

MIDDLE TENNESSEE STATE UNIVERSITY SIDELINES

Jeff Dunham
performs at Zanie's

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Volume 73, Number 7

Wednesday, July 23, 1997

In the news

Arson is suspected in horse meatpacking fire

REDMOND, Ore. (AP) — An arson fire destroyed a meatpacking plant that butchered horses for export to Europe and had been a target of animal-rights activists, authorities said Tuesday.

No suspects have been identified and investigators did not link the blaze to any particular group.

Damage to the Belgian-owned Cavel West plant was estimated at \$1 million. The plant's general manager, Pascal Derde, refused to talk to reporters.

The Monday morning fire started in a central area of the 25,000-square-foot plant and spread quickly, said John McMahon, a spokesman for the Bureau of Alcohol, Tobacco and Firearms.

The method of starting the fire had not been identified although investigators said an accelerant had been used.

Helen Lovell, acting president for Action for Animals, said her group protested the plant about two years ago but didn't set the fire.

"We'd never go that far," she said. "We don't condone that kind of thing."

In June, thousands of mink were released from cages at an Oregon fur ranch near Mount Angel, allegedly by animal rights activists. No arrests have been made in the mink release.

Fake fax sets a Georgia prisoner free

COLUMBIA, S.C. (AP) — A fuzzy fax with an official-looking sheriff's letterhead proved to be a get-out-of-jail-free card for Richard Foster.

Somebody faxed a bogus letter to the Richland County jail stating that Georgia authorities have "no criminal interest" in Foster, who had been wanted on assault and weapons charges. Upon reading that, jailers let him go.

Now Foster is nowhere to be found.

The letterhead was fake, and the letter had been sent June 19 from a public fax machine at a Kroger grocery store in Augusta, Ga.

Maj. Ronaldo Myers, assistant director of the jail, said that given the usual poor quality of faxes, the jail supervisor on duty did not suspect anything was wrong.

The fax said: "There are no holds on this subject in this jurisdiction. Augusta-Richmond County Sheriff's Office has no criminal interest in Mr. Foster and is not lodging any detainers against him at this time."

After Foster left, Myers said, "We saw the Kroger across the top of the fax and made some calls."

Man charged for exposing woman to AIDS virus

CHATTANOOGA, Tenn. (AP) — A 31-year-old man faces up to 75 years in jail for allegedly having unprotected sex with a woman despite knowing he was infected with the AIDS virus.

Chester LaBron Bennett was arrested Tuesday and charged with five felony counts of knowingly exposing the woman to the virus.

In 1994, the state legislature made it a crime for someone with the AIDS virus to have unprotected sex without telling the partner about the exposure risk.

The 34-year-old woman got suspicious after Bennett called her home to ask if he'd left some medication there, police said. He told her he was suffering from lung cancer.

Bennett was charged with five counts because the woman told police she had sex with him five times during April and May.

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New assistant student life dean hired

by Susan McMahan
news editor

The new assistant dean of student life completed his first day at MTSU Monday.

Gene Fitch, formerly of the University of Arkansas in Fayetteville, was recently hired to fill the position vacated by Rodney Bennett of assistant dean for judicial affairs and mediation services.

While in Arkansas, Fitch was both the assistant dean for judicial affairs and assistant director of campus activities.

Fitch said he decided to apply for the job at MTSU because the assistant dean position at the University of Arkansas was reduced to only a part-time position in summer 1996, before he took the job. He said that in December of last year, he approached Arkansas university officials to ask if the position would be returned to a full-time job.

When he was told the position would not be changed, he decided to apply at five universities, including MTSU.

Fitch said that MTSU was his "first choice on paper."

He said he was impressed with the area when he visited the campus.

"I envisioned this area to be like the area I came from," said Fitch.

Tom Burke, dean of student life at MTSU, said that the committee that selected Fitch chose him because he held the same position at a large university and he had done his dissertation in the area of judicial affairs when he completed his doctorate in May of this year.

Burke said this showed Fitch had a "professional interest" in judicial affairs.

Fitch said there is "a lot of opportunity" at MTSU. He said he hopes to do more training of students to help with mediation.

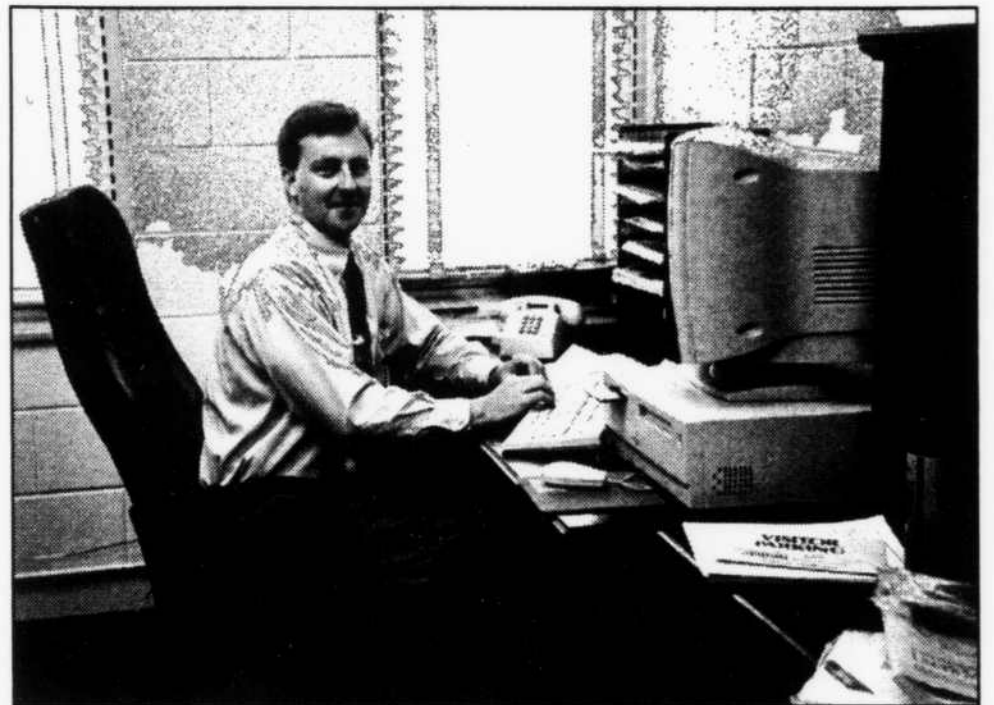
Fitch said that he handled about 250 cases during his year as the assistant dean of judicial affairs in Arkansas and he doesn't expect a high number of cases at MTSU.

He said he handled an average of five students per day, which he said was hard to do in a part time position.

"We're excited he's here," said Burke. "He's trying to do new things."

Burke said that Fitch will bring a "new perspective" to MTSU issues such as traffic court because he has no previous ties to the university.

"I don't believe in making an example of people," said Fitch. "Because you come to this office, it doesn't make you a bad person."



Gene Fitch, the new assistant dean for judicial affairs and mediation, works at his desk in his office on the first floor of the KUC Monday afternoon.

Fitch was selected after a series of interviews and open forums conducted earlier this summer.

About 100 people applied for the position and six people, including two from MTSU, were interviewed for the position by several university officials.

"I think I'm going to enjoy it at

MTSU," Fitch said, adding that he also comes from a school with a lot of construction.

Fitch, who is married with a four year old daughter, said he planned to end his first day on campus visiting the student recreation center.



Kelly "Elroy" Towry, a senior recording industry management major, works the boards during his shift at WMTS, MTSU's student radio station, last Friday in the Learning Resources Center. Towry's show is scheduled to air from 10 a.m. until noon on Tuesday and Thursday afternoons and whenever else he can get into the station.

Greek Row moves into design phase after approval from State Building Commission

by Cynthia Ryan
staff writer

The Greek Row project has received State Building Commission and Bonding Authority approval, allowing the project to move into the design phase.

"State Building Commission has to authorize any kind of capital construction on this campus," said Robert LaLance, dean of student affairs.

The plans are "still pretty much on schedule as far as having the houses completed by June 99" said Vic Felts, director of Greek Life. Basic overall decisions are being made at this point.

"We have done some narrative work on the structures," said LaLance. Issues which have been discussed include such things as parking, how many beds per house, and whether each fraternity can have a unique house or keep them all uniform.

"There will be a parking place for every bed that's planned in the complex plus a small factor for visitors and such," said LaLance.

As for the number of beds, "some will have only about people and some will house about 36," said Felts. "It's up to the individual fraternity."

The bidding process has been scheduled for this winter, by which time the designs will be complete. Construction is set to begin in summer 1998.

LaLance said they expect the cost to run from "\$600,000 to a little over a million for each structure."

MTSU is borrowing this money from the bonding authority. Once the fraternities have occupied the houses it will be their responsibility to make their monthly mortgage payment.

There are now a total of eight fraternities participating in Phase I of Greek Row.

The latest addition is Sigma Chi,

who joined the project "about three or four weeks ago," according to Felts.

Phase II may not work out as planned. The National Panhellenic representatives for each sorority have decided that our chapters do not need houses on campus.

"They said out sororities have adequate space on campus and they don't think our sorority members can afford it, although the girls have checked into it and say they can afford it."

These women are a single representative from each sorority. They are scattered across the country and designated nationally to make decisions such as these.

"They've never been to MTSU. They go on what they hear from other people and make their decision," said Felts. "They've never seen the girls who pass out during rush because it's so crowded and hot in those chapter rooms."

Cop who quit after murders still working in law enforcement

Associated Press

OAK GROVE, Ky. — A former police officer who was one of two men named as possible suspects in the 1994 murders of two massage-parlor workers in western Kentucky is still working in law enforcement.

Edward Tyrone Carter, 27, works as a security guard at Jefferson County's Hall of Justice and as a part-time police officer for the city of Lynnview.

He also was offered a job — but turned it down — as a sheriff's deputy in Jefferson County.

Carter resigned as an officer in Oak Grove shortly after the murders.

Oak Grove Mayor Bobby G. Mace said Carter, a police officer who also was a part-time janitor at the massage parlor, was considered a suspect by investigators.

"The sheriff's department told me he was a prime suspect, but they couldn't prove anything," Mace said.

The chief investigator in the case, Christian County Sheriff's Department Detective Malcolm Moore, has declined to talk about the investigation.

He said Carter could not be ruled in or out as a suspect. But another sheriff's investigator, Detective Maj. Billy Gloyd, told the Kentucky New Era of Hopkinsville last week that Carter and another former Oak Grove police officer "have been suspects all along."

Carter's name came up last week when a former owner of the massage parlor, Tammy Papler, told the Oak Grove City Council at a meeting that police officers had taken bribes to overlook prostitution at the massage parlor and then covered up the two murders.

Gloria Ross, 18, and Candida Belt, 22, died of gunshot and stab wounds. Co-workers found their bodies in a back room at the New Life Fitness and Massage Parlor located near the main gate of the Fort Campbell Army post on the Kentucky-Tennessee border.

Ms. Papler said she raised the allegations last week after she was told she would have to pay \$5,000 annually for the city license for her adult video store, an increase over the \$50 she previously paid.

She said owners of similar businesses told her they hadn't been charged the higher fees.

"I'm the only one they actually came in and served the notice to," she said.

Ms. Papler — who along with her husband, Ronnie Papler, pleaded guilty in 1995 to promoting prostitution — also said she had recently been released from probation and felt free to speak.

Fishermen end ferry blockade in fishing dispute

by David Germain
Associated Press

PRINCE RUPERT, British Columbia — With the Pacific Columbia squabble turning back to fish on Tuesday, Canadians said their government has failed in their fight against the United States over fishing rights.

Late Monday, British Columbia fishermen released an Alaska ferry they had barricaded in port over the weekend. They threatened similar action if their complaints about overfishing by U.S. fleets are not addressed. Some talked about waylaying Alaska-bound cruise ships or cargo vessels.

"Maybe people in Alaska will have to get by without some of their goods for a while," said Bob Rezansoff, who heads the British Columbia Fishing Vessel Owners Association.

Canadian Fisheries Minister David Anderson, who came to Prince Rupert because of the blockade of the ferry Malaspina, said he hoped tempers would cool down so the two governments can focus on their salmon dispute.

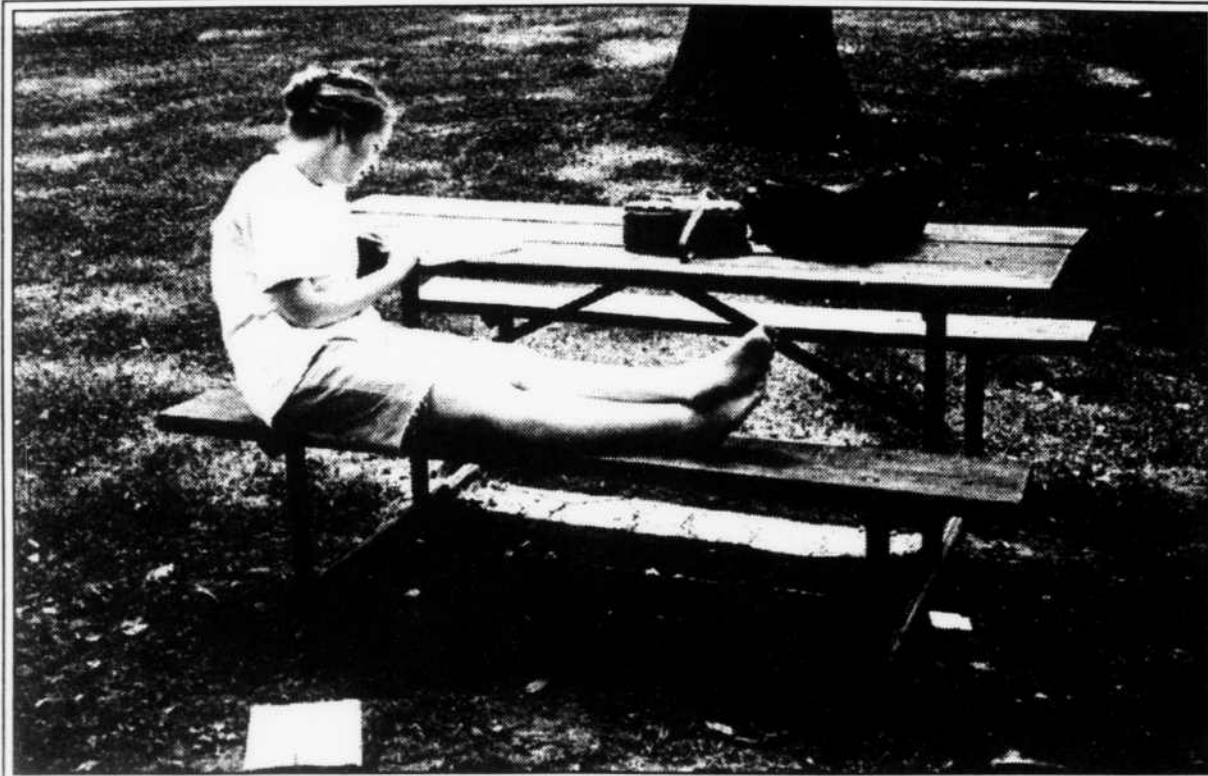
"We have to recognize that it's going to be hard work that solves this problem, not dramatic gestures," Anderson said after a second day of meetings with fishermen.

The blockade began Saturday, shortly after the Malaspina docked in Prince Rupert near the U.S.-Canada border. As many as 300 fishing boats surrounded the ferry, stranding hundreds of passengers headed for Alaska.

The blockade resulted from claims that Alaska fishermen were intercepting too many sockeye headed for spawning streams in Canada.

U.S. and Canadian fishermen have quarreled for years over their take of the salmon, especially the three priciest species — chinook, coho and sockeye.

The blockade of Pacific Salmon Treaty negotiations broke down in May with the two sides unable to agree.



Suzanne Blackwood, a journalism and political science double major, enjoys the sunshine while she studies at a picnic table on campus earlier this week. photo by Celeste Castillo/ staff

Committee completes rough draft of MTSU's Academic Master Plan

by Gregg Mayer
staff writer

Drafting a blue print for the university's future has been on the drawing board for almost a year now. Finally this past week, a task force of about 30 persons has completed a rough draft of an Academic Master Plan that will generally outline improvements for and explain the potential development of the university over the next 15 years.

"This has been the top goal of Academic Affairs for the past year," said Barbara Haske, vice president of Academic Affairs who submitted the Master Plan to President Walker this week. "It will be our goal for a number of years to come."

Although the Academic Master Plan is still only a rough draft in the hands of President Walker, who is looking over the draft for final touch-ups and approval, Haske said that three principals hold the plan together and give a broad, written direction to the growth and development of the university: to recognize the impact this university has on the Southeast; to deepen the quality of education at the university whether there is growth in enrollment or not; and to create a "student-centered learning environment."

"The future of the university should be driven by the academic program," Haske said, adding that the focus of the academic program

"should be appropriate for this region."

The Academic Master Plan will be implemented in stages, some improvements beginning this fall—like searching for increased funding for the library and bringing in more regional industry to help with co-op and intern programs—and others to be implemented over the next several years.

One of the areas, Haske cited, of the university's regional strength is education—"There is an impressive need for new teachers," she said, explaining MTSU has the largest teacher-prep program in Tennessee.

The music industry and computers are two more fields she cited as regionally focused:

"You can look throughout the university, we have many areas of strength."

In addition to strengthening the academics to focus on the region, Haske explained the Master Plan suggests bringing more co-op programs in this region to the university.

"We want to make the movement from education to the workplace more seamless," Haske said, adding that more on-hand training will "immediately add value" to graduates.

The university will continue to raise its standards for admission over the next several years, she said, using specific "target recruiting" and scholarship to get better students to attend; in addition, Haske said the quality of education on campus is

constantly striving to improve, and this fall a proposal will be made to separate the university's own Honor's College, just like the five other colleges on campus.

"Even if we weren't expecting growth in the future, we want to continue our drive to deepen the quality of education," Haske said.

Part of the way, Haske said, the Master Plan suggests "deepening" education is by changing the technique of teachers from the traditional chalkboard teaching to more interactive communication between professors and students. Computer technology allows students to have more access to a wide range of information to bring into the classroom, she said; this new advantage allows teachers and students to work closely together.

"The nature of education is changing," she said, adding more on-line courses will be offered in the next few semesters to bring in more students who can't make it to the campus on a regular basis.

The Master Plan will change several times over the next few years, she said, but the fact that the university is heading in a specific direction is better than not heading in one at all. She credits President Walker with having "the vision" of the Master Plan, and credits the task force for completing it in just under a year.

"We can't plan for all things," she said. "But we know where we are going."

On Campus



The last day to pay university to hear your grades via TRAM and/or receive a printed grade report upon request is Aug. 8, 1997. **Child Abuse Prevention of Tennessee** needs volunteers to answer the Parent Helpline/Domestic Violence

Hotline, to work with families of newborns in the Parent and Work with children in the Children's Program while their parents are attending parenting classes. For more information, please contact Amy Garcia at 227-2273.

Researchers grow organs for animals, plan human tests

by Dave Howland
Associated Press

BOSTON— Scientists have grown replacement organs for sheep, rats and rabbits using the animals' own cells and lab molds to help the tissue take shape — a technique that could be used someday to make spare parts for people.

While scientists have already found ways to grow skin and cartilage, two Harvard researchers claim to be the first to have grown animal tissue from a variety of organs, including the heart, kidneys and bladder.

"As surgeons, that's what we dream about — having a shelf full of body parts," said Dr. Anthony Atala, who pioneered the technique with Dario Fauza.

Their new method — to be presented Wednesday at a conference of the British Association of Pediatric Surgeons in Istanbul, Turkey — has already been used to build new bladders and windpipes for sheep, a kidney for a rat, and leg muscles for a rabbit. The organs — built with tissue taken from both grown and fetal animals — were transplanted into those creatures and have worked just fine so far, the researchers said.

The two doctors said the greatest hope for the technique could be in correcting common birth defects. They have developed a method for growing replacement organs for newborns while they are still in the womb.

For example, if a fetus has a malformed trachea, surgeons could extract some of those cells from the womb, grow the new windpipe in the lab and have it ready to be transplanted when the baby is born.

"This can save lives," Fauza said.

Tests on humans, in the womb and out, are set to begin

within a year, and the researchers hope to get approval from the Food and Drug Administration for routine use within five years.

Cornell University researcher Thomas McDonald, who studies the development of sheep fetuses, said the method appears to be a way around the biggest obstacle to organ transplants — the body's rejection of foreign parts.

Normally, surgeons have been forced to use mismatched tissues to repair defects, like a piece of intestine to patch a hole in the bladder.

"It sounds like a wonderful technique and it sounds very doable," McDonald said. "It's just that nobody has tried it until now."

The procedure is tricky and delicate laboratory work with microscopic surgery inside the womb. Doctors first detect birth defects using ultrasound, as early as 3 1/2 months into pregnancy.

They operate on the fetus two-thirds of the way through pregnancy. Through small incisions, they lower a surgical camera and long, narrow instruments into the womb. Guided by a large video monitor, they remove a pea-size sample of the defective organ. Drugs are used to prevent the mother from going into labor.

Then it's on to the laboratory.

Under ventilation hoods, lab technicians separate different types of cells and place them in dishes of a clear solution rich in proteins and nutrients.

With the solution — which is the key to the process — the tissue can grow in an incubator at an astounding rate. A sample the size of a square centimeter could produce enough tissue within two months to cover two football fields.

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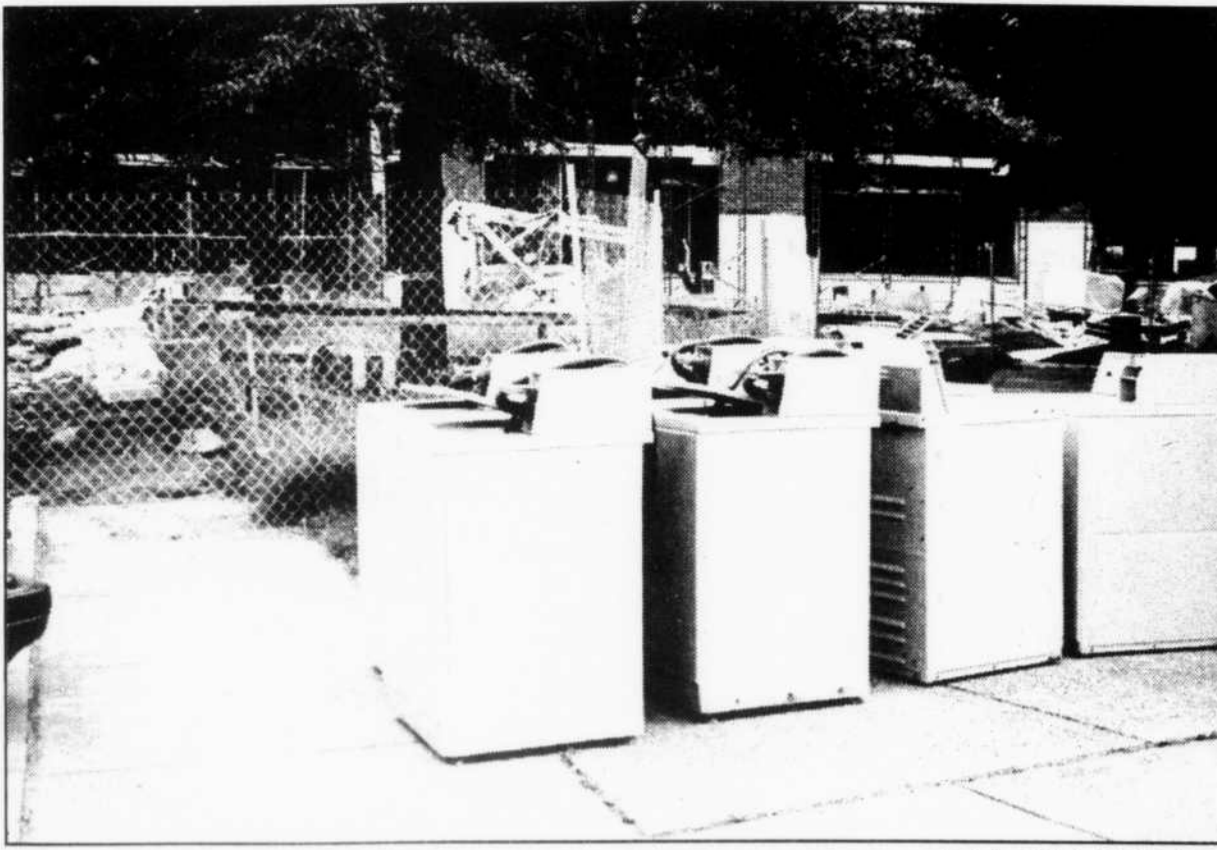
by Celeste Castillo
staff writer

A new company, Coin Laundry, has been contracted to provide laundry service for MTSU students this fall. Coin Laundry acquired the contract through a bidding process that occurred after the contract with Laundry Inc. expired.

According to Deb Sells, director of Housing and Residential Life, the university wanted a company to provide new services to the students. So, the new company is installing machines that will allow "Raider funds" to be used to operate the washing machines.

All 198 old Laundry Inc. washer and dryers are being replaced with new Coin Laundry machines.

"Bids are for a specified number of years," Sells said. "We are looking forward to a good relationship with Coin Laundry and hope the students will be pleased with the new machines, fresh, newly renovated laundry rooms, and especially with the new "Raider Funds" service. We are very



Old washers removed from a laundry wait to be hauled away to make room for new ones.

excited about the reaction this fall."

Coin Laundry is also renovating and repainting all

the laundry rooms, all to be paid for through the contract.

The laundry rooms will be open at the beginning of the fall

photo by Celeste Castillo/ staff

term, and fully operable with the "Raider Funds" machines soon after.

Human Resources Director resigns

Staff reports

One of the university's top administrators will resign her position next month.

Ramona Taylor, director of Human Resources, will resign on August 1 in order to spend time with her new born baby (the baby is due to be born on August 1); Taylor will be replaced by interim director Kathy Musselman, currently the assistant director of accounting in the business office.

Musselman has been at MTSU since January 1996. Before coming to the university, she worked as a financial management analyst

at the Tennessee Board of Regents, a governing body that sets rules and regulations over almost all of the two- and four-year colleges in Tennessee, including MTSU.

Duane Stucky, vice president of Finance and Administration, promoted Musselman to the position, and said it will be determined whether her new position is permanent or not "when the time is appropriate."

Musselman's current position will also be filled by an internal promotion.

Taylor has been the Human Resources Director since January 1994.

Frustrated by failures, Chinese scientists mull test-tube pandas

by Elaine Kurtenbach
Associated Press

BELJING — Frustrated by the failure of other artificial breeding techniques, Chinese scientists are considering cloning the animal that has come to symbolize endangered species everywhere — the giant panda.

Giant pandas mate only once a year, producing at most two cubs, only one of which usually survives — reproductive habits that have tried the patience of zoologists working to save the species.

They are native only to China, where the shrinking of their habitat and poaching of the animals have reduced their numbers to only about 1,000 in the wild.

"If we really can succeed in cloning them, then it will really work much better than the current methods in increasing their numbers," Chen Dayuan, a zoologist at the Chinese Academy of Sciences, said during a recent interview with China's state-run Central Television.

Chen did not say that cloning research had already begun, just that it might be a promising way to save the giant panda from extinction.

However, the announcement in February that researchers in Scotland had succeeded in cloning an adult sheep by inserting genes from a 6-year-old ewe into unfertilized eggs drew attention to China's own research.

The Chinese Academy of Sciences, the nation's top scientific body, banned research into the cloning of humans soon

after the reports of the cloned sheep.

But academy scientists have spoken out in support of cloning animals, and have announced several breakthroughs of their own, including the cloning of a cow from embryonic cells.

The proposal to clone pandas reflects the frustration of zoologists who, after decades of research, remain puzzled by many aspects of panda reproductive physiology.

"The pandas, particularly the females, don't go into heat often enough because of endocrine disturbances," Chen said.

For example, 13-year-old panda Xing Xing gave birth to three cubs, including a pair of twins who both survived.

But in the past seven years, she has not borne any cubs, the television report said.

Not all Chinese scientists support research into test-tube pandas. Pan Wenshi, a Beijing University professor who has spent more than 20 years studying the animals, argues that so little is known about their reproductive physiology that such research could cause the animals harm.

Scientists have found that pandas, which have trouble conceiving and rearing healthy offspring in zoos, are more prolific breeders in the wild, Pan says.

The most urgent task for saving the giant panda, he contends, is to expand protected areas and guarantee them a large, natural habitat, preventing poaching and other threats to their survival.

Square D establishes scholarship

by April Jacobs
staff writer

MTSU's Department of Computer Science has received a \$5000 donation from Square D Company.

According to Tom Cheatham, chair of Computer Science, the funds will be used to establish a scholarship fund to help recruit high-quality computer science majors, with the priority given to qualified minorities, women and new students. The qualifications for the scholarship award will not be determined until fall semester.

Cheetah added, "Square D has been active on the department's Corporate Advisory Board since its inception in 1991... they hire a number of our best graduates each year and are supportive of the Computer Science programs in many ways."

Square D has made several presentations in the past for computer classes as well as the computer club.

The company has several offices in Smyrna and their headquarters are located in Nashville.



Lucinda Ramsey (left) and Kaitlin Ramsey wait to be picked up by the Raider Xpress bus.

photo by Celeste Castillo/ staff

Correction

In the Summer New Student Edition of "Sidelines," the newspaper misidentified Pi Kappa Alpha and omitted Zeta Tau Alpha. The newspaper regrets the error.

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Holly Park 2426 E. Main Ph. 896-0667	1 & 2 bedroom apt.'s & townhouses. LAUNDRY, POOL, NEAR MTSU. One block from Rutherford Bypass.
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Dave Barry
Syndicated Columnist

We need to immediately stop whatever we are doing, especially if it is fun, and start worrying about the Millennium Bug.

Here's the situation: Because of a programming glitch, many large, powerful computers have trouble understanding dates. I can sympathize, because I had exactly the same problem with American history in the eighth grade. The solution in my case was for the teacher, Mr. Fletcher, to occasionally give me a helpful whack on the head with his right hand, on which he wore an Iona College class ring the size of a Buick Roadmaster. This was a highly effective memory-enhancement technique, which is why I still remember that 1924 was the year of the Teapot Dome Scandal (which just this week was linked to Hillary Clinton).

Unfortunately, Mr. Fletcher has retired, which means he is not available to whack some comprehension into our computers. But something needs to be done. Experts tell us that if the Millennium Bug is not fixed, when the year 2000 arrives, our financial records will be inaccurate, our telephone systems will be paralyzed and airline flights will be canceled without warning. In other words, things will be pretty much the same as they are right now.

Nevertheless, the computer industry is very alarmed. Experts are estimating that the cost of fixing the Millennium Bug could run as high as \$600 billion, an amount that — to give you an idea of the scale — is nearly TWICE what Bill Gates spends per month on lawn care.

Why is the cost so high? Because experts are estimating it. You want a high price, you call an expert; you want a reasonable price, you call a guy named Skip. Recently, after our roof leaked, I was hired by Skip to come to our house and repair the water damage, which was fairly extensive because I, as the Man of the House, had spent 24 solid hours denying that the roof was leaking. Skip — who has worked as a painter, carpenter, roofer and lobsterperson — repaired it in one day for a very reasonable price. I bet that is the computer industry asked Skip to fix the Millennium Bug, he'd take a look at the problem, go get some parts out of his truck, and have the whack straightened out in a matter of hours, after which he could, if desired, catch the computer industry a lobster.

But since experts are working on the Millennium Bug, it will remain a huge problem for years to come. That's why you need to understand, via the Q-and-A format, how it will affect you.

Q. What exactly is the Millennium Bug?

A. In a nutshell, computers don't know what century it is. For example, they can't tell the difference between 1904 and 2004.

Q. What IS the difference between 1904 and 2004?

A. In 1904, Dick Clark was still exclusively a radio talent.

Q. Wait a minute. You're telling me that these giant, powerful computers that control our lives — the computers that are SO PICKY about the information we give them; the computers that get into a big electronic snit if we get one digit wrong in the 27-digit account numbers they're always assigning us; the computers that refuse to put our telephone bills through if we're the teeniest bit inaccurate when we dial the number; the computers that would never, ever dream of giving us one extra dollar when we make a withdrawal from the automatic teller machine — you're telling me that CENTURY it is?

A. These are also the computers that designed the Hubble Space Telescope.

Q. What is the federal government doing about the Millennium Bug?

A. It has formed an Emergency Task Force, headed by Al Gore, which expects, within two years, to have a preliminary design for a logo.

Q. I work in the Accounts Payable Department of a large multinational corporation, where I use my corporate computer primarily to access the Internet for the purpose of downloading pictures of naked people. How will the Millennium Bug affect me?

A. Unless some corrective action is taken, you could very well be seeing pictures of naked people from 1904.

Q. You had better not make another Dick Clark joke here.

A. I'll say.

Q. Speaking of naked people, what's the deal with all this sex in the military?

A. We know now why tanks don't have windows.

Q. Will the Millennium Bug affect my federal tax return?

A. The Internal Revenue Service, after conducting a thorough review of its entire computer system, has concluded that last year was actually 2096. This means that, in the words of a new IRS directive: "You people are all WAY behind."

Q. I have found that if I keep my toornail clippings in a plastic bag sorted by date, I can easily retrieve them as needed later on.

A. This is the Millennium Q-and-A column; you apparently have it confused with "Hints from Heloise."

Q. Well, could you leave this hint on her desk?

A. She has no desk. She keeps all her worldly goods, including a cheese sandwich dating from 1979, in a shopping bag.

Q. Is there a good way to end these Q-and-A columns?

A. Not that I am aware of.



Joe Camel got railroaded out of town

Knight-Ridder/
Tribune Media Services

NEW YORK—Joe Camel, the most vilified cartoon character in history, is retiring.

Recently, R.J. Reynolds announced that it's replacing the 9-year-old "Smooth Character" campaign with one that makes more subtle use of dromedaries.

The company said it was time to try something new.

Perhaps so, but it seems likely that the complaints of anti-smoking activists, public-health specialists, politicians, bureaucrats and editorialists helped rush Joe out of town.

If so, one thing is clear: Joe was railroaded.

Although the charge was repeated endlessly, there was never any persuasive evidence that he encouraged underage smoking.

In fact, smoking among teenagers actually dropped during the first five years of the campaign, beginning to rise only in 1993.

According to data from the Monitoring the Future Project at the University of Michigan, the share of high school seniors who had smoked daily in the previous month fell from 18.7 percent in 1987 to 17.2 percent in 1992.

In the National Household Survey on Drug Abuse, the share of 12- to 17-year-olds who had smoked cigarettes at all in the previous month fell from 22.7 percent in 1988 to 18.4 percent in 1992.

These trends did not stop anti-smoking groups from claiming that Joe was leading children to nicotine addiction in droves.

In March 1992, the Coalition on Smoking or Health asked the Federal Trade Commission to ban Joe Camel, an idea that was supported by the Surgeon General Antonia Novello, 27 state attorneys general and the FTC's staff.

But in June 1994, the commission decided not to take action against R.J. Reynolds, since the record did not show that Joe was attracting kids to cigarettes.

Last May, after a change in personnel but no change in the relevant evidence, the FTC reversed itself, voting to seek an order that would keep Joe out of children's sight.

One of the dissenting commissioners, Mary L. Azcuenaga, wrote: "I have carefully considered the totality of the available evidence,

including new information that has been presented to the commission, and have concluded that the new information does not strengthen the case the commission rejected in 1994."

The other dissenter, Roscoe B. Starek, said: "As was true three years ago, intuition and concern for children's health are not the equivalent of and should not be substituted for evidence sufficient to find reason to believe that there is a likely causal connection between the Joe Camel advertising campaign and smoking by children."

Unlike Azcuenaga and Starek, most of Joe's critics did not need evidence.

Wasn't it obvious that R.J. Reynolds was targeting children? Joe Camel was a cartoon, after all.

To which R.J. Reynolds replied that Snoopy sells life insurance and the Pink Panther pitches fiberglass insulation, but no one assumes these products are aimed at kids.

The company insisted that hip, irreverent Joe was designed to attract young adults who considered Camel an old man's cigarette.

Tobacco's opponents countered that, even if you believed R.J. Reynolds' claim about its intentions (which they did not for a second), the actual impact of the campaign was another question entirely.

As former Food and Drug Administration Commissioner Drug Kessler put it, "Tell me how you design an advertising campaign that affects only 18-year-olds."

But this whole debate, entertaining though it was, obscured the crux of the matter: Were more teenagers smoking than would have if Joe Camel had never been introduced?

None of the studies cited as proof of Joe's power actually addressed this question.

The most famous one, reported in The Journal of the American Medical Association in 1991, found that 6-year-olds matched Joe with a picture of cigarettes about as often as they matched Mickey Mouse with the Disney Channel logo.

This pairing was provocative but not terribly illuminating. Recognizing Joe Camel is not tantamount to smoking, any more than recognizing the logos for Ford and Chevrolet (which most of the kids did) is tantamount to driving.

The researchers seemed to assume that familiarity breeds affection. But this is not necessarily

the case.

In fact, a follow-up study commissioned by R.J. Reynolds and published in the Journal of Marketing confirmed that most 6-year-olds correctly associate Joe with cigarettes.

But it also found that the vast majority of them expressed negative attitudes toward smoking.

Two other studies published in the same issue of The Journal of the American Medical Association found that Camel's market share increased after Joe was introduced, presumably, was the whole idea, though R.J. Reynolds would claim that any impact on underage smokers was incidental.

One study reported an astounding 66-fold increase in the share of teenagers who preferred Camels, from 0.5 percent in 1988 to 33 percent in 1991.

But this claim was based on surveys that were neither representative of the national population nor comparable to each other.

Data from the Centers for Disease Control and Prevention's Teen-age Attitudes and Practices Survey, which uses a nationwide sample, suggest a much less dramatic shift toward Camels.

In 1993, 13.3 percent of respondents said they usually bought Camels, compared with 8.1 percent in 1989.

Even if Joe encouraged a shift in brand preferences, that does not mean he raised the overall level of smoking.

As a parent, I am concerned about whether my daughter smokes, not whether she smokes Camels instead of Marlboros.

Such subtleties were lost in the flood of outrage generated by The Journal of the American Medical Association studies, encouraged by headlines such as "Camels for Kids" (Time), "I'd Toddle a Mile for a Camel" (Newsweek), "Joe Camel Is Also Pied Piper, Research Finds" (The Wall Street Journal) and "Study: Camel Cartoon Sends Kids Smoke Signals" (Boston Herald).

Nowadays, it's taken for granted that Joe is guilty of corrupting minors, an accusation his employer seemed to confirm by abandoning him.

Poor Joe. He must be bitter.

R.J. Reynolds should be thankful he's a cartoon character. Otherwise, he might become an anti-smoking activist.

Census should eliminate racial categories

Chicago Tribune

After three years of careful study and heated argument, a Clinton administration task force has come up with a new way to count Americans by race. Instead of requiring everyone to choose one race on census and other government forms, the task force proposes allowing everyone to check off as many categories as he or she feels appropriate.

In reaching that recommendation, the task force rejected calls from the growing cohort of multiracial children and families to create a new "multiracial" category. It also rejected protests from civil-rights activists who want to leave the current system alone.

Unfortunately, it could not even consider what ought to be the ultimate goal: to eliminate the category of race from government forms altogether.

Recent census forms have presented four basic choices:

American or Alaskan Native, Asian or Pacific Islander, black or white. Thanks to intermarriage and the continued bubbling of the American melting pot, however, an increasing number of mixed-race Americans do not fit into any one category.

Proponents of a multiracial designation complain that such Americans are forced on government forms to choose just one race, as if the rest of their family heritage counts for nothing.

Yet, as the task force correctly noted, there is no general agreement as to what "multiracial" means. Some people confuse race with ethnicity and even, in some cases, with religion. Under the circumstances, letting people choose more than one of the four existing categories seemed the more prudent course.

It is regrettable that the task force could not have taken the truly bold step of getting rid of government

racial classifications altogether. Mexico took that step decades ago when its leaders determined that racial classifications had outlived their usefulness.

Unfortunately, they have not outlived their uses here. A wide range of federal assistance and civil-rights programs are pegged to accurate racial counts. (Interestingly, owing to recent Supreme Court decisions, legislative redistricting, the census' original raison d'etre, ought to be largely uninfluenced by racial counts.)

Since neither the president nor Congress has shown much interest in carrying on this controversy on much longer, the task force recommendations appear headed for approval later this year, in time for the 2000 census.

Eventually, perhaps, Americans may attain the ultimate ideal of equal opportunity and colorblindness under the law.

Sidelines

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FEATURES

Wednesday, July 23, 1997

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Murfreesboro Ensemble Theatre to make debut performance

by Chad Gillis
features editor

MTSU will welcome an alternative playwright venue, in the Studio Theatre of the Boutwell Dramatic Arts Building, August 7, 8, and 9.

English instructors Tom Harris and Warren Tormey, along with Brain Zane Patterson, will debut with *Someone Who'll Watch Over Me* contemporary Irish dramatist Frank McGuinness.

"I want to do more difficult plays that are not just entertaining, but are challenging and sometimes have subject matter that people shy away from," said Harris.

Someone Who'll Watch Over Me is a play set in

Beirut that focuses on three hostages: an English professor played by Harris, an Irish journalist played by Patterson, and an American doctor played by Tormey.

According to Harris, the play deals with serious subject matter, while "it is enormously entertaining--full of humor and wit, with singing and poetry." *Someone Who'll Watch Over Me* is a story of survival of the human spirit and the ultimate concern for fellow human beings.

"It is the kind of serious--and not so serious-- poetic, philosophical, and intellectually and emotionally challenging play we intend to give the area's audiences in the future," said Harris.

An "alternative" theatre is something that Harris

has considered for some 30 years.

Harris cites the "alternative" as a need for a different theatre. "This does not mean that we are in disagreement with the types of theatre we have here in Murfreesboro--the University Theatre, the Sunshine Players(children's theatre), or the Murfreesboro Little Theatre."

Harris is on the MLT board and plans to continue working with the group.

"The hole I see is in the unavailability of much of the world's great dramatic literature.

"We do not wish to offend anyone--not audience with non-gratuitous strong language, not an audience



Left to Right: Warren Tormey, Brain Zane Patterson, and Tom Harris rehearse for their upcoming self-directed performance of *Someone Who'll Watch Over Me*. The debut of the Murfreesboro Ensemble Theatre is scheduled for August 7, 8, and 9.

photo by Celeste Castillo/staff

by belittling its intelligence, not playwrights by censoring their works," said Harris.

Harris has studied theatre at Belmont, Vanderbilt, and the University of North Carolina--Charlotte, and has 33 years of faculty, community, theatre and television work. He has 40 years experience of acting and directing.

Someone Who'll Watch Over Me is a self-directed production which

will be presented at the Studio Theatre of the Boutwell Dramatic Arts Building.

As of the current, the Murfreesboro Ensemble Theatre's difficulty is in finding a home.

"We've rehearsed at four or five different places. Before we can have a season we need a home," said Harris.

Harris is financing the first MET production and said that the theatre is not concerned about money.

The MET will hopefully produce another show before Christmas according to Harris.

Author Frank McGuinness is currently the playwright-in-residence at the world-famous Abbey Theatre in Dublin.

Someone Who'll Watch Over Me received rave review in New York and London in 1992. Tickets are \$6. For more information and reservations call 898-2597.

THE CARDIGANS



Murfreesboro Little Theatre presents *The Cardigans* at the Rutherford County Center for the Arts. The play, directed by Dale McGilliard, is a musical review of '50's music. It stars Brandon Reece, Richard Browder, David McWhirter, and Tay Butrum. Final shows are scheduled for July 24, 25, and 26 at 8pm. Tickets are \$10 general admission and \$5 with a MTSU student ID.

photo provided



Jeff Dunham, along with Jose Jalapeneo, Peanut--a muppet on heroin, and Grouchy old Walter, performs at Zanies in Nashville. Dunham first appeared with his puppets in 1982 when Jose had a pogo accident that forever changed his appearance.

photo by Nikki Bagwell/staff

WHAT GOES ON

TONIGHT	FLUID OUNCES AND SATURN V WILL BE AT SEBASTIAN'S GUIDO'S PIZZERIA PRESENTS FAUCET AT 7PM
THURSDAY JULY 24	SLUMP WILL BE AT THE 'BORO THE HI-BEAMS OPENS FOR KIM'S FABLE AT 12TH&PORTER
FRIDAY JULY 25	THE KENNY BUNKPORT JAZZ WORKSHOP --SEBASTIAN'S DIANE KING& CATTLE STONE WILL BE AT GUIDO'S
SATURDAY JULY 26	JONELL MOSSER WILL BE AT 3RD&LINDSLEY 328 PERFORMANCE HALL HOSTS WORLD PARTY
SUNDAY JULY 27	ROLAND GRESHAM JAZZ WILL BE AT THE 'BORO 3RD&LINDSLEY HOSTS FOOLS PROGRESS AT 7PM
MONDAY JULY 28	THE TOBACCO BOYS WILL BE AT 12TH&PORTER THE STATION INN PRESENTS TWISTED LESTER
TUESDAY JULY 29	12TH&PORTER PRESENTS COPPER LINE SHOW CASE SODIUM WILL BE AT GUIDO'S PIZZERIA AT 8PM
WEDNESDAY JULY 30	THE VERVE PIPE AND K'S CHOICE WILL BE AT 328 THE STATION INN PRESENTS WHITEWATER

3RD&LINDSLEY--818 3RD AVE. SOUTH IN NASHVILLE--259-9891
GUIDO'S PIZZERIA--416 21ST AVE. SOUTH IN NASHVILLE--329-4428
SPRINGWATER--115 27TH AVE. NORTH IN NASHVILLE--320-0345
THE 'BORO BAR AND GRILL--GREENLAND DRIVE OPPOSITE MURPHY CENTER
STATION INN--402 12TH AVE. SOUTH IN NASHVILLE--255-3307
12TH & PORTER--114 12TH AVE. SOUTH IN NASHVILLE--254-7236
SEBASTIAN'S --109 N. MAPLE ST.--ON THE SQUARE--8958922

SUITCASE COMEDIAN VISITS NASHVILLE

by Cynthia Ryan
staff writer

What do peanuts, jalapenos, and old men have in common? If you're Jeff Dunham, they all live in your suitcases.

Comedian Jeff Dunham brought all three sidekicks to Nashville for their performances at Zanies Comedy Club last weekend.

Peanut, a purple and green "woozle," has been described as a "Muppet on heroin." He joined the act in 1986. He is a very upbeat, wild and crazy type who segues from one thing to another so fast that if you turn your attention for a moment you will get lost.

Jose Jalapeneo "on a stick" joined Dunham on stage in 1982 after recovering from the pogo accident that gave him his famous stick. Although Jose speaks with a thick accent, his jokes are concentrated on stick humor.

Grouchy old Walter met Dunham in 1986 and subsequently joined the act as well. His typical response when he doesn't make fun of someone is "Oh, shut the hell up!"

Dunham refers to his puppets as "little people in boxes" when trying to get through the x-ray machines at the airport. During his act Friday night, Dunham recounted a trip through airport security in Alabama. He said the man watching the x-rays asked if he had a banjo in the box. "No, it's a head," said Dunham. The man then said "ok, go on through."

Walter told a story from his childhood about a "little black boy that used to come down the road and bite my ear." "He kept doing it until I had to beat him up. The poor boy had to get a gold tooth and now he talks funny."

Jose wanted to come out of the box to "see all the pretty senioritas." When asked why he thought they would want to see

him, Jose replied, "because I have the stick."

Peanut, notorious for making fun of the "bone-heads in the front row" (his words) brought to everyone's attention that Jeff Dunham was not typical date material. His reasoning for this was that while "real men" have "manly jobs" like construction or computer programming, Dunham spends all his time "playing with dolls."

The crowd at the 8:00 pm show Friday night was very responsive to Dunham and his gang as well as Grant Turner, the opening act. Dunham, Peanut, Jose and Walter were all very quick, witty, and downright hilarious.

In a press release, Dunham was quoted as saying "If they walk away thinking, 'Gee, those were some funny guys,' rather than 'Boy, wasn't he a good ventriloquist,' then I've done my job." If Friday night was any indication, he does his job quite well.

SPORTS & RECREATION

Sidelines

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Health

Healthy snacks and meals helps workout

by Jennie Treadway
Special to Sidelines

The secret to being healthy has not been well kept. No matter your age, sex, or hair color, a health body relies on two things: activity and food. Once you have the workout routine memorized, the only thing left besides remembering a change of underwear for your gym bag is choosing a proper diet.

There is no need to dread the thought of a lifetime spent eating carrot sticks and dry toast everyday. An active body can handle an active diet. The more calories you burn—which occurs during and after exercising—the more selection of foods your body can handle. Food not only fuels the body for everyday tasks like brushing teeth or walking up stairs, but it also gives the body the extra boost it needs to provide an adequate workout.

Carbohydrates can be defined as the body's source of energy for any activity, ranging from sitting on the couch, watching television, to running a New York marathon.

The carbon, oxygen and hydrogen of a carbohydrate create glucose, which is what the body uses as fuel. When any kind of activity is subjected to the body, it turns to this natural sugar for energy.

The recommended dosage of carbs a day is 60 to 65 percent of the calories consumed in a healthy diet. Excess carbohydrates, like most other nutrients, will turn to stored fat and must be burned off rather than used for energy.

Fat is also a source of energy for the body, although the carbohydrates are the first to be used. During aerobic exercise, simple sugars are burned in the first 15 to 20 minutes of the session. It is not until the body has been working for a prolonged amount of time that it actually starts to burn stored fat.

Trainers encourage anywhere from 30 to 60 minutes of aerobic activity in order to burn more of the unwanted pounds. In other words, speed walking for half an hour is a more effective way to lose weight than running as fast as possible for ten minutes.

Ideally, a healthy diet would include the right amount of carbs and about 20 percent of calories coming from fat. Unfortunately, it is too easy to grab a Snickers bar than a baked potato or a bowl of fat-free chili.

It takes planning your meals and snacks each day to make sure your body gets what it needs. Going into the kitchen for a snack can turn into a fifth or sixth meal.

To make the kitchen visit easier, keep a list of healthy snacks on hand and choose what you want to eat before opening the cupboard or refrigerator door.

To make it even simpler, have snacks already prepared for the day. Wash and cut vegetables and keep them in a Tupperware bowl in the fridge. Cook some rice or plain noodles to keep as well.

Pre-packaged foods in the grocery store are getting healthier too. Try baked—instead of fried—potato chips and crackers along with fat-free dip or salsa.

Every brand of yogurt has a new flavor on the shelf and cereal companies are getting creatively healthy too. To give your yogurt a little crunch, sprinkle Grape Nuts or Wheat Germ on top and indulge. Heat some fat-free bean dip on a flour tortilla or spread strawberry jelly on a plain rice cake. Not all of them taste like cardboard.

Avoid high-fat/ high-sugar foods after exercising by turning to more filling choices like bagels, pasta (in moderation), or a banana, guzzled with a few glasses of water. Your body will be craving the nutrients it lost through sweat and tears, so treat it well by avoiding the double-bacon cheeseburger.

Eating four to five small meals a day can prevent hunger pains and keep you moving throughout the day. Also, by preparing your body with the right foods, workout routines will not only be improved by energy, but improved by results. Remember the phrase: "We eat to live, not live to eat."

Enjoy!



Raider volleyball team to go to Italy

by Nikki Bagwell
sports editor

The Lady Raider Volleyball team is getting ready to go to Italy on the NCAA pre season foreign tour.

The team will leave on August 8th and will return on the 21st.

According to Lisa Kisse, head coach for the volleyball team, NCAA allows teams to participate every four years.

Team members have worked in fundraising events to pay for the trip and expenses.

They have participated in fundraisers such as selling Tupperware, working in the basketball concession stand, and holding day camps in Georgia, Tennessee, Alabama and Missouri. Currently they are holding a day camp on campus.

"It's incredible the amount of work that goes into this, but it's worth it," Kisse said.

Each player has dedicated approximately 120 hours to fundraising.

They will get to play five matches while they are in Italy.

Kisse is hoping this will give the new players a chance to play with the returning players before the 1997 season opens.

Hannah Marcom, Linda Johnson, Kim Craven, Carrie Kapfenberg, Lindsay Pritchard, and Abby Hartup are the new team members that will participate in the exhibition games in Italy.

Just this past season the team was faced with a few set backs. Both setters sustained injuries and were not able to play.

Senior Nidza Castillo, known for her record holding assists, had to set out the remainder of last season due

to back injuries. Senoir Jaemi Clayton also sustained injuries last season. Both will participate in the exhibition games and return the fall.

Angie Venable, senior, was hit with misfortune this summer. The 1996 Female Athlete of the year was injured in a car accident. Despite her recent set back, Venable will also attend the Italy matches and return in fall.

The team will tour Rome and Florence. They will stay and play at the Training Center in Castigione Lago.

The season will open with the team traveling to Chattanooga for the Tennessee Preview. There they will face Tennessee-Chattanooga, Tennessee Tech and East Tennessee.

The conference season will open with a match against Tennessee State.

NFL training camp news

Indianapolis Colts

Failing to fulfill the promise that made him the No. 5 pick in the 1994 NFL draft, linebacker Trev Alberts retired Tuesday after three injury-plagued seasons with the Indianapolis Colts.

"I could see this day coming," Alberts said. "Three years ago, when I entered the NFL, I was so excited about my career. I thought I could do some great things. My body just fell apart."

Green Bay Packers

Brett Favre said his agent, James "Bus" Cook, is headed to Green Bay in hopes of wrapping up a contract extension that would make the star quarterback the NFL's highest-paid player.

The impending deal is worth between \$44 million and \$49 million over seven years and includes a signing bonus of between \$10 million and \$11 million. Even on the low end, Favre's deal would bump Detroit's Barry Sanders, who signed a reported six-year, \$34 million deal on Sunday.

"I haven't signed it yet," Favre said. "I'm hoping it will be done. Bus is going to come in Thursday and we're going to talk to them Friday and see if we can't get it done. But we haven't locked anything up concrete."

Oakland Raiders

Darrell Russell, the No. 2 overall pick in the April draft, signed a seven-year, \$22.05 million contract with Oakland.

"It's a big relief. I look at it like it wasn't a holdout, it was like a chemist in the lab coming up with that perfect compound," said the former Southern California defensive lineman, the first of the top six picks to sign.

Russell has \$8.325 million in guaranteed payments. The total package, the guaranteed amount and the average of \$3.15 million per year are records for a rookie contract, said agent Leigh Steinberg.

Denver Broncos

Denver backup quarterback Bill Musgrave retired, virtually assuring Bobby Brister of making the roster.

Musgrave played in six games last year, but slipped to fourth on the initial depth chart issued at training camp.

"Bill called me last night," coach Mike Shanahan said. "He's 30 years old and he's fighting for that No. 3 spot and he didn't really know if he was going to be on the team or not. He decided to retire."

San Francisco 49ers

Offensive tackle Harris Barton pulled himself out San Francisco's worst because of recurring knee soreness. He'll be sidelined indefinitely.

Barton, who was switched from the right side of the line to the left, underwent arthroscopic surgery on his left knee in May.

Swoosh!!

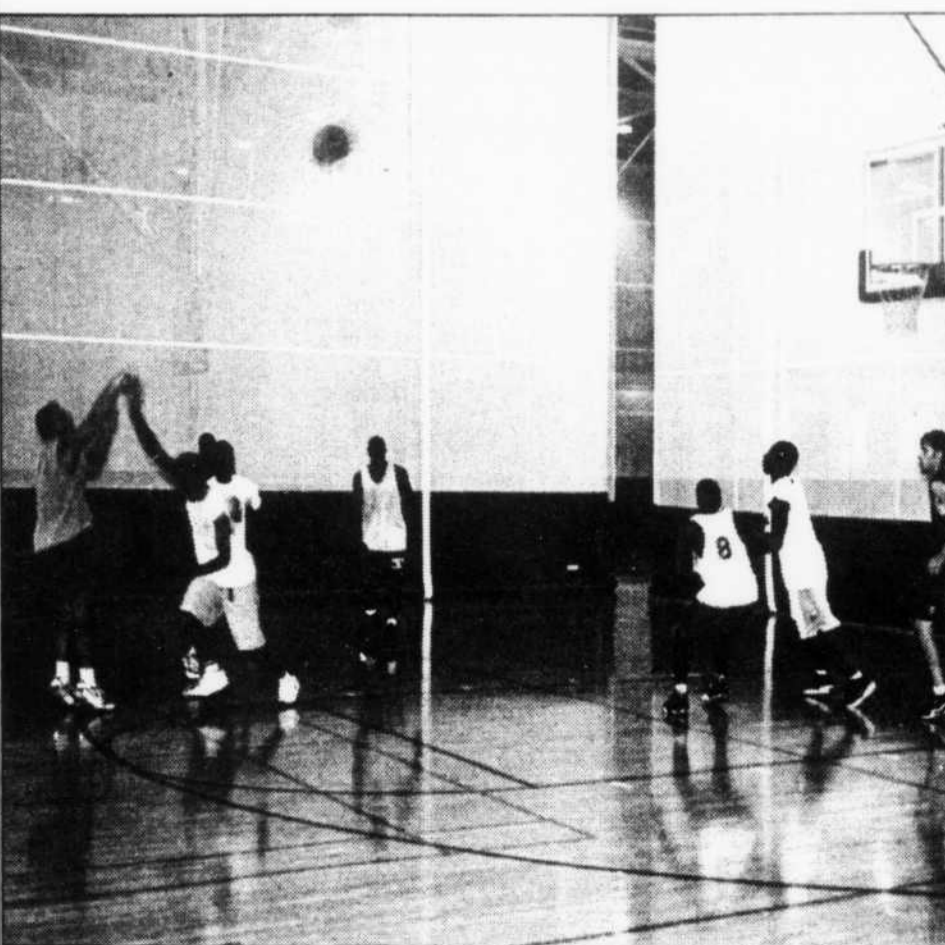


photo by Steve Purinton

A few students indulge in a game of basketball at the Rec Center. Six basketball courts are offered for student use. The Rec Center staff offers summer hours and the courts are available during the hours of operation.

Oilers training camp continues to be busy

by Sam Walker
AP Sports Writer

NASHVILLE, Tenn. (AP) — It's another training camp, and Mel Gray sees another rookie taking a shot at his job returning to the Tennessee Oilers.

This year, it's rookie Derrick Mason who holds the Big 10 record for kickoff returns and the Michigan State mark for punt return yardage. Gray, the man who holds most of the NFL's return records, isn't worried.

"I don't feel there's any competition. We're out here we're trying to see what we can make this squad," Gray said Tuesday. "I don't feel there's any competition. I'm going out and perform to the best of my ability and hopefully do something to improve the ball club."

The Oilers worked on punt blocking and returns for an hour Tuesday with the rest of the players sent to the pool for a break from afternoon practice on the fourth day of camp.

Gray and Mason split time returning punts, and the 12-year NFL veteran has been giving tips to the rookie and likes what he sees.

"He shows a lot of promise. He catches the ball well. He seems to be very focused," Gray said. But at the same time, "he's a young kid."

Gray became the first Oiler last season to top 1,000 yards in combined kickoff and punt return yards in two separate seasons. The Oilers, though, want to improve this season after finishing ninth in the AFC in

punt return average and 11th in kickoff return average.

Mason, who grew up watching Gray return kicks for the Detroit Lions, started returning kicks in college. He is listed second on the depth chart right now, and coach Jeff Fisher has liked what he's seen in the first four days.

"He's proven in practice he can do it," Fisher said. "He's one of the better young catchers I've seen coming in as a rookie as far as fielding punts. He's sure-handed. He's a strong runner, so he'll get an opportunity to look at the punt return position."

Gray has heard that kind of talk before. This is the guy who started in the USFL after leaving Purdue and joined the New Orleans Saints in his third professional season. Tennessee is his third NFL team.

And if the coaches decide they want to make a change, he figures he'll just work for another team.

"I have no problem with that. I've had plenty of success in the league, and I look forward to more. It's been an exciting camp so far. Hopefully, we can keep going," he said.

Wide receiver Sheddric Wilson suffered some back spasms when hit during a punt rush, but Fisher said he will be monitored. Rookie right guard David Bailey was back at practice Tuesday with a cast on his right hand after breaking it during practice Monday.

Left tackle Gary Walker remained on the sidelines as he recovers from a foot injury.

With credit so accessible, Generation X is in deep debt

by Amy Ellerson
The Miami Herald
Knight-Ridder/Tribune News Service

Suzanne Sweetman was hungry and broke, so she applied for credit cards and enjoyed free pizza and Coke.

For the college student, getting the food was as simple as filling out credit card applications in the student union. But it wasn't until her first card arrived in the mail that she learned the most important lesson of Economics 101: There's no such thing as a free lunch.

Now nearly \$16,000 in debt, Sweetman wishes she had steered clear of the friendly salespeople pitching credit cards daily at Clemson University, where she studied for two years before moving back to South Florida.

"We were hungry college students, and we'd jump from one stand to the next getting slices of pizza and liters of Coke. We didn't care what they were selling," said Sweetman, 24.

Like Sweetman, today's college students can expect to pass through a series of rites, including fraternity parties, all-night study sessions and credit card solicitations. If they're not careful, they could join the growing ranks of debt-laden consumers between the ages of 18 and 32, otherwise known as Generation X.

In 1996, twentysomething consumers owed an average of \$2,400 on their credit cards, nearly triple what they owed in 1990, according to research by Claritas Inc., a marketing research firm in Virginia. If you parted with \$75 a month to pay off that \$2,400 debt, it would take you 3 years with a 16 percent-rate card — and you'd pay \$750 in interest.

"There's no question that young adults are the most heavily burdened by credit card debt," said Stephen Brobeck, executive director of the Consumer Federation of America.

As the credit card industry continues to saturate the market with card offers, college-age students and low-income consumers — those typically deemed bad risks — are easy targets, said Bob Johnson, senior research associate at Purdue University's Credit Research Center.

"It's cultural. They see their parents using credit cards, and they find it convenient," Johnson said. "You can't check into a hotel without a credit card these days. It's a new currency."

Indeed, convenience is paramount for a generation raised on fast food, cellular phones and The Gap. If they didn't learn spending habits from their parents — many of whom were either divorced or busy with careers — they picked them up from popular culture, where teen shop-a-holic Mallory, of TV's Family Ties, reigned supreme.

Conspicuous consumption and instant gratification largely define this generation.

"It's like you automatically get this purchase — a nice sweater, a t-shirt, a big night out — and you figure you'll pay for it later," Sweetman said.

Many are also refusing to lower their standard of living just because they've left home. Credit cards make that possible — at least temporarily.

"It's the yin-yang of Generation Xers. There's never been a time in our history when credit cards were more attractive and accessible," said Lewis Mandell, dean of

business at Marquette University in Milwaukee, Wis. "That's fairly significant for people without a lot of their own money and from fairly affluent families."

Many teens waste little time taking on debt after leaving home. The number of 18- and 19-year-olds with cards in their own name is climbing, according to Teenage Research Unlimited.

"I've seen minors under 21 who aren't yet old enough to buy a six-pack of beer but they already had their first bankruptcy discharge," said Sam Gerardo, executive director of the American Bankruptcy Institute, a not-for-profit organization in Alexandria, Va.

Mandell recently conducted a national survey of graduating high school seniors in which he concluded that teens know too little about personal finances.

An example: 88.7 percent of the survey's 1,509 respondents knew that salaries, wages and tips constituted primary sources of income for most people between 20 and 35 years old. But less than half knew that if a person's income doubled, income taxes would also double.

The problem, according to Mandell, is that more kids learn about money management from home than school, and in many cases parents are not setting a good example.

"It's kind of like passing on bad habits," Mandell said. "It's an activity you can observe your parents doing. If they take you out to the store, you can see whether they're paying with a credit card."

Across all age groups, the statistics don't paint a pretty picture. Bankruptcy filings in the United States have more than doubled in the last decade, from 530,436 in 1986 to 1.2 million last year.

Moreover, Americans owe \$484.6 billion in credit card debt — up from \$437.9 billion in 1996, according to the Federal Reserve Board. The National Foundation for Consumer Credit, with 1,300 offices nationwide, helped 1.3 million consumers last year pay off debt — a 20 percent increase over 1995. Many are seeking help.

At the nonprofit Consumer Credit Counseling Services of South Florida, the average age of a client is 34, and it's getting younger all the time, administrators say. Aida Fernandez, a counselor for nine years, said she has seen clients as young as 19 with up to \$18,000 in debt.

"I'm finding that the problem with young people is they're not taught how to manage money or how to differentiate between needs and wants," Fernandez said. "Young people want the designer clothes, the expensive cars and jewelry, and they're not taught the ramifications of those purchases."

The problem usually starts when a teen gets a credit card with a parent as co-signer. That allows the teen to build a good credit history, so that by the time he or she graduates and gets a job, credit card approval is no problem.

Many become over-extended and eventually find themselves with poor credit, Fernandez said. That can lead to a sharp increase in interest rates and difficulty in taking out loans, making the purchase of a new car or home virtually impossible.

Filing for bankruptcy protection sometimes is the best answer because it allows the

debtor to re-establish credit. However, it remains on their credit report for 10 years.

Consumer Credit Counseling Services can help people in dire straits by negotiating with their creditors. Those enrolled in the debt management program make one payment once a month to CCCS, which then pays off the credit card companies. In some cases, CCCS can arrange to have clients' interest rates reduced.

The debt management program is recommended only for those heavily in debt and unable to make their monthly minimum payments. CCCS helps people who complete the program establish one major credit card.

Sergio Tigera plans on never getting in debt. A sophomore at FIU, he has chosen to ignore credit card solicitations. He learned about the dangers from his older brother and sister, who now are hampered with debt after too many credit card shopping sprees.

"I keep my money in my bank account, and I get money from the ATM when I need it," said Tigera, 19. "When I run out, I run out. But I plan ahead, so I'm never really out of money."

Tigera's brother, Alexis, resisted the temptation of credit cards until a couple years ago, when he gave in and got approved for two cards. While he wouldn't say how much he owes, he did say it's considerably less than some of his friends, who owe up to \$10,000.

He pays \$50 a month to credit card companies at an interest rate of 16.2 percent. Also a student at FIU, he'll continue making the minimum payments until graduation. In the meantime, he has cut up his cards and sworn to not use them again, even though he recently received new cards in the mail.

"I guess I learned the hard way," said Alexis Tigera, 22. "Everybody warns you not to use them, but you never really know until you actually do it yourself."

For many already dogged by debt, filing for bankruptcy protection is a popular option. Fort Lauderdale attorney Jeffrey Beck, a bankruptcy trustee for the Southern District of Florida, has seen the faces in bankruptcy court grow younger this decade — a result, he said, of credit card companies targeting those with marginal credit history.

When Beck started practicing bankruptcy law 20 years ago, most filings were caused by businesses that failed, unexpected health problems or the loss of a job. Today, a common reason is credit card abuse.

"If future successes don't come, or if they plain decide they're not going to pay their debt, I think bankruptcy is a pretty common choice for young people," he said.

Sweetman, the former Clemson student with more than \$11,000 in outstanding credit card balances and \$4,000 in loans, refuses to file for bankruptcy protection. Instead, she is working with Consumer Credit Counseling to repay her debt.

She lives with her sister in Miami and works 60 to 70 hours a week at two jobs. She is a prosthetic technician at Reid Prosthetics Services in Miami, a part-time waitress and a part-time FIU student.

Paying \$280 a month to creditors, she hopes to be debt-free in five years.

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Found male mixed Terrier, blonde, weighs 15 lbs. Found near campus. Call 821-2672 to claim.

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Caffeine gives a jolt, but what does it do to the body?

by Karen Wolf
Northwest Florida Daily News
Knight-Ridder/
Tribune Media Services

For many folks, a day without Mr. Coffee is a black day indeed.

Some just enjoy the roasted taste, or the comfort of cupping a steaming mug in their hands. Many others, however, need the caffeine fix, whether it's from coffee, tea, soda or chocolate.

But what is it doing to your body?

Caffeine is a stimulant that jolts the central nervous and peripheral nervous system a feeling that is increased the more caffeine you ingest.

And that's not so hard to do. It takes between four and six hours to eliminate half the amount of caffeine in your body, says Anita Kurz, a personal trainer.

"So it lingers in the body and can accumulate over a period of time," she says. "The body has more caffeine than it can handle."

Increased levels of caffeine can cause anxiety, restlessness, nervousness, an upset stomach, headaches and diarrhea.

Caffeine consumption raises the body's metabolic rate. But it also increases the amount of insulin released into the bloodstream, which causes your blood sugar levels to drop,

Kurz says. The result? Hunger pangs, causing you to eat more.

Another minus caffeine is a diuretic, so the more you drink, the more dehydrated you get, she says. Most folks don't drink enough water as it is, so drinking caffeine, "makes the situation even worse," she says.

But caffeine does have its perks. Some studies have shown that consuming about 2 1/2 cups of percolated coffee 60 minutes before exercise can increase a person's endurance level, according to Exercise Physiology: Energy, Nutrition and Human Performance by McArdle, Katch and Katch.

That's because caffeine is thought to help the body use fat more efficiently.

The effects, however, seemed to work better in well-trained athletes rather than the average person.

Then there's the "addiction" factor.

Actually, addiction may be too harsh a word. People don't need more and more caffeine over time, according to the International Food Information Council Foundation.

But that doesn't mean you won't feel its effects if you go cold turkey, either. Just ask Rene Cole.

About six months ago, Cole, a nutritionist with Medical Center Clinic Weight Management in Pensacola, Fla.,

decided cut her four-cup-a-day habit in favor of decaffeinated coffee.

It wasn't easy. The first two caffeine-free days were "total misery," she says, including a day-long headache that was near migraine proportions.

But these days, she feels much better and has more restful nights. "It's been a tremendous change-over," she says.

Cole tries to impart the same benefits to her clients, several of whom consume pots of java, plus cans of colas, each day.

Drinking a lot of caffeine causes chronic headaches, she says. And if you alter your diet, like her clients do, the caffeine can have a stronger effect. She tells them to eliminate a cup a day, at first. "They don't need to be totally miserable if they're bringing their body back to a normal state," she says.

Cole also finds out why people need that much caffeine in the first place. Is it to get going in the morning? Is it for a noon pick-me-up?

"Their energy level should be up on a continuous basis," she says. "If not, it's their diet."

Caffeine consumption all day long can lead to another problem staying up too late at night. And sometimes it means drinking alcohol to come down. "It's a vicious cycle," she says.

Experts recommend no more than 200 milligrams of caffeine a day equivalent to about two cups of drip coffee. Notice that even decaffeinated coffee contains some caffeine. Here are the amounts of caffeine found in various beverages and foods: 5-ounce cup of drip coffee: 110 to 150 milligrams; 5-ounce cup of instant coffee: 60 milligrams; 5-ounce cup of decaffeinated coffee: 3 milligrams; 5-ounce cup of tea: 9 to 46 milligrams; 12-ounce cola: 45 milligrams; 1-ounce chocolate bar: 10 milligrams or less.

Source: Dee Reynolds, a Mobile, Ala., creator of No/Diet weight mgmt. program; and Dr. Susan M. Kleiner, a registered dietitian and author of "The High Performance Cookbook"

The dangers of too little sleep

by Lidia Wasowicz
Reuters News Service

SAN FRANCISCO—Too little sleep may prove as dangerous as too much alcohol.

In their study in the British journal Nature Wednesday, Australian investigators say it may be as bad to be sleepless as it is to be drunk on the job or on the road.

The authors note that poor and infrequent sleep have been linked to accidents suffered by night-shift workers and drivers. But exactly how tired is tired? And how can different degrees of fatigue be compared?

Drew Dawson of the Centre for Sleep Research at the University of South Australia and Kathryn Reid of the University of Adelaide in South Australia were curious to know. What they found may surprise you. Their study notes fatigue can cause as much

mental impairment as drinking alcohol.

They show that moderate levels of fatigue—after only 17 hours of sleep deprivation—produce higher levels of impairment than those associated with proscribed levels of alcohol intoxication for motorists in many countries.

In the study of 40 volunteers, one group was kept awake for 28 hours and the other was asked to drink 10 to 15 grams of alcohol every half hour until the blood alcohol concentration reached 0.10 percent.

The groups were then tested for their hand-eye coordination. Performance decreased significantly in both situations; at the 17th hour of wakefulness, the sleepless bunch was as impaired as those with a blood alcohol level of 0.05 percent.

Notes Dawson, "This is the prescribed level of alcohol

intoxication in many Western industrialized countries."

After 24 hours of staying awake, the performance decreased to a level equivalent with that of a person with a 0.10 percent blood alcohol concentration. In California, someone with a 0.08 percent blood alcohol level is considered legally drunk.

Since studies show half of shift workers do not sleep on the day before the first night shift, and the levels of fatigue on subsequent night shifts can be even higher, the performance impairment associated with the night shift could be even greater than that reported in the study.

The authors conclude, "Our results underscore the fact that relatively moderate levels of fatigue impair performance to an extent equivalent to or greater than is currently acceptable for alcohol intoxication."



photo by Celeste Castillo

Keandre Cole nudges a sleeping Walter Bailey while he's taking a short afternoon nap.

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