

Sushi battle in the
'Boro

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Thursday

Ice cream
You scream!

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Middle Tennessee State University

SIDELINES

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MTSU lights up the night



Photo by Adam Casto | Photography Editor

Hundreds of patrons gather at MTSU with blankets and folding chairs to watch the annual fireworks display. This year, lightning accompanied the man-made show.

Uncle Dave Macon Days celebrates old-time music

By Bryan Magdal
Staff Writer

The twenty-ninth annual Uncle Dave Macon Days gears up this weekend in historic Cannonsburgh village.

The yearly event celebrates the life of "Uncle Dave" Macon and his contributions to country music. As one of the early superstars of the Grand Ole Opry, he was admired for his banjo and stage performances. Macon was inducted into the Country Music Hall of Fame in 1966.

Uncle Dave Macon Days draws more than 40,000 people from all over the country and has been consistently chosen by the Atlanta-based Southeast Tourism Society and the American Bus Association as one of the top tourist events in the entire country. In 1986, the United States House of Representatives proclaimed Uncle Dave Macon Days to be the national championship for the competitive performances of Old-Time Banjo, Old-Time Clogging and Old-Time Buckdancing.

Fred Duggin has been one of the judges in the bluegrass guitar and mandolin categories for the past five years. He has been featured on numerous recordings, at the Grand Ole Opry and is said to be one of the best flat picker-style guitar players in the country, having won first place in the guitar competitions at the festival several times.

Duggin said it's always interesting to see how many competitors there will be.

"Sometimes we don't know how many players there are until contest time," he said. "People can register right up until the last minute."

In addition to the music and dance contests, the Heritage and the Trailblazer awards are presented each year to individuals who have significantly enriched the legacy of bluegrass music and dance.

This year, the Heritage Award will go to Rhonda Vincent, who is known as the "Queen of Bluegrass Music." Her award-winning musical talents have been featured on the recordings of Dolly Parton, Ralph Stanley and numerous other artists. Vincent has also won the International Bluegrass Music Association Female Vocalist of the Year award every year since 2001.

The Trailblazer Award for 2006 will be presented to James Gilbert Buchanan. Under the stage-name of "Goober, the Kentucky Nut," Buchanan is one of the great pioneer players and performers of bluegrass and country music.

"Buchanan is one of the founding players who came up through the ranks," said Wendy Bryant, director of publicity for Uncle Dave Macon Days. "He played in everything from vaudeville to the Grand Ole Opry."

Bryant said that this year, organizers have included an exhibit of

historic photographs of the region from Uncle Dave Macon's era, including the town of Murfreesboro and the campus of the school that eventually became MTSU.

"It will be really interesting to see what MTSU looked like in Uncle Dave's time," she said.

One popular event at Uncle Dave Macon Days is the motorless parade. The parade, which winds through Murfreesboro Saturday morning and features horse and mule-drawn vehicles, is another tribute to the man that started it all: besides playing music, Macon ran a business that used mules for transportation.

Capping the three-day festival is

the Sunday morning bluegrass gospel showcase. The featured performers this year are the Sullivan Family from St. Stephen, Ala. The Sullivans, who have been playing bluegrass gospel for 57 years, have been called the "First Family of Bluegrass Music."

Admission is free to the three-day festival, which includes food, arts and crafts along with the music performance and dance competitions. It is set in the authentic pioneer village of Cannonsburgh, located at 312 South Front Street in Murfreesboro. For more details and directions to all of the festival events, visit www.uncledevamacondays.com.



Photo courtesy of Uncle Dave Macon Days
A young banjo picker enjoys the annual Uncle Dave Macon Days in downtown Murfreesboro.

Professor studies terrorism in Israel

By William C. Fancher
Staff Writer

Karen Petersen, assistant professor of political science, was one of 45 academics selected from across the nation to attend a 10-day fellowship on terrorism in Israel.

"I didn't study terrorism in graduate school, so really I needed an introduction," said Petersen, whose classes in the next year will include a course on international conflict. "It's hard to justify a course on international conflict without terrorism nowadays."

The program was organized and paid for by the Foundation for Defense of Democracies. According to its Web site, the FDD is a non-partisan institute founded after September 11, 2001 and "dedicated exclusively to promoting pluralism, defending democratic values and fighting the ideologies that drive terrorism."

Prior to applying, Petersen said she was not familiar with the FDD. Neither was John Vile, chair of the Political Science department, who saw an advertisement for the program in an issue of The Chronicle of Higher Education, an trade magazine for college professors. Vile said he told three professors, including Petersen, about the program.

"She's our newest faculty member," Vile said. "One reason I thought of her is that she might pick up some valuable information that she might use for the next 30 years in her classroom."

The FDD Academic Fellowship on Terrorism lasted from May 27 to

June 7. It involved lectures on terrorism and security from Israeli military personnel, and field excursions around the country, including a trip to a maximum security prison facility.

"Israel has dealt with terrorism for fifty-plus years, so they have refined their methods for doing so," Petersen said. Petersen admitted that being so close to the violence and those affected was, at times, overwhelming.

"We visited the Israeli settlement in the West Bank, and actually we were entertained in the home of someone who was the victim of a terror attack," she said. "His wife and son were killed in his car. After we were in his home, either one or two days later, they actually arrested two of the three people that killed his wife and son."

Still, Petersen said she would recommend the experience to other professors and students, noting that the FDD also holds a summer fellowship for undergraduates. "For better or worse, there's nothing like stepping into a situation like that for a short time and experiencing it, and they did a great job," she added. "They paid for everything, and I think they do the same for the undergrads as well."

Vile thinks the program is a good opportunity for MTSU professors to broaden their field experience that will help them as teachers, and saves money for the university.

"One of our problems at MTSU is that we don't have a lot of travel money for faculty members," he said. "To have someone else footing the bill to help educate one of our professors is a pretty good deal."

LOCAL FORECAST

Friday



HI: 87°
LO: 62°
PRECIP: 0%

Saturday



HI: 89°
LO: 67°
PRECIP: 20%

Sunday



HI: 88°
LO: 68°
PRECIP: 20%

CAMPUS

Fighting obesity

Obesity is a growing issue here at MTSU, as evidenced by the interdisciplinary application of the summer reading, Greg Critser's "Fat Land," as well as a prospective research project on the subject.

FEATURES

Cautious running

For runners, summertime heat is both a curse and a blessing. At times, the pleasure of running outdoors must be earned by enduring extreme temperatures. Luckily, the MTSU campus and its surrounding area offer many options.

SPORTS

MT player honored

Clint Marks will have a lot to live up to this fall. The senior quarterback for the Blue Raiders was tabbed as an honorable mention for Preseason All-American in Street and Smith's annual College Football Yearbook.

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Sidelines is the editorially independent, student-produced newspaper of Middle Tennessee State University. Sidelines publishes Monday and Thursday during the Fall and Spring and Wednesday during June and July.

Jones reflects on career as sheriff

By Wesley Murchison
Assistant News Editor

With the coming election for Sheriff three months away, the only thing on Truman Jones' mind is the overwhelming growth that Rutherford County continues to experience.

"When you are in a growing community like Rutherford County that is more of an explosion type thing than a gradual growth, you have a lot of needs to meet," Jones said.

If he wins the August election Jones will start his seventh consecutive term, which makes not only an impressive career in law enforcement, but gives him an understanding of where this county has been and where it is heading.

"There was a time when I could go into any restaurant and tell you everybody's name," Jones said. "Of course, I can remember when there were only one or two restaurants in the county."

Rounding out his twenty third year in office, Sheriff Jones sat down with Sidelines and talked about his accomplishments, the needs for the county, his administration's past and what to expect if he wins again.

Throughout his long career, the accomplishments of which he is most proud are those in which he and the community were able to work together. One

such collaboration is the school resource officer program, which places an officer inside each school.

"One of the principals told me that he would have retired if we hadn't gotten the resource program," Jones said. "It was getting that bad at that particular school."

Before Columbine and the increase in school violence, the school resource program was started in Rutherford County, but at first it wasn't accepted.

"When we first started our school research program, nobody had ever heard about it in the state, and some of the people were just thrown back: 'We are going to have officers with guns in the school, that doesn't sound right,'" Jones said.

In 1978, before Jones was sheriff, he saw the creation of the neighborhood watch program that is still in effect today. It's a perfect example of Jones' philosophy to reach out to the community.

"We work directly with the citizens ... we just try to reach out because you know the best asset you have in the community would be the people themselves," Jones said. "And if you've got a rapport with them and they are comfortable with you, you are going to get a better response."

Another part of Jones' philosophy that he stresses — one of many in a multi-prong system — is loyalty, which "starts at the top and goes down."

"It is important for everyone that



Courtesy Photo
Jones will start his seventh consecutive term if he wins the August election

works here to know that I care for them — it's like a family environment," Jones added. "Not that some people don't go askew from time-to-time ... but we try to work through most things."

Jones is proud of the way he runs the jail. He gives inmates no time for pleasure, but all of the opportunities to

improve themselves that he believes keeps prisoners from returning.

"We run a tough jail. There are no thrills here. No television, no radios, we don't allow any of that in here," Jones said. "I can tell you most prisoners would rather be in the penitentiary than here because they are offered a lot of opportunities like you would at a workhouse. You lose all your freedom privileges here."

Even with the positive outreach to the community, family-style management and the strict discipline of prisoners, Jones' career has not been without its difficulties. Jones' administration brought a law suite against Rutherford County and Mayor Nancy Allen last August for shaving off \$10 million from the county's 2003-04 budget.

The lawsuit caused a contentious debate within the community that resulted in a disfranchisement of many Rutherford County citizens towards Jones' administration. Even though it was admitted that the Sheriff Department was under-funded by Mayor Allen, many citizens believe that

because the county had to pay for both its own legal fees and that of the Sheriff Department's. According to an article in the Daily News Journal, the county's legal fee total \$27,050.

While the trial resulted in the award of 53 new positions for Jones' administration, presiding Judge Allen Wallace from Houston County said many of the duties conducted by police officers where "not statutory duties."

But to Jones, the lawsuit was necessary to deal with the growth and the growing responsibilities of the Sheriff Department.

"Unfortunately, we are not alone; you can almost go into and Sheriff's Department across the state, and probably across the country, and almost all of them are under-funded," Jones said. "The sheriffs have seemed to absorb everything that comes down, as far as any type of service. Therefore, you have to be able to meet those demands, the new laws or whatever as they come."

'Fat Land' fights obesity on campus

By Daniel Potter
Staff Writer

Obesity is a growing issue here at MTSU, as evidenced by the interdisciplinary application of the summer reading, Greg Critser's "Fat Land," as well as a prospective research project on the subject.

The committee for summer reading also considered such obesity-related titles as "Fast Food Nation" and "Don't Eat This Book," but ultimately selected "Fat Land" because it approaches obesity from so many different angles, said Laurie Witherow, director of academic support.

"We thought it was a very broad look at a very important topic,"

Witherow said.

The book connects to issues relevant to many departments on campus because it can be applied to a variety of studies.

Students are likely to see the book related to subjects such as nutrition, nursing and business, but Witherow said the possibilities may extend even further.

The selection of "Fat Land" is intended to compliment an obesity interdisciplinary initiative on campus this fall, which will include new classes at the campus recreation center, as well as nutrition counseling.

"The rec center has a whole new program centered around 'Fat Land,'" Witherow said. As a result of the many ways the book

can be employed, she expects the university as a whole to benefit.

"The more we can integrate our efforts on campus, the better all of our programs are," she added.

Tom Brinthaup, professor of psychology, said he is hoping to take the university's focus on obesity even further with an extensive study of obesity on campus. Additionally, he hopes this will result in "a signature program of the university."

"There's really a lot of potential and we're trying to tap into that," said Brinthaup.

Brinthaup, along with Mark Anshel, professor of health and human performance, applied for funding outside of MTSU for a research project that ideally will

track 600 freshmen for a semester or possibly even a year. During that time, the students would receive performance coaching and nutritional guidance.

Brinthaup expects to know by the end of July whether or not the project will receive funding. He has contributed to the summer reading packets on "Fat Land" that freshmen receive during orientation.

Greg Critser, the author of "Fat Land," will speak at the university convocation in the Murphy Center on Sunday, August 27 at 2 p.m. Copies of "Fat Land" are available in Philips Bookstore throughout the summer.

CRIME BRIEFS

June 27—8:34 a.m.

Wiser-Patten Science Hall
Subject called and advised that one of the lawn mowers had thrown a rock into the back of his rear window. Subject requested an officer to take a report.

June 27—2:56 p.m.

Middle Tennessee Boulevard
Lionel K. Wade, 40, Woodbury, Tenn., was cited for driving on a revoked license and failing to provide proof of financial responsibility.

June 28—3:46 p.m.

Tammy M. Faulkner, 32, Christiana, Tenn., was issued a state citation for speeding 51 miles per hour in a 30 mph zone, registration violation and financial responsibilities.

June 28—5:33 p.m.

Midgett Business Building
Gray Honda van crashed into light pole. The crash activated both airbags. Subject-driver complained of arm pain and burns from airbags. A tow truck was called. The subject refused transportation by paramedics.

June 30—8:40 a.m.

Scarlett Commons apartment number four
Subject called and requested an officer to meet her at room 413 because someone kicked down her door.

June 30—4:56 p.m.

Greenland Drive
State citation issued for driving on a suspended license. He called an acquaintance and had her come pick him up. The rea-

son for the stop was because of excessive speeding. He was driving 56 in a 30 mph zone.

June 30—11:52 p.m.

Ebra Sanford, 47, of Murfreesboro, Tenn., was issued a state citation for failure to provide evidence of financial responsibility and state citation number 1259 issued.

July 1—4:51 p.m.

James A. Smith, 50, Murfreesboro, Tenn., was given a state citation for registration violation and financial responsibility law.

July 1—6:54 p.m.

Cecelia S. Andon, 46, Murfreesboro, Tenn., was given a state citation for registration violation.

July 2—11:31 a.m.

Teidra McKreith, 21, Murfreesboro, Tenn., was issued a state citation for driving on a suspended license.

July 2—8:55 p.m.

Lyon Hall
A complainant requested to report a bicycle stolen from the front of Lyon Hall.

July 2—9:54 p.m.

Jarel Sylvester Hunt, 22, Pegram, Tenn., was arrested for public intoxication and three counts possession of pharmaceutical drug without prescription. And Sean Kuykendall, 23, Nashville, Tenn., was arrested for public intoxication, possession of drug paraphernalia and two warrants out of Davidson County.

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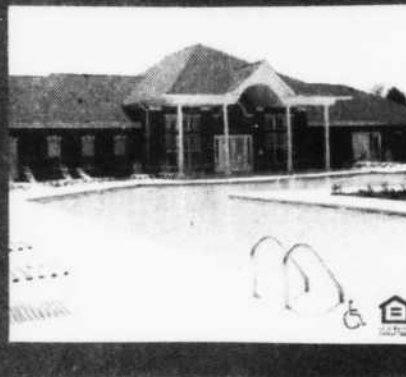


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OPINIONS

Flag burning as American as apple pie

By Ian Skotte

3rd Moderate From The Sun

It says it right there in the Constitution: The First Amendment gives citizens the right of free speech. That is exactly what flag burning constitutes—free speech.

It can be frowned upon, yet what better way to get one's point across than raising a few hairs among those who think a symbol is a way of life.

But that is just what members of Congress, including U.S. Senator Hillary Clinton are trying to do. When did this

country start going backwards? Some might argue it happened right when Florida went "red" in the 2000 presidential election.

People say that our country was founded on Judeo-Christian beliefs, when it was more about protecting the rights of citizens to disagree with their governments, and also with one another. At the time this country was founded by the Jeffersons and the Washingtons, freedom of speech was risqué.

Now, some factions in the government have given us the opportunity to ignore

the possibility of harassment from the state.

Anyway, why is flag-burning such a hot-button issue? The 2008 presidential nominations are on the line, and now some groups are holding the flag as a religious symbol that can't be manufactured.

I do love this country. If I did not, I wouldn't criticize it like I do. But, where do we draw the line about our Constitutional rights?

Patrick Henry famously said, "Give me liberty, or give me death!" Where's that

liberty gone?

It has certainly been taken out of the hands of those who wish to better this country, and strategically placed into the hands of those on the far-right.

Some might argue that all speech is not protected under the First Amendment. Those people are correct. You cannot yell "fire" in a crowded theatre. However, if someone is burning a flag in that theatre, then I'm sure that person can yell "fire" in that situation.

The point is that if Congress amends the Constitution to ban flag burning, then

what's next? It's a slippery slope, and yes, it does feel good to be on that side for once.

I don't look forward to living in a country that moves in a direction that takes us back hundreds of years. We don't have to be progressive on every issue. If the Congress continues to mess with our First Amendment rights, then we're clearly in a different ballgame.

Ian Skotte is a senior journalism major and can be reached best at ias2a@mtsu.edu



Unbuckling the Beltway

1.) North Korea launched six missiles in a test launch yesterday. President George W. Bush disappointed conservatives everywhere when he categorically rejected "popping a cap in them next."

2.) Former Secretary of State Madeline Albright said that the North Korea incident demonstrates a failure of the Bush Administration's diplomatic efforts. She conveniently forgot to mention the fact that it was her policy that failed first that got us into this mess.

3.) President Bush turned 60 years old today. Birthday bash plans include a screening of "The Big Lebowski" in the White House theater, throwing eggs at Harry Reid's Washington house, and a Ding-dong-Ditch tournament in the projects of D.C.

4.) The Tennessee Board of Regents voted to raise tuition in the upcoming academic year by 4.1 percent. The resolution simply read, "We hereby raise tuition by 4.1 percent because of George Bush."

Opinions Editor's note: This section takes the news and exaggerates it, or makes it up completely. Outside of this box, you're free to think for yourself.

Voters should know what they believe

By Tim Hill

Opinions Editor

Ninth district Rutherford County Commission candidate Matt Hurtt invited me to join him at Wal-Mart to register new voters on the 4th of July. I didn't make it because I chose to exercise my freedom by sleeping in late and getting this page ready for the readers. I can't wait to hear some of the stories Matt undoubtedly has about the experience.

Service-industry workers could make great politicians because they know how to please the public. My manager Sam once said, "I'd trust any of these servers we've got here on the Supreme Court, instead of Harriet Miers."

He quickly corrected himself when he realized that most of those employees would fail a drug test. One of the cooks there was astonished by how many kids vote for someone simply because "their parents told them to."

Voters should know what they believe voters should know where they stand. It is not right to vote for someone because of shallow reasons, such as the sound of the candidate's voice on television, their wealth or lack thereof or even because they have a sweet tattoo on their shoulder.

Senior citizens, it seems, are justified in voting on "one issue only." Prescription drugs are not cheap, and the costs get higher when many seniors are blowing

their Social Security check at the casino, or on the Tennessee Lottery.

There are those seniors who truly need a helping hand, and biblically, the Church has a duty to take care of those. In place of the church, Democrats were so kind as to give us bloated federal programs to (mis)handle that responsibility.

There are shallow voters in every part of our country. My old roommate and I called Phil Valentine's radio show a few weeks before the 2004 presidential election to have some fun. "I'm voting for President Bush because he has a better haircut than John Kerry does," Chris said, in a serious tone. "My roommate's dog, Sushi, is stubborn and doesn't listen when I tell her do something, and that's why she's a liberal," he continued.

When Chris handed the phone to me, I did my part. "My whole family is voting for Kerry this time even though we voted for Bush in 2000. We're doing this because we believe we need to just switch things up. A Republican won last time and now it should be the Democrats' turn," I said.

Phil was speechless for a few seconds. He asked us if we were serious, and I started to laugh. I asked him what he thought of our comments and he said, "I've heard lamer excuses... People who plan on voting like that need to just stay home."

Republicans and Democrats need to do a better job of getting their message out to the people. Often times, someone will realize that there are ideas from both parties that they happen to support. Sometimes, that translates into joining either the Constitution Party or the Socialist Workers Party—depending on which fringe you identify with.

I'm a conservative Republican, but I can see what some of the advantages of background checks at gun shows can bring to society. I also have a problem with the billions we foolishly spend in our so-called "War On Drugs." This doesn't mean I think we need to ban handguns and legalize all illegal substances, however.

I wouldn't consider myself a shallow voter today. I don't always vote for Republicans. I voted for Ray Nagin when I lived in New Orleans, and I've explained why in previous columns.

This country needs an electorate that holds the ideals of our Founding Fathers as close to their hearts as they do the premiere of season three of "Lost." If parents can take the time to view Bradalena's new baby's pictures, then they can sure as hell make the time to read the news wire.

Tim Hill is a senior liberal arts major, the Opinions Editor, and can be reached at slopinio@mtsu.edu

Happy 60th Birthday, Mr. President!

May all your war policies prove true in hindsight.

Love,
America



Photo courtesy of whitehouse.gov

With former US Rep. Tom DeLay looking on, President George W. Bush signs Jack Abramoff's pardon. (This was not a real quote)

Back in the old country, liberals had a voice that did not have to be underground.

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FEATURES

Sushi face-off

A quest for the best sushi in the 'Boro

By Christy Hughes
Staff Writer

The Japanese consider sushi an art form, like painting or sculpture. But when temperatures and humidity sore, its balance of freshness, texture and taste make sushi the perfect dish in Southern summer months. Here in Murfreesboro, there are five restaurants that offer the cooling delicacy, but which is best?

In our quest for the tastiest sushi the town has to offer, we stopped in at Sumo Thai and Japanese Restaurant, Fuji Japanese Steakhouse and Sushi, Sakura Japanese Restaurant and Aya Sushi. Though Sushin was on the list, we decided to skip it after a particularly bad experience with the owner over the phone. Each of the restaurants proved to have definite strengths, as well as weaknesses, that set them apart.

Sumo Thai and Japanese Restaurant



The first, and perhaps most unsettling impression of Sumo Thai and Japanese Restaurant, was the atmosphere. Upon walking in the door, the lack of Oriental decor is disheartening. In fact, it felt more like I was walking into an old meat-and-three with dingy lighting and a feeling of uncleanness.

The menu hardly makes up for the far-from-inspiring decor, containing many of the usual offerings and only a couple of unique, original items. The two signature dishes we ordered were the sushi pizza and the Sumo roll. We also got the Murfreesboro roll, since we guessed that every sushi place in Murfreesboro would have one.

The sushi took a very long time to prepare, surprising since we were almost the only ones in the

restaurant. When it finally arrived, all of our rolls and nigiri were placed unimaginatively on a small wooden board.

The quality of the sushi was average as the fish wasn't very fresh. The Unagi (eel) roll was very good, due to the very large pieces of eel in it. The Murfreesboro roll, which consisted of freshwater eel, salmon, cream cheese and cucumber topped with eel sauce, was good, but not the best. The salmon nigiri smelled fishy and was chewy, a sure sign of age.

The sushi pizza sounded good on paper, but the execution was bad, as the smoked salmon topping would have been better cold and the whole thing was heated, making the nori (seaweed) "crust" very elastic in texture. The Sumo roll was big, too big to make it a single bite; therefore it was awkward to eat. The small amount of wasabi paste was weak and the ration of pickled ginger was a cheap variety with a taste similar to that of bathroom cleanser.

The verdict for this restaurant: their main focus is not sushi. They are primarily a Thai restaurant and I think they should take sushi off of their menu entirely. That way those of us looking for a good sushi restaurant won't stumble in there to spend the same amount of money we would at a better sushi bar and be sorely disappointed.

Sumo Thai and Japanese Restaurant



The next night we visited Fuji Japanese Steakhouse and Sushi. The interior of this restaurant was

much more pleasing, as it is open and spacious and the sushi bar area is quite large and well lit. The decorations are beautiful and authentic, with rice paper screens, lanterns and fans galore. The lighting was imaginative and ample and the table setup was simple and uncluttered in keeping with the oriental theme. The main focus of this restaurant is their hibachi grills, but it doesn't take away from the attention paid to the sushi bar.

We once again ordered the Murfreesboro roll and the salmon nigiri, as well as the Unagi roll and a few of their signature rolls, the Playboy (crab, yellowtail, tuna and salmon, avocado, smelt eggs, tempura and special sauce), the Big Roll (spicy crab, shrimp tempura, tempura, avocado and cream cheese), and the Koala Maki roll (tuna, shrimp, red snapper, cucumber, avocado, smelt eggs and tempura).

When the sushi came out, all of the rolls were placed on one small wooden board. The quality of the sushi was much better, but it still lacked focus. There were none of the artistic touches that separate an excellent sushi chef from one who is mediocre.

Because of the high prices, we were expecting extras. We didn't get them. The rolls were smaller and less substantial than other sushi restaurants, the eel in the Unagi roll was almost nonexistent, and they only gave us enough wasabi and ginger for two people. The ginger, though, was a true pink ginger, with a delicate bite that I absolutely loved.

The service was very inattentive with the server coming to our table a bare minimum of four times, but not to refill our drinks or bring the check.

This restaurant has had a lot of money put into it, but mainly on the exquisite decor. I would have preferred to see the money go into the quality of the food instead. The attitude of the server and sushi chefs bordered on rudeness. I would not come back to this restaurant solely for the sushi, though I might visit for the hibachi. At least then I would know that I was getting my money's worth.



Photos by Adam Casto | Photography Editor
The Las Vegas, Murfreesboro, Mt. JFuji and Unagi rools were among those sampled at Fuji Japanese Restaurant.

Sakura Japanese Restaurant

Our next stop in our quest for the perfect sushi was Sakura Japanese Restaurant. We were greeted as we walked in by James, the head sushi chef and co-owner of Fuji Japanese Steakhouse and Sushi. The restaurant was going through a major remodel, so the interior was lacking, but well-lit and clean. A highlight of the restaurant was the traditional Japanese dining room for private parties, with a low table and floor cushions.

We were seated at our table and had our drink orders taken immediately. We ordered the usual Murfreesboro roll and salmon nigiri as well as the Cherry Blossom roll, the Caterpillar roll, and the most popular item, the Yum-Yum roll.

After the server took our orders, she brought out a bowl of complimentary miso soup, which was very flavorful. Our sushi arrived artfully arranged on a large white ceramic platter with plenty of wasabi and ginger.

The Caterpillar roll was cleverly decorated in such a way as to actually resemble the creature for which it was named. The Yum-Yum roll lived up to its name: a large roll of crab, cream cheese and rice, dipped in tempura batter and deep-fried, topped with shredded crab meat in a homemade pink sauce. It was amazing. The Cherry Blossom roll was also impressive; it

had a large quantity of fish inside with four different fish roe on top. The quality and freshness of the fish was excellent and the prices reasonable.

All of the staff was extremely kind and helpful. The head chef, James, even came to our table to talk with us and make sure the food was to our liking. This location is definitely worth a second visit.

Aya Sushi

The final stop in our journey was Aya Sushi. This is the only sushi bar in Murfreesboro actually owned by Japanese people, and it shows in their menu options.

While the sushi menu is limited, it does not feature the typical rolls and nigiri that are common in the other restaurants. Their California roll is available with real crabmeat, instead of the typical imitation crab. They also use unique ingredients such as pickled plums, asparagus, and natho (fermented soybeans).

Though there was no Murfreesboro roll, we substituted the California. We also ordered the Pickled Plum roll, the Aya roll, the Una Cheese roll (eel with cream cheese), and the Cucumber roll. It took a long time for our sushi to come out, but while we were waiting, we munched on complimentary Aya crisps—crunchy, airy rice crisps flavored with shrimp powder.

The sushi was of excellent qual-

ity, in the same league as Sakura, with the rolls being substantial with meat rather than rice. The California roll was exquisite, and all loved the Aya roll. The Pickled Plum roll, however, proved to be an acquired taste.

The head chef came to our table here as well. He is an accomplished photographer, and one of the fun things about eating at Aya is that you cannot leave until he has taken your picture to put in his guest picture book. The pictures are also loaded into a slideshow that flashes across a television that sits above the sushi bar.

The chef brought us one of his favorite specialty rolls from the area of Japan where he is from, the Natho roll. It is made of fermented soybeans on rice that is then wrapped in nori. He promised us that we would love it, and as much as I wanted to, I just couldn't. Still the gesture didn't go unnoticed.

I would go back to Aya for the wonderful atmosphere and friendly staff, and that amazing California roll.

Though my top picks are Sakura and Aya, I am not going to declare one as the best in Murfreesboro. Instead, I'm going to encourage you to visit both of them and make your own decision. But I assure you that no matter which one you pick, you will be more than pleased with your choice.

Empress of ice cream reveals homemade recipes

By Sarah Lavery
Staff Writer

It may seem trivial, but ice cream is an important part of American culture—even more so during that time of year when the days become longer and the sun shines brighter. To the little kids chasing after the ever-cheery tune of their neighborhood ice-cream truck and the millions of people consoling their best pals Ben and Jerry, ice-cream is more than frozen milk and sugar. To Annie B. Hill, Murfreesboro's reigning Empress of Ice-Cream, it's an art.

For 30 years Mrs. Hill has perfected her talent, one that landed her the blue ribbon at the Lion's Club Ice Cream festival for her famous butter pecan.

"God gave me this gift," says Mrs. Hill. "I don't measure anything, what I make is in my head." Don't hold your breath for one of her award-winning recipes, either; Mrs. Hill's techniques are kept safe from duplication.

Since winning the competition, Mrs. Hill's notoriety as "The Ice Cream Woman" has become immutable, her name synonymous with "Homemade Ice-Cream."

"I'm glad my cream got recognition," she contentedly says. "I am so proud. I'd rather have a blue ribbon than \$500."

Following in Mrs. Hill's frozen foot-steps might be a little out-of-reach for a college student, but simply making your own ice-cream is not. Her advice is to "just be determined. Have faith that you're gonna come out and do the right thing. I didn't do good

when I first started, but I just kept at it."

Aside from faith and tenacity, an ice cream maker might come in handy, as well.

These may not be Mrs. Hill's own recipes, but they just might land you 2nd place in the Lion's Club's next competition.



Recipe: Homemade Butter Pecan Ice Cream
From the kitchen of www.ice-cream-recipes.com

1/2 pint single/light cream
1/2 pint heavy/double cream,
2oz brown sugar
1 tablespoon butter
1/4 cup of pecan nuts (chopped)

1/2 teaspoon vanilla extract (or according to taste)

Place the single cream, sugar and butter into a saucepan and mix together over a low heat. Stir until the mixture starts to bubble around the edges. Remove the saucepan from the heat and allow to cool. When the mixture is cold transfer it to an ice cream maker; stir in the double cream and vanilla extract. Freeze according to the manufacturer's instructions but remember to add the pecan nuts as the ice cream starts to harden.

Recipe: Homemade Strawberry Ice Cream
From the kitchen of www.ice-cream-recipes.com

3 egg yolks (beaten)
1/2 pint milk
1 pint double/heavy cream
4 oz sugar
2 cups of strawberries
1 teaspoon of vanilla essence
1/4 teaspoon salt

Mash strawberries with half the sugar (2oz). Place to one side. In a separate saucepan, mix the egg yolks with the milk, salt and the remaining sugar. Place over a medium heat just to boiling (stirring at all times). Do NOT let it boil. Transfer the mixture into a chilled bowl to cool; refrigerate for up to 3 hours, remembering to stir the mixture from time to time. When cool, stir in to the mixture the cream and vanilla essence and then add to this the strawberry/sugar mixture. Transfer the complete mixture into an ice cream maker and follow the manufacturer's instructions.

Recipe: Homemade Chocolate Ice Cream
From the kitchen of www.ice-cream-recipes.com

5 tablespoons of cocoa
1 can (large) condensed milk
1/2 pint (250ml) milk

Mix together the milk and condensed milk. Dissolve the cocoa in a little hot water. When fully dissolved, stir it into the milk/condensed milk mixture. Transfer the whole mixture into an ice cream maker and freeze according to the manufacturer's instructions.

Take caution but enjoy outdoor running

By Will Cade
Staff Writer

For runners, summertime heat is both a curse and a blessing. At times, the pleasure of running outdoors must be earned by enduring extreme temperatures. Luckily, the MTSU campus and its surrounding area offer many options.

For those wishing to avoid the heat, MTSU's Campus Recreation Center has an indoor track on the second floor above the basketball court. "It's a controlled environment," says Ray Wiley, Associate Director for Campus Recreation.

Along with the cooler temperature, the track's features include a synthetic running surface and newly added digital timer. "I had the digital clock put up to make it a little more user-friendly," Ray explains.

Whether you're checking your heart rate or trying to beat your best time, this double sided timer will come in handy. Just remember though, it's double sided for a reason.

"They switch the direction you run every day," says Cherie

Gambill, junior recreation administration major. The track direction runs clockwise Monday, Wednesday, Friday and counter-clockwise Tuesday, Thursday, Saturday, and Sunday.

Even with the comfort and consistency of the indoor track, some runners can't stand to leave the great outdoors.

"Running inside can be monotonous," says Luke Burwell, a junior genetics and biotechnology major. "I like running outside. It's the greatest release ever."

Luke prefers to run around MTSU's campus. "People don't drive very fast and you don't have to worry about dogs," he says.

But if you're going to run on campus, make sure you run against traffic. "A lot of runners don't do that and that's what pisses off a lot of drivers," Luke adds.

There are other precautions you should take if you choose to run outside.

"When the heat index is over 100, that would not be the time to go running," warns Helen Binkley, program director for athletic training education. She says our bodies

cannot cool quickly enough under those intense conditions.

"Be hydrated before you start," Binkley adds. Many runners believe that hydrating directly before running will sufficiently carry them through their routine.

And if you're a Gatorade lover, you may want to reconsider how much you drink.

"Drink Gatorade only when you're working-out and no other time," says Binkley. Otherwise, you may be taking in electrolytes from sports drinks when you don't need them.

With these precautionary measures in place, you are free to enjoy any of the outdoor running spots Murfreesboro has to offer. The most notable would have to be Murfreesboro's Greenway, a paved trail system along the Stones River.

Its scenic beauty and natural atmosphere is perfect for the runner who is more focused on the experience rather than the workout.

"It distracts you from the exercise part," explains Angela Jackson, program director for the Greenway and Wetlands.

In case you loose yourself in the moment, there are distance markers every quarter of a mile. Or if that is exactly what you had in mind, carry your run all the way from the Cannonsburgh Trail-Head located just off Main Street down to the Thompson Lane Trailhead. "It is currently about 5 miles," Jackson says.

But at times, not all five miles may be accessible. "A lot of it is in the flood plain and is subject to frequent flooding," Jackson says, so make note if it has rained recently.

Whether running indoors or out, precautions should be taken when stretching.

"If you do slow, static stretching before activities, it may actually increase your likelihood of injury," warns Binkley. Instead, try warm ups where you slowly gear your body towards the desired stress level.

So whether you prefer to jog through the wooded paths of the Greenway, run close to campus, or train in the consistency of the Recreation Center, Murfreesboro can provide you with a running destination to match your needs.

SPORTS

MT quarterback receives honorable mention, three others recognized

By Casey Brown
Sports Editor

Clint Marks will have a lot to live up to this fall.

The senior quarterback for the Blue Raiders was tabbed as an honorable mention for Preseason All-American in Street and Smith's annual College Football Yearbook.

After another statistically successful season in which Marks threw for 2,083 yards and eight touchdowns, the magazine selected him as an honorable mention at a position full of competition.

Marks, who is third on the career passing yards list at MT with 5,425, opened eyes during his sophomore season when he threw for 2,749 yards at 14 touchdowns in 2004.

However, the Blue Raiders ended the season with a 5-6 record, falling short of a New Orleans Bowl bid after many publications had picked MT to win the conference.

Last season was even more frustrating for the Blue Raiders, as the team lost a pivotal early-season showdown with North Texas. MT rebounded to shock Southeastern Conference leading Vanderbilt before succumbing 34-31 to SBC rival Louisiana-Monroe in a heart-breaking loss that eliminated MT from postseason consideration.

With a new coach at the helm and consecutive seasons of dis-

appointment to answer to, Marks' selection as an All-American will only help to ensure that every pair of eyes in Floyd Stadium will be on the senior signal-caller.

Marks was not the only Blue Raider to receive recognition from Street and Smith's. The publication also tabbed Germayle Franklin, Bradley Robinson and Colby Smith as preseason All-Sun Belt honorees.

Franklin, a senior offensive lineman from Norcross, Ga., received all-SBC honors in 2005 and has played 28 games without missing a start.

One of the bright spots in MT's much-maligned pass defense has been Robinson, a junior cornerback who tied for the SBC lead in 2005 with five interceptions.

Smiths out the trio of all-conference selections for the Blue Raiders. As a junior last season the punter and place-kicker from Franklin averaged 42.1 yards per punt and placed 19 kicks inside the opposing team's 20-yard line. The senior also received All-SBC honors last season.

Street and Smith's has published college football annuals since 1940, and is among the most well-respected sports publications, often referred to as "America's Sports Bible." The issue featuring Marks and the rest of the Blue Raiders is now available at area newsstands.



File Photo
Middle Tennessee senior quarterback Clint Marks was selected as an honorable mention for Preseason All-America honors. Marks will again lead the Blue Raider offense in 2006 after back-to-back seasons with more than 2,000 passing yards.

Storm season on the horizon in Nashville

From Staff Reports

A storm is brewing in Middle Tennessee.

Usually such a revelation would bring little more than a shrug, but this storm is particularly unique, as it is centered over one specific area.

At the football field of McGavock High School in Nashville, the Nashville Storm are busy preparing for the start of the North American Football League season.

Led by head coach Patrick Abernathy, the Storm is a member of the Southern Conference of the NAFL, the largest outdoor minor league football organization in the country.

The league features over 100 teams spanning from coast to coast, and is a haven for recently graduated college players as well as former professionals with aspirations of playing at the next level. The Storm enter their fifth year as a member of the NAFL already sporting an impressive resume in the team's brief history.

In 2003 the Storm posted an 11-2 mark and advanced to the quarterfinals of the NAFL playoffs. The next season resulted in an even better finish, as the team won the Southern Conference and advanced to the semifinals.

The Storm enters 2006 on a high note after again making the NAFL quarterfinals with an 11-3 record. The team defeated the Panhandle Tigers, Asheville Grizzlies and Central Alabama Renegades in the playoffs before falling to the Arkansas Rhinos.

As with many other area teams, a local connection can be made back to Murfreesboro.

Two former Riverdale High School players are now members of the Storm. David Crandol and Matt Young are Murfreesboro natives and RHS graduates who attended Eastern Michigan and

Fork Union, respectively. Jason Patterson of Laverne and Terry Cunningham of Smyrna are also members of the Storm.

In addition, four former Middle Tennessee football players now compete for Nashville. Quarterback Brian Davis, wide receiver/defensive back Kareem Bland, defensive back David Avery and safety Jeremiah Weaver all once donned MT blue.

Weaver is perhaps best known for his role in the Blue Raiders' monumental upset of Vanderbilt in 2005. With time

about to expire, Weaver blocked a Bryant Hahnfeldt field goal attempt that preserved an MT victory and handed the 5-0 Commodores their first loss of the season.

The safety will see his first action in a Storm uniform on Saturday, when the team opens the regular season against the Asheville Grizzlies at McGavock High School.

There is plenty of reason for optimism as the Storm opens play this weekend. Nashville wrapped up preseason play

with a 2-1 record after defeating the Middle Tennessee Football League All-Stars 12-0.

Storm quarterback Phelepe Hall threw for 219 yards in the win, and Albert Winn had six catches for 82 yards and the game-winning touchdown. But the game was dominated by the Storm defense, which held the MTFL All-Stars to only 92 total yards and created three turnovers.

On Nov. 10 Nashville put on an impressive offensive display, defeating

the Western Kentucky Punishers by a 49-7 margin. Bland, who started at outside linebacker and safety for MT, returned a touchdown for an interception, earning him Player of the Week honors in the Southern Region.

The Storm will play home games against the Grizzlies, Tennessee Xtreme, Greenville Greyhounds, Arkansas Rhinos and Memphis Panthers. Tickets are \$8.00 for adults 14 and over, \$4.00 for ages 5-14 and free for those under five.



Photo by Riley Walker Jr. | Ambassador Photography
A Nashville Storm defensive end tackles a Western Kentucky ballcarrier in preseason action as players from both sides finish the play. The Storm defeated the Punishers 49-7 at McGavock High School in Nashville.

France takes victory over Portugal in World Cup

By Ronald Blum
AP Sports Writer

MUNICH, Germany - One more time, Zinedine Zidane stepped up to the penalty spot, 12 yards from another shot at glory for himself and France.

Dripping with sweat, Zidane converted the kick in the 33rd minute after Ricardo Carvalho was whistled for a foul on Thierry Henry, giving the

French a 1-0 victory over Portugal on Wednesday night and a berth in the World Cup final.

France, which was supposed to be soccer's over-the-hill gang, meets Italy at Berlin on Sunday night, in a matchup of blue - France's Les Bleus vs. the Italian Azzurri.

The French will be making just their second ever appearance in a World Cup final - the

other was their famous 2-0 victory at home over Brazil in 1998.

With just a few minutes to go, French fans in one corner of the stadium started singing "La Marseillaise," the French anthem, and followed with chants of "Allez Les Bleus!"

France and Italy have a long history of tricolored battles.

The French rallied to defeat Italy 2-1 in the 2000 Euro final

when Sylvain Wiltord scored with 30 seconds left in second-half injury time and David Trezeguet got a goal 13 minutes into sudden-death extra time. France also beat the Italians on penalty kicks in the 1998 World Cup quarterfinals.

Unbeaten in nine straight games since a March 1 exhibition loss against Slovakia, France started the World Cup slowly with ties against

Switzerland and South Korea before beating Togo to get to the knockout phase. The French then defeated Spain and defending champion Brazil to reach the semifinals.

Portugal, a 20-1 shot last December, advanced to the World Cup semifinals for the second time. Eusebio, the hero of Portugal's 1966 run, was on hand as was former French

captain Michel Platini, considered by many his nation's greatest player.

France's win ended Portugal's 19-game unbeaten streak since a February 2005 exhibition loss at Ireland and coach Luiz Felipe Scolari's 12-game undefeated string in World Cup matches. France also defeated Portugal in the semifinals of the 1984 and 2000 European Championships.



Sports Briefs

News from around Middle Tennessee



Compiled by: Casey Brown

Niemeyer and Weiner eliminated at Wimbledon

Former Middle Tennessee tennis standout Fred Niemeyer and his partner Glenn Weiner were eliminated in the second round of gentlemen's doubles competition at Wimbledon.

The duo upset the No. 13 seeds, Mahesh Bhupathi of India and Alexander Waske of Germany, by a score of 7-6 (2), 6-3, 7-6 (7) in the first round.

Niemeyer and Weiner could advance no further, however, as the team lost to Australia's Ashley Fisher and former Vanderbilt standout Bobby Reynolds in the second round. The unseeded duo defeated Niemeyer and Weiner in four sets, 3-6, 6-3, 6-2, 6-2.

The MT alumnus and his partner were entered into the main draw as wild cards after a strong showing in qualifying. The duo shocked No. 1-seeded Americans Eric Butorac and Chris Drake, 2-6, 7-6 (6), 6-3 in the first round.

Niemeyer and Weiner dropped their second qualifying match to Irakli Labadze of Georgia and Dusan Vemic of Serbia and Montenegro by a 6-4, 7-6 (6), 3-6, 6-4 margin.

Seven Sun Belt Standouts Named Academic All-Americans

The Sun Belt Conference had seven student-athletes named ESPN The Magazine Academic All-Americans while 26 were selected as Academic All-District picks, it was announced by the College Sports Information Directors of America.

Arkansas-Little Rock's Bindiya Parekh and Jacob Stover were named first-team Academic All-Americans for women's at-large and baseball, respectively, to become the first Trojans to ever be a first-team Academic All-American.

North Texas running back Patrick Cobbs was a second-team selection in football, while Sun Belt Conference Player of the Year Chrissy Givens was a second-team pick in women's basketball.

Denver's Brian Flaherty, who recently received a postgraduate scholarship from the Sun Belt, was a second-team Men's At-Large winner, North Texas' Heath Smith was a second-team men's track and field/cross country pick while Western Kentucky's Kevin Dick was a third-team selection.

All seven join 19 other Sun Belt student-athletes from 12 different sports as Academic All-District recipients.

Two other MT athletes were named to the Academic All-District Team. Women's basketball player Krystal Horton and baseball player Todd Martin were both selected to the District IV Second Team.

Stockstill joins teammates to re-live 1981 Orange Bowl

As part of the Gridiron Greats summer series on Sun Sports Television, Middle Tennessee Head Coach Rick Stockstill was selected to re-live a classic Florida State bowl game.

Stockstill, who was a quarterback for the Seminoles, joined former teammates Ron Simmons, Monk Bonasorte, and host Keith Jones to talk about the 1981 Orange Bowl between FSU and Oklahoma.

With time running out and the Seminoles leading 17-10, J.C. Watts, a swift quarterback who led a notorious Oklahoma running game, drilled an 11-yard touchdown pass to split end Steve Rhodes with 1:27 remaining.

Going for the win on the conversion, Watts rolled to his right and hit tight end Steve Valora to give the Sooners an 18-17 win over upset-minded Florida State in the 47th Annual Orange Bowl Classic. The win put OU No. 3 in the final poll.

Florida State, in Bobby Bowden's fifth year with the Seminoles, finishes fifth in the polls after going 0-11 only seven years earlier. This game also marked the first time officials wore microphones in a college bowl game.

Stockstill, who played four years at FSU, participated in the show donning his Blue Raider shirt while son Brent also

received some airtime wearing his Middle Tennessee gear.

Sun Belt Hosts Compliance Workshop

The Sun Belt Conference is hosting its 2006 Rules Compliance Workshop on Wednesday and Thursday, bringing in university officials from across the league to the Pan American Building in downtown New Orleans.

The 13-member conference has various compliance directors, faculty athletic representatives, registrar personnel, admissions officers and financial aid experts in attendance to discuss numerous topics affecting college athletics.

The Sun Belt also has members of the NCAA staff in town to talk about organizational updates as well as other issues in regards to amateurism and the student-athlete.

"I think this is one of the most important meetings we do all year," said league commissioner Wright Waters, who opened up the meetings on Wednesday with a state of the conference address. "If we don't have success with integrity and honor, it's not much of a success."

"Every single person in attendance is so vital to their respective universities, and their jobs are critical to our true success as a conference."

The attendees will meet all day on Wednesday, with the workshop scheduled to wrap up at noon on Thursday.

"It is really beneficial to meet face-to-face with everyone around the conference as well as the NCAA," said Pam Herriford, Western Kentucky's associate athletics director and senior woman administrator.

"We spend so much time on the phone and on e-mail with each other. To be able to get together and share ideas and discuss various issues is just a great opportunity for all of us."

Courtesy of MT Media Relations and the Sun Belt Conference

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