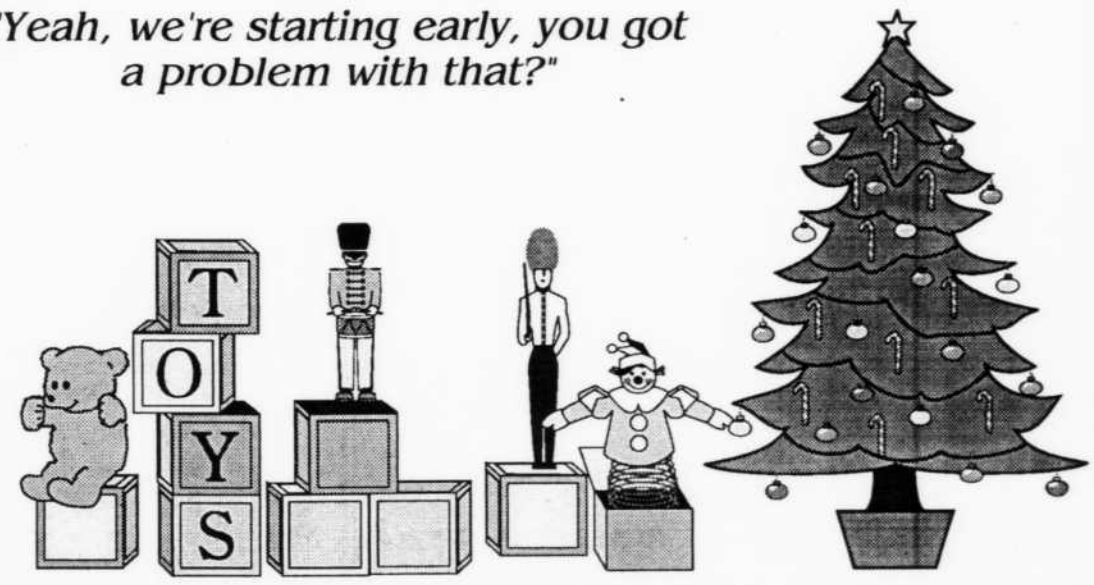
The volleyball poster (sans volleyball) was a tribute to Angie Raffo for being the only senior on the team. She is also the only player who has played under Coach Cummings since she began coaching the volleyball team.

I think the tribute is deserved; I just question whether the way in which Raffo was honored is a proper tribute to her talents after all. ❐

Sidelines is requesting donations for the toys for tots drive.

Bring any toys to Lisa Marie Pomfret, News Editor, JUB room 308 or 310. Call 898-2336 or 898-3386 for more information.

"Yeah, we're starting early, you got a problem with that?"



You're In The Army Now

Photos & Text By:
SHERRI LAROSE

Last weekend, the Army ROTC held a Leadership Training Course for their cadets.

The first part of training was called the Leadership Reaction Course, located at the National Guard base in Smyrna. The cadets were divided into squads and given instructions to complete a task within 15 minutes. If the squad made an error, the evaluator would have the cadets singing songs ranging from "Gilligan's Island" to the "Meet the Flintstones."

The task could be anything from crossing over barbed wire to scaling a wall. The members of the squad had to complete the task in order to complete the mission. Each group had a squad leader who rotated between cadets and evaluated them on communication and leadership skills and whether or not their group finished the mission.

The second part of the course, which was held at Cedars of Lebanon Park, consisted of land-navigation skills. After taking a test and plotting points from a map, the cadets used orienteering skills to find their way to the target areas. ❐

TOP LEFT: Forrest Raider Commander Locke and Forrest Raider Bellione go out on patrol to assist the cadets, who might have trouble.

ABOVE: Cadet O'Neill and Cadet Ocean of the Third Squad rush to the top of the obstacle.

ABOVE: Forrest Raider Parton assists Cadet Leadbetter in finding the next point on his map.

LEFT: Cadet Abbott climbs up to make it over the fence with the help of the First Squad.

RIGHT: Cadet Standley, with the help of the Second Squad, makes it across the barbed wire.

Life After Incest:

How to Survive and Get the Help You Need

By **SUE MULLIN**
Guest Writer

The line between being a victim and being a survivor can be the biggest mountain some people cross in their lifetimes. Katherine (not her real name) is one of these people.

She sits on the foot of her made-up bed, Indian style, and rocks and bounces slightly. Movement is one of her characteristics. She's bubbly: quick to laugh—quick with a quip—a sharp-minded college freshman. At 20, she's an attractive woman with thick chestnut brown hair, a smooth peach complexion, a voluptuous figure, and large dark brown eyes that look directly at whomever she is addressing.

"I'm okay now," she says. "Though most of my family doesn't know, those that do, like my Mom and my Granny, are totally supportive. At first I thought that my situation was really bad, the worst, but I found out others had it worse than me, and they survived. They worked through their therapy and made it, and they were maybe 10 times worse than me. I didn't have multiple personalities or any suppression to deal with. I knew. I always knew."

She twines her fingers into a tangle, separates them and appears to make an effort to let her hands lie loose on her thighs.

"It was my uncle, my Mom's brother, that did it. I started therapy when I was 16. Together my therapist and I figured out I was about 3 when it started, and then it stopped when I was 13. We never really had sex. He made me do oral sex, and we did other things. Then when I was 16, he tried to rape me, and he beat me up. I told my Mom. It wasn't hard to get her to believe me, you know, I was pretty beaten up. You could tell it'd been bad."

"It was my uncle. I was about 3 when it started, and it stopped when I was 13. Then when I was 16, he tried to rape me, and he beat me up."

Her fingers begin to interlock again. She smiles brightly, and it looks like she has been working at smiling brightly for so long the smile has worn shiny.

"I felt guilty," she said, "like it was my fault. When I was about 8, I didn't want to do it any more, but he said that was the only way anyone could like me. I'm a lot different now. I know what he did didn't have anything to do with me, and I'm stronger now.

"For a while, when I was younger, I was very promiscuous." She shrugs. "Sex is no big deal. You don't have to be in love with somebody to have sex with them. I've never really ever loved someone."

There's a flicker in her eyes. Perhaps she understands there are still some problems for her to face. She seems to will her hands to be still.

"When we pressed charges, I didn't want anything to do with it. He wound up in the county jail—got eight or nine months—simple assault, I think."

An overwhelming number of incest cases go unreported, and surveys turn up varying results. One study in 1991 by psychologist C. Finkelhor revealed that 7 percent of the sample general population had sexual intercourse with a relative. Also, in a general survey of undergraduates, 15 percent of females and 10 percent of males had a sexual experience with a relative. Regardless of the involvement of the experience, lingering psychological effects can continue for the individual. In the more serious cases, they can be overwhelming.

It's important for students who have been victims to realize that they aren't alone in their experience of abuse, and there's help for them: It's equally important for those who have participated in counseling in the past to realize that a new episode of feeling bad can happen, and reaching out for help to reinforce strength is absolutely okay. It doesn't mean they haven't crossed the mountain. It doesn't mean they have failed in their strength. It only means there's one more bumpy path to overcome. This, too, is a typical experience for sexual abuse survivors to confront.

The *Los Angeles Times* reported in October 1993 that there are 78 forcible rapes per hour. It also estimated that 20,000 teen-age males were assaulted each year. In April 1992 *The Houston Chronicle* reported that 26 percent of rapes were committed by relatives. Sadly, this report does not even use the word "incest." Again, because of non-reporting, these figures are low, thus diminishing public awareness of the extent of the problem.

Katherine said, "When I was first dealing with it, I felt awful. It was like a black void. Now I'm okay. At 15 I thought I was different from everybody else. Now I don't feel different."

Katherine looks forward to getting on with her life. She's a history major and plans on becoming college professor.

If you are a victim, Katherine says, "don't feel bad about yourself. Get therapy. Get through it and live your life the best you can."

Katherine says that victims can become survivors. ❐

HELPING HANDS

Many sex abuse victims try to conceal or suppress what has happened to them and try to work through their trauma alone. This can be an overwhelming choice. Also, it's a little more difficult for a man to feel comfortable approaching treatment programs because people tend to wrongly identify sexual abuse as primarily a female problem. There are many options. Here are some places you can call for information:

At MTSU, the **Counseling and Testing Center** in KUC room 329, 898-2670, provides individual counseling for both male and female students.

For female students, there is also a service at the **June Anderson Women's Center**, JUB room 206, 898-5725, where clinical psychologist Mary Glantz is providing counseling for women students.

Ms. Glantz will also provide private counseling for men students who are sexual assault victims.

Ms. Glantz is supervising **a female, gender-exclusive support group** at MTSU called **Survivors of Rape and Sexual Abuse**. Confidentiality is paramount. The group discusses relationships with family and friends, what makes people feel safe, coping skills, and what to do when the coping skills a survivor is using fail to work, as well as any other subject the group may need to confront. Call Mary Glantz at 898-5725 for more information.

According to the **Rape and Sexual Abuse Center** in Nashville, 56 Lindsley Ave. (crisis line 256-8526, business office 259-9055), whether or not to press charges is one of the many difficult decisions for a victim to make. The center offers 24-hour crisis support as well as long-term help for victims.

If sexual assault is committed in Davidson County, **General Hospital** has a specially trained treatment team, and specimens are taken and saved for seven days while the decision is made whether or not to press charges. There is no coercion.

The Rape and Sexual Abuse Center does treat male victims.

The center is partly funded by United Way, has personnel from professional fields and offers long-term counseling services and group therapy on a sliding-scale fee based on financial ability to pay. ❐

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Everything You Wanted to Know About the Raider Express

By **CINDY CATES**
Special to Sidelines

Picture, if you will, this scenario. It's 8:47 a.m. Your first class begins at 9 o'clock on the dot and guess what? It's clear across campus! Your books are heavy and you're having a bad hair day, not to mention there's a thundercloud hanging right above your head. And you don't have an umbrella. What do you do?

If you're an MTSU student, chances are you're not even going to consider jogging across campus in the pouring rain. You're going to simply walk to your designated bus stop and shelter and wait dryly until the Raider Xpress arrives to pick you up.

A year and a half ago however, MTSU students would have had to consider other options. "How about parking close to campus in the staff parking areas?" you might wonder. "Surely no one would notice just this once," you rationalize to yourself. "Or how about making your own space or parking in the handicapped zone?" Why, you don't see that many handicapped students on campus anyway!

The options listed above are really not options—they're blatant violations that will cost you an arm and a leg, not to mention a lot of time and inconvenience. And even though the temptation to park out of zone still exists, it's simply nowhere near as attractive an alternative as it used to be.

Why? The Raider Xpress.

The transit system made its debut last fall with three 27-passenger buses (plus handicapped spaces). This year, however, that number has increased, with 4 brand-new 36-passenger buses (plus handicapped spaces)—making a total of 7 buses in operation.

Manager of Parking and Transportation Gary Hunter said he's extremely proud of the progress made in the past year.

"Thus far, we've had excellent ridership on all of our routes," he said. "This summer we worked hard to add approximately 700 new parking spaces. Several hundred more spaces are in the process of being finished."

When asked if he had any advice to give to students regarding the bus and parking situation, Hunter gave a definite yes.

"So often, we have students who complain that there's nowhere to park," he said. "What they're really saying to me is that there are no more places to park in the Greenland area. What they fail to see, however, is that there are a multitude of spaces in the perimeter lots across from the Married Student Housing or the new Athletic Center. To my knowledge, we've never had 100% occupancy in all of our spaces. There are spaces left, they just may not be where your first choice is."

Hunter, as well as several bus drivers, agreed that students should pay close attention to the route they want to be on.

"The Green and Blue routes are posted on the bus where they are clearly visible," he said. "It would avoid a lot of time and confusion if students looked to see if they were on the correct bus."

One driver also gave the advice to be aware of your surroundings and to know how to communicate your needs to that driver.

"Every day I have a student who will get on the bus without knowing where they parked," he said. "I'll say 'which area did you park in?' and that person will point and say 'Over There.' I do not know where over there is, so we have to tour all the parking lots in that proximity until we find their car."

It is also important, the driver said, for students to communicate needing to catch the bus.

"If you're running just as fast as you can toward the bus, and you're waving your hands in the air, then we know to wait for you," he said. "However, if you're merely strolling along and don't give any gestures that you'd like to get on the bus, then we'll proceed to the next route every time."

Bus driver C.W. Barnes said he wants to encourage students to be patient when buses are going through shift changes.

"There are five buses which run the day shift and two[buses] in the afternoon," he said. "The flow of students is not as heavy in the afternoons. This is why we reduce the [number] of buses. During dinner or shift changes, it is conceivable that you will have to wait a few minutes longer."

When asked about students' attitudes toward the Raider Xpress, Barnes said, "Most students are extremely appreciative of this service. However, there are always a select few who shoot you accusing looks or demand, 'Where have you been? I've been waiting 20 minutes!' "

Barnes says it is very rare that a student will wait more than five to seven minutes provided there's no shift change. And in most instances, the buses follow several minutes behind each other.

When asked about the lone bus that travels backward, Hunter said this bus was sent to make sure no one gets left.

"We had several complaints last year from students around Family Housing that they were being left," he said. "By switching the direction of one of the buses, we found that that problem was alleviated."

When several students were asked to comment on the transit system, most were complimentary. "The Raider Xpress is very convenient for those of us who are living in Family Housing," said Kim Rogers. "It also enables more people to use Perimeter Parking."

"There's no way I'd take a night class unless the university had these buses," said Donna Ritenour. "Now night classes are no problem."

Student Melissa Merville said she wishes the bus went to Human Services since it is such a long distance to walk. Several students agreed with her comments and said they hoped the Raider Xpress would extend its services there as well.

Still others proclaimed that many of the buses are too cold some days. One male student entered the bus proclaiming, "It's like a meat locker in here!" Still others inquired if the Raider Xpress had heat. On the whole, however, most of the students had positive comments to share.

Students will also be glad to know that funding for the Raider Xpress came directly from revenues for parking registration and money from meters and parking tickets.

"Our goals for the future involve ways of upgrading our system and possibly building a parking garage," Hunter said. "We have a lot to work toward." ❐

Hey students! Would you like some shopping or entertainment this weekend? Need a car to get there? Well, fear no more. Beginning tomorrow, MTSU will offer an experimental run of the Raider Xpress on weekends to serve residence hall students. The shuttle will leave campus on the hour Friday evenings and Saturdays from Corlew Hall. Corlew Hall will sell $5 passes which will enable students to ride any number of times they wish for one month. Hourly runs will be made from the campus to Stones River Mall, Outlets Mall, Jackson Heights and Murphy Plaza on Fridays from 5 to 9:30 p.m. and. on Satur-days from 10 a.m. to 9:30 p.m. ❐

TIPS FOR RIDING THE RAIDER XPRESS.

1. Know the location where you parked. Be familiar with it and be able to convey this to your driver as needed.

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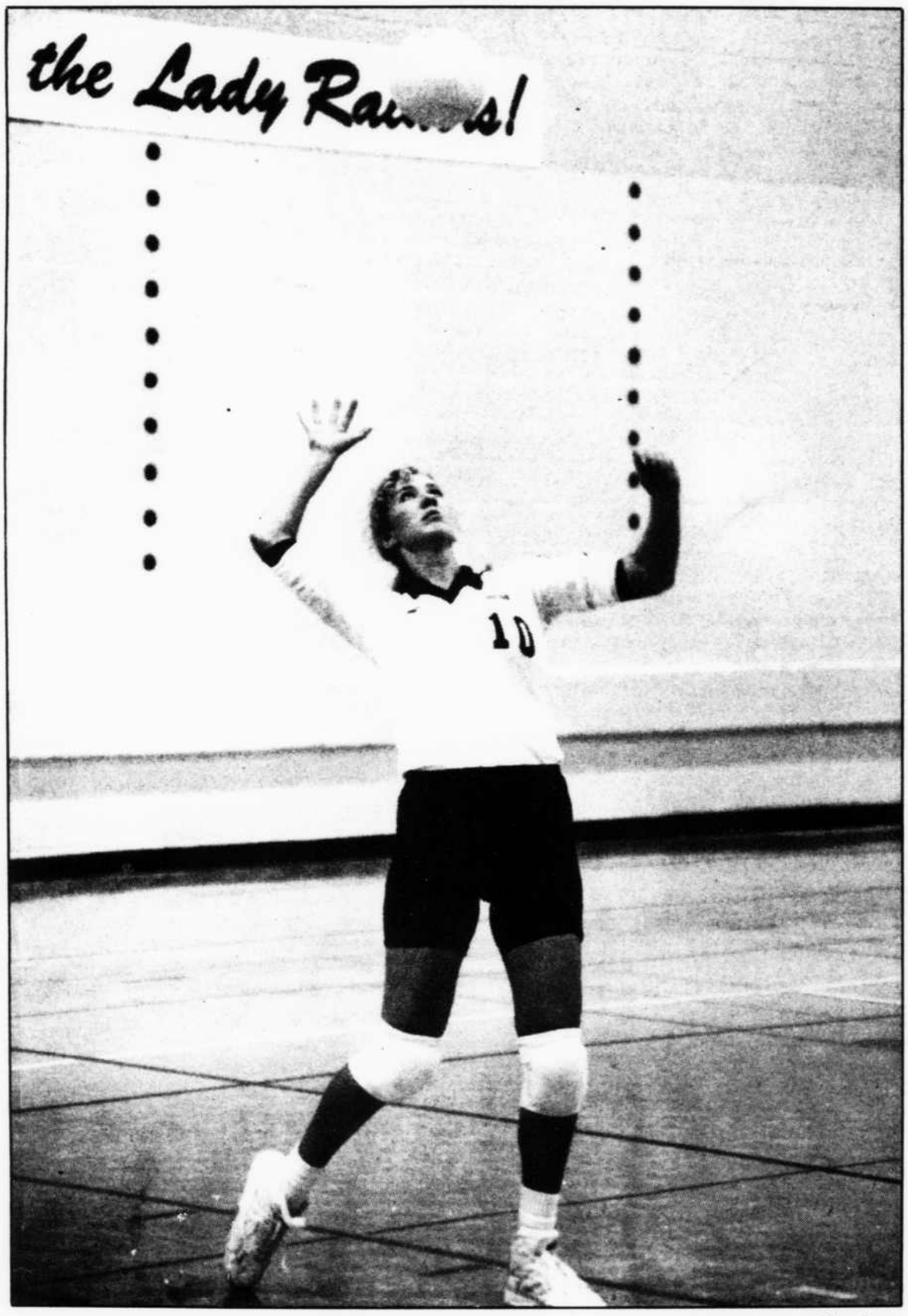
Volleyball Lady Raiders get OVC win over TSU



File photo

SERVING IT UP: Lady Raider volleyball player Tammy Eichholz serves it up the same way her team served TSU a 3-0 loss in Tuesday's match. The Lady Raiders are back home Friday night following the pep-rally. Thematch against Murray State will be held at 7 p.m., at Alumni Memorial Gym. Fans attending will have achance to win prizes ranging from free pizza to t-shirts.

SCOTT STEWART
Sports Editor

The Lady Raiders' volleyball team cruised to its first OVC victory Tuesday night over the TSU Lady Tigers at Alumni Memorial Gym, 3-0 (15-6, 15-5, 15-4).

The win, which head coach Diane Cummings described as "not pretty, to say the least," brought the Lady Raiders to 1-2 in conference play, and 3-10 overall.

"A win is a win, but when you are trying to build for the future, improvement from match to match is the barometer," Cummings said. "There was not much improvement tonight."

The team was led by freshman right-side hitter Tara Miller, who had nine kills, two service aces, a solo block, and a block assist.

Senior outside hitter Angie Raffo added seven kills, while junior outside hitter Kim Story and sophomore setter Nidza Castillo had five service aces apiece.

The Lady Tigers were led by Chianta Vaughn, who had six kills and three service aces.

The Lady Raiders continue OVC action tonight in Clarksville against Austin Peay, at 7 p.m.

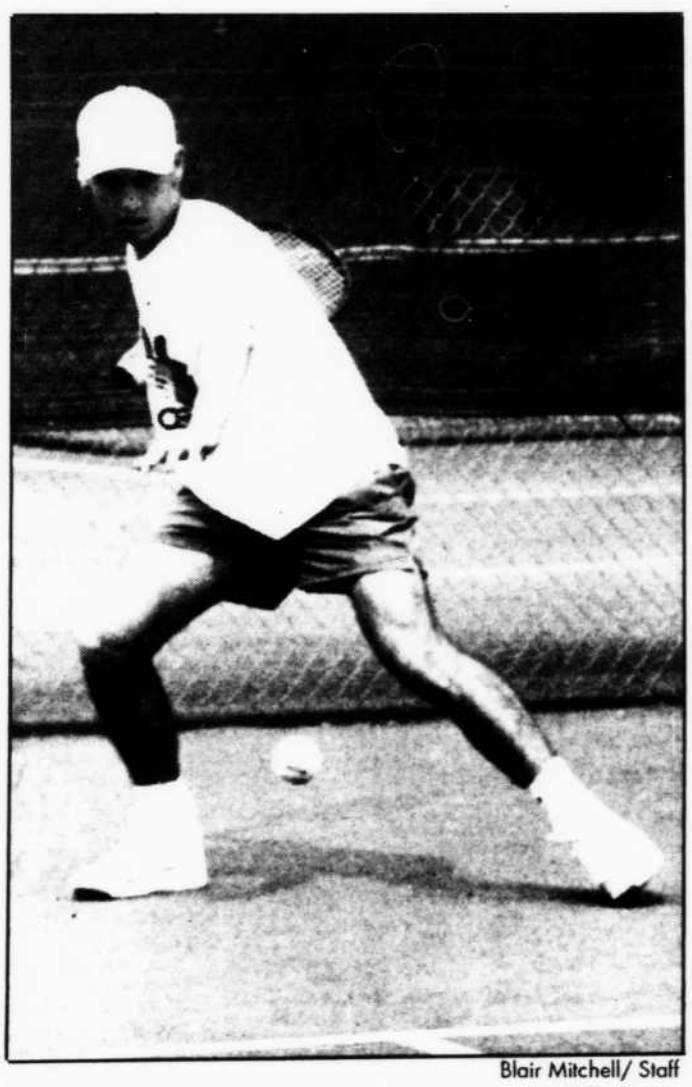
They return home tomorrow night to face Murray State at 7 p.m. in Alumni Memorial Gym, just after the pep rally.

According to Cummings, those who attend the home games are in for some surprises and prizes.

"Our sponsor, Domino's, is participating in a special promotion, where fans try to win free pizzas and T-shirts during the break in our matches," Cummings said. "We are also trying to create a 'Blockhead' section of fans, who will have a chance to get a 'Blockhead' jersey to wear to the games."

According to Cummings, attendance at the games has been growing, and anyone who comes can help the team.

"It is great to get any fans, who come to the matches and are vocal in their support," Cummings added. ❐



Blair Mitchell/ Staff

SET FOR COMPETITION: Blue Raider men's tennis player Rodney Potter sets himself for a shot, as he and the rest of the men's team prepare for the MTSU Fall Classic this weekend. The tournament will be played Friday-Saturday at thecourts next to Murphy Center.

Blue Raiders finally prepare for home game

STAFF REPORTS

The MTSU Blue Raiders play their first home game of the season Saturday night at 7 p.m. against conference rival Eastern Kentucky.

The Raiders are 2-0 in the OVC and 2-1 overall going into the game.

The Raiders began the season with a convincing victory over Tennessee State, avenging a loss to the Tigers last year.

Three weeks ago, MTSU made their first trip to Harrisonburg, Va., where they faced an unknown opponent: James Madison University. After suffering a lackluster first half and injuries to key players, the Raiders fell just short of a comeback effort. An open date followed this game.

Last week the team traveled to Murray State to play a Racer team who, according to MTSU head football coach Boots Donnelly, is on the verge of OVC championship contention. On a sloppy field, the Raiders battled back and forth with Murray State, eventually edging them out in the end.

Saturday's game puts the Raiders against the defending OVC champions from 1993, one of the few OVC teams that have a winning record against MTSU.

Both teams are undefeated in conference play, and Saturday's winner gets the upper hand in this year's conference race. ❐

Why weight-loss diets don't work

Health & Fitness

FRED HATFIELD
Special to *Sidelines*

It's hard to go through a day without reading or hearing the words "weight loss" or "diet," whether it be an advertisement, a snide comment about an overweight person or the fact that you are on a diet yourself.

Many people seem to constantly struggle with their diet. They may lose the desired weight only to see it come back as quickly as they lost it. Or they may lose half the desired weight and then "hit the wall"; in other words, they can't lose the remaining pounds. Perhaps most distressing is when they lose the weight but still aren't satisfied with the way they look.

The reasons for these scenarios may not be from lack of discipline (although it may be a big factor in the dieter's failure) but rather from a program not based on science. What may seem like a "common sense" approach may not be so sensible at all!

Here are some reasons why diets don't work:

• The diet may have altered the basal metabolic rate.

The basal metabolic rate (BMR) is the minimum amount of energy needed to maintain vital functions of the body. It can be used to predict how many calories the person burns in his or her normal day. The higher the BMR, the more calories the person burns in a normal day, and vice versa. You may know someone who "eats like a horse" but can't gain weight; the reason may be that person has a high BMR.

In a recent edition of *Nautilus* magazine, author Bobbi Moreno points out that a diet of 900 calories or fewer can lower the BMR by 15 to 30 percent.

The reason behind this is that the body has a natural tendency to conserve calories in a time of crisis, which is the way the body perceives a severe calorie drop in the diet. Unfortunately, each failed diet makes the body more capable of conserving calories. In other words, the BMR is permanently lowered after each failed diet.

• In an attempt to lower caloric intake, meals are missed.

Missing meals will also cause the body to conserve calories. For example, research shows that people who skip breakfast tend to have a lower BMR.

One of the body's ways of telling you that you are hungry is a low blood-sugar level. Missing meals will cause this lowering of blood-sugar levels, thus causing hunger. Not only does this possibly lead to snacking, it also leads to fatigue and a tendency to skip any exercise you may have planned.

• The wrong types of foods may be consumed.

Believe it or not, a diet with fewer calories may make you gain weight, where one with more calories may not. "That's ridiculous!" you say. Believe it or not, it's true.

Carbohydrates are seven times more difficult to store as body fat than dietary fat is. Therefore, a Big Mac with 200 calories and 35 grams of dietary fat will be more likely to produce weight gain than a meal of two skinless chicken breasts, corn, tossed salad and skim milk with 400 calories and 6 grams of fat. It's reasonable to believe that the latter diet will be much more filling as well!

• Proper exercise may be lacking.

There are two parts to losing weight: proper dieting and proper exercise.

You may be saying, "I need aerobic exercise!" In truth, yes and no.

While it is well documented that aerobic training will lower the BMR if done three times a week for 20 to 30 minutes each session at moderately high intensity, there are factors missing from aerobic training.

In most cases, however, aerobic training is not an efficient way to build muscle, especially in the upper body. The skeletomuscular system is the primary system that burns calories; let it diminish, and your ability to burn calories also diminishes.

All this talk of dieting and exercise may be hard to swallow (no pun intended), but there is one simple key—ADJUST YOUR LIFESTYLE! Sure, it will take some effort. You may have to give up some of your favorite foods and you may have to make time to exercise or eat right.

But by remembering these scientific principles when planning a weight-loss program, dieting can be much more successful. ❐

Big win keeps soccer team's record perfect

SCOTT STEWART
Sports Editor

The MTSU soccer team beat Samford 12-0 Sunday at the soccer complex next to Murfreesboro Airport.

The game was MTSU's first conference game, leaving them with a 1-0 record in the Southeastern Collegiate Soccer League, a league made up of teams not officially sanctioned by the schools they represent. This, along with their 9-0 out-of-conference record, leaves MTSU undefeated for the season.

Keith Parrish led MTSU with four goals, followed by Scott Simons with three. Ben Jordan, Alan Oates, Casey Shea, Allister Richardson and Trevor Vasser each had one goal for MTSU.

MTSU coach Charlie West said he tried every way possible to keep the score down against Samford, including inserting all second-string players five minutes into the second half and using his defensive players on offense late in the game.

The soccer team's next game will Saturday, Oct. 1 in Atlanta against Georgia Tech, followed by a trip to Auburn Sunday, Oct. 2.

The team returns home on Oct. 8 to play UT on the rugby field between Greenland parking lot and the tennis courts on Tennessee Blvd. The game will be held just after the Homecoming parade and just prior to the football game.

"It will be perfect for those tailgating for the football game," West said. "We hope to give them a good show." ❐

Submissions due September 30 For guidelines call 898-5927

short stories•essays•poetry•short plays•comic illustration•non-fiction•photography•pen and ink

ON THE LINE	TONY ARNOLD Sports Advisor	SCOTT STEWART Sports Editor	JESSICA CLAYBORN Asst. Sports Editor	ANDREW BUTLER Sports Writer	SCOTTY LEAMON Sports Writer
MTSU vs Eastern Ky.	MTSU 35-17 EKU WE WANT YOU!	MTSU 29-25 Off the road again	MTSU 28-7 Home sweet Home	MTSU 38-14 Raiders better than Racers	MTSU 24-22 Colonels treated like Kidds
Tennessee vs Wash. St.	Vols 21-17 Is this UT or Vandy?	Vols I still hate'm	WSU 35-14 Not getting burned again	WSU 21-10 UT is truly pathetic	WSU 27-21 Homecoming is not sweet
Arkansas vs Vandy	Hogs 17-13 Vandy's waiting for UT	Vandy 21-17 Vandy not worst in SEC anymore	Hogs 21-3 Nothing's changed	Hogs 17-7 Vandy sinks in th Mississippi	Hogs 16-13 Hogs sink Vandy's ship
Alabama vs Georgia	Bama 20-10 Gen. Sherman empounds Dogs	Dawgs 35-30 Tide can't" just get by" this one	Bama 21-20 I can't look	Bama 28-27 Dawgs drown in Tide	Bama 22-17 NCAA is in town
Kentucky vs Auburn	Tigers 49-7 UK waiting for tip-off	Tigers 42-3 Where's Pitino	Tigers 35-0 Next!	Tigers 30-14 Bowden unbeatable	Tigers 14-10 Offensive woes hurt Auburn
Florida vs Ole Miss	Gators 45-0 UT game was bad enough	Gators 24 First REAL defense for Fla.	Gators 42-21 Johnny rebs= gatorbait	Gators 70-2 Rebel Defense gets the score	Gators 45-13 Send Fla. to the NFC East
So. Carolina vs LSU	Tigers 27-13 They won't throw in 4th quarter	Tigers 28-25 Running game holds the ball	Tigers 24-21 Ibelieve in miracles	Tigers 17-16 Don't Pass it!	Tigers 20-12 Curley needs win after Auburn
Austin Peay vs Tenn Tech	Tech 35-10 WE WANT TECH TOO!	Tech 40-21 Eagles dump on Peay	Tech 12-3 I hate politicians	Tech 35-21 Eagles soar	Tech 33-21 Governors voted out of Cookeville
Colorado vs Texas	Buffs 17-13 Buffs lock horns	Buffs 34-28 How'd they beat Michigan	Buffs 35-7 I learned last week	Texas 21-20 Buffalos extinct in Texas	Texas 14-13 Horns hook big-head Buffs
Stanford vs Notre Dame	Irish 24-10 Walsh needs Montana	Irish 23–21 Irish luck out another one	Irish 24-7 I hope so!	Irish 31–21 Caridnal can't even fly home	Irish 42–20 Walsh wants 49ers back.

Arnold regains lead

Veteran picker Tony Arnold regained the lead in On the Line after a 7-3 performance last week.

"I told you I was for real," Arnold said. "No woman is going to embarrass me—I'm an old pro."

Jessica Clayborn, who went a lackluster 5-5 following a perfect week, was furious.

"Yeah, you're old all right, but I'm not finished yet," Clayborn said. "I just had an off week. One thing is certain though; the next time I pick UT, they're going to be playing Vandy. I should have known UT would hurt me somehow."

Scott Stewart, who went 7-3, reminded everyone he's only getting better.

"Hey, don't forget me," Stewart said. "I'm not that far behind either of you. I'm getting better and by Dec. I plan to have both of you eating my dust."

"Yeah, after you finish eating mine," said Scotty Leamon, who also went 7-3. "I may be just a sports writer, but I know how to pick 'em."

Drew Butler, who surprised everyone with an 8-2 record, settled the score.

"It's very obvious that none of you know anything about picking," Butler said. "As you can all remember, I am the only one who picked Mississippi State to beat UT. I tried to tell you, but none of you would listen. It's just an SEC conspiracy to have UT so tired by the time they have to play Alabama, they can't even make a first down." ❐

THE RECORD

	Record	GB
Tony Arnold	30-10	--
Jessica Clayborn	28-12	2
Scotty Leamon	28-12	2
Drew Butler	28-12	2
Scott Stewart	27-13	3

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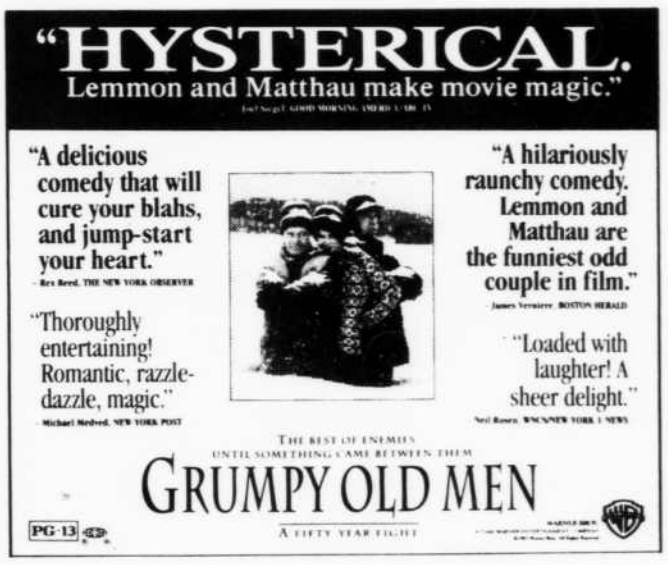

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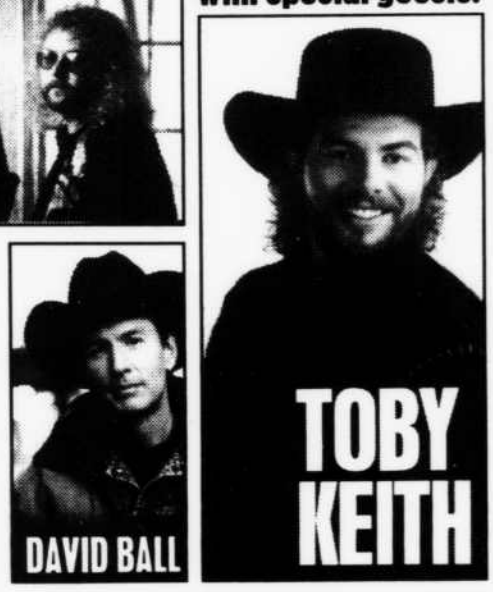

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