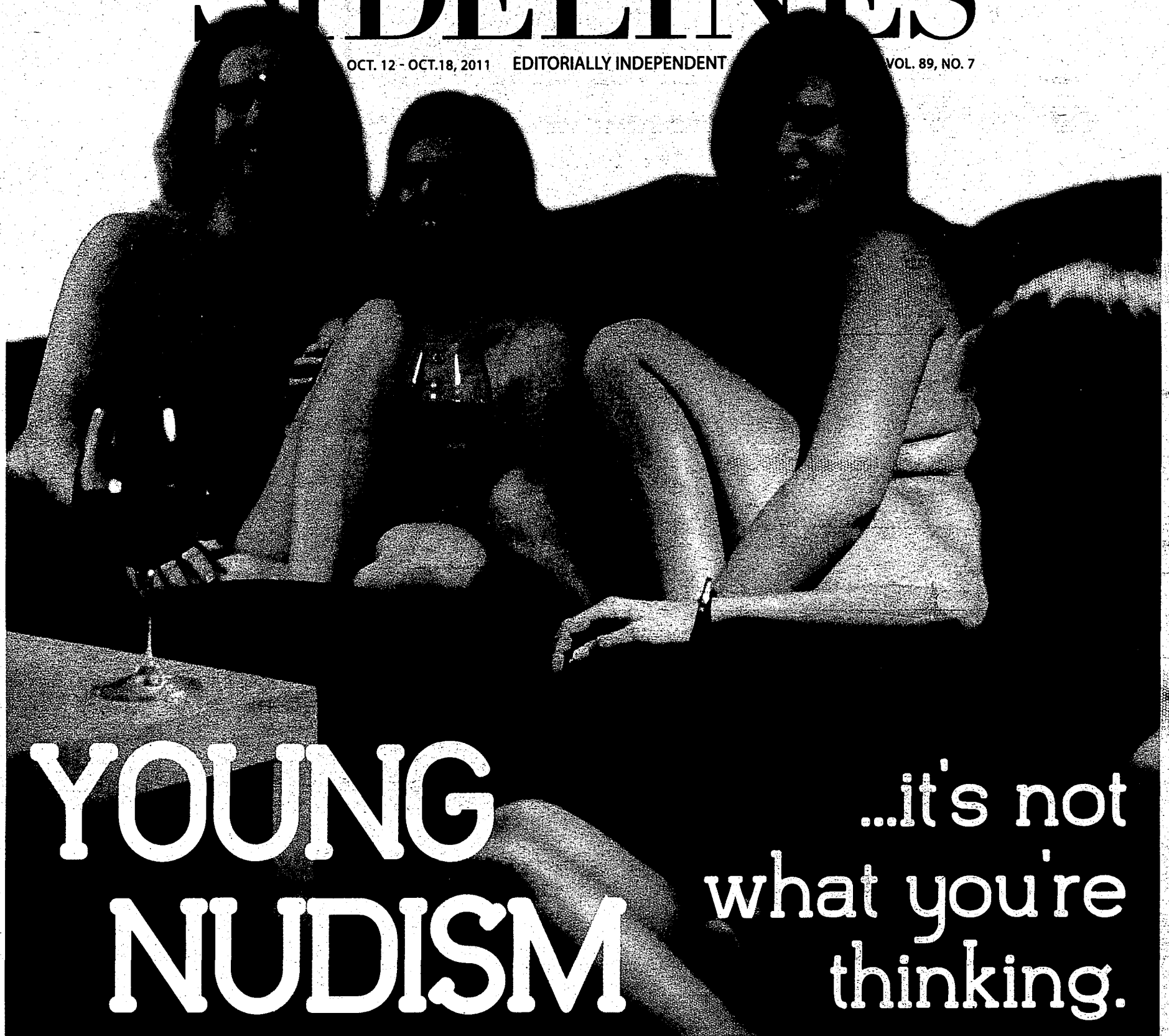


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**YOUNG  
NUDISM**

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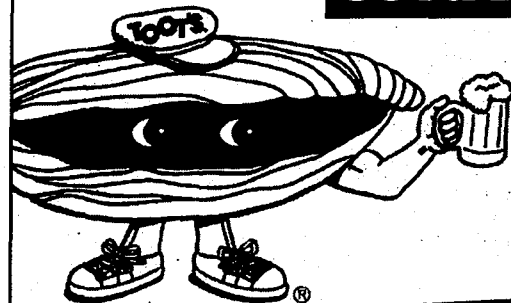
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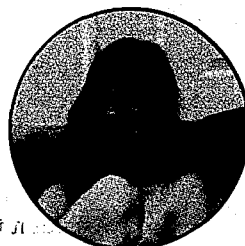
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Cover photo by Courtney Polivka

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# Nudism embraced by younger generation

## GOOD FRIENDS.

## GOOD FOOD.

**K**nock knock. Chris, 26, peeks only his curly blonde head around the

door. He is naked except for his glasses and wedding ring.

"C'mon in you guys," he beckons to the couple, Phillip, 26, and Cora, 22, standing on the doorstep. A sweet

and tangy aroma meets their nostrils as they step into the foyer and quickly undress by the door. Foster the People plays through the living room speakers; while two cats lounge on the couch.

There is laughter and hugs as the couple steps into the tiny, crowded kitchen at the back of the house. Other friends have already made themselves at home.

Caz, 20, stands off to the side, as Chris moves to the sink to cut tomatoes. She wears only jewelry—a jade stone hung from a string about her neck, two snake bite lip rings and a bracelet made from small wooden beads. Her long, honey-brown hair falls gently on her shoulders.

Maddie, 19, and Felicia, 19, sit at the small kitchen table, looking, for all the world, like they were at a normal dinner party.

Carol, 30, Chris's wife, laughs as she stirs a brimming pot of apple chicken chili, wearing nothing but an apron and her wedding ring. Her dark brown hair frames her face. Cora sits down at the table, with Phillip behind her.

The kitchen is warm, almost too warm, but a delicious breeze sneaks in from a cracked window, bringing with it the crisp, evening air, cooled by the onset of autumn.

This is naked dinner.

## FIRST TIMES

The abrupt turn to cooler weather means that summer nudist activities like skinny-dipping and naked volleyball are drawing to a close. But naked dinners, naked movie night and hot tubbing are all on the agenda for the coming winter months.

After a hearty dinner of chili and cornbread, everyone settles into the soft, oversized living room furniture. Their laughter is loud enough to be heard outside, as they watch YouTube videos from a laptop hooked up to a TV. Analise,

22, arrives late to join the party, wearing only a sarong around her hips and a zip-off jacket, which are quickly shed. Everyone is comfortable and relaxed. But it wasn't always that way, at least for Carol.

"Both Chris and I had grown up very body-conscious and very religious," she says. "But when Chris went out to school in California, he was around a lot more body-free people, and that intrigued him."

As a young married couple, Chris and Carol explored the idea of social nudism together, but it took them two years to get up the courage to try it.

"We had been naked at home and outside," says Chris. "But taking that extra step to actually going someplace where being naked is the thing that you do—with other people—is always slightly mind-boggling."

"The first time was fun," Carol continues, "But the second time we visited a resort out in California for our third anniversary, and we got to be naked for five days straight, and that was it. We were in. Now, we've been doing it ever since and getting everyone we know to try it."

It's been three years since that first time.

Caz's first brush with nudity came right after high school.

"Two years ago," says Caz, "Anonymous" would leave for weekends, and he would always say that he was playing volleyball by a lake."

...continued on next page

Art by Courtney Polivka

## COVER STORY

But Caz knew he was lying. Eventually, he told her that he was going to Rock Haven Lodge Family Nudist Park in Murfreesboro, Tenn.

Read about Rock Haven in our next issue or visit them online at [www.rockhavenlodge.com](http://www.rockhavenlodge.com).

Caz, who played volleyball in high school, says that, "As soon as he told me that he had been playing naked volleyball, I said, 'Let's go!'"

At Rock Haven, Caz met Chris and Carol for the first time in 2009. Phillip and Cora met the three of them at Rock Haven this past summer.

Phillip and Cora have been participating in social nudism for only a few months.

Cora says that for her, nudism is an escape from the stress of day-to-day life.

"There is nothing more freeing, more relaxing, than being naked, especially being naked outside. When I take those clothes off, my stress goes with them and I feel like I can breathe again, even if only for an afternoon. It's therapeutic."

### LIFE LESSONS

In addition to being therapeutic, everyone in the group agrees that nudism has given them a healthier perception of the human body and human sexuality, as well as confidence and a great way to relax and meet new people.

"Whenever you meet people naked, it's so straightforward," says Caz. "There's no odd dance, trying to figure each other out. You start from zero."

Chris agrees.

"It's an automatic common factor. When you meet someone naked, you automatically have a kinship with them because, well, you're both kind of crazy, walking around naked," he laughs.

For Carol, nudism has played a large role in her personal body-acceptance.

"Advertisements tell us that you are only beautiful if you fit very specific

criteria," says Carol. "When you go to a nudist place, you see literally every shape and size."

Growing up in a very religious household, Carol says that nudism has helped her realize that her body isn't inherently dangerous.

"I was told growing up that your body is sexual, which led me to a lot of shame," she says. "But what I've learned just being naked is not provocative."

"Nudism has changed my perspective to see people as beautiful, no matter what. Being able to see that for other people has allowed me to see that in myself. I am beautiful just the way I am," she says confidently.

Carol knows that many people, especially women, may be worried about receiving unwelcome attention.

But she argues that a bikini draws a different kind of attention than that of simply being naked.

"If you're specifically putting a triangle of fabric on each place that you don't want someone to look, it's saying 'Look here.' But if you just leave it all out in the open, then people see what it is, and move on."

She continues.

"When you find out that you can be naked and nobody's going to lust after you, freak out or attack you—they're just going to talk to you like a human being, look you in the eye and have a heart-to-heart conversation with you—that's really freeing."

"It's not that nobody looks or nobody notices," says Chris. "When you meet somebody new, you have that moment, and then it's like, 'Okay, done. Conversation anyone?'"



Carol Rosenhauer does almost all household tasks naked, including cooking. (Photo by Chris Rosenhauer)

Chris firmly believes that the life-long benefits of nudism greatly outweigh the momentary uncomfortableness of being naked socially for the first time.

"It really comes down to are you willing to trade 30 seconds of 'I can't believe I'm doing this,' for the rest of the time being like, 'This is awesome,'" he says with a smile.

"I think if you're curious, it's just a matter of getting over the nervousness. Because you can't say that you're not going to be nervous. You are. But it goes away quickly."

### YOUNG NUDISM

Naked dinners are just one of the many activities young nudists do to socialize, but there are much larger events, specifically for young people, that take place during the year.

"The resorts are great to go to in the summer," says Cora, "But the age group is definitely older, so it's nice to go with friends your age."

Chris agrees.

"If you want something that's easy to access, then try the AANR clubs (American Association for Nude Recreation) like Rock Haven or TNS (The Nudist Society). But in my opinion, for young people it's not really the best option."

Chris believes that young people interested in nudism should find an event that lasts an entire weekend, such as the events hosted by Florida Young Naturists, based out of West Palm Beach, Fla., which hosts three naked bashes a year for people between the ages of 18 and 30.

"There are usually about 150-200 young people who come on those weekends," says Chris.

"Plus," he continues, "because Rock Haven is only a 10 minute drive from your dorm, you can always chicken out halfway there and just go home. With an event, you've invested the time to drive there, which I think helps with the nervousness."

Such events feature bands, volleyball tournaments, a pool, sauna and hot tub, yoga classes, hikes, hula hooping, a drum circle, bonfires, body painting and more.

"We've had a giant blow-up water slide at the last two events," says Caz.

An obstacle with these events is that they're not here in Tennessee. You have to go out of state and somewhat plan ahead.

"But camping is free," says Cora. "All you have to pay for is gas and food."

"We have best friends across the country now," says Chris, "since we spent three days with them naked around bonfires."

### A MODERN FACE

Many people from the "textile world" think that nudism is just an old hippie thing.

"And it is," says Carol, "but it's coming up. A younger generation is embracing it now."

And with the embrace of a younger generation, nudism is taking on a more modern face. It's about equality and acceptance and unplugging from technology and getting back with people. Nudism provides a way to socialize outside of the Internet, and it's about finding common ground with people from all over the world. ■

## Garden helps inmates grow

Inmates in the Rutherford County Adult Detention Center bring a different dynamic to jail life through a garden on an acre of land in front of the Rutherford County Sheriff's office.

Since the beginning of May, the Garden of Hope, or Homegrown Opportunities for Personal Enrichment, has been providing some inmates with an opportunity for exercise and skill building outside of the normal program.

The garden is meant to teach inmates not only how to maintain a garden, but also teach them how to be able to provide for their families and community once they leave, said Sheriff Robert F. Arnold.

"Right now eight guys are working on the garden," said Raymond Cleavenger, an inmate in the Garden of Hope program. "Not just any guy here can work on this project. You couldn't have acted out or been written up. Plus, you would have had to gone through some other programs before this."

The plans for the Garden of Hope began in February. Deputy Arthal Minter headed up the project, and local sponsors such as the Co-op Home Lawn and Garden Care at 985 Middle Tennessee Blvd., which donated \$150 to get the garden started.

"While I was on vacation, I received a phone call from the office saying that I was going to be heading up this project when I returned," Minter said. "We weren't able to get the garden going until May, and I thought that since we started so late, that we wouldn't have anything edible to even yield."

Minter ended up being partially right with her thought. The garden originally started toward the back of the property growing 150 tomatoes and beets, but the plants soon had to be dug up and discarded because they were affected by disease.

But with the help of Nathan Phillips, an assistant professor of horticulture, the group moved the garden to the front of the building where they started growing several different kinds of vegetables and fruits ranging

from cantaloupes to collard greens.

"I am a big supporter of the project because I see so many benefits," said Phillips, who visits the garden on Tuesday mornings. "It particularly benefits the inmates by providing something constructive to do, encouraging learning, gaining potential job skills and giving them a sense of accomplishment. The pride and ownership that they have of their garden is a sign that the project has therapeutic value for them."

Phillips said he doesn't think inmates are the only ones learning from the garden, though.

"This project is inspiring to me, and I believe that the community support that we've seen is key to continuing the success of the project and the inmates that are involved in it," Phillips said.

Last month, Bumpus Harley Davidson hosted a benefit for the garden at its location: 2250 Northwest Broad St.

The inmates decide what plants grow where, and assign jobs to one another, whether it is raking or spreading shreds of newspaper in certain areas.

"I have been able to watch these plants grow since I have gotten here in July," said Donald Pitts, an inmate who works in the garden. "This project is different than all the others I have done so far in prison. I found the other programs to be a good thing, but I am able to work so hard doing a garden. I used to live on a farm and helped my family grow their garden when I was younger, so I've loved being able to be out in the sunshine and fresh air."

Garden organizers said they hope to further the length of its project and keep the garden going year round. During the summer, the garden yielded enough to feed the 800 inmates for different meals.

"We cannot be totally self-sufficient, but we'd like to keep providing food that we've grown for our inmates," Minter said. "When people drive by, we want them to realize this is more than just a place to incarcerate people. Some of the inmates in here are trying to prove themselves by participating in this garden project." ■

By Emily West  
Staff Writer



Tafari Byrd takes a break and eats a green bean in the Garden of Hope outside the Rutherford County Sheriff's office. The inmates who work on the project go outside every day to tend the garden and harvest what is ready to be picked. (Photo by Emily West, staff writer)



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# Students respond to KUC Freedom Wall

## Staff Report

The MTSU chapter of Young Americans for Liberty attracted attention this week with their Freedom Wall in front of the Keathley University Center.

YAL, a national college and high school student organization, said it designed the wall to illustrate the benefits of free speech and, in some instances, the danger it is in.

At first, passersby were allowed to write whatever they wanted to on the wall, but later in the week a moderator censored what could be written and how long it would stay up. Alex Mosley, a graduate student in the college of Liberal Arts who was in character as Minister of Speech John C. Scumbag, only allowed students to write on a whiteboard, called the "Freedom Board."

Moreover, Mosley changed what people wrote on the wall to "make sure the best possible message is presented." After three minutes, he erased the messages entirely.

"I patrolled the wall today to protect people's free speech," Mosley said as Scumbag. "We want to protect people's free speech, and we don't want it to hurt anyone."

Students whose messages were edited and distorted expressed frustration at the change to the Freedom Wall.

"I tried writing on the white board because it looked important and different from the Freedom Wall," said Mohammad Kaissi, a senior majoring in marketing. "I wanted people to be aware of how it is in Syria, but the message the white board guy put on there wasn't what I wanted. So, I decided to write on the Freedom Wall instead."

Kaissi added that the Freedom Wall could not even exist in some countries.

"In Syria, freedom of speech is nonexistent," Kaissi said. "You say one thing wrong, and you'll find yourself in trouble with the government. You come to America, and you can say anything you want. You can tweet it or Facebook it, or in this case you can write it on the wall." ■



Students Mohammad Kaissi and Adan Chamdin write on the Freedom Wall outside of the KUC, Oct. 5, to share their thoughts about free speech in Syria. The Young American Liberty sponsored the Freedom Wall event for students to place whatever message they wanted. (Photo by Emily West)

# Electric car charging stations may boost local economy

The Avenue's plan to implement 10 Blink Pedestal electric vehicle-charging stations could be a good boost to the local economy, said an associate finance professor.

"The law of demand and supply goes into place here, where if the need for the electric cars goes up then there will be more manufacturers who will want to make these cars, and it will become cheaper for people to own these environmentally-friendly cars," said Frank Michello, an associate professor of finance.

The Avenue is to be one of the first retail shopping centers in Tennessee to join The EV Project, said Lindy Mullen, marketing manager for The Avenue.

"I think this is a great avenue to

create employment for the local people because they will require people to set this up and to run it," Michello said. "From my point of view this will also help make the fad that 'electric cars

are too expensive and too much of a hassle' fade away, because if the access to charge them increases, it might create an increase in the number of people who buy electric cars."

The EV Project, a part of the U.S. Department of Energy's Electric Vehicle Project, is one of the largest electric transportation projects in history, according to a press release.

"Located outside of Nashville, The Avenue offers shoppers an attractive and convenient place to charge their vehicles while they shop or dine," said Stephanie Cox, Tennessee Area

Manager for ECOtality, Inc. "Because of this, we believe locations like this are critical to building a nation-wide network of charging stations."

ECOtality is the project manager for The EV Project and will oversee the installation of approximately 14,000 commercial and residential charging stations in 18 major cities and metropolitan areas in six states and the District of Columbia, according to the press release.

The project will provide an infrastructure to support the deployment of 8,300 EVs and is a public-private partnership, funded in part by the U.S. Department of Energy through a federal stimulus grant and made possible by the American Recovery and Reinvestment Act.

A variety of payment options are planned for the Blink stations such as interoperable radio-frequency ID cards,

smart phone applications and credit-card-based payment options, according to the press release.

When the computer was first introduced, it was bulky and expensive, but now we can't think of life without them, Michello said. Electric cars are almost seen how early computers were, Michello added, but with amenities like easy access to charging stations and easy payment options it will become easier to own an electronic car.

"I think that's great," said Kim Pham, a graduate student in the College of Mass Communication. "We are finally moving toward making the charging of EV[s] more accessible, and hence, people will be more open to using alternative sources of energy." ■

Alex Harris, associate news editor, contributed to this report.

By Reshma Pudota  
Contributing Writer

# Occupy movement reaches Nashville

Occupy Nashville, a part of the nationwide Occupy movement, held its second general assembly Saturday, Oct. 8, and decided on Legislative Plaza as a location to begin occupying.

They met on the steps of the Parthenon in Centennial Park to further discuss a plan of action for the group. The Occupy movement has now reached 45 states and was granted the status of a non-profit organization.

"I have been following Occupy Wall Street since the beginning, and I think it's a very powerful statement," said Dorsey Mallina, a Nashville resident.

Occupy Wall Street is a group of activists who began a protest in New York's financial district on Sept. 17. According to occupywallst.org, the group calls itself a "leaderless resistance movement with people of many colors,

genders and political persuasions."

The Occupy Nashville group is in the beginning stages of organizing, Mallina said.

"What we need to do is follow the model in New York that is working beautifully, and we need to find committed people," Mallina said.

"And that's what all of this is about: people. We need to get busy occupying, and become spokespeople for this group. I don't want to see this movement die."

Collectively the group said it decided it wanted a government for the people and by the people. Occupy Nashville also intends to coordinate the movement better by setting up different focus groups that include a media group, legal group and outreach group.

"Thomas Jefferson said that democracy is the most inefficient form of government," said Jane Steinfels Hussain, secretary of the Nashville Peace

By Emily West  
Staff Writer



Jase Short, a Murfreesboro resident, speaks at the second general assembly meeting for Occupy Nashville Oct. 8 to express his opinions on government and how the group should take action. (Photo by Emily West, staff writer)

and Justice Center. "I am committed to democracy and to change the inefficiency. The organization I am with honors civil disobedience and as a center we believe if you want to be civilly disobedient then you have to know what you are doing. I think if we are going to do this as a group, we are going to have to decide democratically what to do."

Among those in attendance, university students showed up to the general assembly meeting to voice their opinions and to support the movement.


"I came to this because I am an activist, and I am in support of this movement," said Jessica Vincent, a senior majoring in philosophy and international relations. "I am in debt

from my student loans, and I am going to graduate from MTSU with no good prospect of a job because my degree is essentially meaningless at this point. The way I see it, our government is catering to the minority, and they can't call that democratic government."

Others in the general assembly meeting said they had similar feelings to Vincent's as they voiced their opinions on what they believe is wrong with U.S. government.

"We need to be asking what we want from our country that we earned ourselves," said Rob Rickman, an alumnus. "So if that's the case, the only true form of government is self-

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She spun and twirled as the hula hoop glided along the edges of her hands, shoulders and waist. It was mesmerizing. Effortless. Natural.

The 5 feet 3 inch girl with buzzed red hair was in her element. Standing at 100 pounds soaking wet, she wasn't built for contact sports, nor has she ever really cared for competition. This was about bettering herself and overcoming obstacles. This was hula hooping. This was Mae Harrison.

This Nashville transplant with the colorful rimmed eyeglasses is 19 years young. Majoring in anthropology at the university, she has the spunk and ambition that you would expect from a college student. Her eyes sparkled as she explained why she loved to hoop.

"When I picked up hooping, it became not only like an extension of my body but also like an extension of my soul," she explains.

Hula hooping can burn anywhere from 300-600 plus calories per hour, depending on skill level, according to personal trainer Becky Miller's March article on the LIVESTRONG website. It strengthens core muscles and improves muscle memory and muscle manipulation. It releases toxins while increasing heart rate, making it a great, well-rounded workout. It also helps the hula hooper understand the dimensions and flexibility of his or her body.

For Mae, it is so much more.

"I love every single thing about that plastic circle," she says.

Her story begins a year and a half ago, when she was in a bad place in her life. She was in a long-term relationship and didn't like her unsupportive boyfriend, her friends, or herself for that matter. She was stuck. She was disconnected, until she found an online community of hula hoopers called Hooping.org.

The talent of the hula hoopers she was watching amazed her. She loved the openness of the online hooping community and how welcoming they were to one another. The skill levels of the hoopers were diverse, so Mae didn't



**Mae Harrison,** a freshman in the College of Liberal Arts, practices her moves in her front yard with a handmade hula hoop. (Photo by Kelsey Griffith)

feel discouraged. The hoopers were in it for themselves and in it for one another. This was what she needed.

So, she bought a handmade hula hoop and began to watch beginner hula hoop tutorials on YouTube. It wasn't easy, Mae said.

"When I first started out it was almost like a chore," she says. "I hate this. This sucks. It's painful. I have bruises. I can't figure out this stupid trick."

The stress of learning to hula hoop on top of the stress she was already dealing with in her life became overwhelming, and she put down the hoop. After six months of blankly staring at it, still clouded with frustration, Mae

her progress to three things: dedication, time, and practice.

She broke up with her unsupportive boyfriend. Now she hoops at least six hours a week in her front yard, outside on campus or inside aerobics rooms at the university, or anywhere she can find enough space.

Mae performs at concerts, parties and music festivals. Soon, she will be attending Hoop Convergence, an intensive camp with the best of the best hula hoopers from around the world. In October, she will perform at a show for a visionary artist, Alex Grey, in Atlanta.

She will also be teaching a hula hooping class next summer at Unitus Arts & Entertainment Festival in Gruetli-Laager, Tenn. After December, Mae will be the leader of MTSU's hula hooping group called the Hoop Troop. She is an active user in online communities like HoopCity.ca and Hooping.org. She is affiliated with Trendsetters go-go dance group in Louisville; with Everything's Nice in Nashville; and with Area 51 in Atlanta.

When she performs, she doesn't really feel like she is performing. She's just having fun.

"It definitely has to do with other people's energy, especially when you can tell that a group of people are watching you and you can see their faces and their jaws on the floor because they're so impressed," Mae says. "It makes me feel good that people are stopping in their tracks and paying attention to me and my art and what I'm doing."

To Mae, hula hooping presents many opportunities, like getting in shape, traveling, making friends and performing. It is her form of stress relief. She gets to let go and, in her own terms, "get down."

Her motivation? Watching hoopers at higher skill levels or hoopers with a unique style or flow. Flow, according to Mae, is something that is inside of you that wants to be released while you hula hoop. This would be considered a specific style or fluidness about a

**By Kelsey Griffith**  
Contributing Writer

finally picked up the hula hoop again.

"I need to just get over it and do it," she explains of her struggle. "I'm sick of not being good at something. I need to do this for me and for myself."

She had never seen anyone hula hoop at an advanced skill level in person. None of her friends knew how to do it. She was completely on her own, so she looked to her hoop.

"As long as I had a living room or front yard big enough for me to use," she says, "I could get out all the negative energy out of me and focus on something that was bettering me as a person."

And it did. She dramatically advanced in her skill level. She attributes

*continued...on page 15*





The Shake Spears play a show at House Pride on May 11, 2011. (Photo courtesy of Myspace)

# House Pride brings art home

The second part in Sidelines' house-show series, House Pride's location is kept secret to prevent a giant influx of people from overwhelming the venue. Pseudonyms are also used to protect the identity of the homeowners'.

The second addition in our series of House Show venues begins on yet another country road. It could be any direction on the way out of Murfreesboro, it could be none of them, because what matters least in these situations is always the place.

We can't be deceived by all its aesthetic glory: the smooth, worn wood grain floor, the delicate vinyl records plastered to the wall, the littered cigarette butts and the tree house, because it hasn't always been where it is now. House Pride, the next venue in our series, is least of all a physical place.

The magic of House Pride has always been its ineffable spirit, a place that reaches out beyond its walls to capture something more than just a party or a building, but the heart of the thing itself we like to call art.

It's important to give just a brief reminder before beginning that a house show is a musical event coordinated by

people inside their homes, rather than at a public venue such as a bar or a concert hall. It typically is free of charge, open to most who hear of it, and a good overall hullabaloo for all those involved. House Pride is a cornerstone of such house show venues in Murfreesboro presently, consistently putting on great shows, and always giving music the highest priority.

By J.P. Cate  
Contributing Writer

Both incarnations of House Pride were inspired by a man who we will refer to as Mr. Nasti. House Pride's original location was near campus in 2005. There, Mr. Nasti and his roommates a variety of alternative and country acoustic music. Mr. Nasti explained he mainly helped out touring bands he knew or liked.

The curious name of the venue is not random happenstance. Mr. Nasti confided that the name House Pride came from his high school marching band. When the students were at full attention, they yelled "Pride!" It stuck with Mr. Nasti, and when he started booking bands, he chose this

affectionate memory from high school to name the venue.

By the beginning of 2009, they were in and immediately began throwing house shows. Popularity of the house grew, with audiences of 150 to 200 visiting each show. By this time the House was playing any and every type of genre from punk, to indie, to downright scary. Eventually the venue began to get publicity in *The Murfreesboro Pulse* and even *The Nashville Scene*.

Per usual, people began to take the parties into their own hands. Chaos ensued as attendees began to seek a party rather than music. The minute a violent incident occurred at House Pride, the members of the house decided to take a permanent hiatus.

For a while, all that remained of House Pride were good memories, and it seemed as though it may stay that way. Six months passed, and eventually bands that had passed through Murfreesboro before were banging on the door of House Pride

to play again. Finally, Mr. Nasti and his revolving door of compatriots relented, and bands started to play again.

Regardless of the lighter tone of the newer era of House Pride, it has still given priority to the fact that music, art and people are the moral of this story. Mr. Nasti has moved on, but a new generation of members of House Pride continue to maintain the spirit of House Pride, and he can't help but show his excitement.

No matter where or who House Pride is, it is an experience of music rather than something on a map we can easily point out. Mr. Nasti eventually turned House Pride into a recording studio and label, recording local artists and self-promoting shows and albums. Mr. Nasti explained matter-of-factly that his endgame is just "helping our friends out, no illusions of grandeur."

House Pride makes its own T-shirts, and will soon start to release its music online to anyone interested. It is a house of the future and past, incorporating

continued...on page 15

**A Session for Every Season**  
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# Fall fashion -tinged with spring influences

Designers are beginning to release their spring and summer collections for 2012, and fashionistas are bombarded with a variety of new trends to choose from for the fall season. But fear not, fashion lovers! There are several easy, eye-catching trends that any college student can keep up with for the chillier months ahead.

## SPOT ON COLOR

As the temperatures drop and the skies grow gloomier, it's incredibly easy to resign yourself to the same old jeans and black T-shirt combo day in and day out, but not this season. There are too many color options to use laziness as an excuse for skipping out on fashion.

Teals, plums and burnt oranges are the perfect fall colors. They make your outfits 'pop' while holding on to that fall feeling of sipping hot chocolate before jumping into a pile of leaves. Plus, they're easy to incorporate into anybody's current wardrobe.

While most easily incorporated as scarves or a pretty top, these trendy colors are being seen somewhere else this season. Colored denim is a must-have for everyday wear. Try a pair of plum pants with a gray top, statement necklace and combat boots for a fun look for classes. As an alternative, try the next color trend—color-blocking.

Color-blocking has been around for a few seasons, but it's getting bolder. The key to this trend is to forget about the word "matching" and replace it with a new word in your fashion vocabulary: coordinating. Wearing several bold colors at once can be a little intimidating for some, but try it anyways! Done right, you'll look like you just stepped off the runway.

A basic plaid shirt can be found in most wardrobes. However, tartan plaid has made a huge statement this season after being featured by Christian Dior, Balenciaga and Emilio Pucci. Tartan plaid originates from

Scotland, where each clan is symbolized by its plaid. Even though a flannel plaid button-up works for an easy outfit, tartan is something classier that you can dress up.

## THE MAIN ATTRACTION

While Taylor Swift has been rocking the glittery, sequin-embellished gowns for a while, the trend has finally crept into many runways. Not only has glitter become more popular, but metallic fabrics have made a statement in outerwear by both Yves Saint Laurent and Versace.

Thanks to shows like "Mad Men" and the recently premiered "Pan Am," '60s mod is continuing to make a name for itself in fashion. In fact, Banana Republic just released a new "Mad Men" line for both men and women with the tag line, "Get Mad."

If the curve-hugging yet professional look of the 1960s isn't your style, DKNY's show at New York Fashion Week was 1970s bohemian heaven. Featuring long, flowy dresses, floppy-brimmed hats and platform sandals, the collection was nothing short of boho chic. While the dresses and sandals may not be fall appropriate, opt out for another pair of platforms under high-waisted, wide leg jeans, topped off with a floppy hat.

Fur has also been significant this season. From fur-accented handbags to the more questionable "gorilla arms,"

fur might be a bit harder to incorporate into everyday wardrobe. An easy way to do this, however, is with a fun, fur vest. Paired with a plain top, skinny jeans, black wedge booties and a slicked back ponytail, a fur vest makes for an effortlessly chic outfit.

If fur isn't your thing, but you still want to look like you don't try too hard to look this good, try dressing androgynously. This look is sleek, clean and easy to pull off. Wide-leg jeans with a tucked-in white button down and a large, black pussy bow, resembles a men's tuxedo and can be styled for day or night.

## DON'T FORGET THE CLASSICS

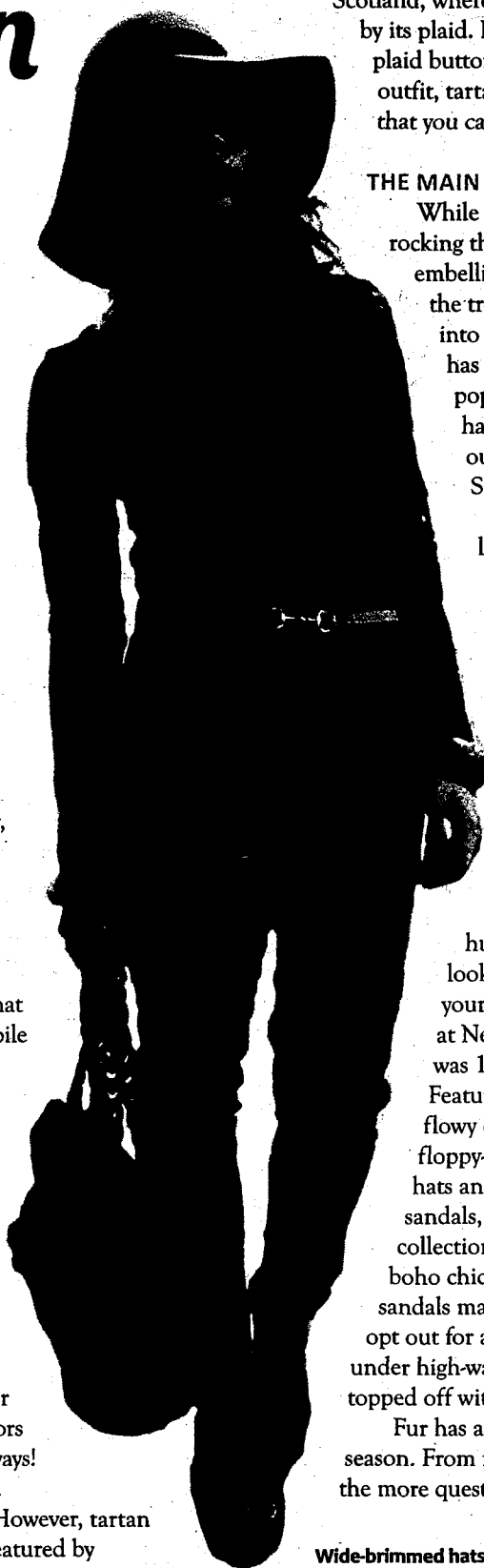
Vintage and thrift styles are still very much on trend, and that won't be changing soon. Forever 21 just released a large collection of sheer and chiffon items in its fall collection.

Lace tops have been in style for a while now, and have found their way into many college students' wardrobes. This perfect form of femininity is not going away. In fact, it's only getting better thanks to color. Kate Middleton, Penelope Cruz and Nicole Kidman have all been spotted wearing gorgeous, form-fitting, colored lace dresses.

More available colors in these only means more options for coordinating with other basic items already in our wardrobes.

There has also been a resurgence of the importance of investing in timeless pieces. A good blazer, a pair of simple pumps and a flattering pair of skinny jeans will go a long way in your wardrobe. These items are a necessity to have in your closet if you are forever trying to keep up with what's on trend.

Whether your style is boho chic, androgynously sleek or lacy perfection, this fall refuses to be a boring one for whatever fashion trend you decide to try. May your fall days be filled with crunching leaves, pumpkin cheesecake and a fall wardrobe to brighten the not-so-sunny days ahead. ■



Wide-brimmed hats offer the perfect, practical accessory for the fall season.

By Jane Horne  
Contributing Writer



## Local restaurant offers 'chill spot' for all diets

If you've been searching for a restaurant that's affordable, healthy and relaxed, look no more. Murfreesboro now has a vegan and vegetarian-friendly chill spot. No really, the Chill Spot is an actual restaurant on East Main, at the intersection of Baird Lane. The location is prime, and so is their food, bubble tea and customer service.

I walked into the Chill Spot Wednesday afternoon around 4 p.m. to grab an early dinner. It was painted black inside with a modern-designed counter that stood in front of a smiling cashier who greeted me immediately. Since this Chill Spot location has only been in the 'Boro since May, some renovation was taking place in the main dining area.

The cashier helped me decide what I wanted to eat and drink. I told him I wanted something vegan or vegetarian, and he excitedly listed the many veggie wraps, salads and bubble teas they had to offer.

I chose the "Santa Fe vegan wrap"—black beans, spicy Santa Fe sauce, yellow corn, rice, red nacho chips and fresh avocado wrapped in a flour tortilla. It was perfectly spicy and delightfully satisfying. I had to take a break to finish all of it, since it came with a side salad (romaine, cucumber, tomato, black olives). On my salad, I got vegan cranberry citrus dressing that had a plethora of flavors: bittersweet, tangy and a little spice that bit the tip of my tongue.

Other wraps that caught my attention were the "spaghetti wrap" (you may ask for it vegetarian style with no meatballs) and the "strawberry turkey wrap" (you may

request no turkey, of course).

If you have never had bubble tea, the Chill Spot is the place to try it. There are three basic ways you can have your bubble tea made: Chillerz, like a smoothie; milk tea, tea mixed with your choice of milk (they offer soy milk for vegans); and fruit tea, tea blended with your choice of fruit flavors. They have almost 20 flavors to choose to blend in your bubble tea, with tapioca pearls served in the bottom with a large, round straw. Now that fall is here, the Chill Spot also offers hot bubble tea.

I ordered a "creamy delight chillerz bubble tea."

It featured vanilla, avocado and taro flavors. The drink was thick, soothing and unlike anything I have ever tasted. It had a milky texture with an almost hazelnut-like flavor. When I looked closely, I could see tiny ground-up vanilla beans. I was very impressed. I've also tried their fruity "groovy passion" and light "summer time" flavored Chillerz.

I tried the Chill Spot's baklava, too. They make it in-house, and you could tell by the soft, flaky outside with the nutty and syrupy-sweet inside. I got my wrap, a side salad, bubble tea and baklava all for \$10.19—fantastic pricing for a college student.

I spoke with the owner of the Chill Spot while I was eating. He was a young, dark-haired man named Bewar Berwary,

who was pleasant and kind. His cousin also owns a Chill Spot restaurant in Cool Springs—the other, original location.

"We are just looking for another opportunity to share our food and bubble tea with a new community," he said. ■

By Kelsey Griffith  
Contributing Writer

### INFO

Free Wi-Fi  
10% MTSU discount  
Close to campus

Monday – Saturday  
11:00 a.m. – 8:00 p.m.  
Sunday  
11:00 a.m. – 5:00 p.m.

## Thursday, Oct. 13

Live On the Green feat. Here Come the Mummies & more  
5–11 p.m., Public Square Park

1 Public Square, Nashville

Admission: FREE

Know any good mummy jokes? How about this one...

What kind of music do mummies like most? Wrap music.

But in all seriousness, apparently mummies really do like music, which can be seen (and heard) with the band "Here Come the Mummies." This band is best known for hits such as "Pants," "Attack of the Weiner Man" and "Ra Ra Ra." You will not only remember this group for their head-to-toe mummy costumes, but for their unique, interesting show as well. (By Bailee Jakes)



"Bad Teacher"  
KUC Theatre  
7 p.m.  
Admission: \$2

"Bad Teacher" is a bawdy comedy in which Cameron Diaz plays a junior high teacher whose hobbies include taking naps, drinking and getting high...oh, and chucking dodge balls at her students for answering questions incorrectly. Although teaching is her occupation, it's the last thing on her mind. She can't wait to marry up and quit her lackluster job.

With this movie, it seems viewers have split opinions. There are those who feel the movie, disappointed, and those who feel that the raunchy comedy provided non-stop laughs. In my opinion, the movie has its witty, humorous moments and consists of a hilarious cast. Not to mention, it also stars Justin Timberlake, the pop star and all around hottie who brought sexy back. Overall, I give it a passing grade. (By Bailee Jakes)

Nashville Predators vs. Phoenix Coyotes

7 p.m., Bridgestone Arena

501 Broadway, Nashville

Admission: \$15 (student discount)

For those of you who have never been to a hockey game, you have to go at least once. For the longest time the only knowledge I had of hockey was from a childhood favorite, "The Mighty Ducks," which isn't a really good example. The atmosphere of a hockey game is quite different from other sports. While sitting in the stands amid hardcore Predator fans, you can't help but get swept up in the excitement. And if you're lucky you get to see some action—kind of like wrestling, but on ice skates. The Predators are intense, fast and precise in their moves, and the games are incredibly fun to watch. (By Bailee Jakes)

## RANTS & RAVES

### Friday, Oct. 14



**Three 6 Mafia**  
**9 p.m., Gilligans**  
**527 W. Main St.**  
**Admission: \$25**

Whether you're a fan or not, you've most likely heard of Three 6 Mafia, which now consists of DJ Paul and Juicy J. If you're still wondering who I'm talking about does, "first rap group to win an Oscar" ring a bell? These Memphis natives will be performing some of their classics at Gilligans including, "Sippin' on Some Syrup," "Lolli Lolli" and "Stay Fly". Now I'll

end this rave with a song line which I hope will be stuck in your head immediately after reading this, "Sippin' on some siz-erp, sip, sippin' on some, sip... sippin' on some siz-erp, sip, sippin' on some, sip". *(By Bailee Jakes)*

**Friends, Dependancy, Sons of God, The Joy of Painting, and more!**  
**6-10 p.m., Rocketown**  
**522 5th Ave S, Nashville**  
**Admission: \$6**

Come support local bands in an eclectic mix of talent at one of Nashville's best-known venues for hardcore and punk music. While most bands fall under the genre of hardcore, there are a few surprises that were stuck in the lineup through connections in the biz. So squeeze into your skinnies and slip into your Vans to rock out with the Music City hipsters. *(By Becca Andrews)*

### Saturday, Oct. 15

**Saturday, Oct. 15**  
**Tennessee Beer Festival**  
**12 - 5 p.m.**  
**3130 McGavock Pike, Nashville**  
**Admission: \$35, \$15 for designated drivers**

For those over the age of 21 who are curious about the science and art of brewing beer, the second annual Tennessee Beer Festival will be held on the grounds of Two Rivers Mansion in Nashville. Dozens of independent brewers and beer aficionados will gather to swap trade secrets, teach newcomers about the secrets of brewing that perfect mug of beer and provide plenty of samples from legendary brewers including Abita Beer, Mike's Hard Lemonade and Red Brick.

If you're interested in the process but don't feel like drinking, you can get into the festival for only \$15. Additionally the venue provides free parking and designated drivers receive a complimentary collector's glass for their efforts. *(By Dietrich Stogner)*



**Halloween in the Gulch 5K/10K**  
**5 p.m.**  
**320 11th Ave. S, Nashville**  
**Admission: \$40**



You may not think that Halloween costumes go hand in hand with long-distance running, but that's precisely what charity run organizers iRun For The Party has planned for downtown Nashville. If you're not worried about tripping over your clown shoes or vampire cape, you can join this race to benefit the Autism Society of Middle Tennessee. There are two options: a 5K race and a 10K race that has runners repeat the 5K track.

Following the race, participants are invited to join in one of the biggest Halloween block parties in Nashville, with free drinks and music provided by the race sponsors. So throw on that cheerleader costume or sweat through your mummy wrappings for a good cause. *(By Dietrich Stogner)*

**Murfreesboro Half Marathon**  
**Oct. 14-16; 5:30 - 11:30 a.m.**  
**Start at Greenland Drive**  
**Admission: FREE to spectators**

Unfortunately, the participation limit for this race has been reached. But you can always watch people run awkwardly and justify your complete aversion to running. I'm sure you always run alongside the participants and troll them if you are so seized with the desire. Don't tell them we said so... *(By Becca Andrews)*

### Sunday, Oct. 16

**Southern Festival of Books**  
**Oct. 14-16**  
**12 - 5 p.m.**  
**Free admission**



**SOUTHERN  
 FESTIVAL  
 OF BOOKS**  
*A Celebration of the Written Word*

If you're an aspiring author, there are few experiences more valuable than meeting authors who have gone through the process and succeeded. You'll have that opportunity this weekend with the Southern Festival of Books. The festival provides an opportunity for authors to network with other writers, publishers and agents, all while getting a peek at some new titles coming out later this year.

In addition to people from the book industry, the festival hosts various musical and poetry performances. Starting Friday and going through Sunday, this is an invaluable chance for writers to get a peek behind the curtain of the publishing business. *(By Dietrich Stogner)*

**Karaoke Night**  
**5 - 7 p.m., McCallie Dining Hall**  
**Admission: FREE**

Belt out your favorite tunes in McCallie Dining Hall for the best possible mixture of embarrassment and terrible food. There will be just enough people for you to build up a reputation as "the Taylor Swift girl" every time you step outside of the safety of your dorm room. But let's face it, you only have these four years to make the stupidest decisions of your life, right? And you've gotta get that angst out somehow. *(By Becca Andrews)*



# Interventionism has downfalls

**F**ollowing World War II, President Truman initiated a three-step plan that would systematically reverse 150 years of U.S. foreign policy. From this point forward, the U.S. would no longer engage the rest of the world cautiously.

**By Alexander Mosley  
Columnist**

Instead, American military dominance and aggression became the new status quo that would lead the country into more than a dozen wars and military engagements. Which were not formally declared by Congress as our constitution mandates, effectively denying representation in such an important matter.

Today, an increasing number of astute U.S. citizens from all corners of the political spectrum are beginning to call for an end to this practice, and a shift

toward non-interventionist foreign policy. Elements of today's Republican Party, such as presidential candidate Ron Paul's enthusiastic following, are joining with dissatisfied portions of the Democratic Party that were eager to elect President Barack Obama.

These followers trusted that he would fulfill his promise to withdraw troops from Afghanistan and Iraq during his presidential campaign.

One such group identifying themselves as "Blue Republicans" are former supporters of President Obama, but have vowed to register as Republicans in order to vote for a candidate that they hope will follow through to end the wars.

Despite this growing call for a re-evaluation of U.S. dominance, interference in the internal affairs of foreign nations, and its military presence abroad,

there exist strong influences that wish to squelch this paradigm shift at its roots.

Some falsely refer to non-interventionism as "isolationist" and "impossible" in today's global world. However, these assertions couldn't be further from the truth. Put simply, non-interventionism relies on the basic premise that a nation should be militarily strong in order to protect its borders from outside aggression.

However, it should refrain from meddling in the internal affairs of foreign nations, relying on the threat of force to influence others internationally, building permanent military bases to garrison its military abroad, or imposing blockades and economic sanctions upon other countries that resist complying with its demands.

Most importantly, non-interventionism promotes the free travel of people between nations. As such

tradition is reflective of an open and free society. Also, non-interventionism promotes free trade and commerce between all nations, while entering into a military alliance with none.

These attributes are hardly isolationist or protectionist. Instead, they are uniquely American values. Currently, the U.S. has 662 military bases in 38 foreign countries, according to Politifact.com. However, these installations do not include those temporary or otherwise shifting outposts utilized to conduct the ongoing police state in Afghanistan and Iraq.

Since WWII the U.S. has increased its use of covert activities to interfere in foreign nations or conduct espionage abroad. The U.S. overthrow of the democratically elected Iranian Prime Minister Mohammad Mosaddegh, and the subsequent endorsement of the authoritarian ruler Mohammad-Reza

*continued...on page 15*

# Guns on campus not a right

**T**he number of school shootings on campus may have decreased since 1993, but the debate over guns on campus started to

**By Rachel Howell  
Guest Columnist**

heat up this year when the appeals court of Oregon overturned its law that prevented students from carrying guns on campus. The issue especially hits home for MTSU students who remember last year's gun-related incidents.

In Tennessee, college campuses do not allow anyone to carry a gun based on a law banning firearms at school. In April of this year, the University of Tennessee ruled in all of its student and faculty governing bodies, to maintain a gun-free campus.

Imagine sitting in a classroom, like any other day. The professor is discussing

a controversial topic like evolution, partisan politics, religious beliefs or faculty parking. That is the professor's right and duty as an educator, but it makes a student angry.

Currently, this student can write a strongly worded email, disrupt class with an enraged argument or storm out in a huff. If we had our full constitutional rights as Americans, this student might have a gun. This student might shoot the professor.

Even if you could never imagine such a thing happening, or argue that the legal system would penalize this person, professors do not want to be shot. Therefore, the professor would tiptoe around a controversial topic to avoid instigating wrath.

What sort of education would a person have if they were never exposed

to mind-changing ideas? What if Isaac Newton were never taught? His ideas went against the long accepted idea that items move a certain way because God made them do so.

This also goes the other way. Who can forget the Internet sensation caused by a professor who threw chairs and screamed at his students? What if this man had a gun?

The right to bear arms is a freedom allowed to Americans as a whole, and most of the university's students are Americans. However, by choosing to enter the boundaries of this university, you are also choosing to leave some things behind.

Professors would say that you should leave intolerance behind. Administrators seem to think it is any financial independence for the next four years.

For the sake of argument, I am

saying that you leave certain parts of the Constitution behind, namely the right to bear arms. Shootings and violence on college campuses are tragic, but adding more guns to the equation will only multiply the harm, not solve the problem.



*Rachel Howell is a junior majoring in history. She can be reached at rph2t@mtmail.mtsu.edu.*

*Sidelines is the editorially independent, student-produced newspaper affiliated with Middle Tennessee State University and the College of Mass Communication. The opinions expressed herein are those of individual writers and not necessarily Sidelines or the university.*

## EVENTS

**on campus**

**Fall Career Fair**  
Oct. 12, 10 a.m. – 3 p.m.  
Murphy Center Track  
FREE

**"Uncovering Corruption: Tracking the Special-Interest Money that is Making Washington Ungovernable"**  
Oct. 12, 2:20 p.m.  
Business and Aerospace Building  
State Farm Lecture Hall  
FREE

**Purple Light Night: Domestic violence awareness**  
Oct. 12, 6- 6:30 p.m.  
Keathley University Center Knoll  
FREE

**Science and Spirituality Forum Series: "The Jewish Perspective"**  
Oct. 13, 11:30 a.m. – 1 p.m.  
Walker Library, 4th floor conference room  
FREE

**MTSU Symphonic Band/MTSU Wind Ensemble**  
Oct. 13, 7:30 p.m.  
Wright Music Hall  
FREE

**MT Lambda's Glitter for GLSEN Drag Show**  
Oct. 14, 6-9 p.m.  
Wright Music Hall  
Tickets: \$5 in advance, \$10 at the door

**Harry Potter Marathon**  
Oct. 14-15, 7 p.m. – 12 a.m.  
Womack Lane Clubhouse  
FREE

**Murfreesboro Half Marathon**  
Oct. 14-16, 5:30– 11:30 a.m.  
Map available at themiddlehalf.com  
Ends at Dean Hayes Track and Soccer Stadium  
FREE to watch

**Karaoke Night**  
Oct. 16, 5– 7 p.m.  
McCallie Dining Hall  
FREE

**Holocaust Studies Conference**  
Oct. 19– 22, 8 a.m. – 5 p.m.  
James Union Building  
FREE

**ATO/Active Minds Candlelight Vigil**  
Oct. 19, 7– 9 p.m.  
Keathley University Center Knoll  
FREE

**Tulip Poplar Trio**  
Oct. 19, 8 p.m.  
Wright Music Hall  
FREE

**off campus**

**Das Racist: Relax Tour with special guests Danny Brown & Despot**  
Oct. 13, 8 p.m.  
Exit/In  
Tickets: \$18

**Performance: María Magdalena Campos-Pons**  
Oct. 14, 6 p.m.  
Frist Center for the Visual Arts Auditorium  
FREE

**All My Sons**  
Oct. 14, 7:30 p.m.  
TPAC's Johnson Theatre  
Tickets: \$42.50

**Evening Mansion Tours**  
Oct. 14, 6 p.m.  
Oaklands Historic House Museum  
Tickets: \$15

**Opiate: The Tool Experience**  
Oct. 15, 8 p.m.  
Bluesboro  
FREE

**Sinbad**  
Oct. 15, 8 p.m.  
TPAC's Polk Theatre  
Tickets: \$37.50

**Human Rights Campaign Equality Bus**  
Oct. 15, 9 p.m. – 12 a.m.  
Outside of Tribe and Play  
FREE

**Kunstaustellung art exhibit by Lime Tiger Studio**  
Oct. 16, 8 p.m.  
3 Brothers Deli and Brewhouse  
FREE

**Movies at the Town: "Poltergeist"**  
Oct. 17, 7 p.m.  
Rocketown  
FREE

**Jack's Mannequin with Motion City Soundtrack & Company of Thieves**  
Oct. 18, 7 p.m.  
Cannery Ballroom  
Tickets: \$24

**Two-Dollar Tuesday**  
Oct. 18, 9– 10 p.m.  
The 5 Spot  
Tickets: \$2

**Aretha Franklin**  
Oct. 19, 7:30 p.m.  
Ryman Auditorium  
Tickets: \$79.50 - \$125

**The Misfits**  
Oct. 19, 8 p.m.  
Gilligans  
Tickets: \$20

## SPORTS

**MT golf concludes fall season**  
**Strong showings include tourney victory**

**T**he Blue Raider golf team wrapped up a three-tournament fall schedule with much to build on and some distinguished individual accolades.

The highlight of the fall slate came at the Mason Rudolph Championships, hosted by Vanderbilt in Franklin. The Raiders shot a total score of 844, finishing first, one shot ahead of Mississippi. Senior Hunter Green shot a 205, matching his best 54-hole score, to finish first in the individual rankings and earning him the fourth win of his career. Green became the first Blue Raider in history to earn the individual crown in that tournament.

"I hit it really well all week,"

Green said after his victorious finish. "The first two rounds, I didn't make very many putts at all, but I wasn't making any bogeys, so I was still under par. But today I really got it going, I made a few putts. I was five under coming to the last hole and hadn't made a bogey all day. I didn't three-putt all week, and I made some really good putts so that took a lot of pressure off of me for the rest of the day."

The victory marked a return to form after MT endured an 11th-place finish at the Carpet Capital collegiate, hosted by Georgia Tech.

"I am so proud of the way we bounced back after getting embarrassed at the Carpet Capital Collegiate," said Whit Turnbow, head golf coach, on the day of

the victory. "Hunter (Green) played great, but we also had four guys in the top 25."

Paul Sansom, Bret Patterson and Lucas Armstrong joined Green in the top 25.

The triumph at the Mason Rudolph earned the Raiders and Green some national spotlight. Golfweek.com picked MT as its national team of the week following the tournament and named Green the national player of the week. He was also named the Sun Belt player of the month.

Green emerged as the team's most-obvious leader after Jason Millard, arguably the program's best all-time player and an All-American, completed his eligibility. Green led the team in all three tournaments, finishing 11th at the

Carpet Capital and 8th at the Jerry Pate National Intercollegiate, hosted by Alabama, even as the team finished 11th and 9th, respectively.

With Green a senior, however, Turnbow will be looking to use this season to see who will come behind him. Sophomores Patterson and Armstrong are just two of a slate of possible candidates.

Patterson made an appearance in the U.S. Open this summer, receiving national exposure and followed that up with two top-30 finishes for MT this

fall. Armstrong, a transfer from East Tennessee State, played in all three tournaments this fall and had two top-30 finishes of his own.

MT will look to continue the season when they return to the course for spring play in February. ■

**By Alex Hubbard**  
**Staff Writer**



**Lucas Armstrong, a transfer from East Tennessee State, played in all three tournaments this fall and had two top-30 finishes. (Photo courtesy of goblueraiders.com)**

## Student calls hula hooping her 'stress relief'...from page 8

hooper's routine.

Mae's flow is released best when she performs a series of tricks called breaks, which is when she gracefully pushes the hoop so that it changes directions, back and forth, 1-2-1-2.

"I'm really big into sacred geometry, and my sacred geometry number is 2," she explains. "So when I can bounce the hoop back and forth, like 1-2-1-2, it really just aligns everything spiritually for me."

While continuing to master the technique for hooping with a single hoop, she has moved on to her next goal: to play with fire. Literally. She recently bought Quick Wicks, which are small metal rods with wicks that can be secured to a hula hoop and lit on fire. After she has

mastered firehooping, she will take on her next goal: double hooping, which is hooping with two hula-hoops separately but at the same time.

Mae still remains her own toughest critic. But, the hula hoop has taught her to not be so hard on herself while still having self-discipline. It has given her a new sense of self-love and understanding. That plastic circle provides her with her own way of physically and mentally expressing her spirituality.

I feel that it was almost like fate, in a way, that I picked it up," Mae says. "I finally found something that I could attach onto and really make my own and make something work in a positive light for me." ■

## Protesters set up at Legislative Plaza... from page 7

government. If you are sick and fed up with having someone else that doesn't know you better than you and telling you what do, then you simply in the next election write in the word 'myself.' If everyone were to write in the word myself, we will have new mayors and governors in this world."

Occupy Nashville plans to occupy the Legislative Plaza indefinitely with the hopes of seeing a resolution take place.

"I hope people realize they can occupy wherever they go as long they are spreading this message," Rickman said. "Occupy wherever you go whether it be Nashville or MTSU." ■

## Local venue, intimate...from page 9

the best parts of American do-it-yourself attitude, with the new engines of technology and social media.

The house show had adapted to fit a particular niche in the new American musical landscape in Murfreesboro left vacant by local bars and venues. Mr. Nasti explained that a new smoking law was partially to blame, now that smoking is legal only in bars that permit people 21 years or older. Underage live music fans are forced to find new avenues to listen to live music. As house shows started to be booked, attendance was quickly driven away from the traditional bars and towards the

more intimate style house show.

Smoking or nonsmoking, it's all about the art for Mr. Nasti. Running through his memories, Mr. Nasti silently reflects on past shows and can't choose a favorite. He simply says, "Every time is like a spiritual experience, honestly."

If you can tell me when the last time someone had a spiritual experience at a bar, then we might have a recipe for the dilemma of American pop music- too bad we already found it at House Pride. ■

This story has been cut for print. The full version is available at [mtnsidelines.com](http://mtnsidelines.com).

## U.S. 'should rethink foreign policy'...from page 13

Shah Pahlavi, directly led to the Iranian Revolution that began in 1977. This resulted in the firmly rooted anti-American regime that maintains power there to this day.

Also, many seem to forget that Saddam Hussein enjoyed U.S. support during his attempt to invade Iran years later, while at the same time the U.S. was secretly selling weapons to Iran in violation of its own weapons embargo in what would become known as the Iran-Contra Affair.

Few Americans have the courage to ask the tough questions regarding U.S. foreign policy, such as "What motivates radical Islamic terrorist attacks against Americans?" According to our own CIA, many top military commanders, and academics around the country, the cause is clear.

The presence of U.S. military forces in the Middle East, particularly on the Arabian Peninsula, is the rallying motive for terrorist groups such as al-Qaeda, and was even claimed as the direct cause of the attacks on 9/11 by Osama bin Laden himself.

A recent study conducted by the University of Chicago revealed startling information that confirms this phenomenon. According to the study, suicide terrorist attacks became a credible global threat in approximately 1980.

However, suicide attacks began to increase dramatically during and following the first Gulf War.

Video testimony left behind by suicide attackers, including the hijackers of 9/11, cited American military presence and the support of corrupt, authoritarian regimes in the Middle East as the primary motive for their horrific attacks.

Also, according to the study, 95% of all suicide terrorist attacks are

conducted in response to an "occupier" of sovereign or highly prized territory.

The true "isolationist" foreign policy began with President Truman and continues to be promoted by President Obama today. Meddling in the internal affairs of foreign nations, maintaining military dominance and presence abroad where we are unwanted, our policies of unilateral regime change, economic sanctions, denying the right of self-determination, and supporting corrupt and dictatorial regimes not only creates immense anti-American resentment around the world, but inspires groups like al-Qaeda to recruit new terrorists and launch deadly attacks.

These policies isolate the U.S. internationally, cut off any hope of prosperity by limiting free trade and commerce, and often times lead to an increase in the police state presence internationally and at home.

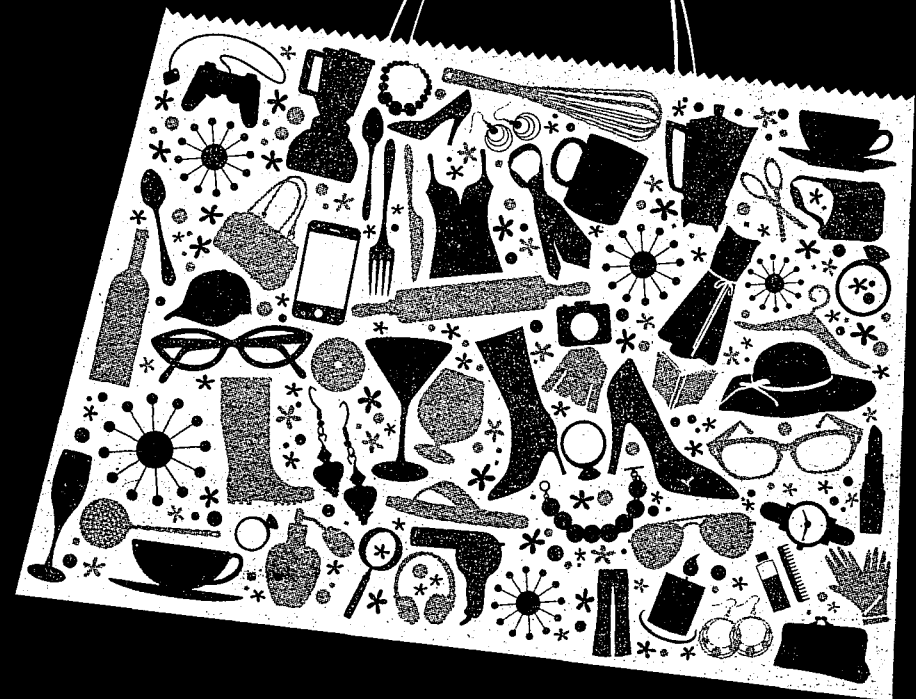
Until we rethink our foreign policy and adopt a policy of mutual respect and security abroad, trade with all nations and alliance, the nuisances such as the invasive presence of the Transportation Security Administration in our airports will only continue to grow due to the fear mongering by those that profit from our intervention abroad.

However, perhaps most frighteningly of all, we will continue to be at risk of vengeful and hateful acts perpetrated by desperate villains from places that most Americans will never see. ■



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+ many more



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