

LOCAL FORECAST

Wednesday

 HI: 58°
 LO: 45°

Thursday

 HI: 56°
 LO: 49°



Drinking from the fountain of life
 page 6



MT volleyball sweeps SBC foes
 page 7

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MIDDLE TENNESSEE STATE UNIVERSITY

SIDELINES

Wednesday, Oct. 25, 2006
 Editorially independent



Photo by Greg Johnson | Staff Photographer
 Two-time Pulitzer Prize winner David McCullough signs books from audience members who heard his lecture on the importance of history in relationship to leadership Tuesday night in Tucker Theatre.

Pulitzer winner speaks at MT

McCullough: History critical part of leadership

By Christina Runkel
 Staff Writer

David McCullough, two-time Pulitzer Prize winner, told students the desire to learn was a driving force behind the founding fathers of the United States Tuesday night in the Tucker Theatre. History was an especially primary study of the presidents he has written on, McCullough told a packed auditorium.

"The only new thing in the world is the history you don't know," McCullough said. The leaders in the American Revolution soaked themselves in their history and never forgot who came before them to get them where they were, McCullough said. McCullough also told his audience that Harry Truman never went to college, but he also never stopped reading. He read Latin for pleasure and one of his favorite teachers was his Latin teacher. His other favorite teacher was his history teacher. McCullough pointed out some basic principles in both classical and present-day history. "Nobody ever thinks of the past. They lived in the present. There's the expression, 'There's no time like the present,'

[that] comes from the year 1696. They lived in the present and they had no idea how things would turn out any more than we do," McCullough said. Another basic principle of history, according to McCullough, is that there is no such thing as a simpler time. Times aren't simpler they are just different, he said of the American Revolution. From the standpoint of the Revolutionary time, people today would be considered softies and the men of the past would look like they had been in a fight, he said. McCullough also pointed to the importance of character and honesty and

See McCullough, 3

Hard work crucial, producer says

By Jaz Gray
 Staff Writer

Music producer and engineer Dave Aron spoke to MTSU students during a three-day session held Oct. 20 through Oct. 22. He was known for working with the late Tupac Shakur and touring with Snoop Dogg.

Aron, who got his start at Sun Studio, made famous by Elvis Presley, provided advice to MTSU students about setting goals for a career and succeeding.

"At 18, I thought it was important that I at least knew what I was shooting for," Aron said Friday when he took questions from Recording Industry Management students.

He encouraged the students to learn a craft in an area where they can specialize and look for careers where they can help people. As an engineer, Aron discovered he could make a lot more money as a mixer than simply a tracking engineer because talented mixers were rare. He created an extensive studio career by learning how to both track and mix.

"It's not so much seeing the trends as much as it is being there when someone needs help," Aron said.

Aron wanted his skills to be well-rounded, so he accepted an opportunity to work with the rappers of Death Row Records, a label that used intimidation to manage their employees.

"Be able to tune everything else out and do what you do," he said. "I was there to fill a spot that no one else could fill."

Many people "shoot themselves in the foot" when they finally have the chance to make their dream a reality, Aron said.

"Everyone holds themselves back. A lot of stupid stuff will kill you. [like] not being focused. There should be no excuses. Force yourself to do certain things. [Don't say] the wrong things at

inappropriate times," he said.

Aron said, although all humans make mistakes, our mistakes should come at "unimportant times" because, in high-pressure situations, mistakes won't "cut it."

He said he believes the key to success is being the most determined and driven person available for the job.

Saturday, the second day of the workshop, Aron talked about how mixers have to adjust to the personalities of established artists. He described Tupac as a "real intense" person who "wasn't always Mr. Nice Guy" and described Prince as a "demanding" individual who "didn't always care about your morning."

"To this day, I don't approach every client the same," Aron said. "The best way for a mixer to handle any situation is to 'be diplomatic.'"

It takes time to learn how to critique the work of others without being offensive, Aron said. The faster a person can acquire this skill the better the person's prospect of success.

During the mixing session Sunday night, the last day of the workshop, for a song called "Cadillac Funk" by Big Fella, Aron encouraged the students once more to take pride in their work. He told students to make sure everything they do is professional and to never leave any mistakes.

"Stop, look and see what the problem is - make sure your work looks neat," he said. "[Doing those things] makes you look like you know what you are doing."

Aron said he enjoys speaking with college students because it allows him the opportunity to give back. He said he could remember all the problems he had when he first started his career and hopes that through his advice, the next generation of engineers will be more prepared.

"Get a vision and make it happen," Aron said. "Find where you can make the most impact."

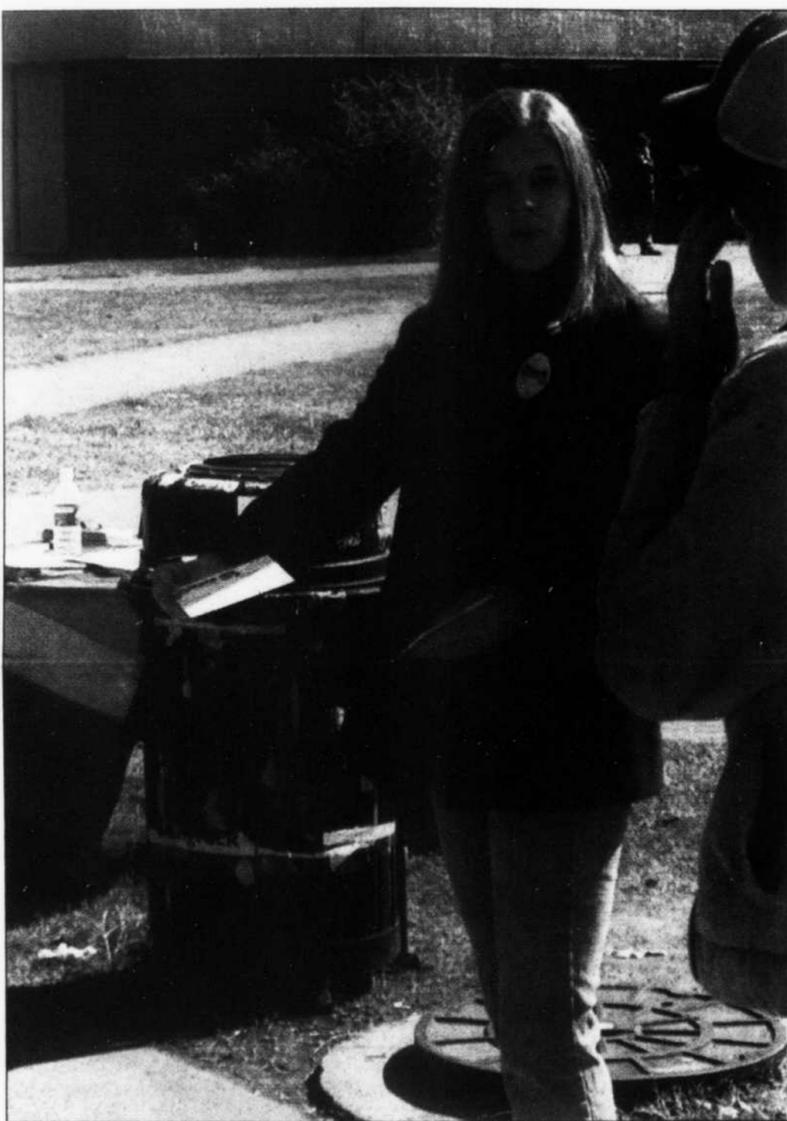


Photo by Andy Harper | Campus Life Editor
 Freshman criminal justice major Alexis Benesch passes out 'Vote NO on 1' campaign information in the KUC Knoll on Tuesday. Students will continue to pass out information in the Knoll until Thursday.

Early voting in Rutherford County

When:

Oct. 25 through Oct. 27 from 12 p.m. to 7 p.m.

Oct. 28 from 8 a.m. to 4:30 p.m.

Oct. 30 through Nov. 2 from 12 p.m. to 8 p.m.

Where:

Town of Smyrna

Fire Dept. and Administration Building
 145 S. Lowry St., Smyrna

Murfreesboro

Sportscom
 2310 Memorial Blvd., Murfreesboro

Rutherford County Election Commission
 Operations Center
 426 E. Vine St., Murfreesboro

Courtesy of:
www.voteNOon1TN.com

Some students support voting 'no' on marriage amendment

By Andy Harper

Campus Life Editor

Students on the Keathley University Center Knoll Tuesday were encouraging college peers to checkmark 'no' for the upcoming marriage amendment vote.

The campaign issue, called 'Vote NO on 1,' is being supported by the MT Lambda organization. Lambda will be campaigning and passing out literature about the amendment and why to vote 'no' on the KUC Knoll until Thursday.

"The responses have been mostly good," said Alexis Benesch, freshman criminal justice major and member of Lambda. "I haven't been called any bad names today, but I did hear that some other students helping with the booth heard people say things like 'I ain't voting for queers' and other phrases like that."

The campaign itself is receiving positive responses and is moving forward with the intent to win against the proposed amendment, said Marisa Richmond, statewide coordinator for 'Vote NO on 1,' at Tuesday night's Lambda meeting.

"I believe we are winning and will win," Richmond said. "For one reason or another, voters seem to be with us."

The 'vote no' campaign has canvassed precincts in Nashville and Memphis, said Richmond. Rutherford County, and especially the city of Murfreesboro, have been targeted as largely supportive precincts.

"We have heard about exit polls in Murfreesboro indicating a 65 to 35 percent in our favor," Richmond said. "We weren't expecting to be winning this much, but we are winning and winning out right."

The poll Richmond made reference to was a poll conducted by the City Café, a local restaurant that conducts polls of

patrons around elections. According to an article about the poll in the Murfreesboro Daily News Journal, the poll ended last Thursday.

One problem Lambda is facing is most students are unfamiliar with the actual issue, Benesch said.

Option number one on November's ballot is to affirm by Constitutional amendment that, "The historical institution and legal contract solemnizing the relationship of one man and one woman shall be the only legally recognized marital contract in this state."

"If passed, this will cause people who cannot be legally married, not be able to make important decisions, like medical decisions, for their spouses," Benesch said.

Additionally, the amendment includes a

See Vote, 2

MT bleeds blue, MT trees blaze red



Photo by Jay Richardson | Chief Photographer
 Fall foliage provides a seasonal backdrop for the university entrance.

House candidates debate over how to spend surplus

By Kelley Fitzpatrick

Contributing Writer

A surplus in the Tennessee HOPE lottery scholarship fund has initiated an on-going debate regarding the allocation of left-over money. There is a largely unspent \$250 million-plus excess from the collection of lottery tick-

et sales that grows with every passing year.

Steve Cohen (D-Memphis), Democratic nominee for the 9th Congressional District, has campaigned on the issue. As a long-time leader in the establishment of the lottery scholarship, Cohen has been vocal about his concern for the surplus and its potential use.

"With some \$260 million currently in reserve - significantly more than the \$50 million reserve amount required by statute - the Tennessee Education Lottery Scholarship Program could definitely benefit additional Tennessee students wanting to attend college in the Volunteer State," he states on his campaign Web site.

He has suggested using the funds to increase the amount of scholarships awarded while also increasing their value, allowing more students more resources in their pursuit for education.

"Legislation currently alive in the General Assembly would raise

See Surplus, 2

U.S. senator promotes Peace Corps, AmeriCorps

By Josh Hudson
Staff Writer

Since the terrorist attacks against the United States on Sept. 11, 2001, Peace Corps and AmeriCorps has risen to record numbers – so much so that many volunteers are turned away due to lack of positions.

U.S. Senator Evan Bayh (D-Indiana) is working to see this changed.

As an honorary chair of the AllAmerica Political Action Committee, an organization that supports electing democratic candidates nationwide, Bayh has called on President George W. Bush to act on a plan that would open 250,000 new positions to volunteers in AmeriCorps.

Half of the new positions would assist civil defense needs, while the other half would be dedicated to providing crucial help to low-income communities in areas devastated by natural disasters, as well as those who need improvement in areas such as health, education and environmental safety.

At MTSU, Peace Corps Regional Recruiter Jean Kern visits career fairs two or

three times each year to encourage students to join Peace Corps.

"I usually have about 50 people stop by the table and some of those come to the Globe Talk, in which I show a 15-minute video that is an overview of the organization's projects and answer any questions that students may have," Kern said.

Since 1961, 52 graduates from MTSU have served in Peace Corps or AmeriCorps. Tennessee has seen a gradual increase over the past few years, Kern said. Currently, there are 11 graduates serving.

Kern will be at MTSU again Nov. 6 for the Health Career Day to talk to those interested in volunteering in either program.

According to promotional information, AmeriCorps is a federally funded volunteer organization much like Peace Corps with focus on domestic communities. Nearly 400,000 Americans have volunteered for one- or two-year periods since AmeriCorps inception. Volunteers typically serve one-year periods in one of four branches of the organization.

Kern served in AmeriCorps' VISTA, Volunteers in Service to America, from 2001

to 2002 as director of education for the organization's Florida project.

"It is just something I have always wanted to do," Kern said.

Before her time in AmeriCorps, Kern spent three years in the Peace Corps from 1996 to 1999 in Cape Verde as a teacher trainer. In a three-month training period, she was taught two languages for the experience.

Peace Corps differs from AmeriCorps in the fact that they focus on serving in Third World nations like the Caribbean, Africa, Asia, the Pacific Islands and Latin America.

In the 27-month service period, Peace Corps provides their volunteers with a stipend that covers their cost of living. They also provide living space in the area as well as medical and dental coverage. Those who volunteer also receive 12 months of non-competitive eligibility for government jobs when their service is finished.

For more information, go to <http://www.americorp.gov>, <http://www.peacecorp.gov> or Senator Bayh's Support and Expand AmeriCorps Facebook Group.

The following are guidelines to join the Peace Corps or AmeriCorps:

Requirements:

Must be 17 years or older for AmeriCorp, 18 years or older for Peace Corp, background check and skill assessment. A 4-year degree and additional language skills increases one's chance of acceptance.

Process:

For Peace Corps, an application followed by an interview with local recruiter. Recruiter nominates applicant for position based on skill assessment. Medical and legal clearance is gathered before final acceptance. AmeriCorps involves an application followed by the background check.

Upon Acceptance:

Applicant receives invitation to begin training based on placement within program.

Vote: Gay marriage amendment

Continued from 1

clause that causes marriage licenses issued in "another state or foreign jurisdiction" to become unrecognized within the state of Tennessee.

"This is discrimination to people coming into Tennessee from other states in the country because we don't like them and we want them to stay out," said Joseph Austin, senior English major.

That discrimination is nonsensical, morally, ethically or politically said Bill Connelly, professor of English.

"This is an idiotic thing to have on the ballot," Connelly said. "This is a red herring issue that is deliberately intended to divert voter attention from important issues like welfare, education and homelessness."

The amendment does not address a serious issue and does not attempt to make the country a safer place, and it has nothing to do with any political issues, Connelly said.

"This issue is an attempt to drive a wedge between people," Connelly said. "This amendment shouldn't even have a vote or be taking place in a nation with any moral or ethical sense. It is the worst in human nature and the problem as an issue promotes discrimination, bottom line."

Connelly related the issue to civil and women's rights decades before. "The same issues were used in that era as coded issues to divert attention from the more important issues at hand," Connelly said. "We, as a society, are constantly bombarded with issues coded in a discriminatory way. It does not serve any purpose or usefulness."

"A person with a conscience needs to go vote no," Connelly said. "You are voting against something that promotes discrimination."

Surgical team visits MTSU



Photo by Andy Harper | Campus Life Editor

Recruiters for an Army surgical team were on campus Monday displaying a hospital tent used on battlefields to immediately treat injured soldiers and move patients back to the base hospital," said Karen Fish, Sgt. 1st Class. "These tents are as forward into combat as we can possibly get."

Surplus: Spending HOPE money

Continued from 1

the HOPE Scholarship award to \$4,000 for students attending a four-year institution and \$2,000 for students attending a two-year institution," Cohen states.

Republican nominee for the 48th Congressional District Joe Carr voiced his view on the scholarship at the MTSU forum Oct. 3.

"MTSU ranks at the bottom of per student spending, legislation needs to do more because students deserve more," he said. "The HOPE scholarship has excess funding that can be used toward school projects, the governor and the legislator need to see this."

But In 2005, Governor Phil Bredesen proposed funding pre-kindergarten education programs with the surplus. \$25 million has been spent on a nationally recognized pre-k access program that increased pre-school enrollment.

Bredesen's Republican opponent for the seat of governor this November, State Senator Jim Bryson (R-Franklin), has included the surplus in his education platform as well. His eight-point Graduate Tennessee plan would use a portion of the lottery excess to fund grants to go towards building renovation in poor school districts.

Donna Rowland (R-Murfreesboro), who is the incumbent nominee for the 34th Congressional District 34, expressed similar ideas.

"There is an excess in the HOPE lottery scholarship fund which should go towards improvement of school buildings in Tennessee," Rowland said at the MTSU forum.

Earlier this year, a lottery reserve amendment that would have placed the excess funds into a trust managed by the Tennessee Student Assistant Corporation was defeated in the state House. The trust would have been used to secure lottery funds for the future while collecting interest to supplement the HOPE Aspire Award.

The Tennessee State Constitution currently authorizes the appropriation of excess funds to supplement early education and after school programs as well as K-12 education. Bredesen has said a part of the funds should be preserved to finance the scholarships in case of a bad year in ticket sales.

The Tennessee HOPE Scholarship program began in 2003. It is available to students who are state residents with a 3.0 GPA and a score of 21 on the ACT. Students may receive \$3,800 for a four-year institution, or \$1,900 for a two-year school. \$400 million has been awarded since the inception of the scholarship.

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Next door to Tuesday Morning

Play to portray dating violence

Actors, producers, local women's groups hope play will inform local audience of realities, effects, ways to handle violent relationships

By Josh Daughtery
Staff Writer

In an attempt to raise awareness of domestic violence, MTSU students will perform the play "It's Love, Isn't It?" which portrays an abusive relationship.

Directed by former professor Ayne Cantrell, "It's Love, Isn't It?" follows the relationship of Dale, played by Daniel Bridges, and Ellen, played by Amanda Shelby. The play is being presented by the June Anderson's Women Center, Women for Women and the Murfreesboro branch of the American Association of Women.

The American Association of Women. The play normalizes the relationship goes from being normal to violent and the effects their family and friends have on the relationship between Dale and Ellen, said Bridges, junior physics major.

"It's a really dating violence story," said Amy Lynn Larwig, senior child development and family studies major and intern at the June Anderson Women's Center.

The girl in the play is blinded by what she thinks is love, when it's actually dating violence, Larwig said.

The character Dale goes from being timid to abusive over the course of the play, Bridges said.

This is due to Dale's abusive father and how he treated Dale's mother.

In a scene from the play Ellen, Dale's girlfriend, says, "Dale told me all guys slap their girlfriend. He said it's just the way things are."

"I hope it's believable," Bridges said. "I don't have much experience being abusive."

The play is being presented to bring awareness and education regarding dating violence and abuse, said Terri Johnson, director of the June Anderson Women's Center.

The cast will be available for discussion immediately following to talk about their characters and dating violence, she said.

"A lot of people don't know about domestic violence," said Gabrielle William, freshman mass communication major. "If you visually see this then you'll feel the impact domestic violence has."

The play will make people aware that dating violence is not just abuse and acts of aggression, Larwig said. Controlling a person is a form of dating violence also.

"Domestic violence still goes on," Bridges said. "This might help someone that's a victim or commits violence so that they realize they can get help he said."

The play will help educate people on how to recognize the signs of dating violence, Larwig said.

"It's better than lecturing people because they tend to tune you out," Larwig said. "This is entertaining and educational at the same time."

The show gives students the ability to be directly involved with a cause, Johnson said. "This takes extra effort on the part of the student other than passing an flyer."

"It's Love, Isn't It?" will be held in the Keathley University Center Theatre Wednesday at 4 p.m. The play will last around 30 minutes, with an audience question and answer session with the cast immediately following.



Photo by Faith Franklin | Staff Photographer

Faces in the Crowd

Alexis Benesh, sophomore criminal justice major, was at the Keathley University Center Knoll passing out literature and talking with students about voting 'no' in the November election.

- 1) What are you trying to get people to vote No for?
Amendment number one on the ballot for the upcoming election.
- 2) What is Amendment number one?
It is an amendment trying to ban gay marriage.
- 3) What type of student response have you gotten so far?

A lot of the students seem to be confused. They think that the issue on the ballot is voting for against gay marriage and they think that I am telling them to vote against gay marriage, which could not be further from the truth.

- 4) Why is this so important to you?

It is important to me because my partner and I are planning to get married and it won't be legalized in Tennessee, which means that we won't receive certain benefits. For example if one partner were to get sick the other person would not be able to make any legal decisions.

- 5) Is there another state that you could get married and have your marriage recognized?

There is only one state that recognizes gay marriages and that is, I believe, Michigan, but you have to be a resident for three or four years there.

Compiled by Faith Franklin, Staff Writer

Gore speaks at UC-Berkeley on alternative energy sources

By Keith Brown & Michael Kay
U-Wire

BERKELEY, Calif. - Former vice president and native Tennessean Al Gore spoke to an enthusiastic crowd of more than 1,000 local residents and students in Berkeley, Calif., Monday to rally support for an alternative energy proposition on next month's ballot. Gore called on Californians to vote for Proposition 87, which he said will help counter global warming and decrease the country's dependence on foreign oil.

"When the political system of Washington, D.C., doesn't step up, the people in California say, 'We're not waiting anymore,'" he said.

The event at Martin Luther King, Jr. Civic Center Park drew between 1,000 and 3,000 people, according to event organizers and Berkeley police.

"It was nice to see Al Gore enthusiastic about something," said Berkeley resident Sam Ferguson. "I wish this Gore was here seven years ago."

Proposition 87 aims to reduce state consumption of oil by pro-

viding \$4 billion for research and production of alternative energy sources, funded by a tax on oil producers in California.

The Yes on 87 campaign hosted the event, which included appearances by U.S. Rep. Barbara Lee, Berkeley Mayor Tom Bates and movie actress Maria Bello.

Many in the crowd said they came to hear the former vice president speak, but said they were only beginning to learn about the proposition and its effects.

"I think Gore's visit rallies support and raises awareness among those already passionate about the environment," said UC Berkeley senior Mali Hinesley, an English major.

Gore said passage of the initiative would position California to lead the nation toward preventing catastrophic climate change.

"We are facing a full-scale planetary emergency, which is without precedent in history," he said.

The nation's reliance on foreign oil diminishes U.S. political independence and supports instability in the Middle East,

Gore said. Gore, who has been touring internationally for his film "An Inconvenient Truth," compared government inaction on global warming to policies preceding Sept. 11, 2001 attacks and Hurricane Katrina.

"We have seen the consequences of what happened when the warning was not heeded," he said.

Earlier this month, former president Bill Clinton appeared at UCLA, also to support Proposition 87.

Gore was last scheduled to come to Berkeley in May, but he cancelled the trip due to a threatened protest by the American Federation of State, County and Municipal Employees Local 3299.

Students said they appreciated the rare chance to see Gore.

"He was amazing," said UC Berkeley sophomore Vanessa Terry, a conservation and resource studies major who skipped her environmental sciences course to attend the rally. "If not necessarily the global impact he was talking about, at least it will be a very important step for California."

McCullough: Pulitzer winner speaks on campus

Continued from 1

pointed in particular to George Washington. "Washington had no formal education past the seventh grade. What he learned, he got from reading books," McCullough said. "Washington's character was his biggest strength."

The strength of character is one of the most important aspects for leaders, McCullough said.

McCullough also told his audience that not only is success important, but failure as well, because without failure people cannot learn from their mistakes.

The Massachusetts constitution, written 10 years before the American Constitution, specified a duty to teach education to every child. It states that every child should learn the value of hard work, generosity and honesty, McCullough said.

McCullough made a distinction of how children then were raised and how children today simply grow up. He pointed to Presidents Washington, Adams, Jefferson, Roosevelt and Truman and how they were taught the value of honesty and generosity.

Many students came in anticipation of listening to McCullough.

"I thought it was interesting that the founding fathers were educated in Greek and Latin along with the Classical time period," said Troy McNeil, a sophomore philosophy major.

The lecture was funded in part by the office of the provost and the departments of history and politics. Janice Leon, the interim chair of the History department, first requested McCullough to come to MTSU and worked tirelessly to get him to the campus.

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Tuition up more than six percent nationwide

By Justin Pope

Associate Press

It's what passes for good news right now for students and parents: This year, the price of college went up only somewhat faster than the cost of everything else.

Tuition and fees at public four-year colleges this fall rose \$344, or 6.3 percent, to an average of \$5,836, according to the College Board's annual "Trends in College Pricing" report, released Tuesday. Accounting for inflation, the increase was just 2.4 percent, the lowest in six years.

But previous years are up 35 percent over the last five years - the largest such increase since the College Board began keeping data in the 1970s. And even though most students don't pay that full list price, financial aid isn't keeping up.

"When public companies face budget shortfalls, they search for ways to become more efficient, and to cut their costs," said James Boyle, president of the group College Parents of America. "For colleges and universities to continue to hold the public trust, they must also look for ways to hold down their costs, and not simply continue to raise the price they charge to students and their families."

Accounting for grant aid - from the government and other sources - the actual cost for the typical student is substantially lower than the sticker price: about \$2,700 in 2006-07. But that's 8 percent higher than last year.

At private four-year colleges, published tuition and fees rose 5.9 percent, to an average of \$22,218. Accounting for financial aid, their net price is \$13,200.

Public two-year colleges, which educate nearly half of American college students, had the best showing. There, tuition and fees rose just 4.1 percent to \$2,272. Price reductions in California, home to more than a fifth of the nation's two-year public college students, checked the average increase nationally.

Community colleges remain a tremendous bargain relative to other schools. Accounting for financial aid, the College Board estimates their average net cost actually declined this year, and is less than \$100.

At the four-year state school level, the price increases baffle many students and parents because state finances are fairly healthy. Spending by states on higher education has increased nearly 10 percent over the last two years, or by about \$6 billion. But on a per-student basis, merely slowed tuition increases, not stopped them.

Spending from all sources on student aid rose 3.7 percent last year to \$134.8 billion. Over the last decade it has nearly doubled, even accounting for inflation. But on a per-student basis, grant aid is only inching upward. Students are borrowing the rest, often from private lenders.

The trend hardly existed 20 years ago, but now "about 20 percent of the loans students are getting, they're getting from banks," said College Board senior policy analyst Sandy Baum. Average debt levels are still manageable, she said, but some students are in over their heads.

In 2005-06, more students received Pell Grants - the government's main aid program for low-income students - than the year before, but total funding and the average award per stu-

dent declined. Pell Grants now cover just 33 percent of four-year public college tuition.

The tuition and fee figures also don't include living costs. Factors in room and board, the average price of four-year public colleges is \$12,796. At private colleges, the price is \$30,367.

The report does not include for-profit colleges.

Colleges defend the increases by pointing to growing enrollment demands, and saying teaching and research aren't like other businesses, where the main costs can often be reduced through greater efficiency without harming quality.

"I could cut costs immediately by just having everybody in a larger class. I could also cut costs by not recruiting the best faculty," said James Moeser, chancellor of North Carolina-Chapel Hill, which has recently significantly expanded access for low-income students.

But, he added: "Low tuition with low quality is no bargain." In such a world, low-income students would scrape by to subsidize "the children of bank presidents." The better answer, he said, is prices that reflect true costs and financial aid for those who need it.

But a national commission on higher education, while calling for more government funding, also said colleges deserve some blame for rising prices.

Its report, finalized last month, noted colleges have few incentives to lower spending because doing so lowers their prestige. It also says they are using much of their revenue on dubious student services like "state-of-the-art fitness centers and dormitories."

Employers screen for GPA

By Garesia Randle
U-Wire

Students work their entire collegiate career to achieve a degree, but along the way they receive a number that could ultimately determine whether they get a job.

But many people question whether their grade point average is actually part of the equation that major corporations use to recruit recent college graduates.

Students are constantly in a time crunch to ace midterms and produce stellar class projects with little time to tap into the other factors that employers consider important — internships, job-related experience and extracurricular activities.

Studies show that many companies look for employees who take pride in their school work.

According to Career Builders.com and the National Association of Colleges and Employers' "Job Outlook 2005 Survey," 70 percent of major companies hiring and recruiting managers screen applicants focusing primarily on GPAs.

Sara Crow, communications manager for Louisiana State University Career Services, said she has seen several instances where GPAs were a major deciding factor of whether a company chose to hire a recent college graduate.

"Some companies do look at GPA. If you don't have a certain GPA, they won't even consider looking at your application," Crow said.

Crow said large applicant pools can be attributed to some companies' emphasis on GPA.

"Shell is one of our biggest college student recruiters that look at GPA first," Crow said. "Shell gets a whole lot of applications, and so they skim for the best GPAs and students to lower the applicant pool."

Crow said Career Services emphasizes other areas.

"Really our emphasis is making students well-rounded. Having a strong GPA is important in some fields but not in all of them," Crow said. "For the most part companies are more interested in students with experience, so that is why we try to help students with work-related experience such as internships. Having a strong GPA is a supplement to that."

Some of the University's top employee recruiters like Target and Schlumberger said they look for students who are competitive not only with their GPAs but also with their involvement in other activities.

Fernanda Carsalade, South Texas and Louisiana group campus recruiter for Target, said Target's focus is not usually on a potential employee's GPA. Target recruits college graduates for management and executive team leader positions every year, Carsalade said.

"I would not say GPA is a make-you-or-break-you factor for potential employees. We look at the overall candidate," Carsalade said. "We look at each student and know that each student has different circumstances."

Carsalade said Target focuses on aspects that reflect students' performance outside the classroom.

"If a student works a full-time job or is involved in several activities, then obviously that student's GPA is going to be a little lower than usual," Carsalade said. "The number one thing that we look at is leadership. We look at what kind of activities a student was involved in and what type of leadership that person took on in those organizations. The skills they learn in organizations and community involvement is important for taking on leadership positions in the company."

Carsalade said that while GPA is not as high on Target's recruiting priority list, the company does try hard to match the GPA universities consider acceptable to pursue future educational endeavors.

"When we deal with Career Services, we try to hire students who match the required school GPA," Carsalade said. "If a school requires a 2.0 GPA, we try to match that. We want to support the school's standards and continue to get the educational message across to students."

Though Crow said some students may be able to get hired without an impressive GPA, students who are pursuing careers that require entering graduate programs should focus on their grades.

"I feel like every field requires different things, but students who want to go to law school or get into the top accredited medical schools need to have a good GPA," Crow said. "There is a big difference between the students who are going into graduate programs versus students who are entering the work world as soon as they graduate from college."

According to the U.S. News and World Report 2007 Best Graduate School Index, the top two medical schools, Harvard and Johns Hopkins medical schools accepted undergraduate students with an average GPA of 3.8 in 2005. Yale University's law school had an average 3.8 GPA and Stanford University's business school had an average of 3.6.

But while GPA is an important requirement to be admitted to graduate school, studies also show that graduate schools frown upon students who have 4.0 GPAs but were not involved in activities outside the classroom.

Sola Loy, biochemistry fresh-

man, said she knows GPA is one of the primary factors that will determine where she is admitted to graduate school, but she will not give up if her GPA stands in her way of getting the job she wants.

"If a student does not get a job because of their GPA, they should not give up on what they are looking for," Loy said.

Loy said she thinks employers and graduate schools should make decisions based on GPAs and extracurricular activities.

"If a student is involved in various organizations to impress the medical schools, that could affect their grades," Loy said. "I think it is a give-and-take situation. It is all how you balance things."

And while some students' career fields may not require them to have a strict focus on their school work, they should not completely rule out the effect their GPA can have on an employer's decision, Crow said.

"Career fields like engineering sometimes don't focus so much on GPAs, so those students tend to get lucky if they have other strong credentials," Crow said. "But some students are not so lucky. Your GPA can give you a competitive edge. It demonstrates your commitment to your coursework. Anything that students can do to put themselves above the competition will make getting a job a smoother process."

Crow said students who have low GPAs should not be discouraged but should emphasize their strengths on their resumes.

"Most of the time employers want to see your GPA on your resume. If your overall GPA is not good, we tell students to also include their GPA for their major," Crow said. "Students tend to be stronger in the coursework that focuses on their career."

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VISIT nashvillepredators.com

*Discount only good at the arena box office on game day only.

CRIME BRIEFS

Tuesday, Oct. 17 - 10:15 a.m.

East Main Street
Driving On Suspended License
Rachel Davis, 30, of Murfreesboro, Tenn., was issued a state citation or driving on a suspended license and for registration violation.

Tuesday, Oct. 17 - 9:01 a.m.

Friendship Street
Reckless Driving
Police received a report of two vehicles driving recklessly through the area.

Wednesday, Oct. 18 - 8:44 a.m.

Art Barn Annex
Vandalism Over \$500
Subject called and advised that there are several vehicles parked in the old art barn gravel lot that has been vandalized with windows broken out.

Wednesday, Oct. 18 - 9:51 a.m.

Keathley University Center Grill
Theft Under \$500
Subject came to the station to fill out in reference to his books being stolen on or about Oct. 4.

Wednesday, Oct. 18 - 10:48 a.m.

Ellington Human Science
Indecent Exposure
Subject called and advised that a

white male, 19 to 20, with brown, shaggy hair and wearing blue jeans and a blue jacket approached her. Subject did not want to make a complaint just wanted police to know.

Wednesday, Oct. 18 - 1:00 p.m.

Business Aerospace Building
Theft Under \$500
Subject came to the station to fill out report in reference to a stolen wallet.

Wednesday, Oct. 18 - 3:55 p.m.

Keathley University Center
Theft Under \$500
Victim called and advised his bike had been stolen on the south side of KUC. Victim stated that he had secured the bike to a fence and not a bike rack. Later, victim found bike at the library and came to the station to report this and have his bike registered.

Wednesday, Oct. 18 - 4:27 p.m.

James E. Walker Library
Reckless Endangerment
A mother left her 6-year-old son and 10-year-old daughter for approximately one hour to attend class.

Friday, Oct. 20 - 9:39 a.m.

Greenland Drive Lot C

Criminal Trespass

Jesse Myrick, 22, of Murfreesboro, Tenn., was arrested for criminal trespassing after it was discovered he had three arrest warrants and one trespass warning.

Friday, Oct. 20 - 4:07 p.m.

Keathley University Center
Theft Under \$500
Student employee of the grill reported that his iPod was stolen last night from the employee restroom.

Sunday, Oct. 22 - 4:24 p.m.

Judd and Sims Hall
Leaving Scene of Accident
Officer went out and took a report of a hit and run.

Monday, Oct. 23 - 8:30 p.m.

James E. Walker Library
Disorderly Conduct
Subject causing a disturbance on fourth floor and refused to show student identification to staff and officer. Suspect was charged with disorderly conduct.

Monday, Oct. 23 - 11:15 p.m.

Rutledge Hall
Fire Alarm
There was a possible fire in new stand.

Classifieds

Marketplace of MTSU

FOR RENT

38D/28A House. 1/4 mile from campus and across from Greek Row. CHA, hardwood floors, dishwasher, refrigerator, stove furnished. Utility room with W/D hook-ups, deck, large yard. NO pets. Avail. June 1. \$375.00 deposit, \$800.00 per month. 615-895-0075 or 615-347-1676.

Rooms for rent. In a Christian house with two females, prefer two females of like faith 450.00 a month due 1st of month. water electric and cable included. 615-895-2657 or 615-556-5809

Houses for rent. Close to MTSU. Please call Middle Tennessee Realty and Property

Management Group, Inc. 615-893-2380. Mention this ad and get application fee waived.

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building 25x34 paid \$8770 will sacrifice for quick sale \$6440- brand new, still on pallet. Call 1-800-352-0469

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POLICIES
Sidelines will be responsible only for the first incorrect insertion of any classified advertisement. No refunds will be made for partial cancellations. Sidelines reserves the

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OPINIONS

From the Editorial Board

HOPE surplus should be split into three equal parts, then dispersed

The Tennessee HOPE lottery scholarship fund has a little bank left over after collecting money spent by the lottery-winning hopefuls of Tennessee. The excess of \$250 million is lying around, with politicians unsure how in the world to allocate the funds.

The logical solution to this problem is to follow the simple rule of thirds: save a third, spend a third and invest a third.

"Seven years of great abundance are coming throughout the land of Egypt, / but seven years of famine will follow them. Then all the abundance in Egypt will be forgotten, and the famine will ravage the land," Genesis 41:29-30. Basic Bible lesson: While success is always a pleasant surprise, do not forget that dry periods may easily follow. Therefore, Tennessee would do well to save a little abundance funding for a famine-stricken 'rainy day.'

Although saving is highly recommended, after the proper amount is safely stored in the dragon's cave, taking a little and spending it never hurts. Money should be spent to spruce up downtrodden college buildings, construct necessary elementary schools to fit growing populations, provide better campus security for secondary education establishments and improve the overall education system. Education is not only a political hot button, but also a serious and important issue when considering the future of our society. It would be nice for that future to be well cared for.

Finally, a third of the profits should be invested. Not into the stock market, but rather into a wider variety of scholarships. For example, nontraditional students are not offered the HOPE scholarship available to freshly-graduated high school students. In fact, nontraditional students have very few scholarship opportunities. Providing more scholarship opportunities will not only improve the quantity of students attending Tennessee colleges, but the quantity of economically-challenged demographics who might, otherwise, be unable to obtain a degree of higher education.

Rule of thirds: saving benefits, students benefits, scholarship benefits. Everyone wins.

Caring for youth helps create a better future

I can honestly say I was sheltered throughout a lot of my life. My parents made it a point to move their family out of the streets of New Orleans and into an environment free of drug use, prostitution and all of the things that haunted that infamous city.

Sometimes, I think this may have been the worse thing to do because living in Pleasantville, U.S.A. is just not practical to the dilemmas of the real world.

College life has definitely removed those clear glasses and made my perception of the world a lot foggier. I know that this may come across as unappreciative and bratty, but that is not the message that I am intending to send. I simply want to stress that the increase of the poverty level, black on black crime and just social disorder is plaguing the United States.

I know this sounds like a typical public service announcement condemning the United States for all of its imperfections, but it is the sad and honest truth.

However, truth is varied among the individual and their experiences. I am almost positive that a white business man in North Dakota's concept of truth is much different than a poor Hispanic in Texas' truth.

We all have our own set of life experiences that define our morals and ethics. However, there is a universal agreement that things could be done to make society better. I am not going to pretend like I am proactively making a huge impact on the world, but I will say working children has been my obstacle.

Although I am young, I made up in my mind around the ripe old age of 10 that I would never have children, even though I was a child myself. How ironic. The thought of diaper changing and baby vomit was very unappealing to me.

Well, the only way that I could undo this stigma was to work with children myself. The job that I have is very rewarding, but, at the same time, it raises a lot of concerns.



My 'Keep It Real' Policy
Shannon Mitchell
Staff Columnist

According to The Guttmacher Institute, the U.S. teen pregnancy rate for teens 15-19 decreased 36 percent between 1990 and 2002.

However, there are still many teens living with no regard to the future and it is really going to affect the world as we know it.

This state is very obvious when working with children. It almost seems that teen pregnancy and single parent homes go hand in hand. Many of the children that I encounter daily do not live in a stable environment. Many people shrug their shoulders as if this is not something of great concern.

The thing most people forget is that these are the future leaders. It has been proven time after time that an unstable home life can cause problems for the child's future.

This is not always the case, but any conflict in a child's life will affect them. I was just watching a documentary on serial killers and all of the ones mentioned suffered some sort of abuse in their homes as children.

The reason why I am elaborating on the need to be involved with children is because these are the people we will look to break the cycle of destruction in the world. Earlier, I stated that there are several problems that need to be tackled and that include the love and attention given to our future.

There is no way that we can look for things to get better if we do not tackle the problem now. I know it sounds cliché, but be aware that children notice everything and, if at all possible, be a positive influence.

Shannon Mitchell is a junior public relations major and can be reached at srm3i@mtsu.edu.



"And Friends"

Frank Hasenmueller

Americans: Snap out of gullible state

The following scene is all too true. It recently broadcast on a major partisan news channel, and sadly, it replays in ever-changing variations all the time:

A brunette anchorwoman confidently gathers her notes, having just finished a segment on the Mark Foley scandal. She pauses briefly, long enough for us to shake our heads in unanimous disgust, then continues.

"President George W. Bush sent a strong ultimatum to North Korea today, urging them to discontinue their nuclear weapons program," she announces with a spotless diction. "This comes on the heels of recent rumors that North Korea has begun underground nuclear testing."

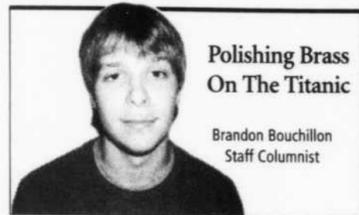
"Critics have called the president's actions hasty, mainly citing a lack of evidence that a major weapon's test even took place. But professional witnesses assure me: They have found radioactive material around the area where they think the tests to have been conducted," she says, then pauses.

Here we see an age-old rule of media: In order to pass off really bloated fabrications, allow time for them to slide down the gullet.

Then, the anchorwoman raises the bar.

"We're going to a quick commercial break, but when we return: Survivors of the Hiroshima nuclear bombing tell us exactly what it's like to live through such an attack." The whole time, and as if by accident, the caption over the broadcaster's left shoulder still reads "North Korea." A mushroom cloud graphic rises from behind the text.

And, of course, she brings out the Hiroshima survivors. She parades them around, patronizes them. She treats them like bombed-out memorabilia. She sells them as



Polishing Brass On The Titanic

Brandon Bouchillon
Staff Columnist

crater people.

The whole scene seems to suggest, "This could happen to YOU." So, being you, you take a nervous gulp and absentmindedly tug at the front of your collar.

There are no accidents in modern broadcasting. All this subtlety has been planned to a tee; blueprinted for maximum fear, for the most manipulating kind of chaos. Don't leave your seat and you'll stay informed. Stay informed and you'll stay alive.

May I present Exhibit A in the case against American media's manipulation?

I beat this drum often, and it never resounds as loudly as I'd once hoped, but today's "news" has been contrived into nothing more than a safety valve for our social structure. The top 1 percent owns and controls our media agencies. These agencies send the other 99 percent transmissions of uncertainty and panic, keeping them passive, caged-in – the United States hypnotized through the notion that we need them and their money and their politics for protection.

We don't. Our lowly submission reaffirms their status. Without us, their almighty dollar becomes worthless. Funny green slips of paper with rotting white men printed on the fronts.

Most of us are too dim to grasp this catch, so we stay frightened, but on edge. Our spending keeps their economic system spinning round.

If you buy into this fear-as-propaganda, if you cower at the vague suggestions of some talking head on your television, then go lay face down on the side of the road. Wait long enough for a jet-black limo to pull up. Allow time for the chauffeur to shimmy round back and open the door. Permit some pin-striped CEO with padded pockets and Italian shoes to step out and walk all over you.

Reassure him, "Go right ahead, mister, you deserve it. By the way, can you spare a buck?"

It's hard to say exactly when things got this bad. Daydream for long enough and reality changes without your even realizing.

And what about foreign citizens who stumble upon such dreadful newscasts? Where do they draw their American stereotypes?

I wonder.

These broadcasts provide all the ingredients for creating a prejudice. People notice the fear with which we placate each other. They see American news offer its grim "scenarios" – bleak forecasts that ensure we comply with the whims of Washington politicians. And such deceit, for foreign citizens, surely colors their empty canvas of an "American."

Yuppies wonder how our international image got so bad. Turn on the news, Fox or CNN, take your pick. Now, sit and ponder how such deception came to represent an entire people in the first place. Recognize whose vested interest keeps it that way.

Brandon Bouchillon is a junior mass communication major and can be reached at bcb2t@mtsu.edu.

Letters to the Editor

Consider Iraqi war when at ballot box

To the Editor:

I am the mother of two sons who have both served in Iraq. My 20-year-old is enduring a deployment extension, forced to stay longer than the one year he has already endured. He has seen two buddies killed, one lose a leg and countless other tragedies there.

My other son is out, having fought in Iraq twice. He is expecting a recall to join the active duty forces and fight a third time in that arena, but it won't come until after the election. He was honorably discharged and started his life as a civilian, entered college, etc.

This is the back-door draft. College students need to realize if any grave threat propels the United States into another engagement, there will be no choice but to reinstate the draft. And there will likely be no deferrals like during Vietnam for college, etc.

Sadly, my sons joined and were proud to be part of the military. Being forced to remain in longer has taken away that feeling of voluntary service.

College students don't usually vote, especially in midterm elections, but you owe it to yourselves, your loved ones and your future to vote this time around. Your life may well depend on it.

Maura Satchell,
Class of 2004

Lack of voters due to choices, not apathy

To the Editor:

I would like to respond to some of the subject matter covered in your Monday, Oct. 23 newspaper. Your editorial regarding "The Daily Show" ["We tried to write a headline, then we realized 'Who Cares?'" stated two interesting facts: Those that watch the show seem to know more about politics and those that watch the show seem to have a negative outlook on politics in general.

Perhaps what can more clearly explain this phenomena is that these people have a negative view of politics because they know about politics. I watch "The Daily Show" and "The Colbert Report,"

and yes, I have a very 'negative' view about politics and I would gladly talk to anyone about it.

Your editorial board mentioned the fact that young people do not vote due to apathy; however, I feel that is a gross oversimplification.

I have never voted in my entire life; I am 26 years old. The reasons that I do not have changed throughout my life.

First and foremost, I am not too terribly impressed with this bipartisan 'liberal democracy.' What is this decision between only two parties? And what is not surprising is that both our Republican and Democratic masters graduate from the same prestigious universities. One could easily argue that this 'liberal democracy' is not even a democracy at all, especially when compared to Athens; it is, in fact, a secret oligarchy.

Does my vote matter? Is the choice between a [expletive] sandwich and a turd really a rational choice at all? Secondly, can democracy even be liberal? Is it even a liberal action to tell people how to live? Seems somewhat antithetical to me. However, this is precisely what you get with majority rule. This was the same concern of Thomas Jefferson: "A democracy is nothing more than mob rule, where 51 percent of the people may take away the rights of the other 49."

In fact, it has been a concern of many classical liberals. History does not show any evidence of a truly liberal society ever manifesting, and it is questionable that such a place will ever exist.

I could go on and on – and would love to. I do truly enjoy talking about such matters, but I have a point here.

The reason I do not vote is far too complicated to be simply blamed on apathy, and I am sure there are others who feel very similar to the way I do.

I have no faith in the government as it exists – and I am talking about something here that transcends partisanship – and believe very passionately and, with some logical justification, that voting will not change anything in a meaningful, constructive way.

By the way, I think *Sidelines* could learn a thing or two from Stephen Colbert and John Stewart – and is apathy really a flaw in age of consumer-driven culture?

Nick Zamudio
Junior, undeclared

MIDDLE TENNESSEE STATE UNIVERSITY SIDELINES

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FEATURES

Wednesday: *Health & Life*

Drinking from the fountain of life



Photo Illustration by Chris Carver | Staff Photographer

Students sometimes rely on liquid stimulants just to function

By Andrew Johnson

Staff Writer

It's 11 p.m. and you have a 10-page research paper on quantum physics due at 8 a.m. the next morning. To make matters worse, you are dead tired and delirious from working all day, and you didn't get much sleep the night before.

Your teacher won't accept late papers, so you're going to have stay up all night and finish it. You contemplate buying a paper online or plagiarizing someone else's paper, but you decide that your morals won't allow you to cheat, so you decide to go ahead and write it yourself. But you haven't even started thinking about what you are going to write.

How are you going to complete this daunting task? Well, that seems to be the wrong question. A more appropriate one would be, "What substances am I going to put in my body in order to stay up all night?"

There are certainly many answers to this question. One option would be to drink excessive amounts of coffee, which contains caffeine, a stimulant. Caffeine is also present in chocolate, sodas and even cigarettes. The average cup of coffee contains about 85 milligrams of caffeine, according to the Web site for the Coffee Science Information Centre.

"I drink coffee daily," said David Payne, a senior recording industry major, who takes his coffee black. "I usually have one and a half cups in the morning and then two more at other times during the day. Sometimes I will prepare the coffee machine the night before if I have to be up early the next morning."

While some students choose to make coffee at home, other students have taken advantage of the new Starbucks coffee shop in the James E. Walker Library.

"I'll have a cup of coffee once every couple months at the library, but I usually make it in myself," said Asa Hammes, a senior recording industry major, who takes his coffee with one cream and one sugar packet and doesn't prefer any particular brand, as long as it's mediocre. "I usually drink it at work to stay awake, but sometimes when I have to write an eight-page paper, I'll drink two cups beforehand."

The Student Government Association had agreed that they wanted a coffee shop in the library and proposed the idea to Don Craig, the dean of the library.

"It was the result of an SGA resolution that called for coffee in the library," Craig said. "The issue was discussed with Aramark, MTSU's contracted food service spender. The idea of the coffee shop, or a food and beverage service, is included in the contract with Aramark."

If you don't like coffee, you could resort to energy drinks, which seem to be the new fad these days. Red Bull is still the most popular energy drink as it accounts for 70 percent of the sales of energy drinks, according to an article entitled "Energy Drinks: Lethal or Not?" on the online news Web site, Black College View.

"In 2005, 2.5 billion cans of Red Bull Energy Drink were sold worldwide," said Patrice Radden, an employee of Red Bull Communications.

Red Bull is known for its slogan, "Red Bull gives you wings!" It contains 80 milligrams of caffeine, which is less than a 20-ounce Coke bottle. One of the key ingredients in Red Bull is taurine. The combination of caffeine and taurine in Red Bull is supposed to improve one's concentration and reaction speed.

"Red Bull is for anyone who needs energy — truck drivers, businessmen and women, athletes and col-

lege students," said Radden.

During past semesters, it was common to see student workers driving around in Red Bull trucks and handing out Red Bull to other students on campus. Lauren Ruth, a junior electronic media management major, is a former employee of the Mobile Energy Team at MTSU. MET was responsible for handing out Red Bull to students on campus as a marketing scheme.

"Over 50 percent of the people who try Red Bull for the first time receive it from the Mobile Energy Team," Ruth said. "Our marketing technique is based on interactions with people. It's our job to explain the benefits to the consumer. We also hand out pamphlets with nutritional information."

But MTSU's contract with Coca-Cola has stopped that process, and the Mobile Energy Team

is no longer allowed to hand out Red Bull on campus. The only place where Red Bull can be purchased on campus is at Dwight's Convenience Store, located on the second floor of the Keathley University Center, right next to the theatre.

Coca-Cola created their own energy drink in 2004 called Full Throttle, which has a citrus flavor, comes in a 16-ounce can and contains 72 milligrams of caffeine. Full Throttle is available at the KUC Grille.

Other energy drinks include Rockstar, Monster Khaos, Joker Mad Energy, Purdey's Activation, Pimp Juice, Go Girl!, Who's Your Daddy? and Fuze. Fuze is also available at the KUC.

Hey! Why are you still reading this article? You've got a paper to write. It's time to go buy a Red Bull and get started.

The Facts on Adderall

Sometimes college students use adderall, a pharmaceutical stimulant amphetamine, to stay awake during late hours. Adderall was designed in the 1970s to help alleviate the effects of attention deficit disorder (ADD), narcolepsy and even depression in extreme circumstances. It is comprised of four salts that, when mixed together, make the effects of adderall smoother and easier on the user. It also contains a concentrated dose of amphetamine.

An amphetamine (also known as speed) is a synthetic stimulant used to suppress appetite and control weight. After taking adderall, the user is expected to demonstrate a higher intensity of concentration and a desire to complete focus-related tasks.

Jack Kerouac, the famous Beat generation writer, wrote "On The Road" in a span of three weeks while taking daily doses of amphetamines. Musicians such as Johnny Cash and Brian Wilson were also heavy amphetamine users. Wilson wrote the album "Smile" while taking large amounts of amphetamines.

— ANDREW JOHNSON

Sleep deprivation has dire consequences

By Will Cade

Staff Writer

It's early in the morning and your vision is starting to blur. The cans littering your floor board signify the close of yet another late night of the college lifestyle. For some strange reason, the street that you drive down every day is sliding out from beneath your car. You can't tell if your eyes are crossing or if that car is creeping into your lane — not until its horn jilts you back between the lines.

Startled, you pull over and grab for an unopened can in the seat next to you, only to find that you drank your last Red Bull during the final hour of your study group. No, you weren't out drinking all night, but, believe it or not, you're not even as alert as a drunk driver.

You're sleep deprived, not drunk. Yet, according to studies by the U.S. Department of Health and Human Services, "when people who lack sleep are tested by using a driving simulator, they perform as badly or worse than those who are drunk."

College students are notoriously sleep deprived — and with good reason. Between work and academics (not even considering social responsibilities and extra curricular activities), students are pulling off a feat of mental dexterity just to make it through the semester.

Sleep, however, is usually one of the first things that students sacrifice; few get the seven to eight hours of sleep suggested for a full night's rest.

"In order to get eight hours of sleep, I would have to be sick, drugged and have nothing else to do," declares senior English major Jennifer Moorman. "I'm a full-time student, and though I only work part-time, I generally have to work 25-30 hours a week, which does include weekends."

Yet with schedules like these, how exactly does sleep deprivation impede effective living, and what can you do here and there to catch up on sleep?

Academics are an integral part of any college experience, whether you're trying to get into grad school or to keep your parents paying for tuition. Yet sleep deprivation interrupts crucial steps of the learning process which occur while you sleep.

"During sleep, the brain is given a rest from processing all the information that occurs during the waking hours, and it's particularly active in reviewing things we have learned during the day before they are stored into memory," explains health professor Dr. Johns-Womack. "If a person has not gotten enough sleep, then this cannot occur properly, which negatively affects long-term memory and retention."

Sleep deprivation can disrupt your studying, too. Everyone has had those days when your eyes gloss over the words, yet don't draw any meaning from the page. It's as if you're enjoying the penmanship of an Egyptian hieroglyph. You're intelligent enough to learn the material — of this you're sure — but your mind just isn't firing on all cylinders. So you grind it out over the course of an hour and pummel the information into your brain, knowing full well that, had you been up to par

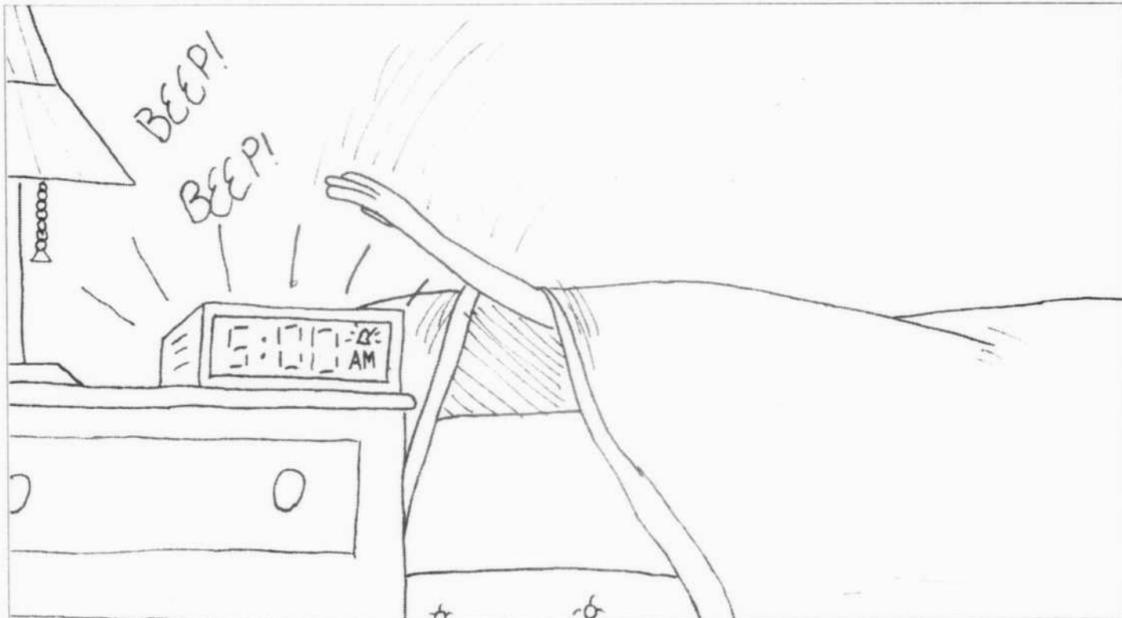


Illustration by Blake Arnold | Art Director

With the combination of classes, a part-time job and social interaction, many sleep-deprived MTSU students find the proverb "Early to bed, early to rise" wholly impractical.

with your normal functioning, learning this material would have taken twenty minutes, max.

Now, this mental foginess could be the result of studying for two-and-a-half hours straight, but a lot of the time it's probably from lack of sleep. If sleep deprivation continues unchecked, this grogginess can affect even more areas of your life.

"I was walking to campus the other day, only I didn't realize how I got from my apartment to Peck Hall," recalls junior anthropology and art history major Andrea Patton. "I didn't realize I had gotten up, gotten dressed, and made my way to class."

Andrea has just started at a second job, with one in the afternoon and another at night, depending on the day.

"Some nights I get off work at 4:30 in the morning, but I don't go to sleep right away," she explains. "I take a shower, get in bed around 6:30, and then get up for a 9:10 or 11:20 class. I'll be drowsy during classes, but I can still pay attention."

Even though she only works late a few nights a week, Andrea's body has become accustomed to the late-night schedule.

"After I finished studying the other night, I was in bed for four hours just looking at the ceiling," she says.

Realistically, once your body is on a set sleep schedule, you can only

adjust it by one to two hours a night, according to studies by the Department of Health and Human Services. Another frustrating aspect of being a night owl is that your body naturally gets tired between midnight and 7:00 a.m., so working the late shift will inevitably put a strain on both your body and your mind.

If you can't get the sleep you need at night, though, naps during the day can help. Your body naturally gets tired again between 1:00-4:00 p.m. A nap during this time can improve brain functioning — but make sure your nap is less than an hour; otherwise, you may be groggy upon awakening and have a hard time getting to sleep that night.

Even though taking 45 minutes to an hour out of your day for a nap might seem like a waste of time, it can actually free up more time in the long run. Say you get through an assignment in thirty minutes instead of an hour thanks to that power nap you took this afternoon. Twenty minutes here, thirty minutes there — it all adds up. Effective living has a way of building upon itself, and eventually it ends up affording you more useful time throughout your day.

That way, once 2:00 a.m. rolls around, you can be in bed asleep, your mind focused on the notes for your test tomorrow instead of whether or not those white dots in front of you are headlights or hallucinations.

SPORTS

MT soccer now tied for second

By Clarence Plank
Sports Editor

The Middle Tennessee soccer team defeated North Texas 3-2 in Denton, Texas, on Sunday after falling into second place in the conference with a loss at Denver.

With the win Sunday, MT snapped UNT's 23-game home unbeaten streak.

MT is currently tied with UNT for second place in the Sun Belt Conference and they now hold the tiebreaker over the Mean Green. Both teams are one game behind Denver in the conference and could possibly finish in a three-way tie for first if North Texas beats Denver and MT wins over Western Kentucky.

Kala Morgan scored a goal and an assist in the game. Morgan became MT's single season points and goals leader after scoring a goal in the 64th minute of the game. Holly Grogan assisted Morgan, and freshman Jen Threlkeld earned her eighth goal against UNT.

"It was a very good win, a quality win, against a tough team on the road," Blue Raider head coach Aston Rhoden told MT Media Relations. "I can't tell you how excited I am for our players and how proud I am of them for the way they responded from a tough loss and for the manner in which they approached today's challenge. We've always stressed 'team' at Middle Tennessee, and this is a great example as to why. Today our team found a way to stay in the championship race by doing something 23 other teams in a row have not been able to do, and that's win at North Texas."

MT's defense held UNT from scoring any more goals until the 55th minute of the game. Erynn Murray kept the offense in the game with a career-high nine saves. The Blue Raiders scored off the foot of Threlkeld in the 33rd minute with an assist by Morgan. UNT scored later to tie the game up 1-1 off UNT's Kelly Lunsford penalty kick.

Morgan scored her 20th goal of the season as she passed Debs Brereton for goals with 20 and points (48) with the score. Grogan got her 11th game-winner score of her career when she

scored in the 64th minute of the game. She moved into second place on the career points list with 81 and is now six away from tying Laura Miguez-Howarth.

The Blue Raiders became the highest-scoring team with 72 goals in school history this season, surpassing their old total of 69 in 2004. With one more game to go, before the end of the season MT still has a chance to add to that total. Katie Daley and Katy Rayburn did not start due to infractions they received in the Denver game.

Friday MT lost to Denver 4-1, ending the Blue Raiders eight-game winning streak. The Pioneers scored four unanswered goals as Denver's defense held MT to only one goal.

"It was a tough game, as was expected, and the bottom line is we did not play as well as we should have," Rhoden told MT Media Relations. "We did not play as well as we are capable and when you play a team such as Denver, especially at Denver, you have to play better than we did today."

Morgan scored MT's only goal with an assist by Grogan in the 46th minute of the game. Denver scored four goals in 36 minutes to go ahead of MT 4-1, but was unable to come back after Daley received a red card in the 52nd minute when the score was still 1-0. It was the second red card handed to a Blue Raider, as Rayburn was also ejected. Sophomore Ninita Burgess and Denver's Lizzy Carlson received yellow cards.

It was the first time in Rhoden's coaching career that a player received a red card, let alone two in the same game.

"It was interesting, to say the least," Rhoden told MT Media Relations. "I don't think the officiating was slanted toward one team or the other. I just think it wasn't very good all-around. I just hate it for the two players involved because I don't think either red card was warranted. Then again, I'm the coach, not the official."

The Blue Raiders return home for their final game of the season against Western Kentucky on Friday at 7:30 p.m. at Blue Raider Field. The Blue Raiders will be honoring their seniors on Senior Night.

Born, Siljestrom advance to ITA championships

By Clarence Plank
Sports Editor

Marco Born and Andreas Siljestrom qualified for the ITA National Intercollegiate Indoor Championships after Southeast Championships in Lexington, Ky. on Monday.

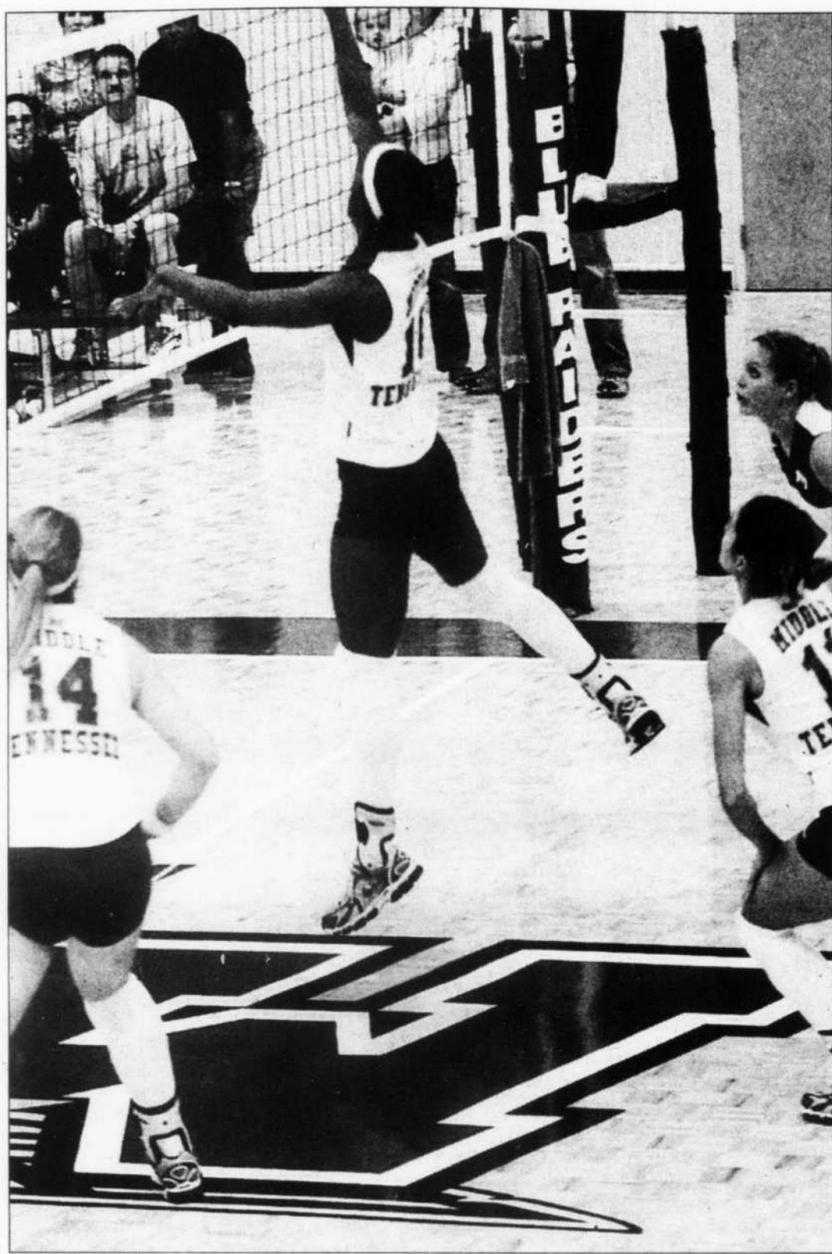
The No. 3 doubles team in the country beat University of Tennessee's Bobby Cameron and Kaden Hensal 8-4 and followed that up with an 8-6 win over Alabama's Dan Buikema and Mathieu Thibaudeau. Born and Siljestrom won six straight matches and the regional title to claim the national indoor tournament berth.

"I am extremely proud of the way the guys played [Monday] and throughout the tournament," Middle Tennessee head coach Dale Short told MT Media Relations. "It might be the best they've ever played. I didn't think they could [win the tournament] because of the pressure. It was the only way they could qualify for the national indoors."

"They really rose to the occasion and played awesome doubles, moving and attacking. Plus, with Andreas and his ankle injury from earlier in the tournament, that made it that much more difficult."

This is the duo's second appearance in the ITA National

See Tennis, 8



File Photo
Junior Victoria Monasterolo (14) and freshman Leslie Clark (14) get set as junior Quanshell Scott returns a volley against South Alabama earlier this season. Monasterolo had 11 kills and 11 digs for a double-double as MTSU defeated USA 3-0 on Sept. 22.

MT volleyball sweeps SBC foes

By Rickey Brooksher
Staff Writer

The Middle Tennessee volleyball team (19-6) won three in a row over the weekend against Sun Belt Conference opponents.

The Blue Raiders' first victory came against Louisiana-Monroe Oct. 20 at home in a 3-0 (30-21, 30-26, 30-15) match. MT started the first game out sloppy, but quickly regained momentum midway through and took over the game. ULM was in control for much of the second game until they let MT come back. When the score was 24-26, the Blue Raiders scored six unanswered points and won the game on a Warhawk error.

In the final game of the match, MT never trailed and went on to win by 15. Ashley Adams led both teams with 14 kills and only committed one error on 21 attacks. Junior Victoria Monasterolo had five service aces in the match and she also added six kills. The Blue Raiders hit .322 in the match overall while holding the Warhawks to .168.

Saturday MT won 3-0 against Louisiana-Lafayette, another Sun Belt opponent. This time ULL came in with high hopes of defeating the strong MT squad.

MT promptly shattered any hope of an upset, winning 30-19, 30-15, 30-20.

MT never trailed the entire match and dominated in every category. The Blue Raiders hit an outstanding .393, while the Ragin' Cajuns hit a dismal .010. Senior Megan Sumrell made the Blue Raider's record books by becoming the first player with 4,000 assists in her career. Quanshell Scott led the squad with 10 kills and hit .533. Adams had another good game with nine kills and also had a service ace.

Finally, on Sunday night the Blue Raiders closed out the weekend and their home schedule with another Sun Belt Conference victory against New Orleans. On Senior Day the squad finished with another sweep, 30-24, 30-26, 30-24, making it three in a row. MT ran away with the first game without much trouble and won the last point on a UNO error.

The second game was hard fought by both clubs and most of the game was back and forth with the lead, but MT again came away with a four-point win. In the final game of the match, the Blue Raiders had to play catch-up when they were down 10-15, but

they brought the game to a tie at 21. From there they never looked back and won on a kill by Leslie Clark.

The turning point of Game 3 came when MT head coach Matt Peck called timeout to calm his team down.

"I took them out in the hallway, and the players were sure I was going to yell at them but I didn't," Peck told MT Media Relations. "I just told them to settle down and focus and go back out there and chip at the lead."

Four seniors were recognized Sunday: Jessica Robinson, Hannah Randolph, Theresa Slowik and Megan Sumrell were thanked for their great play and leadership this year and throughout their career at MT.

Adams had another great game with 11 kills, no errors on 19 attacks and totaled a .589 attack percentage. Quanshell Scott also added nine kills and a .500 percentage in the match.

The sweep of three conference games could give the MT squad great confidence heading into the final stretch of regular-season games. The Blue Raiders finished 6-1 against the Sun Belt West and are 10-2 in the conference heading into another SBC game against Florida Atlantic Friday.

Head coach thanks fans for support

By Rick Stockstill
Contributing Columnist

I want to thank you for giving me the opportunity to give an inside look at our game last week against Louisiana-Monroe.



Stockstill

Monroe was the first of two consecutive away games against the defending Sun Belt Conference champions.

I told our team during the week that we were playing a good team that has a bad record. Monroe beat us last year and had lost four games by a total of 13 points, so we knew we were in for an extremely tough ball game.

I thought our men competed very well and play hard. The frustrating part of the game, and especially in the first half, was that I felt we were stopping ourselves more than Monroe was stopping us. We have been pretty good at protecting the football, but we were lousy in this game.

Offensively, we put a couple of new wrinkles in the game plan to try to give us a spark. I thought those changes were very instrumental in our offensive success, as Desmond Gee caught six ball for over 100 yards and had a big game-changing 54-yard touchdown catch from Clint Marks. Bradley Robinson made a couple of really nice catches, and Damon Nickson was used on several offensive plays.

Clint Marks played what I think was his best game of the year, as he was 19-of-24 for more than 200 yards and two touchdowns. DeMarco McNair and Eugene Gross had big nights running the ball, as Eugene had 100 yards and one touchdown and DeMarco contributed 91 yards and two touchdowns.

It goes without saying that for us to be successful offensively, our offensive line must play well — and they did. It was a dominating effort by our guys upfront.

I thought the Warhawks had our defense on its heels the first half. Their offense did a good job of keeping us off-balance, and with us turning the ball over three times, we were on the field too much and they took a 21-14 halftime lead.

We made some technical adjustments at halftime. We talked about keeping our poise, protecting the football and stopping their running game.

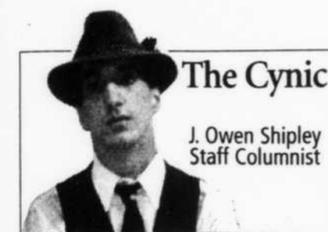
I told them if we did that, we would win the game. The other thing we talked about and I think it was as important as anything, was that we needed to play with more enthusiasm and energy.

We came out in the second half and did a much better job in all phases of the game. We completely dominated them on defense, allowing only 49 total yards and no points. We did a much better job of protecting the football and scored 21 unanswered points.

Football is a game of passion. You have to love playing, and we raised our intensity and enthusiasm the second half. With the exceptions of our turnovers, I thought we played a disciplined football game as we only had five penalties, and we were very good in all phases of the kicking game. With our 35-21 win over Monroe, we sit tied for first place of the Sun Belt Conference at 3-0.

Finally, I would like to thank all of the students who traveled to Monroe for the game. You were louder and more enthusiastic than the Monroe fans, and on behalf of our team and coaches I say thank you!

On the perks of being a sportswriter



The Cynic
J. Owen Shipley
Staff Columnist

The best way to get to know any subject is to observe it when it doesn't know you are looking. This week in Monroe, La., I was wandering the streets like I always do in strange cities in search of a tangible metaphor or phrase to properly set the scene. I was also searching for enough 24

oz tall-boys to fill my backpack.

While crossing the highway and contemplating this Arkansas-seeming northern section of Louisiana, I noticed something odd about Monroe. While the gas stations and fast food restaurants seemed to be in horrible decay, the hotels and motels were plentiful and busy.

Later on Wikipedia.com I noticed that a disproportionate amount of famous people (Tim McGraw, Bill Russell and Karl Malone, to name a few) are from the small town of under 60,000. Monroe, I decided, is a town where America goes to sleep and famous people love to leave.

Getting to know a sports team is no different than exploring a strange city.

Wander around as much as possible, pay attention to everything, and talk to the most literate people you can find first in order to figure out who else to talk to.

The best time to really explore a team's nuances is after a game. Whether it's a win or a loss, its composure speaks volumes about the outcome. Three weeks ago in Denton, MT trounced the Mean Green 35-0. After the game, the team was all business.

They went out there knowing they would win if they played mistake free football. They did, and they did. After a victory that complete, it's hard for the mind not to wander. And it was hard for me not to wonder if this team was having fun.

The Warhawks game couldn't have been

more different. After playing mistake-ridden football the entire first half, the Blue Raiders took over in the third quarter. At first glance, the 21 unanswered points they scored in the second half wouldn't seem as exciting as the 35-0 shutout in Denton.

The beauty, however, is always in the details.

Coming from behind to dominate Monroe was a huge rush for these seniors who have never had a winning season. It showed that Blue Raider football really has turned over a new leaf. In the last few years, it didn't seem like there was any lead MT couldn't squander.

See Shipley, 8

Shipley: Sportswriter

Continued from 7

Their stat sheets often read like the Old Testament: One mistake begat another, begat another. But this team found a way to end that cycle and move on with the game. And that is why the post-game atmosphere in Texas didn't have anything on the all-out celebration that took place in Monroe; linemen grinning from ear to ear chanting MT...SU...MT...SU in a call and response, helmets swinging

high, and spirits soaring higher. The flight back was no different, with players singing and coaches laughing and telling war stories. Even the flight attendants (who had annoyed me to no end on the flight there) had fun.

Had I not been on that trip, I wouldn't have seen all the details that make a win like that so important. It's easy to know you can play better, but few teams can tell themselves that and then go out and do it. Had I

not been there, that thought may have slipped my mind,

And that's why I love being a sportswriter. There are definite perks, and so long as money means nothing to you and you don't mind fighting to meet deadlines inbetween classes, I thoroughly recommend it, or any other job that allows you to see how the world really works.

I get to see and experience things most people aren't allowed access to, and while

much of it must remain off the record, knowing a team makes covering it so much easier.

More importantly, knowing a team so well makes their struggles more poignant. The wins mean more to me now that they are 3-0 in the conference and fighting their way to the top of the Sun Belt, and maybe it's unprofessional, but at least it makes covering these games more fun than I had ever imagined it could be.

Tennis: Doubles team advances

Continued from 7

Intercollegiate Indoor Championships. They lost to Ohio State 9-7 last year.

Sunday Siljstrom and Born won their matches against LSU and Ole Miss on their way to the semifinals. They beat LSU's Danny Bryan and Jan Zelesny 8-6 and then beat Chris Rea and Jakob Klaeson from Ole Miss 8-3.

Siljstrom had to pull out of his singles match against Rea due to an ankle injury from Saturday's match against Auburn's Milan Krnjetin.

Saturday No. 32 Siljstrom won his singles matches against Alabama's Billy Mertz 6-3, 7-5 and Blue Raider Marc Rocafort beat Tennessee's Hensel 6-3, 7-6 (3).

Born beat Chattanooga's Badr Bouabdallah 6-3, 6-4, but lost to Vanderbilt's 28th-ranked Ryan Preston 2-6, 4-6. Rocafort lost to LSU's 12th-ranked Ken Skupski 4-6, 5-7.

Siljstrom beat Auburn's Krnjetin 7-6, 0-6, 7-6 despite rolling his ankle in the match.

Friday Joao Paoliello and Marco Boiron lost to Florida's Nestor Briceno and Greg Ouellette 8-5 late Friday. Morgan Richard and Rocafort fell to Tennessee's Hensel and Cameron, 8-4.

Siljstrom beat Murray State's Dmytro Hryhorash 6-1, 7-6 (3) and Born beat Florida's Billy Mulligan 6-1, 6-0.

Rocafort beat Morehead State's Dusan Milovanvic 6-2, 6-1.

Boiron lost to Georgia State's Nejc Podkrajsek 4-6, 0-6, and

Paoliello lost to Florida's Nestor Briceno 4-6, 7-5, 1-6. Morgan Richard lost to Alabama's Javier Bes 6-3, 6-7 (3), 4-6. All three of the Blue Raider men's tennis team had to win two singles matches in order to advance to the 16th round.

In doubles action Born-Siljstrom beat Miami's Barnabas Carrega-Vivek Subramanian, 8-3 in the 64th round.

The Blue Raiders next head to Columbus, Ohio, for the ITA National Indoor Championships on November 2-5.

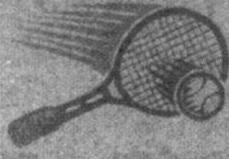
ITA SOUTHEAST CHAMPIONSHIPS

Doubles - Semifinals

(3) Marco Born-Andreas Siljstrom (MT) def. Bobby Cameron-Kaden Hensel (Tennessee), 8-4

Doubles - Finals

(3) Marco Born-Andreas Siljstrom (MT) def. Dan Buikema-Mathieu Thibadeau (Alabama), 8-6



FLAG FOOTBALL

IFC B LEAGUE 6,7,8 p.m.

Sigma Pi 27	VS.	PIKE (C) 6
Pi Kappa Phi 40	VS.	BETA (C) 6
PIKE (B) 26	VS.	BETA (B) 6
SAE (C) 25	VS.	TKE 21
Sigma Chi (Win)	VS.	ATO (Forfeit)
AGR (B) 31	VS.	SAE (B) 6
Sigma Nu (B) 13	VS.	Kappa Alpha (B) 0

FLAG FOOTBALL

IFC A LEAGUE 9-10 p.m.

PIKE 8	VS.	Sigma Nu 8 Tie
Sig Ep 19	VS.	K A (A) 13
BETA (A) 19	VS.	Angry Apes 12

MEN'S A LEAGUE 10-11 p.m.

MWS 14	VS.	Out of Shape 12
Sucks 4 U 13	VS.	Dream Team 9
Team (1) 33	VS.	The Chuck Norris Experience 0
Showtime at The Apollo 43	VS.	Bad Boyz 0

SOCCER

MONDAY NIGHT SCORES

SOCCER

IFC B LEAGUE PLAYOFFS

QUARTERFINAL GAME

PIKE (B) 2 VS. SAE (B) 2
Winner (Penalty Kicks)

SEMI-FINAL GAMES

Sigma Pi 4 VS. ATO 0
PIKE (B) 2 VS. Pi Kappa Phi 2
Winner (Penalty Kicks)

CHAMPIONSHIP GAME

Sigma Pi 2 VS. PIKE (B) 1

IFC A LEAGUE PLAYOFFS

SEMI-FINAL

PIKE (A) 3 VS. K A 1
BETA (A) 2 VS. SAE (A) 1

CHAMPIONSHIP GAME

PIKE (A) 4 VS. BETA (A) 0

WEDNESDAY NIGHTS

SOCCER SCORES

CO-REC B LEAGUE PLAYOFFS 8-9 p.m.

SEMI-FINAL
Blue Team 5 VS. White Team 3

CHAMPIONSHIP GAME

NE So. Central United 11 VS. Blue Team 8

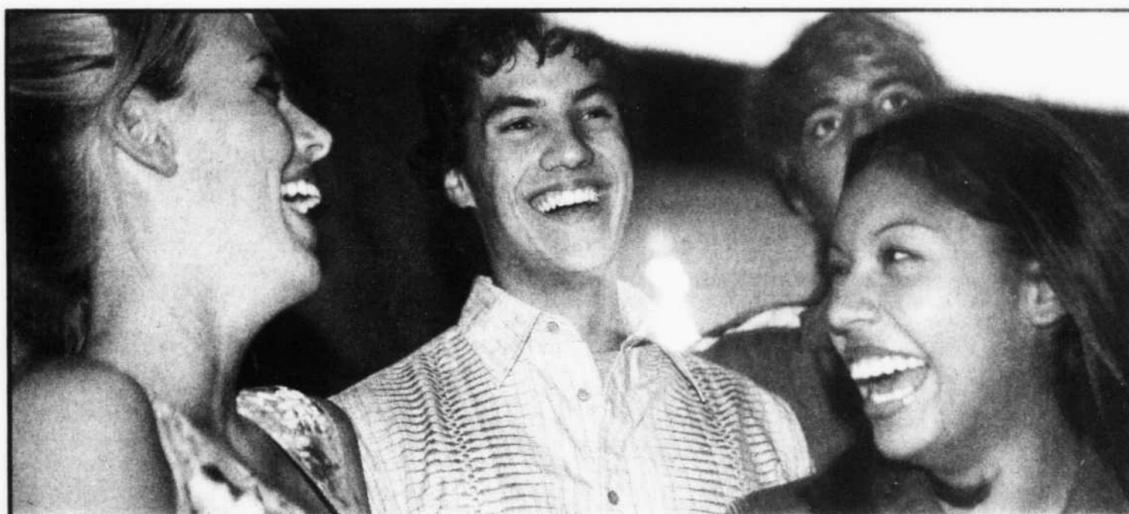
MEN'S B LEAGUE PLAYOFFS

QUARTERFINAL

BTS 7 VS. Felder First Floor 2

SEMI-FINAL

BTS 6 VS. Blue Crew 0

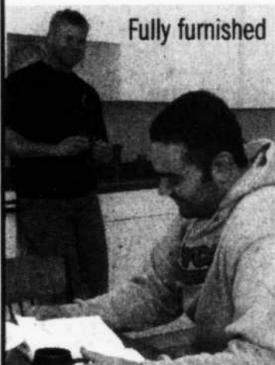


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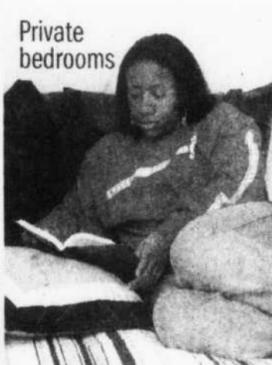
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