

WEDNESDAY

JULY 25, 2001

74



87

scattered showers

Team ends season on good note

In Sports, page 5



STUDENT SURVEY

www.sidelines.mtsu.edu

ONLINE

Do you think the new courtyard is a wise investment?

HEALTH

The formula for healthy living

In Interests, page 4



INSIDE: United States should check motives against China

In Opinions, page 3

An editorially independent newspaper

SIDELINES

Middle Tennessee State University

MURFREESBORO, TENNESSEE

Volume 77 No.8

www.mtsusidelines.com

Campus Briefs

Professor earns award

Padgett Kelly, professor of biology, was presented the Outstanding Teacher Award for 2000 on July 21 from the National Marine Educators Association. Kelly said he felt that he received the award from taking a life-size whale around to different schools. He educated students from Tennessee, Alabama and Georgia about whales. He was presented the award "for effective and innovative classroom teaching," said Kathleen Heidenreich, awards chair for the association. The weeklong conference was held in Vancouver, British Columbia.

Mathis to deliver address

Kathy Mathis, associate professor of engineering technology and industrial studies, will deliver MTSU's summer commencement address Aug. 11. As the retiring president of the MTSU Faculty Senate, Mathis will talk about the many influences in people's lives. "I heard a quote recently that often we don't remember famous people, but we remember people who have changed our lives." The summer commencement will begin at 10 a.m. in the Murphy Center.

Educators join in workshop

"Being an Effective Clinical Educator," a clinical education workshop, was sponsored by MTSU's Health, Physical Education, Recreation, and Safety department for more than 40 athletic training professionals. Malissa Martin, director of the athletic training at MTSU, organized the workshop with the assistance of Bobby Barlow, head athletics trainer. The workshop included roundtable discussions, featured speakers and a working lunch. "It went very well, and the audience would like to have this be an annual event held in May at MTSU," Martin said.

CPS, CAP deadline nears

The application deadline for the CPS and CAP exams is Sept. 1. The exams will be available to anyone interested in taking them in November. The International Association of Administrative Professionals will provide additional information for anyone interested in taking the exams on their Web site at www.iaap-hq.org.

Laws elected as director

Robert C. Laws was announced as the executive director of the Tennessee Center for Labor Management Relations. Laws' primary goal is to bring the center to full fruition and fulfill its potential as the educational hub for this state's labor-management. TNCMLR center's goal is identify and fulfilling the educational needs of workers and developing a positive relationship that allows them to compete and thrive in a global economy.

Thieves hit business building projectors again

By James Evans
Editor in Chief

Despite new security devices, projectors were stolen again from three master classrooms in the Business and Aerospace Building sometime over the weekend.

The burglary marks the third time in the last year and a half that projectors have been stolen from the building. Three projectors were stolen the morning of Feb. 1, 2000, and two more were stolen during the weekend of April 28, 2000.

After these two burglaries, electronic keypad locks were installed on the main doors to the classrooms, and locking mounts were installed on the projectors. This weekend's theft has left officials in the College of Business wondering

how anyone gained access to the classrooms.

"We don't know how they got in," said Dwight Bullard, associate dean of the College of Business. "You have to have a card."

Bullard said that it is possible to stuff paper or other objects in the back door of the classrooms, because those doors don't use the keypad system.

There have been times, he said, when gum wrappers have been found stuffed in the latch so the door would not lock.

"Anything that can be defeated with a gum wrapper is not very good," he said.

Bullard said he doesn't know if the thieves were MTSU employees or not.

Still, it was obvious they planned the burglary carefully, because they hit classrooms

that were in isolated parts of the building, and the classrooms were the same ones which have been hit before, he said.

"My feeling is that these people planned very well," Bullard said.

Bullard was not sure on the exact value of the projectors, but he said as a rule of thumb, they usually cost approximately \$6,000.

The new security system hasn't been well received by the faculty and the students, Bullard said, which is clear by all the trash cans that are used as door props.

The trouble is finding a security system which works well in a classroom environment.

"We have a serious problem between what people want and what is practical," Bullard said.

It's a bloody job ...

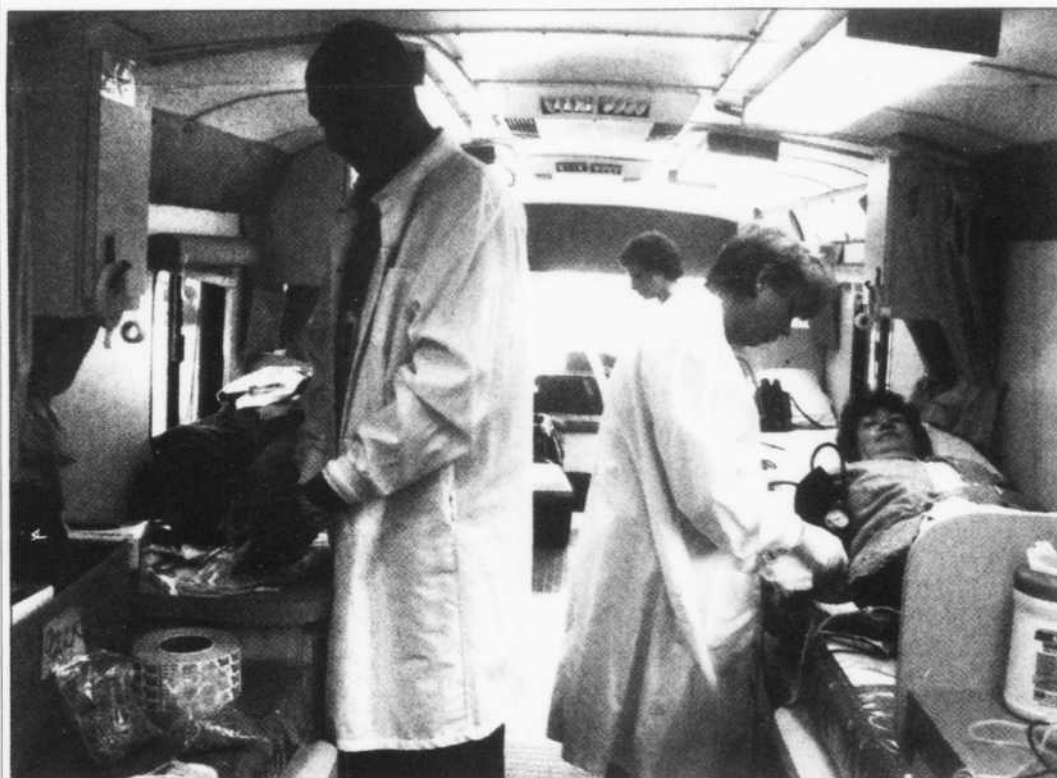


Photo by Charlene Callier | Photo Editor

Jame Jones, Mobile Unit Assistant, (left) puts numbers on donors' tube as Marsha Gohlke, phlebotomist (center) assists Phyllis Love, Business Office cashier after her blood donation.

Blood drive attracts kind-hearted volunteers

Charlene Callier
News Editor

The Association of Secretarial/Clerical Employees sponsored its annual blood drive Monday from 9 a.m.-2 p.m. in the parking lot across from the Keathley University Center.

I've always worked blood drives by helping pass out snacks or sitting at the sign up tables," said Kathy Kano, former president of ASCE, which consists of 90 secretaries and clerks on campus.

Kano sent e-mails to all subscribers asking them to donate blood in July.

She said that a little over 30 donors signed up in advance to prevent waiting in lines.

There are three nurses on the bloodmobile - one that interviews the donors and two

that take the blood.

Each donor is given a free Titans T-shirt, and their names are added in a drawing for a pair of Titans tickets to a home game.

"We need to all work together to help the lives being lost due to low blood supply..."

Connie Davis
Public Safety

the American Red Cross to not donate blood.

"We need to all work together to help the lives being lost due to low blood supply," said Connie Davis, from the public safety department.

"I didn't donate blood in

high school, because I was afraid, but I knew I wanted to do something, because I heard they need blood donated," said Hillary Newman, accountant clerk at the Office of Information Technology.

"I had never given any blood, but when you have family in the hospital, you think about it more," said Gayle Robinson, procurement officer.

"It is more convenient, because the blood mobile is here on campus," Robinson said.

"I try to donate four times a year in case other people need any blood," said Susan Taylor, MTSU's executive director of Leadership Middle Tennessee.

"I have been donating for 30 years," said Phyllis Love, Business Office cashier.

The Student Government Association will sponsor a blood drive Aug. 29 on the third floor of the KUC building.

If interested in the blood drive, contact SGA at 898-2464.

Construction woes



Photos by Matthew H. Starling | Photo Editor

(Above) The trees are planted and the foundation is being laid as the fountain area of the courtyard located between the library and the BAS takes shape.

(Below) The section of the street in front of Corlew Hall was closed this week for steamline construction.



China hushing critics

By Elaine Kurstenbach
Associated Press Writer

HONG KONG - Awarded the 2008 Olympics and poised to join the World Trade Organization, China seems more open and modern than ever.

But at the same time, communist leaders are trying to silence their critics in an old-fashioned crackdown that prompted a prominent author, He Qinglian, to flee to the United States last month.

The authorities have muzzled newspapers that failed to toe the party line and have intensified efforts to stifle dissent on the Internet. Publications voicing independent opinions have been banned.

Over the past year, at least five Chinese-born academics or writers with foreign ties have been detained in an anti-spying campaign that has unnerved scholars at home and abroad. Li Shaomin, a U.S. citizen and business professor in Hong Kong, was convicted of spying for Taiwan and deported.

"In a normal society, there would be a variety of voices. This is an abnormal society. It's oppressive. One can hardly breathe," said Bao Tong, a former aide to deposed Communist Party chief Zhao Ziyang.

Bao, 69, spent seven years in prison for sympathizing with pro-democracy demonstrators in 1989. He now lives in Beijing under heavy surveillance.

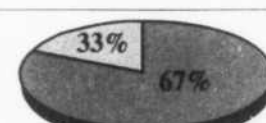
For younger intellectuals, the choice is to shut up or leave.

"Currently, intellectuals are under much more sophisticated and tightening controls," said Ding Xueliang, a mainland-born social scientist at the Hong Kong University of Science and Technology.

Ding believes Beijing's success in being picked as host of the 2008 Summer Olympics could help reformists. But he said the authorities' obsession with preventing challenges to communist rule still could intensify.

Party leaders do acknowledge that they must do more to help the 70 percent of China's 1.3 billion people who live in the countryside. But they fear that open talk could stir up unrest.

"They're resorting to hushing us up," said He. "I think they must be very happy now that they don't have to listen to me."



Last week, *Sidelines* asked students if they agreed with the decision to hold the 2008 Olympics in China. Of those who responded, 67 percent said they disagreed with the decision, while 33 percent said they agreed.

*This poll is not scientific

Kemba R. Drew,
News Designer

CENTURY 21
CD'S * RECORDS * TAPES * JEWELRY
 New & Used CD's - Records
 125 Lassetter Dr.
 Murfreesboro, TN 37130
 OPEN MON-SAT 11-7



88.3 FM
student run radio
88.3 FM WMTS
 Noise you can trust.




PREGNANT? 893-0228

PREGNANCY SUPPORT CENTER

BELMONT PARK SUITE 801
 745 S. CHURCH ST.
 MURFREESBORO

WWW.BOROPREGNANCY.ORG

- Free Pregnancy Test
- Someone to talk to
- Support through the decisions



THRONEBERRY PROPERTIES
 A trusted name for your apartment needs for over 30 years

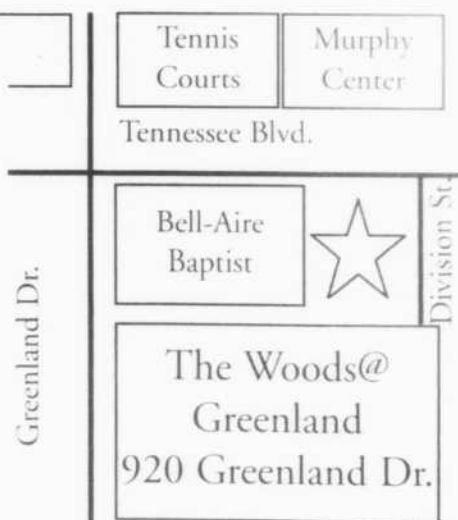
Windrush 1735 Lascassas 893-0052	Gateway & Applegate 1841 New Lascassas 848-0023
Tennessee Park 2315 Mercury 848-1100	Holly Park & Park IV 2426 E. Main 896-0667
Pine Park & Birchwood, Oak Park I, II, III 1211 Hazelwood 896-4470	Rosewood 1606 N. Tenn. 890-3700

Convenience, Style & Affordability are only a matter of choice!


www.throneberry.com

ATTENTION!
STUDENTS AND PARENTS
 THINKING ABOUT STUDENT HOUSING?
 IS THE THOUGHT OF BEING CRAMPED
 AND SHARING A BATHROOM FRIGHTENING?
 THEN, CONSIDER THIS
 THE BRAND NEW WOODS AT GREENLAND APARTMENTS!!!

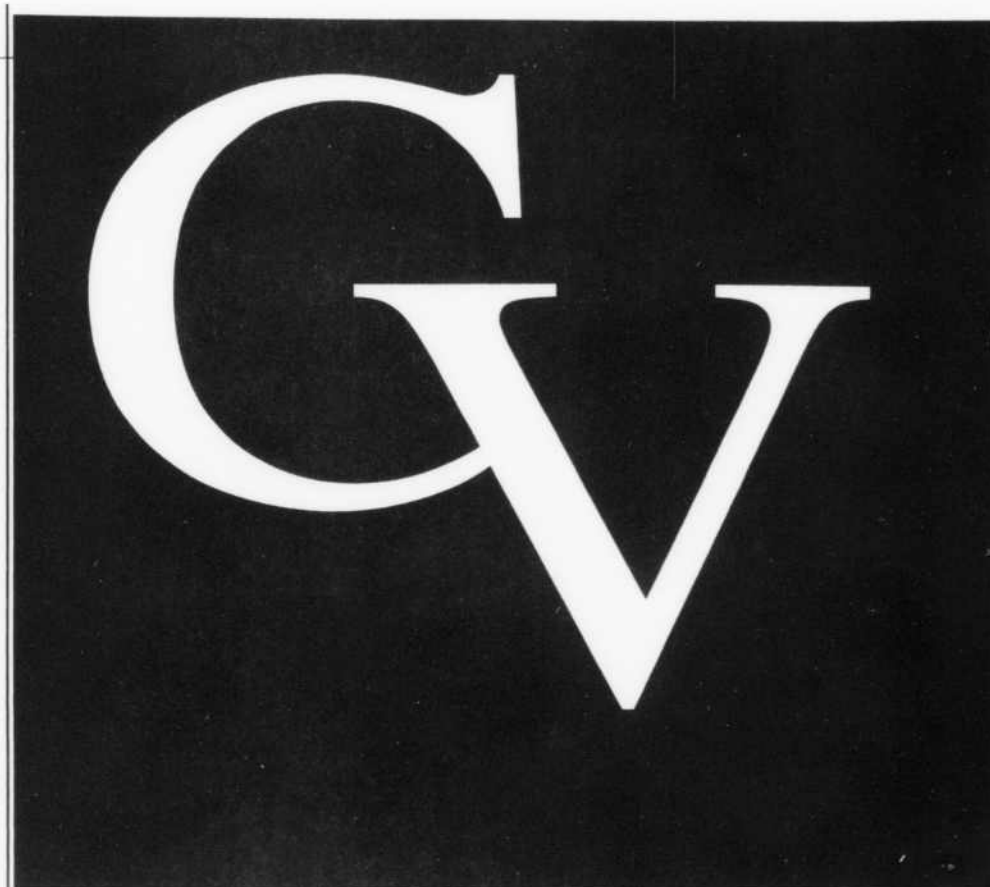
-2 BLOCKS EAST OF THE MURPHY CENTER
 -SUPERIOR ROOMMATE MATCHING PROGRAM
 -ALL UTILITIES PAID



FULLY FUR-



HURRY APARTMENTS ARE FILLING UP FAST
 PLEASE CALL 890-0800 OR STOP BY
 HOURS: M-F 8-5:30 SAT 10-5 SUN 12-5



CAMPUS VILLA

APARTMENT HOMES

Newly Renovated
 2 Bedroom Apartments

- Central Air & Heat
- New Appliances
- New Carpet
- Free Cable & Water



902 GREENLAND DRIVE
 MURFREESBORO, TN 37130
 615-893-1500

OPINIONS

Murfreesboro, Tenn.

Wednesday, July 25, 2001

SIDELINES ♦ 3

From the staff

United States should check its motives

The United States seems pretty upset with the International Olympic Committee's decision to hold the 2008 Olympics in Beijing, China.

The reason? Apparently China's not a good role model on the human rights front, and the United States doesn't want them to host an event boasted for its achievements in world peace and cooperation.

The problem is, why did everyone wait to throw up a flag after the announcement? If China is so immoral, shouldn't something have been done anyway?

There's another issue here. The United States loves to think of itself as the chosen one - the one country in the world which has all its values on the right side of the fence. With that in mind, the promised land has been pushing its weight around since World War II, trying to show everyone the error of their ways.

Basically, we're the Jehovah's Witness of the world; we love to walk around the world, knock on everyone's doors and bring them into the light. Are we too arrogant to realize other perspectives can be as worthwhile as ours?

Not to be mistaken, China isn't as pure as the farm lands in Montana. The country has nearly executed 2,000 of its citizens since April of this year.

China doesn't show any signs of changing in the near future. Since the Olympic announcement, China has started attacking people within its own borders for criticizing its actions. Still, none of these actions are anything new.

Bottom line, the United States didn't start attacking China on a large scale until they were picked to host the events. Human rights are extremely important, but the United States' motives behind defending human rights only cheapens that importance.

Lock your doors; Downey's loose!

Out of Leftist Field



Lindsey Turner
Staff Columnist

I can't believe the nerve of Judge Randall White. He purposely released a seasoned criminal onto the streets of America last week. That vile criminal's name - Robert Downey Jr.

This should come as no surprise to you, Downey has been terrorizing this nation for years with his despicable, nose-candy habit, and his punishments are always shockingly lenient. Just a few years ago, he was sentenced to

just three years in prison for his drug habit. And this time he got three years of probation. Hell, I know a guy who got a whopping 20 years in prison and all he did was help decapitate one of his drinking buddies. Where's the justice?

I can't even allow my nephews to play outside at night for fear that Downey (or any other sick, twisted offenders like him) might be roaming the streets bent on getting high somewhere in my neighborhood.

We, as Americans, know good and well that murder and rape are parts of modern living. It's drug addicts who pose the real danger to our society. Well, drug addicts can be easily tamed out for good by tough, swift punishment.

Seriously, why waste

our time and prison space with petty criminals like arsonists and murderers? Those people pose no real danger to the common citizen, right? It is the drug user who stands on dimly lit corners and lures our children into a world of altered perceptions, violence, sexual perversion and eventual madness. Drug users must be stopped, at any cost.

Not only are they dangerous, but they're stupid to boot. Beer, coffee and cigarettes are the only drugs true Americans need and want. Everyone knows there's a difference between illegal and legal drugs - everyone except those stupid illegal drug users. I guess that's what makes them stupid.

Only tree-huggers and

flower-sniffers would suggest that treatment is the best way to rid this nation of the lowlifes so affectionately called "users." Gimme a break.

While they're over in lala land, the rest of the world knows that the best way to tell a person "no" is to lock him or her in a closet until the message sinks in. So why should we treat criminals any other way? Why should we let that age-old cliché known as compassion slip into our daily lives? What is good-old human decency going to help?

I say we get even tougher on these criminals, these drug users. Mandatory minimum sentencing is not enough. We should have mandatory extermination. Period.

Everyone knows that people can't possibly be functional members of society with any mind- or mood-altering chemical in their system - even on weekends or in the privacy of their own homes.

So let's fund technology that can detect and eradicate these pot-toking, coke-sniffing, junk-shooting lowlifes upon sight. Until they disappear, casual drug users will continue to roam the planet in search of vulnerable souls to plunge into their spiraling world of filth and evil.

So lock your doors, America. Robert Downey Jr. is on the loose and headed our way. We won't be safe until he and every low-life addict are put away for good so they can terrorize us no longer. ♦

Letters to the Editor

A college education is not a 'right'

July 26, 2001

To the Editor:

When I was on campus yesterday to teach a group of gifted high school students about the stock market, I picked up a copy of Sidelines and read through it.

The main thing that caught my attention was the ignorance of two staff columnists, Jason Cox and Patrick Chinnery. I will address each of their articles separately, as I feel it is unfair to each of them to lump their misguided views together.

First, Jason Cox. I take great offense to his remark about "yuppiefy" our state and how you could still not take the redneck out. His "unruly mob" was nothing more than hard-working citizens exercising their First Amendment rights.

Let's forget our entire country was founded on the same beliefs about unfair taxation. Was the group who threw tea in the Boston Harbor an "unruly mob"? Perhaps if every student in the Tennessee state college system went down to the Capitol and protested a 15 per-

cent tuition increase instead of whining and sniveling about it in some liberal college paper things might be different.

I challenge Jason to graduate and get into the workforce and keep his opinions on a state income tax. While in the safe confines of MTSU, he is awfully liberal with MY tax dollars to say the least.

Next, Patrick Chinnery. God help this young man. Anyone who believes that a college education is a "right" rather than a privilege is starting out his adult life with a belief system that is, OWE you a college education. I do not, nor does any American citizen, owe you a college education. If you want one, you do what it takes to get one. You work, get scholarships, join the military or whatever you need to do to earn your degree, but you better think twice about sitting on your ass and writing to the world that I OWE you an education. And as far as taking your degree and getting out of Tennessee, I encourage you to not wait that long.

I challenge the well-educated students at MTSU to voice their opinions as loudly as possible so that visitors like myself aren't driven to frustration thinking that this is how all college students think nowadays.

God Bless America,
David Ridings, MBA
Financial Advisor

America needs to play nice to get what it wants

Canadian Bacon



Patrick Chinnery
Staff Columnist

Just when President Bush inspires hope within the international community - as he did last week by announcing his desire to see developing countries receive grants, not loans, from the world bank - he does something to scuttle the global feelings of good will, as he did Saturday by

refusing to enforce a treaty signed in 1972 that bans chemical and biological weapons.

The treaty was signed by President Nixon, ratified by the Senate and put into effect during the Ford administration. Other countries that have expressed concerns about the language of the treaty include China, Libya, Cuba, Iran and Pakistan, according to The Associated Press.

This cannot be the goal of the Bush administration, to be in line with nations that it labels terrorist states. That violates every American political philosophy, and it is a

pointless maneuver.

International political opinion of American military policy is at an all-time low. Refusing to enforce this treaty, along with ignoring the Kyoto accord, only enforces the opinion that America, like the aforementioned terrorist states, is only concerned with advancing its own power.

From a global perspective, a power-hungry America is infinitely worse than a gibberish-spouting dictator like Hussein or Castro. While they pose a more likely threat to upsetting the current world order than the United States, the United States is

the only country left in the world that can project its might throughout the world.

No wonder the European nations are so upset with our behavior. The current administration's neo-conservative politics are so far to the right of the previous administration's that the world at large seems to think that America has lost its mind and is willing to strike out at any time if it doesn't get its way.

This is not where we need to be.

The United States must make it clear that we are willing to secure the world's safety first and

ours second. If other countries are not comfortable with us, then it will become impossible to cooperate with them. If that were to happen, then the isolationist world that Bush's actions demonstrate he wants will exist, and his words of consolation will be pointless.

If Bush wants a peaceful, cooperative world, he must begin now in taking steps to ensure it. Because of the number of treaties and half-cocked ideas he's already destroyed and supported, his credibility is shot. Only peaceful actions can save our country's reputation. ♦

SIDELINES

P.O. BOX 42
Murfreesboro, TN 37132
Editorial: 898-2337
Advertising: 898-2533
Fax: 904-8487
www.mtsusidelines.com

Editor in Chief James Evans
Managing Editor Pam Hudgens
News Editor Charlene Callier
Editorial Page Editor Pam Hudgens
Features Editor Shawn Whitsell
Sports Editor J.P. Plant

Photo Editor Matthew H. Starling
Copy Editor Leslie Fike
Online Editor Angela White
News Designer Kemba R. Drew
Features Designer Melissa Burhorn
Sports Designer R. Colin Fly
Opinions Designer Michaela Silva
Ad Design Paul Fowler

Advertising Manager Suzanne Franklin
Assisting Advertising Manager Stacy House
Advertising Representatives Erin Pauls

Allison Pruett
Jenny McCart
Kristopher Jones
Susan McMahan

Student Publications Jenny Tenpenny Crouch

Sidelines is the editorially-independent, non-profit student newspaper of Middle Tennessee State University and is published Monday, Wednesday and Thursday during the fall and spring semesters and every Wednesday during June and July. The opinions expressed herein are those of the individual writers and not necessarily of Sidelines or MTSU.

Daughter recognizes mother's strengths

(U-WIRE) SYRACUSE, N.Y. - If mothers come in archetypes, then my mother is a crone.

Now, mind you, this comparison stretches things, just a bit. My mother's not old, and she'd slap you one if you dared point out a wrinkle on her face.

But man, she's big trouble. My mother's as sharp-shooting, straight-talking and honest as they come. If she doesn't like a person, she refuses to keep her feelings bottled up for sheer politeness.

Don't try and double cross her either. I do believe my mother's razor-pointed words have knocked the swell out of quite a few unwieldy egos. She has no respect for back-stabbers or stupidity.

Her first life lessons to me? Always watch your back. Depend on yourself. Nobody else is going to

care.

Throughout my childhood, I lived in utter dread of the annual parent/teacher conference. My mother is notorious for calling my public school teachers drunks, bigots and head cases to their faces.

She has fought with more neighbors and relatives than I can count on both hands. She's even stopped speaking to me a few times.

Simply put: When she's right, she's right. And there's no getting in between with my mom.

She knows what she wants, the way she wants it, and damn straight, it better be done how she wants.

I grew up stuck inside her unwavering shadow and shell, in awe of her startling wit and terrified

of her whip-switch tongue.

But lately, I'd give anything to hear her rant again. Unfortunately, I can't.

Life finds these wry ironies just too amusing.

Now, when I want to see my mother's face, all I have are flimsy photographs that freeze split seconds in times I can't recall.

When I need to hear her voice, it's always too late at night, to both wonder at a phone.

When I really can't take our separation any longer, I must drive six hours in a lurching, old car on dusty strips of highway to hear her yell at me in person.

Only now, when my mother is miles out of my reach, I appreciate everything about her. Absolutely everything.

My greatest accomplishment is this near-painful understanding which I am about to

explain.

Throughout my childhood, my mother loomed before me in Grindel-like proportions.

She sheltered me from nothing.

My mother aimed her brutal honesty at me and my sister like a mortal weapon guaranteed to pierce.

Through it all, she was teaching us how to live without her.

From day one, my mother says, she treated me and my sister as adults. When we spoke our first words, they came without any babies' lips.

When The Fly was released in 1986, my mom took me to see it. It did not matter that I was not even in kindergarten. I just had to ask. My mother was more than happy to oblige.

She knew, simply, that evil, pain and ugliness exist in the world. And one day,

no matter what she did to protect us, they would seep into our lives. So she armored us against them.

My mother saved us from demons by making us look them fearfully in the eye and learn to stare them down.

She knew the secret to raising us into strong, worthy women rested in her ability to always tell the truth, exactly how she saw it.

I am very ashamed that my mother and I sparred fiercely for seven years of my life. It seems, when I turned 13, I began to despise her.

One day, I just wrote her off. Countless tears stain those years of my life, and I'd give anything to have them back, to rewind the strings of time to play the song I'd like to hear.

Of course, it's too late for any of that. ♦

Speak your Mind! slopinio@mtsu.edu

= healthy college student

By Amy Eaton
Iowa State Daily (Iowa State U.)

(U-WIRE) AMES, Iowa — You wake up in the morning with barely enough time to shower and make it to class. Classes are back-to-back until early afternoon, and then it's off to work.

Your evening is less than relaxing, consisting of attending a meeting and lots of reading. There is little time in this schedule to fit in three well-balanced meals. Breakfast is a can of pop, lunch is express Chinese food and dinner is a delivery pizza.

This may sound like a rather unhealthy lifestyle, but in reality, it describes the daily eating habits of thousands of college students around the country.

These factors can lead to weight gain and the loss of fitness.

But local health experts said college can be one of the best times to start building fitness habits that could carry into adulthood.

"I really do love to cook, so I make meals whenever possible," said Amy Thelke, junior in English. "There are many times, though, when it is less of a hassle to order carry-out or make a frozen pizza."

Ruth Litchfield, instructor in the food science and human nutrition department, said there are several reasons for the lack of nutritional balance in students' diets.

"It is a combination of issues and societal trends," Litchfield said. "Part is the time issue, part is the convenience and part is the social acceptance of fast food as a norm."

Gregory Welk, assistant professor of health and human performance, said eating healthy food is hard.

"It is easy to get inexpensive, high fat foods and hard to justify spending more money preparing healthy foods," he said.

Campustown has several fast-food restaurants that receive the majority of their business from students.

Campustown Burger King Manager Ashok Taren said the summer months are very slow for sales.

More than 21,000 customers patronize the restaurant each month during the regular school session, but in the summer they only serve about 10,000 customers per month, Taren said.

The sales at the West Hwy 3 are also a reflection of the eating habits of college students.

"There is absolutely a decline in sales during the summer [on particular student popular items, such as Ramen noodles]. The vice president of the summer director Tom Gard said, 'Any college town is the Ramen noodle capital of the world.'"

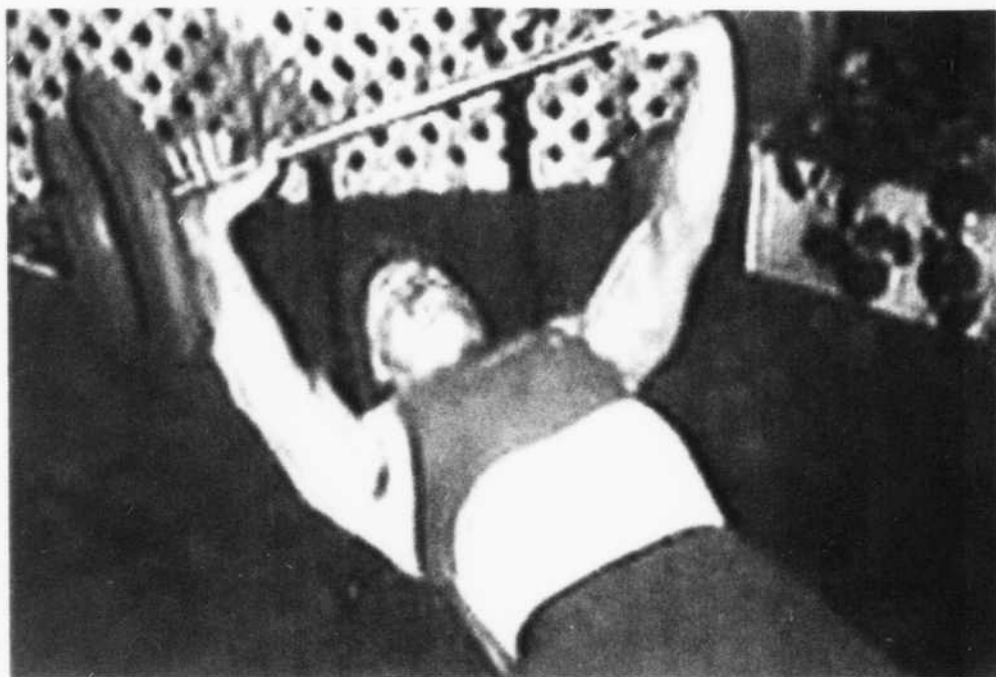
According to a journal of American College Health article, college students consume high quantities of fats and sodium, while eating inadequate amounts of fruits and vegetables.

The article also reported that students have poor exercise habits.

Litchfield said a positive way to start changing an unhealthy mindset is to focus on the size of food portions rather than changing food choices.

"Every food has some nutritional value, but a lot depends on how much and how frequently you eat it," Litchfield said.

She suggested setting a goal to cut portions by a set amount and committing to regularly scheduled physical activity.



Experts urge college students to maintain a balanced diet and exercise regularly, even though time may be a very crucial element.

Welk recommends a similar approach.

"Physical activity needs to be [as important as] dietary restraint," he said. "Even a little physical activity each day helps the body to keep up its metabolism and maintain its weight."

The Student Health Wellness Center provides fitness assessments and nutritional counseling.

Kaycee Colbert, an intern at the center, said she finds many students exercise to improve their physical appearance rather than for health benefits.

Colbert, senior in community health education, said there are small things that can be integrated into daily routines that will improve health, such as making a conscious effort to take the stairs instead of the elevator.

"People think they need to exercise three days a week for at least one hour," Colbert said. "If you still think you need to work out for an hour, you can break it up into several small-time periods. And do something you like so you will stick with it."

Welk emphasized that students can lead a healthy lifestyle even when constantly on the run. "These problems are not unique to college students," Welk said.

"But now a lot of [students] have started doing the right things and they are already thinking and feeling better." ♦

Ten essential health tips: The basics to practice every day

1. Move more

Make it a daily challenge to find ways to move your body. Climb stairs if given a choice between that and escalators or elevators. Walk your dog; chase your kids; toss balls with friends; mow the lawn. Anything that moves your limbs is not only a fitness tool, it's a stress buster. Think 'move' in small increments of time. It doesn't have to be an hour in the gym or a 45-minute aerobic dance class or tai chi or kickboxing. But that's great when you're up to it. Meanwhile, move more. Thought for the day: Cha, Cha, Cha ... Then do it!

2. Cut fat

Avoid the obvious such as fried foods, burgers and other fatty meats (i.e. pork, bacon, ham, salami, ribs and sausage). Dairy products such as cheese, cottage cheese, milk and cream should be eaten in low fat versions. Nuts and sandwich meats, mayonnaise, margarine, butter and sauces should be eaten in limited amounts. Most are available in lower fat versions such as substitute butter, fat free cheeses and mayonnaise. Thought for the day: Lean, mean, fat burning machine ... Then be one!

3. Quit smoking

The jury is definitely in on this verdict. Ever since 1960, when the Surgeon General announced that smoking was harmful to your health, Americans have been reducing their use of tobacco products that kill. Just recently, we've seen a surge in smoking in adolescents and teens. Could it be the Hollywood influence? It seems the stars in every movie of late smoke cigarettes. Beware. Warn your children of the false romance or 'tough guy' stance of Hollywood smokers. Thought for the day: Give up just one cigarette ... the next one.

4. Reduce stress

Easier said than done, stress busters come in many forms. Some techniques recommended by experts are to think positive thoughts. Spend 30 minutes a day doing something you like. (i.e. Soak in a hot tub; walk on the beach or in a park; read a good book; visit a friend; play with your dog; listen to soothing music; watch a funny movie.) Get a massage, a facial or a haircut. Meditate. Count to ten before losing your temper or getting aggravated. Avoid difficult people when possible. Thought for the day: When seeing red, think pink clouds ...

then float on them.

5. Protect yourself from pollution

If you can't live in a smog-free environment, at least avoid smoke-filled rooms, high traffic areas, breathing in highway fumes and exercising near busy thoroughfares. Exercise outside when the smog rating is low. Exercise indoors in air conditioning when air quality is good. Plant lots of shrubbery in your yard. It's a good pollution and dirt from the street deterrent. Thought for the day: "Smoke gets in your eyes" ... and your mouth and your nose and your lungs as do pollutants ... hum the tune daily.

6. Wear your seat belt

Statistics show that seat belts add to longevity and help alleviate potential injuries in car crashes. Thought for the day: Buckle down and buckle up.

7. Floss your teeth

Recent studies make a direct connection between longevity and teeth flossing. Nobody knows exactly why. Perhaps it's because people who floss tend to be more health conscious than people who

don't? Thought for the day: Floss and be your body's boss.

8. Avoid excessive drinking

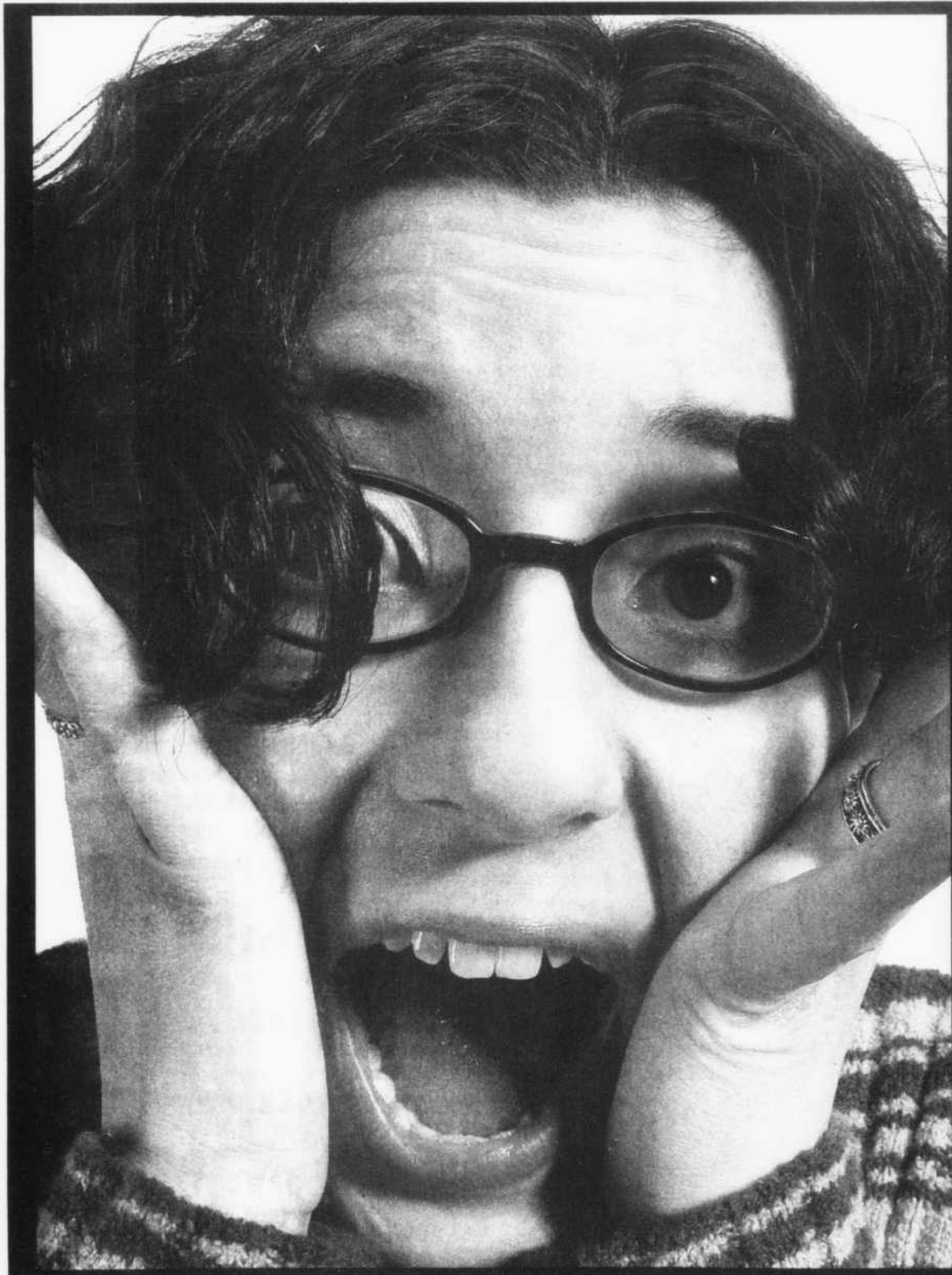
While recent studies show a glass of wine or one drink a day (two for men) can help protect against heart disease, more than that can cause other health problems such as liver and kidney disease and cancer. Thought for the day: A jug of wine should last a long time.

9. Keep a positive mental outlook

There's a definitive connection between living well and healthfully and having a cheerful outlook on life. Thought for the day: You can't be unhappy when you're smiling or singing.

10. Choose your parents well

The link between genetics and health is a powerful one. But just because one or both of your parents died young in ill health doesn't mean you cannot counteract the genetic pool handed you. Thought for the day: Follow these basic tips for healthy living, and you can better control your own destiny.



You Won't Believe What You'll See In Your E-mail.

www.mtsusidelines.com

You'll be shocked to get the latest college news, including sports updates, campus events and more sent direct to your e-mail. For FREE. It's the e-News you need to know, when you need to know it. So go to our newspaper web site.

LOGIN and REGISTER TODAY. It's surprisingly easy.

SIDELINES

Middle Tennessee State University



Softball team won record 41 games



Jennifer Martinez was one of the key pitchers in a strong 2000 rotation for the Lady Raiders.

By Colleen Cox
Staff Writer

The Middle Tennessee softball team ended a record-breaking season just shy of a NCAA regional bid.

The Lady Raiders finished the Sun Belt Conference regular season in third place. The third place finish came with a little help from the University of Louisiana at Lafayette. The Lady Cajuns - Middle's nemesis all season - swept New Mexico State the last weekend

of the regular season.

Meanwhile, Middle Tennessee, who was tied with NMSU at the time, split with number two Florida International.

That third place finish pitted the Lady Raiders against New Mexico State in the first round of the Sun Belt Conference tournament in May. Middle came out hot against the host Aggies. Kip Phillips scored in the top of the first on a line out by Jennifer Martinez. Middle

Tennessee took a 2-0 lead in the top of the third when Jennifer Polsteen scored on an error.

NMSU tied the game in the bottom of the sixth. One run coming off an unusual error by Middle. The Lady Raider offense came through in the top of the seventh when Phillips scored on a double by Erica Buhl. Lisa Sherman finished the game a perfect 4-for-4.

"In the past, it has been our defense that has carried," head

coach Randy Wiel said. "I thought it was our offense."

The Lady Raiders finished the season with a record of 28-10-1. Wallace's first season as head coach was the best in the history of the Lady Raiders.

Middle looked to continue the success in the summer bracket finals against Louisiana at Lafayette. Middle Tennessee built up a 5-4 lead going into the bottom of the

Blue Raider

Team of the Week

seventh. With one out, Jill Robertson singled to center to start the Lady Cajuns attack. Jerie Alexander followed with a single. Alana Addison doubled to right to score Robertson. After an intentional walk to load the bases and a strikeout, Summar Lapeyrouse drove in the winning run on a fielder's choice.

This put Middle Tennessee against Western Kentucky for a spot in the finals. The Lady Raiders beat WKU 8-0. Martinez tossed the shutout to set a school record for shutouts in a season with 12. She also became the first player in school history to strikeout 200 batters three seasons in a row.

The win set up a rematch with number 19 Louisiana at Lafayette in the finals. Once again the Lady Raiders fell just short, losing 6-4. Lafayette is the only team Middle did not have a winning record against. In fact, the Lady Raiders were 0-for-6 against the Lady Cajuns. However, five of those six losses were by a combined margin of seven runs.

"Obviously, we would have liked to have finished first," Green said. "but I think this season says a lot about the players we are recruiting and the character of this team."

Four Lady Raiders were named to the All Sun Belt Conference team.

Three-time Sun Belt Pitcher of the Week, Martinez was named to the first team as both a pitcher and designated player (hitter). She finished fifth in the league in batting

and second in overall pitching. She also led the conference in doubles, ranked in the top 10 in runs batted in and total bases, finished fourth in on base percentage and third in slugging percentage.

Her pitching performance was spectacular as well. She finished second in the league in wins, opponents batting average, innings pitched, games started, complete games and first in strikeouts and shutouts.

Also on the first team is Lindsay Azevedo. She helped provide the punch in the middle of the lineup with Martinez. She ranked in the Sun Belt's top 10 for triples, walks, doubles, on base percentage and slugging percentage. She also received Sun Belt Player of the Week honors during the season.

Stacy Preator, who pitched the first perfect game in Middle Tennessee history, made the second team. She and Martinez made Middle the top pitching staff in the league. She finished the season ranked just behind Martinez in most pitching categories. She ranked second in shutouts, third in strikeouts, innings pitched and complete games, fourth in wins, opponent batting average and games started.

Phillips, who provided a big spark in the leadoff spot, received second team honors as well. She ranked in the top 10 in runs scored and triples and finished third in stolen bases.

The Lady Raiders won a record high 41 games for the season. ♦

Wiel hires former Utah Jazz, L.A. Lakers scout

MT Media Relations

Blue Raider basketball coach Randy Wiel has announced the hiring of Pat Sullivan for the third position on his coaching staff.

Sullivan replaces Victor Newman, who left to take another coaching position during the spring.

As a member of the Blue Raider staff, Sullivan will be responsible for recruiting, scouting and film exchange along with his on-the-floor coaching assignments.

"Pat is a welcome addition to our staff," Wiel said. "He has had experience in nearly every aspect of college coaching and he will be a wonderful fit here at Middle Tennessee."

Sullivan is a branch of the North Carolina coaching tree along with Wiel. He played with the Tarheels from 1991-1995, winning the National Championship in 1993. He participated in two other Final Fours

during his four years of competition in Chapel Hill.

Former UNC head coach Bill Guthridge had glowing words for his former assistant after learning of Sullivan's hiring at Middle Tennessee.

"Pat Sullivan is a special person. He was a full-time member of my staff, and he did an outstanding job for us. He will be a great addition to the Middle Tennessee staff. I have the utmost respect for coach Wiel, and I know that Pat will be a great fit on Randy's staff," Guthridge said.

After his playing days ended, Sullivan served as the head boys basketball coach at Hale High



Sullivan

School in Raleigh, N.C., for one season, and served as the administrative assistant for the North Carolina program for two seasons.

After spending time as the co-director of the Carolina Basketball School for two seasons, he ascended to full-time assistant on the UNC bench. Sullivan spent time as a scouting staff and was responsible for scouting and recruiting along with his on-the-floor coaching duties.

Sullivan spent a year as an area scout for the Los Angeles Lakers before signing on with the Blue Raiders.

Sullivan, a native of Bogota, N.J., attended Bogota High School. He graduated with a degree in communications from North Carolina in 1993. ♦

MT tennis alum leads Canada

MT Media Relations

Former Middle Tennessee tennis player Paul Niemeyer helped Canada finish a Davis Cup victory Sunday with a 7-6, 6-4, 1-6, 6-0 triumph over Mexico's Miguel Angel Gallardo in Mexico City in the fifth and deciding match of the tie.

Niemeyer, a first-time All-American for the Blue Raiders last year, helped Short from 1994-97 and a member of the 1997 Davis Cup team. He helped Canada win the Davis Cup in 1997 and 1998.

Niemeyer, a first-time All-American for the Blue Raiders last year, helped Short from 1994-97 and a member of the 1997 Davis Cup team. He helped Canada win the Davis Cup in 1997 and 1998.

It was the last time Niemeyer played in a Davis Cup match. ♦

Monday in an e-mail to Short. "I have never felt this happy before. I had so much pressure all this weekend. I am relieved it is over. Apparently all Canada was following this tie very closely. It was such a tense moment. You can't imagine how hard it was to win this match. The sur-

face, the altitude, the pollution and the rough crowd made it so hard! I am really, really happy. I am so tired right now."

Canada is assured a spot in the America Zone Group I until next year and will not play another Davis Cup tie until next season. ♦

Why leave campus for the little things?

KUC MINI MART

Bottled Water

Gatorade

Sobe Tea

Deli Sandwiches

Ice Cream

Video Gameroom

60" TV

Tobacco Products

OTC Drugs

Laundry Supplies

----OPEN-----

Summer Hours

Monday- Friday 8a.m. - 4p.m.

(Hours to accommodate special groups with notice)

898-5562

located on 3rd floor KUC

We can now accept Raider funds

Nottingham APARTMENTS

A place to call home

1, 2 & 3 Bedroom Apartments with
Spacious Floor Plans!
huge closets • private patios
sand volleyball • walking distance to MTSU

Call today to make Nottingham your home!

1311 Greenland Dr. 893-1733

JAZZ

NMOT-FM 89.5
MIDDLE TENNESSEE STATE UNIVERSITY

WEEKDAY FEATURES
MORNING BEAT (6-9AM)
ASSOCIATED PRESS NEWS
OVERNIGHTS WITH
BOB PARLOCHA

Here's your chance to live rent free for a year!

Call today or visit University Courtyard Apartments for details.



- All utilities included in rent!!!
- Individual leases per resident
- 2 & 4 bedroom floorplans
- Fully-furnished
- Choice of private or shared bathrooms
- 24 hour emergency maintenance
- Intrusion alarms
- Deadbolts on bedroom doors
- Study desk in each bedroom
- Frost free refrigerator with ice maker
- Private porch or balconies
- Full-size washer and dryer
- Microwave, disposal, dishwasher
- Computer lab with internet access
- Private study carrels
- Fitness center
- Volleyball, tennis & basketball courts
- Sparkling swimming pool
- Sun deck with chaise lounges
- Clubhouse with TV & Stereo
- Game tables
- Handicap-Accessible Units
- Central heat & air
- Resident matching system

HARD. LIVE EASY.

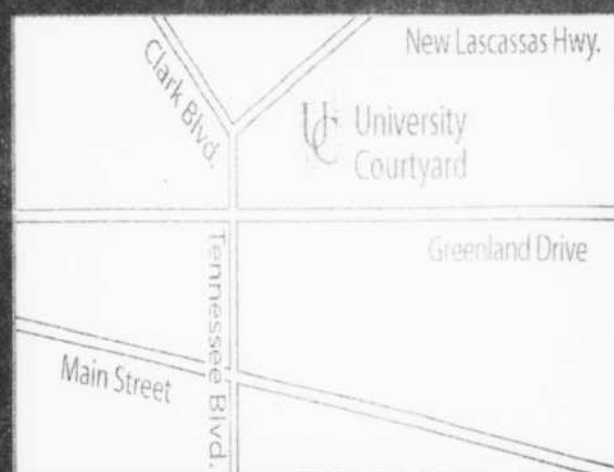


Give us a call at: **(615) 907-0600**

CONVENIENTLY LOCATED & DESIGNED FOR STUDENTS

1540 New Lascassas Hwy.
Murfreesboro, TN 37130

www.universitycourtyard.com



CHELSEA PLACE



Smooth Sailing is Waiting for You

Free month's rent with this ad

CALL TODAY!
893-3516

910 S. Tennessee Blvd

Got a sports tip?

call 898-2816

FREE RENT

UNTIL SEPTEMBER 1, 2001

\$59
MOVES YOU IN
CALL FOR DETAILS

COLONY HOUSE APIS
1510 HUNTINGTON DR.

896-3450

SPORTS FANATIC? LIKE TO WRITE?

Sidelines is seeking:

Sports Columnists

Sports Writers

Apply in JUB 310 or call 2336.

ACADEMIC APPEALS FOR FALL 2001

If you think you may be suspended after grading for the 2001 Summer term and you want to appeal your academic suspension, you must complete an academic appeal form and return it to the Records Office by 4:00p.m. on August 14, 2001. Academic appeal forms are available on the web at www.mtsu.edu/~records and in Room 106 of the Cope Administration building. Suspension notices cannot be mailed out to the permanent addresses until August 15. If you have any questions, please contact the Records Office at 898-2164.

THE DEADLINE TO APPEAL FOR FALL 2001 IS AUGUST 14 AT 4:00 PM

*The most exciting
bridal event in Tennessee.*

WEDDINGS
the Bridal Show

Sunday, August 12th, 2001
Nashville Convention Center
11:00 am - 5:00 pm

- ♦ Bridal fashion show
- ♦ Fabulous door prizes
- ♦ 100's of exhibitors

Win a Free Honeymoon!

Show info: 615-773-2290

\$2⁰⁰ Off Admission
with this ad
(must present this ad at door)

Dillard's

CHERRY PLACE
NASHVILLE

American Tuxedo

Bridal

THE TENNESSEAN
BRIDE

PERFECT WEDDING GUIDE

100... 100's



It could happen to any one of us. And if it did, wouldn't you pray for someone to help you put your life back together. We're here for Sandy for as long as it takes.

Your donation could change a life. Please call us at 1.800.899.0089 or visit www.voa.org.

Volunteers of America

CLASSIFIEDS

Notice

Child care needed; W & Th. afternoons in my home for a 3 1/2 yr. old. \$7 per hr. Needed for fall term starting Aug. 22nd. Will be on vacation 7/25 thru 8/3. Please leave a clear message. I will be checking periodically. 895-3496

Employment

Loving Nanny Wanted. Live out/full time. \$200/wk for 2 great girls ages 1 & 5. Exc. refs req. Dawn 848-0846

MTSU student to be manager for both the men's and women's tennis teams. Prefer some tennis background with ability to string racquets. Major duty is racquet stringing as well as various other duties. Applicant must be available for Fall and Spring semesters. Scholarship available. Call 898-5154 or 898-2957

Inside work, \$7 to \$15 hr, paid weekly, full/part time, students welcome. Call 907-3032 now.

PARENTS DREAM
Stay home-Earn Money. Training Provided. Paid Vacations. 1-800-478-6984

For Sale

Two sets: mattress, box springs, and frame, for single bed. Like new; used less than one year. One cherry-finished headboard. 890-0162 after 5 p.m.

Yamaha PSR-262 Portable keyboard, 51 notes never used, ac or batteries, all accessories. \$125. obo, 506-6662 lv. msg

Sanbyrn Hall 1 bedroom condo. New paint and carpet. Appliances call. Near MTSU. \$59,000. Call 907-2515 after 5 p.m.

Thompson VE3 + Vocal Eliminator-takes vocals off CDs and Cassettes. Used for Karaoke and pageant. Was \$1700 new. Best offer. 506-6662 lv. msg.

Sewing Machine, Sewmore 1988. Best offer 506-6662

Luxury Mountain Bikes-Men's and Women's styles. Aluminum suspension frame. 24 speed. Gel seat, and shockabsorbing handlebars. Assembly and delivery available. Must sell \$175 ea. Call Rick at (615) 793-3785

Pentium III, Dell w/19" Flat Panel monitor \$1,600 506-6662

Pageant Dresses, National & State Level. Silver & black, yellow-gold. Best Offer 506-6662

For Rent

New duplex for Rent-2 Bedrooms-2 Bathrooms-Dishwasher-Disposal-Washer and Dryer Hook-up-Close to Campus-\$625 a month-For more information call 274-2426 or 289-5828

Roommates wanted to share 4BR/4BA apartment utilities paid for lots of extras. Great place to meet people \$385/mo call Tyler at 907-0592. Available August 1.

Someone needed to sub-lease at Sterling University Gables. Brand new on S. Rutherford Blvd. Will give \$100 for signing. 3

BR/3BA, washer/dryer, 24 hour gym and game room, plus much more. Contact Maranda at (615) 585-3361.

Sublet my University Courtyard apartment. \$355/month all utilities included. (4bdrm). No security deposit (save \$350). Plus Aug. rent is 1/2 off. I pay \$50 sublet fee. June rent Already paid. Contact Jeremy@ (931) 657-5152 or email me at MedicFo@aol.com, first come first serve!!!

"Condo-rent or sale. Three bedroom, 2 bath, all kitchen appliances furnished, plus washer and dryer. Large covered balcony with storage closet. Swimming pool complex with weight room and covered pavilion. Near campus. Must see to appreciate. Rent \$850 month. Sale \$79,500. Call 904-7387.

Free deposit-share large apartment, utilities paid, near M.T.S.U. 321-4885, 459-2694.

1 bedroom duplex w/ bonus room, spacious backyard, large living room, lots of windows, 2 miles from MTSU, \$350 + utilities. Call Kerri- 423-309-0271 for more info.

For rent 3br, 2 bath house near Greek Row- available Aug. 1, \$800 per month, lease and deposit. 895-0075

Roommate

Roommate wanted to share 4 BR house. \$333/mo + utilities for large home. 20 min from MTSU w/fireplace, laundry, central a/c, dishwasher, fenced yard, luxurious, good deal 867-7530

Two Roommates wanted for 3 bed, 1 bath house only 100 feet from campus. Rent is \$225 a month per person + utilities. Looking for serious value and goal oriented people. Contact Rob @ 898-2478 or rce2b@mtsu.edu.

Need a female roommate. I have a 2 bed/ 2 bath apartment, and a cat. Rent is \$400/mo + 1/2 utilities. Call Bethany 867-8374, leave message.

Roommate needed ASAP. 2 bedroom Apt. 5 min. from campus. \$130 deposit, \$230 rent + 1/2 utilities. Male or female. Contact Gary 896-2020 or 491-7885

Roommate needed immediately to share spacious, completely furnished townhouse, \$250/month + utilities. 3 bedroom, 2 1/2 bath, 5 minutes from MTSU. female preferred. call 848-0371 or 594-2015

Female roommate wanted to share 3 bedroom house. 8 miles south of Murfreesboro. Clean, Quiet, Country Setting. References required. No lease. \$300 per month, plus deposit. All utilities included. 895-7096/305-6122

Services

MTSU SPECIAL Summer Air Conditioning Tune-Up (central systems only), \$49.95. Comfort Control Heating & Air Conditioning. 890-0162

WHITE PERMIT PARKING ONLY AT BAGGED METERS

MTS PARKING FOR DECAL COLOR

NO STUDENT PARKING IN THIS AREA

RESERVED AT ALL HOURS FOR THE RESIDENT

TOW AWAY ZONE

NO PARKING FIRE LANE

TOW-AWAY ZONE

Still think catching the bus is a hassle?

Think about it. All that time you spend circling the parking lot, you could be reading. Having coffee with friends. Studying. Even sleeping! ♦ Ride the R&R, and say good-bye to parking lot headaches. Not to mention traffic jams, construction, and winter road conditions. ♦ R&R. Think of it as... a sign from above.

CALL TODAY FOR MORE INFORMATION AND A SCHEDULE.

R&R

Weekday bus service between downtown Nashville and Murfreesboro, Smyrna, LaVergne and MTSU. Additional bus service beyond downtown available. Only \$1 each way with pre-purchased tickets available at the MTSU Parking Office and the Cope Administration Information Booth.

862-8833
www.rta-ride.org

Brand New
Apts!Brand New
Apts!

Welcome HOME!

NOW LEASING

Discover A New Dimension
In College Apartment Living!

STERLING UNIVERSITY

Gables

Collegiate Residences

2827 S. Rutherford Blvd.
Murfreesboro, TN 37127
Call 615-890-9088
Check us out on the web at
www.suhgables.com



Apartments of Rutherford County 12

615-890-9088

- Washer & Dryer in every unit
- Private Bedrooms & Bathrooms Available
- 24-Hour Emergency Maintenance
- Individual Leases
- Fully Furnished Apartments Available
- Ethernet Free in Every Bedroom!
- Swimming Pool and Hot Tub
- Huge Fitness Center
- Full Size Basketball Court
- Sand Volleyball
- Camerom with Pool Table
- 24-Hr. Computer Center with Internet Access
- Two, Three, & Four Bedroom Apartment Homes



An SUH™ Community • SUH™ is a trademark of SUH, Inc.

Apartments of Rutherford County 13

SPECIAL WITH THIS AD

(INDIVIDUAL LEASE)

**ACT Score is Your
First Month's Rent**

Le Beau Chateau

890-1378

- Choose your own roommate
- Walk to school
- Pool
- Students & Faculty Welcome

1315 E. Castle St. Murfreesboro