

Volume 73, Number 16

Monday, October 27, 1997

collection and the curriculum library,

which are currently in the basement of

Todd Library, Jones said. The decision

will be made early next spring and

depends on what will be done with

Todd after the opening of the new

Because the business department

library.

Departments shift to fill available space

Everything is triggered

on the first department

moving.

industrial studies chair

Jim Lorenz

national emphasis

to call their own," Lorenz said.

first department moving," he said.

science majors, he said.

Midgett in fall of 1998.

□ Susan McMahan/staff

Many department offices will begin shifting around next year to fill the space created by the new Business Aerospace Building.

The moving probably won't begin until next fall, said Patti Miller, director of campus planning. Structural studies on Kirksey Old Main must be completed and the business department must move out of the Midgett Business Building first.

The KOM studies will be done over winter break, Miller said, and project planning will be done this spring. The repairs will be made next summer.

"We're looking forward to getting started on all this work," Miller said.

Miller said most of the work is 'very minor" and will include fixing cracks in the building's basement, working on the foundation, repairing water damage to the west side of the building and painting.

Estimates have not been determined yet on the cost of the KOM renovations

According to planning coordinator Vicki Henderson, the work on Midgett will not be structural but will include

other renovations such as updating four faculty offices, Jones said. There lights and knocking out some walls to allow other departments to use the space.

After the grand opening of the BAS, which is still being planned, the Midgett building will be given to other additional lab space," Jones said.

departments that need the space, Dwight said Bullard, associate dean of business.

Because the business department will no longer based in be Midgett, the building's name

will be shortened to the Midgett Building, said Jim Lorenz, chair of industrial studies and engineering technology.

All departments were asked to submit requests for the space, said Robert Jones, associate vice president of academic affairs. More requests were received than space allowed because of the university's growth.

The second and third floors of Midgett will be given to the industrial studies department to build labs and

will be a drafting lab, a robotics lab, an environmental science and technology lab and two computer-assisted design labs built in Midgett.

"They are badly in need of

program has picked up due to more

environment. The lab will be a

gathering place for environmental

"They've never really had a place

Lorenz said he hopes to move into

Everything is triggered on the

The first floor of the building will

possibly house the library service

-Only the environmental has previously had space in KOM, science lab is Peck Hall and the modular buildings, additional space will also be created in new. The rest are currently these buildings, Bullard said. housed in the Alumni Memorial Gym.

Lorenz said

the environ-

The math department will occupy the second floor of KOM, Henderson said. The computer science, geology and geography departments will continue to occupy the rest of the building. mental science Additionally, space created by moving on the

the industrial studies labs will also be redistributed to other departments, including HPERS. Miller said that she would like to have everybody moved out of the

modular buildings so the uildir ; can be removed from campus.

Once the buildings are removed, the area will be left open for a new quad area in front of BAS, the new library and the John Bragg Mass Communication building.

Miss Black and Gold

Student dies in accident

□ Staff reports

A student scheduled to graduate from MTSU in December lost his life in a car accident last weekend.

Jon Jennings, 30, a clinical psychology major, had been visiting Smithville Saturday afternoon, Oct. 18, to watch his niece in a homecoming parade. Afterward, he and his mother, Shelby Jennings, decided to take a fast-food lunch to a local park.

On their way to the park, Smithville police say that a car veered across the center line of Short Mountain Road, just inside the DeKalb County High School. David Smithville city limits, and struck had been killed in a car accident two

The crash killed Jon Jennings and injured his mother. She spent four days in Vanderbilt University Medical Center with multiple bruises.

The car that crashed into the Jennings' vehicle was driven by David Cook. Cook is a cousin of the Jennings family.

This is the third car accident to impact the Jennings family. Jon Jennings was already using a wheelchair after being paralyzed in a May 1986 car wreck. The accident happened on the way to a graduation party, on the night his brother David was supposed to graduate from

Dorsey signs deal

Adam Dorsey, a senior recording industry management major, has signed artist development and production deals with Brewman Productions and a publishing deal with Kadalana Music. The deals come one year before Dorsey completes his



Steamrolled

The Blue Raider dominated Southeast Missouri 55-6 Saturday at Jones Field. Senior guarterback Jonathon Quinn completed nine of 18 passes for a total of 195 vards, and senior tailback Lebrian McGill carried the ball 16 times for a total of 126 yards. (see story, page 8)

Helping hands

Students in Nancy Crew's education class went to the Wherry Housing project in Smyrna Saturday, Oct. 25, to help clear out a burned-out building and to clear an area to make room for a new park for kids. This is the first of three major public service projects that the class will be involved in.

Stock Market Game

Student organizations can receive \$100,000 to invest in the American Stock Exchange, New York Stock Exchange and NASDAQ. Although the \$100,000 is hypothetical, the organization that has the best return on its investment will receive a cash prize from \$100 to \$500. (see story, page 3)

degree in music business.

Buchanan scholarships

Nobel Prize winner James Buchanan, a graduate of Middle Tennessee State Teachers College in 1940 presented \$1,000 scholarships to 10 freshmen last Friday. This was Buchanan's first visit to campus in five years. (see story, page 1)

Sadler wins award

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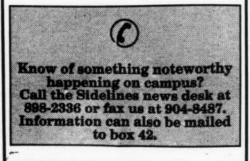
Kim Sadler, an instructor of biology, was selected as the 1997 Middle Tennessee Teacher of the Year by the Tennessee Environmental Education Association. The **Environmental Education Center has** received a grant of approximately \$71,000 from the Tennessee Environmental Council for teacher education and equipment for schools involving environmental issues at Swan River.

False alarms

Public Safety and the Murfreesboro Fire Department have responded to two false fire alarms in the past week and a half. Both false alarms were the result of faulty equipment. (see story, page 1)

Hydrogen car

MTSU's hydrogen car participated in the SunDay Challenge, an alternative fuel vehicle road rallly from Cocoa, Fla. to the EPCOT Center in Orlando, and was one of 11 vehicles out of 43 to complete the race. Students representing MTSU were Terry Young, Nathan Fuller, Amy Rossen, Melissa Allen, John Marshall, Jonathan Bolding, Mac Rogers, Dawn Mosely, Tina Nichols and driver Scott Watson.





Tyjuana S. Phillips, a senior wellness and fitness major from Nashville, is crowned Miss Black and Gold at Tucker Theatre last Wednesday night. Phillips was sponsored by Shawn Moses and Shear Soul.

Jennings' car head-on.

months earlier.

Accident kills one student, seriously injures another

□ Staff reports

An early morning accident on Interstate 24 last Thursday resulted in the death of one MTSU student and the serious injury of another.

Matthew W. Jones and Kristopher Galbraith were traveling I-24 near the I-840 junction eastbound at about 5:20 a.m. when the 1988 GMC Jimmy swerved into the median, and in an attempt to regain control, the driver caused it to flip several times.

This resulted in both passengers being ejected from the vehicle. Jones was trapped underneath. Galbraith was thrown 48 feet away.

On the way to work, Murfreesboro Police Officer Brian Varossa arrived moments after the crash only to find Jones already deceased.

Galbraith was listed in fair condition in intensive care initially Thursday morning at the Middle Tennessee Medical Center when he was admitted. His condition had improved Sunday and he was moved to a room, according to a hospital spokesperson.

The exact circumstances and factors of the accident are still under investigation. So far, it is undetermined which student was driving when the accident occurred. However, the victims would not have been ejected from the vehicle if they had been wearing their safety belts, according to State Trooper Chris Copeland.

Coincidentally, two other accidents happened in this section of the interstate the same morning.

Two false fire alarms caused by mechanical errors

□ Jamie Evans/staff

Within the last two weeks, MTSU Public Safety and the Murfreesboro Fire Department have responded to two false fire alarms on campus, both of which were caused by small mechanical mishaps.

Most recently, on Wednesday, Oct. 22, emergency crews responded within minutes to a fire alarm that rang out around 10 p.m. The occupants were moved out of the building onto an adjacent sidewalk.

According to facility supervisor Mark Owens, the alarm was triggered by a bad sensor in the building.

The patrons were allowed back in the building to get their IDs and their gear, before the Rec Center closed down for the rest of the night.

The sensor that triggered the alarm was replaced by a maintenance person later that night.

Last Wednesday afternoon, Oct. 15, around 3:45 p.m., a faculty member in Peck Hall smelled smoke

3

Please size FIRES, page 3

Nobel Prize winner presents awards

□ Susan McMahan/staff

An MTSU alumnus who was awarded the Nobel Prize was on campus last week to present the first scholarships named in his honor.

James Buchanan, who graduated from Middle Tennessee State Teachers College in 1940, won the prize in 1986 for economic sciences. The scholarship in his honor was established earlier this year.

The \$1,000 scholarship was open to freshmen eligible for Presidential Scholarships, requiring a 3.5 GPA after the seventh semester of high school and a minimum of 29 on the ACT.

The first winners of the scholarship are Susanna Baxter and Robert Renegar of Murfreesboro, Adrian Gregory of Gallatin, Elizabeth Hansen of Smithville, Mo., Jennifer Hood of Pulaski, Leanne Jenkins of Clinton, Jessica Porter of La Vergne, Sara Salyer of Clarksville, Dustin Schaerer of Knoxville and Kimberly Williams of Nashville.

"It will be very interesting to see how they do," Buchanan said.

Buchanan said he was not responsible for selecting the recipients, but he did meet them at a luncheon Friday afternoon.

This was Buchanan's first visit to the campus in five years.

On this visit, he met with academic deans and vice president and provost for academic affairs Barbara Haskew, who originally developed the idea for the scholarship, lectured to a public policy class, attended a reception at the President's Home, and attended the luncheon.

Haskew took Buchanan on a tour of campus Friday before the luncheon, showing him how the university had changed since his days on campus.

There were between 700 and 800 students when I was here, so you knew them all. We only had three or four buildings when I was here," Buchanan said, adding that the science building was new at that time.

Buchanan was born in the country village of Gum, a part of Rutherford County. He attended Buchanan School, which was named for his family, during grade school. He attended MTSTC from 1983-1940.

Buchanan has been living in Virginia for about 40 years. He currently is teaching at George Mason University in Fairfax, Va., where he is



Buchanan

the Hobert H. Harris Professor.

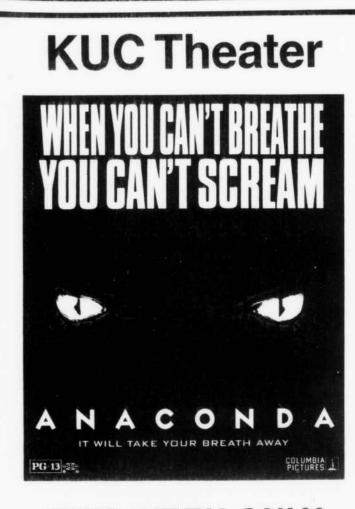
Buchanan is currently working on book called "Constitutions of Geometry." He said he has written about 24 books, including the autobiographical "Better Than Plowing," which was published in 1982

Buchanan said he was only partially surprised when he won the Nobel Prize.

"There had been a rumor that I would win in '84," Buchanan said. "It would not have been a surprise in '84."

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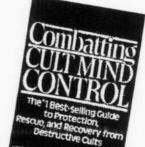
Page 2



THIS WEEK ONLY October 27/28/29/30 Mon/Tues/Wed/Thu 7 & 9:30 pm Admission only \$2.00

A taut adventure about a documentary film crew that strays into dangerous territory the habitat of the world's largest snake. The innocent journey down the Amazon becomes a primal fight for survival against a vicious predator so deadly that it has become legend. Starring Jennifer Lopez, Ice Cube, Jon Voight, Eric Stoltz, Jonathan Hyde, Owen Wilson, and Kari Wuhrer. (color, 1997, 90 minutes, PG-13)

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Psi Chi Psychology Club will have a meeting at noon in Forrest Hall 201. All those interested in psychology are welcome. For more

MISU On Campus

or

To have information placed in the On Campus section of the paper, come by the "Sidelines" office, located in JUB 310, and fill out a form located on the table by the door. Information must be submitted in person. Monday's deadline is Thusday at 5 p.m. and Thursday's deadline is Monday at 5 p.m. A new form must be filled out for each edition.

Oct. 27-31 The Office

Institutional Research will be administering the Graduating Senior Survey at the Graduation Fair. All graduating seniors will need to complete the 10-minute survey. Please plan to stop by Institutional the Research table in the Alumni Center during the following times: Monday, Tuesday or Wednesday from 10 a.m. to 6 p.m.; Thursday or Friday from 10 a.m. to 3 p.m. For more information, contact Ruth Watson at 898-2854.

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2317.

Oct. 30

at 898-4985.

Oct. 29

The Psychology Club will have a meeting at noon in Peck Hall 204. Psychology Club is open to any students and faculty with an interest in the subject. Psychology majors and 7985. minors are encouraged to join, but Oct. 31 everyone is welcome to attend. This meeting Tournament (see Nov. 7 for details). will include a presentation by the Nov. 3 Educators, Peer fundraising opportunities and convention opportunities. Refreshments will be served.

from organizations will be present to talk with students interested in health occupations. For more information, contact Martha Turner, director of Placement

information, contact Student Employment, at 898-2500. Dr. Pennington at 904-Dr. Brinthaupt at 898-

Nov. 4 Enjoy a **doughnut** and bake sale from 8 a.m. to 12:30 p.m. at KUC and KOM. Sponsored by Golden Key National Honor Sigma Tau Delta will host a Writer's Workshop at 3 p.m. in Peck Hall 108. For Society. more information

Nov. 7

contact Sarah K. Lisle FREE BEER!! (NOT!!) We won't have free beer but we will have All social work majors and minors are invited free food and frozen to the Social Work yogurt for all **Forum's Halloween** participants in the Jim Shannon Fall Party for students at the Salvation Army Classic Spades Daycare at 3 p.m. All Tournament. The children under age tournament will be five living in married student housing are held 6-11 p.m. in the Campus Rec Center. Entry fees are \$8 per also invited to attend. team or \$4 per All students who are planning to attend individual. Prizes will please bring at least be awarded for first and second place finishers. Individuals one bag of candy or a treat. For more who do not have a team will be paired up. information, contact Carrie Culver at 459-Entry deadline is Oct. 31 and their is a 16team limit. Sign up at Deadline for Spades Rec Center office.

> Nov. 13 Coffee House Poetry Night sponsored by Golden

Nurses Career Day will be held in the Key National Honor Society will be held at 6 p.m. at The Red Rose Coffee House & Tennessee Room of JUB from 10:30 a.m.-1 p.m. Representatives Bistro on College many Street. Guest poet will be Victor Fried. Anyone who would like to share their favorite poetry can pick up a registration form in Dean Burke's and office, KUC 126. For

more information, contact Cosette Joyner-Watson at 904-0116.

Continuing Activities

Campus Crusade for Christ will hold a CRU meeting every Tuesday night at 7:30 p.m. in Mass Comm 104. For more information, call 867-3054 or 848-6741.

Presbyterian Student Fellowship invites everyone to Wednesday their Night Supper and Worship each Wednesday at 6 p.m. at 615 N. Tennessee Blvd. For more information, contact Rich Zeigler at 893-1787.

The Seventh-Day Adventist Student Union will offer "Praise and Worship" at 7 p.m. every Friday in KUC 314. A bible study will begin soon. For more information, contact Heather Norman at 898-3112.

Church of Christ Student Center invites everyone to "Raiders for Christ," fellowship of Christian friends, praise time, Bible study, videos and more, Monday nights at 7 p.m. in KUC 324. For more information, contact Mike Stroud at 896-1529.

Monday, October 27, 1997

CULT STEVEN HASSA PHENOMENA IN THE NEW MILLENNIUM

who are they? how are they organized? what can you do? by steven hassan

nationally recognised authority, former cult member, licensed therapist, and author

> monday, oct. 27, 7 p.m. multi media room free/open mcwherter learning resources center

waco heaven's gate unification church scientology jehovah's witnesses iskcon church universal and triumphant the way international

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only 8 spots left

FOR MORE INFORMATION CALL JAY AT 898-2184

Pie in the face



Steve Purinton/staff

Chris Ward, a junior marketing major, hits Kealie Frazier, a junior history major, with a pie at AOPie in the face last Wednesday. The \$1 students paid per pie goes to arthritis research.

Foundation begins campaign

Staff reports

The MTSU Foundation began its \$30-million capital fund campaign at its Board of Trustees meeting Saturday.

The "New Century/New Visions" campaign, chaired by 1951 alumnus Hubert L. McCullough Jr., is expected to raise the \$30 million over the next three to five years.

The foundation's "Challenge Campaign" of 1990 brought in \$3 million more than its original goal of \$7.5 million, according to MTSU information

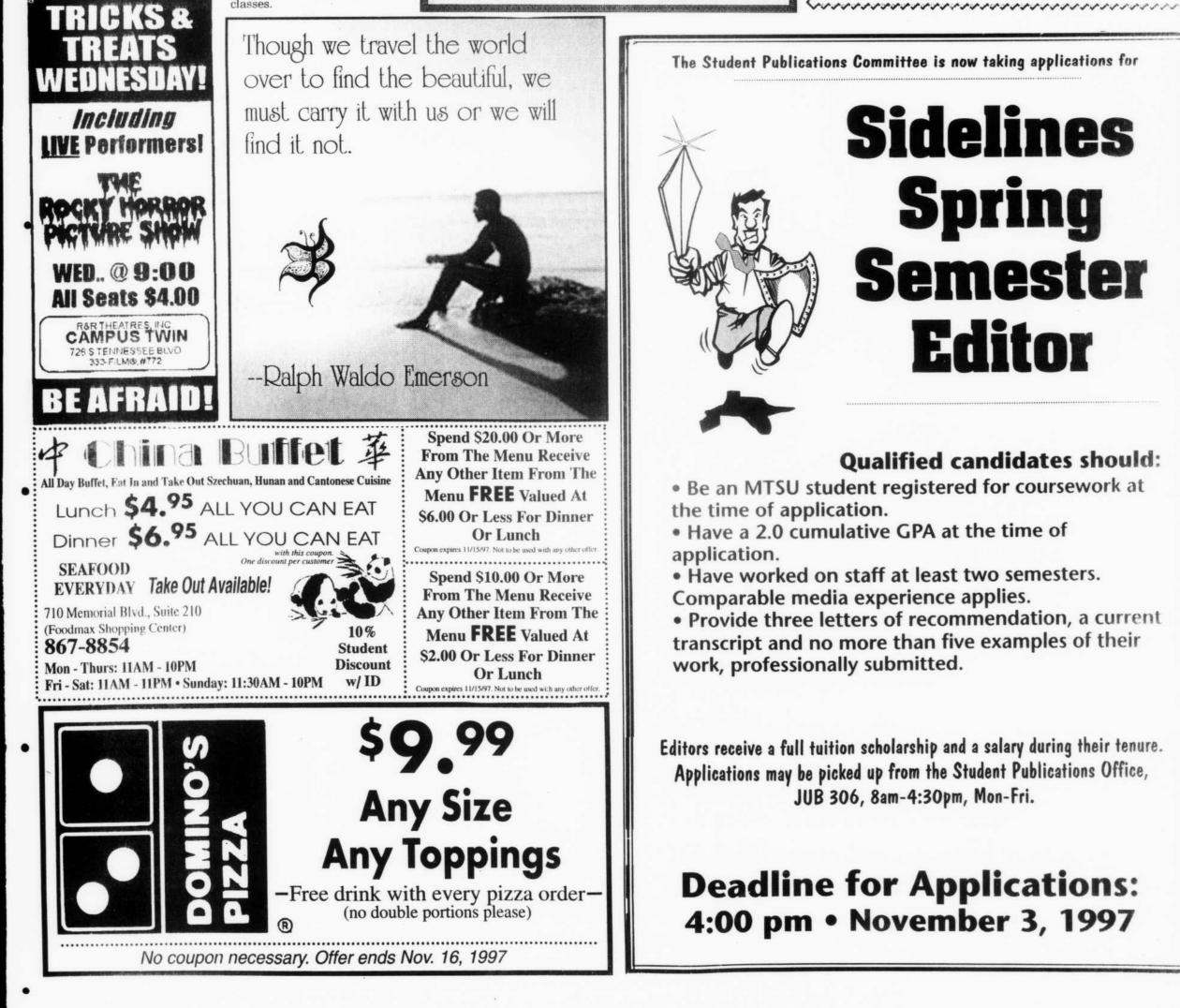
McCullough was asked to chair the campaign by foundation president John Bragg and state Sen. Andy Womack, D-Murfreesboro, foundation executive committee member and former foundation president.

FIRES:

continued from page 1

and called public safety. They then sounded the alarm and alerted the fire department.

The building was evacuated allow the firefighters to



Retired as chairman of McCullough Industries and Comprehensive Children's Services. McCullough has served as the state's commissioner of finance and administration during former Gov. Lamar Alexander's second term.

He also served nine years on the Tennessee Board of Regents and currently serves on the State Board of Education.

The university plans on using these funds in: academic scholarships, \$7.5 million; facilities and equipment, \$7.5 million; athletic program supports and scholarships, \$3 million; academic enrichment, \$7 million; and Open Window Fund, which would be discretionary for unforseen opportunities or initiatives, \$5 million.

investigate. They discovered the source of the smoke to be a burnt-out ballast in one of the fluorescent light fixtures.

The students had to wait for about 20 minutes and then were allowed back in the building to return to their classes.

Tennessee Stock Market Game open to organizations

Bryan Brooks/staff

This spring, student organizations can receive \$100,000 to invest in the stock market, with the organization that has the best return on its investments being declared the winner in the Tennessee Stock Market Game.

Unfortunately the \$100,000 is hypothetical, but the winning organization does pocket a real cash prize being offered by Rick Elam, dean of the college of business

Bobby Corcoran, associate professor of economics and finance, said he has heard Elam mention the prize will range from \$100 to \$500.

The Tennessee Stock Market Game is played three times a year, in the fall, spring and summer. The length of the game is 10 weeks. Using hypothetical funds students can invest in common stocks traded on the American Stock Exchange, the New York Stock Exchange and NASDAQ.

The Stock Market Game is international, with each state conducting its own contest. The state coordinator for the Tennessee Stock Market Game is Corcoran-

Corcoran has been in charge of the contest since it was first introduced in Tennessee in 1982. He estimates the number of students statewide participating in the program this fall is between 8,000 and 9,000. The number of teams participating at present is to participate outside of roughly 15,000, an increase from last year, according to Corcoran.

spring a region will be created www.smg2000.org, or they can solely for MTSU so that contact Corcoran at 898-2605. campus organizations can His e-mail address is compete against each other. bncorcoran@acad1.mtsu.edu

There are several regions of play in the state, with each region separated into different levels of play. Participants compete against others in their region and of respective level of play.

Corcoran said the biggest benefit of playing is that it is just like the real world, except participants don't have to worry about losing their life savings. He said another big benefit is that the electronic game forces people to learn how to use all resources available on the Internet.

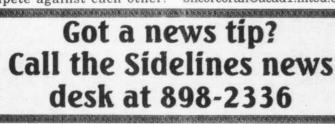
There are two versions of the game. One is the traditional "paper" version introduced in 1982. In this version, participants place their trades on scan sheets and send them to the processing center on campus.

The newer version is Internet-based, in which teams make "real-time" transactions online. Each week the participating teams receive an update of their portfolio market value, and their regional and state-wide standing. Student organizations will play the electronic "real-time" version.

Registration for the spring contest can be done now, but the game does not begin until Feb. 23, 1998. The deadline for registering is the third week of the contest, March 2. Corcoran said the fee to register will probably be \$35. Organizations can enter as many teams as they desire.

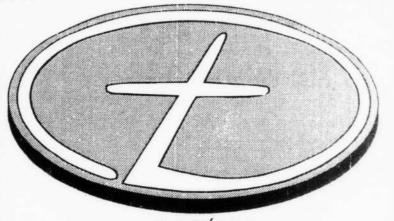
Individual students wishing organizations can register in the Nashville region.

Students can pre-Corcoran said that this register on the Internet at





Page 3



MTSU Christian Student Center invites you to

"RAIDERS FOR CHRIST"

Fellowship, Singing, Bible Study, Videos, Drama and More

Monday Nights 7:00 p.m. Keathley University Center Room 324

MTSU Christian Student Center / "Raiders for Christ" is a campus outreach ministry of Churches of Christ

The Student Publications Committee is now taking applications for

OPINIONS

Page 4



Kudos to Blue Raider football

Congratulations are in order for the Blue Raider football team who stomped Southeast Missouri this weekend 55-6. Although an underdog going into the game, the Blue Raiders played with the characteristics of a team thinking about moving into Division I-A football--Finally!

It's too bad the Raiders hadn't harnessed this talent earlier on. Like senior quarterback Jonathon Quinn said, "We did what we should have been doing all year.

But now that the Raiders have come around, the home fans here have only one more chance to watch the team in the under-construction stadium around Horace Jones Field. And we as fans owe it to them. After all, after last week's performance, nobody can say the team isn't worth watching.

The last home game is against Austin Peay on Nov. 8. This is sure to be a Nebraska-like bashing as Austin Peay has no scholarship players. The Governors have taken a nose dive in football and MTSU is sure to run all over them like a stampede of horses. (Get the joke?)

So far, attendance at the home games has lagged. At last week's soiree, a little under 5,000 fans attended. That's not even close to the 17,000fan average that will be needed to keep the team in Division I-A football after the move.

Of course, fan attendance will increase when the Blue Raiders play teams like Illinois, Arizona, Mississippi State or, quite humorously in the year 2000, Florida. But shouldn't the fans show support now, as the team is on the edge of a great future? Don't loyal fans stick out through thick and thin?

This newspaper hopes attendance at the Nov. 8 slaughter will reach 8,000 plus. All fans have to do to let the team know we're ready for I-A football is show up!

Jennings and Jones will be missed

Tragically, over the past couple of weekends, two students have been killed in horrible car accidents.

Jon Jennings and Matthew W. Jones will be missed terribly by the administration, faculty and students who knew them. "Sidelines" offers its condolences to the families of both students.

Additionally, "Sidelines" wishes for a speedy recovery for Shelby Jennings, Jon's mother, and Kristopher Galbraith, Matthew's friend, who were both injured in the accidents.



what a wonderful life

Patti Fosbinder

copy editor

I am not a big sports fanatic and, being one brought up in the television era, I rarely read about it in newspapers. But I have enjoyed Jennie Treadway's "Stay Fit" column in the "Sidelines" sports section. I was really excited about her article on a scientific discovery that a person with "A" blood type and a person type "O" can eat and exercise the same, but one would gain weight while the other lost.

The reason I was excited is that I'm an "O." According to the doctors who performed this study I would have to eat LOTS of meat and little bread and dairy products. I had already cut back on my bread and dairy and eaten a lot of grilled chicken since I broke the "big 3-0," but I didn't realize I could eat more meat — even red meats — and stay thin. I figured I had to try this.

I stopped by a grocery store on my way home and picked up pork steaks, sirloin tips, salami, bacon, sausage and Mexican-flavored hamburger. But then I got to thinking about what I would eat with these meats. What do you serve with a pork steak when you can't eat a potato (I assume that's a starch that I'm not supposed to eat) or even toast? And what's Mexican- been the type that eats one meal and

flavored hamburger without sour cream?

I browned the sausage for breakfast the next morning, but found I could not eat it with an egg or any kind of biscuit or English muffin. And even though I had salami I could eat for lunch, I didn't want to make a sandwich out of it. I could eat something like that with my fingers at home, but what about in public?

The worst came when I ran out for some fast food. How can an "O" order a Big Mac with no special sauce, lettuce (I understand it is of no use to your health), cheese, pickles or sesame seed bun? All fast food restaurants have offered salad bars since the health food/athletic club fads of the eighties. But how many are ready to provide a meat bar so an "O" can all eat properly? I guess the chicken franchises are the only places I can go for fast food with lots of meat and little else. Even then I can't order any side dishes.

And campus eateries are no better for an "O." Again, I can get grilled chicken or a chicken burrito from the fast food franchises, but I'm afraid even I would get tired of that. The grill offers everything on bread, and I can't eat anything from the pizza place or the sub place. And the cafeteria-style dishes are usually casseroles - again the bread and dairy!

But the thing that will be hardest for me is the snack field. I've always six snacks a day. But now I have to avoid chips, crackers, any type of cakes and everything in the ice cream field. Happy birthday to me!!!! I can hear people asking me, "Are you lactose intolerant?" "No, I'm an 'O'." I've still been eating some fruits and steamed vegetables, but it's been hard to avoid a Blizzard. And I've only been working on this for a couple weeks! Maybe that's how an "O" loses weight. She gets the munchies, goes to the fridge and says, "I had bacon yesterday. I don't want to cook anything. More beef jerkey?" Then she returns to the TV without a bite to eat.

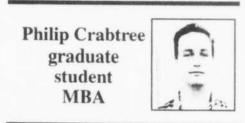
Monday, October 27, 1997

While I worry about all these things I don't have time to worry about the worst part - compare the cost of living for carnivores vs. herbivores.

I guess I'll have to buy the book and find out more about this. There are several things I'm not sure whether they are in my diet or not. Am I still not supposed to eat salt? Or can an "O" get away with that more than an "A"? Should I use lard instead of canola? And what about soybean products? I haven't been eating much red meat lately. What do I do when the grease upsets my stomach and ruins my complexion?

All I know is a new diet can't change all my habits and addictions. If my cro-magnon blood will not accept Coca-Cola, I'll just have to get a transfusion!

Horse feathers and other misguided ideas



After talking to Gregg Mayer about a "Letter to the Editor" that I wanted published, we determined that my letter might be of greater interest if it was written as a special column in "Sidelines." This article concerns the mascot change that we are about to experience. Let me begin by saying that I am well aware of the fact that the "Sidelines" depiction of the proposed mascot is not accurate perhaps I am one of the most informed people on campus but the fact that we are approving a flying horse to represent our university at all is enough to sicken me. Why is a flying horse being considered? It is an attempt to spotlight two of aerospace and horse science - along with athletics. Were there any other choices before we settled on this mascot? Yes. The choice was between an

with guns, however, the winner is determined with helmets and bats and nets, and the battlefield is marked with hashmarks, goals and endzones. Since this is the nature of sport, the symbol for our "soldiers" should represent their bravery, determination and predator-like ferocity, because that is what it takes to win a war.

A flying horse does not satisfy the requirements for a successful warrior or a battle. First of all, the creature is mythical. It is purported that it schools that fit this profile, including the No. 1 football team in the nation, the Nebraska Cornhuskers. When is the last time someone majored in husking corn?

Along with this mascot change, it has been determined that we will remain the Blue Raiders. What does a flying horse have to do with being a Blue Raider? Absolutely nothing.

For a school that wants to highlight academic programs, we sure do a poor job of representing academia. We are not even able to institute a solid, consistent and sound theme for athletics, which is the basis for writing an argumentative and academic paper. I am thoroughly embarrassed by the decision to use a flying horse. I am not embarrassed by the athletic teams; they give their all. But the administration's senselessness in this matter is deplorable. Perhaps the best idea would have been to ask the athletes what symbol they would like to represent their team. I am confident that nothing will be done about this matter. After all, an outside PR firm has been working on this, and they have already billed us a nice sum of money in return for creating this huge mistake in our place. I am an alumnus and a graduate student at MTSU, however, and I would not • consider myself a loyal Blue Raider if I did not say something on behalf of those who have been kept in the dark. In the near future, the mascot will be unveiled at one of our home games. It is supposed to be a surprise. If you are like me, you will attend the game - everyone loves a big surprise - but I am hoping the surprise will be that MTSU came to its senses. I am hoping to see that we are not becoming a herd (or is it a flock) of flying horses, but instead, all of our hard earned money will be spent on a mascot that has dignity and pride. If we are not pleasantly surprised, be prepared for Coach Donnelly to lead us into another losing football season, because it is hard to play ball when your mascot looks like the field freak. I urge you to boycott the sale of merchandise displaying the new mascot. Hold out for a mascot that you want. At least support being something cool like the MTSU "Fighting Amish." Anything has got to be better than a flying, prancing pony.

orrection



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In the October 23, 1997 edition of "Sidelines," the photo that was placed with the Professor's Perspective column was not the correct photo. The following photo is a correct picture of Professor Phyllis Davidson. We apologize for the mistake.



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opinions expressed herein are those of the individual writers and not necessarily Sidelines or the university.

Letters Policy

Sidelines encourages comments from readers. Letters to the editor should not exceed 300 words. Authors who want more than 300 words to express themselves should contact the editor. Sidelines keeps its pages open to all viewpoints and all members of the MTSU community. Authors should include their name, address, major, classification and phone number for identification purposes. (Phone numbers will not be published.) Sidelines reserves the right to edit for length, grammar, style and libel. EMail letters to stupubs@frank.mtsu.edu. Send letters to Box 42, MTSU,

Murfreesboro, TN 37132 or drop them off at the Sidelines office in JUB Room 310.

old-timey barnstormer (a pilot) and the flying horse. The only reason the flying horse has been chosen is because it was considered a better choice than the barnstormer.

Does this fact make the flying horse a good choice? Absolutely not. It is only the choosing of the lesser of two evils. It is comparable to the choice of sailing across the ocean in either a leaking boat or a bucket. I would pick the boat long before the bucket, but if I think I will make it across the ocean in a leaking boat, I am a fool.

We are also fools for allowing the task force that has chosen this mascot to choose it, and they are wrong for not keeping us informed or letting us have input throughout the process.

What is the task force thinking? Why do they feel such a need to have an academic mascot? We no more mention football, basketball or volleyball in the teaching of aerospace or the horse sciences than they should be mentioned in athletics. Allow me to say that again, "ATHLETICS!" We are talking about athletics, not academics.

The nature of team athletics is that the competitions mimic war. Rather than the battle being fought sprang from Medusa's body at her death. The only thing it is known for is causing a fountain to spring up when it stamped its hoof. This myth is not a viable source for a mascot, because Middle

cannot relate to it or claim it as part of the culture. Secondly

Tennesseans

horses are not hunters. They are the hunted. They are not skilled at defending themselves, they spook easily and they don't have enough

sense to keep from eating too much

and killing themselves. That is why

connected with athletics at all. What

are our athletes going to do on game

day, fly around the playing field while

we flap our opponents into

submission? And who is going to

clean up all of the flying horse

droppings that are released onto cars

in the parking lot? This is stupid,

and we will be the laughingstock of

athletic competition when this

happens. Mark my words, because it

mascot with academia. TSU does not

have a tiger science program. but

somehow they thought a tiger would

be a suitable representative for their

school. Not only were they correct,

but they gave us a thorough "horse-

whipping" this year as well as the last

few years. There are many other

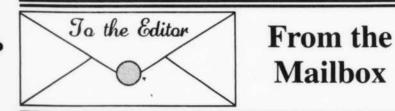
It is not necessary to associate a

will happen.

Finally, the flying horse cannot be

they were so easily domesticated.

Monday, October 27, 1997



'Creep Show' producer gives thanks

To the editor,

I would like to thank my fellow broadcasters and friends for giving us (myself and Brian Dihigo) support for "The Creep Show." It is a shame that the show was pulled, but please do not go and blame Channel 8 Manager Nic Dugger for pulling the show off the air. As Zach McBryade (who is a friend of "The Creep Show" and has worked with us on other projects) said in his comment from last week. Dugger was "forced by the 'powers that be' to pull the episode off the air." That's what it is... "the powers

that be." When one has enough pressure from "the powers that be," you don't want to lose what you already have...Oh well, so much for free speech. Nic, I am not mad at you...you did what you could...for which I am grateful. "The Creep Show" will continue on with some 'creepy' programming for your enjoyment, weeknights at 11...visit our website at http://www.mtsu.edu/~creep...

Thanks, Matt Lane Associate Producer "The Creep Show"

Reader offers some thoughts for the Homecoming Queen

To the editor,

In regards to the Homecoming Queen's letter, I offer her this to ponder. True it is unfair and ignorant of someone to write degrading remarks and swastikas by your name on the sidewalk. True it is unfair that you may have been penalized for their ignorance and true it is unfair that you did not have a story in "Sidelines." This, however, does not mean that this is a racist situation. It simply may have been an oversight.

Perhaps "Sidelines" in 1994 had more of a popularity awareness than the editor now. Maybe people have realized that you being crowned is not that big of a deal. What duties do you have being Homecoming Queen? Do you go out in the

community and help charitable organizations? I am truly sorry that you feel disrespected, but that's life! This world, including MTSU, is full of ignorant people!

An example of ignorance on this campus is the never-ending hate remarks directed toward the LAMBDA association. They can accept the ignorance and move on. Sure they feel disrespect, but they know who they are and are proud. If you are truly a Queen then you must accept the ignorance in the world and move on. You must overcome the ignorance and prove that there is more to being a Queen that just a title and a crown.

With my most humble regards, Rebecca Hodge

Student feels the Homecoming Queen needs to 'get over it'

To the agitated Homecoming Queen of 1997:

Your tirade printed in the 10/23 issue of "Sidelines" is the most ludicrous letter that I have read all year. Do you actually expect any of us to feel sorry for you because your picture in "Sidelines" was too dark? Or because your peers aren't aware that you are Homecoming Queen for a year? I respect your advice to "Sidelines" that they be consistent in their representation the of Homecoming Queens, but did you ever think that perhaps there were more important stories "Sidelines" had to work with?

And why does the word "racism" even get mentioned? Do you truly believe, in your heart of hearts, that racism is the reason you did not have an article? Why does everything come down to race? Okay, bring in the NAACP and the Rainbow Coalition. They would add fuel to a fire that doesn't even exist.

Like I said, Ms. Dunmore, I respect your right to fair coverage, but I think your approach was off-base. Simply said, GET OVER IT.

Justin Meyer RIM









Guess which one can't







Movies

go on your MasterCard?



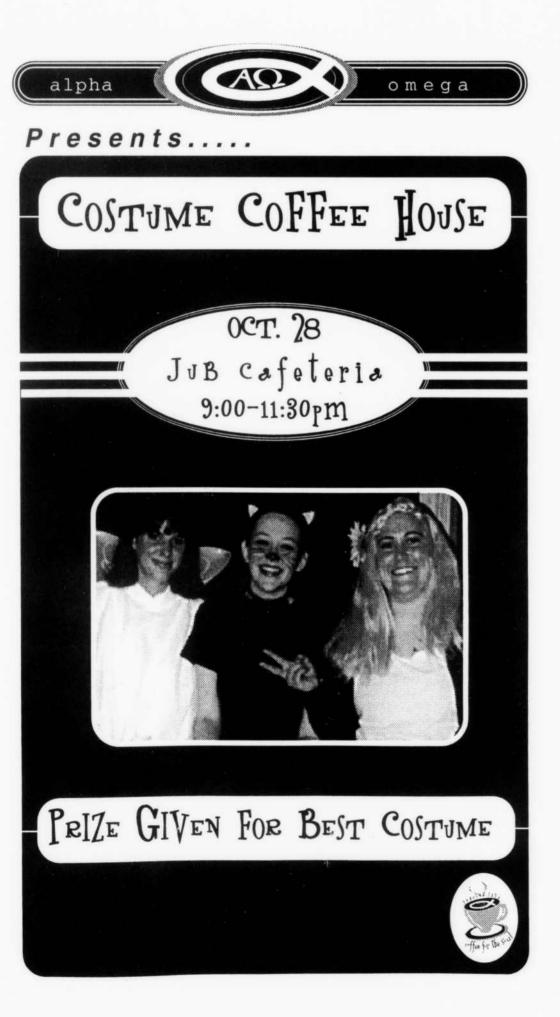




Shopping

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A: They can all go on your MasterCard. No card can be used in more places or ways. Which makes it easy to guess which card is the best one to carry.



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your MasterCard. No card can be used in more pl

F'HA'I'JKH

Page 6

Hittin' the Big Easy on little pockets

David A. Sellers special to Sidelines

New Orleans, Louisiana. The words evoke excitement and adventure and represent the ultimate destination for thrill-seeking college students from the Midsouth. However, many students may have the misconception that a jaunt to the Crescent City may be a bigger investment than are willing to make. Fortunately, with a few more cheap meals on campus and some extra pennies saved, that weekend jaunt to New Orleans can be a reality without leaving you in the red when you return home.

When planning an excursion on a college schedule, time is of the essence. One has to make the decision to fly or not to fly. Flights to New Orleans are economical and efficient Prices usually range from \$90-\$105 round trip when tickets are purchased on Southwest Airlines and they should be purchased at least one month in advance. To make the most of the trip, you'll want to schedule a flight out as early as possible on the chosen Friday and return on the last flight Sunday.

Driving from Middle Tennessee involves a 10-hour trip plus stops. Expenses include gas and food on the way, as well as losing time on the interstate. If time is not a problem and friends are traveling with you, expenses can be split and reduced immensely. Driving eliminates expenses on taxis and streetcars but necessitates parking fees.

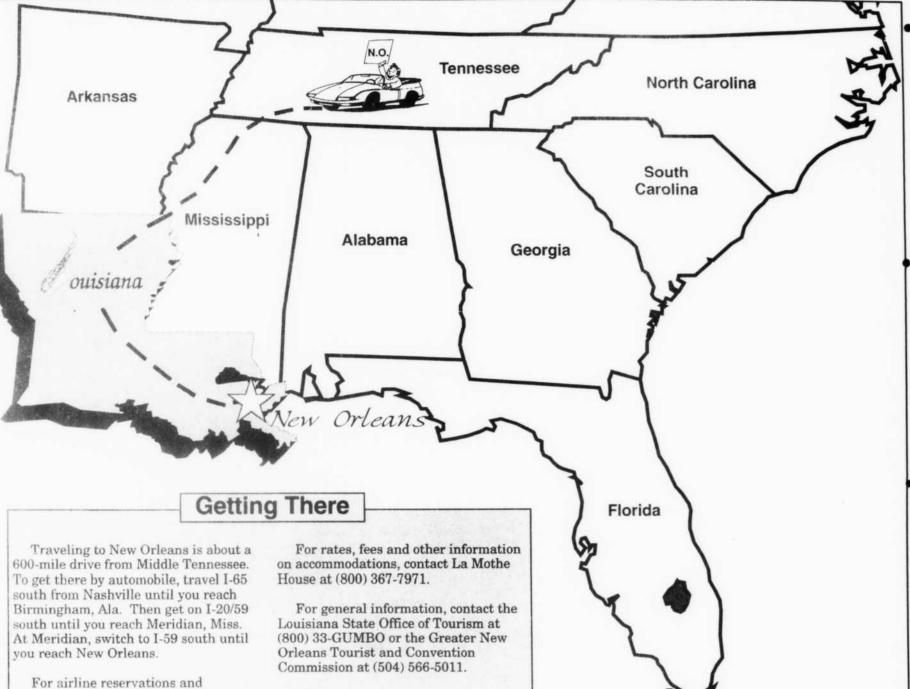
Obviously, the best place to stay in New Orleans is with a relative or a friend. If this is not possible, there are many reasonable bed and breakfasts and hotels priced around \$90 a night. Splitting living expenses with friends can make accommodation expenses quite low. Once again, accommodations must be secured at least one month in advance.

Living

*

Staying in the historic French Quarter is an absolute must when finding a place to hang your hat for the weekend. Some of the oldest historic hotels and homes still offer some of the best prices around town. Boarding in the quarter offers a short walking distance to all the fun the quarter can offer.

One of the best bed and breakfasts I have experienced is the La Mothe House, 621 Esplande Ave., which borders the French Quarter. The La Mothe offers Old World accommodations as well as a beautiful courtyard. The white-columned antebellum mansion's rooms are filled with antiques and give the appearance of being a private home. The Provincial Hotel, 1024 Chartres St., is a 107-room hotel comprising several buildings that date back to the 1800s. With a large pool, seven patios and a restaurant, it offers the convenience of a motel with the atmosphere of the wild quarter nights. The Lafitte Guest House, 1003 Bourbon St., is a four-story home built in 1849 in the heart of the quarter. Its 14 rooms are furnished with Victorian antiques. The facility gives guests direct access to Bourbon



information, call Southwest Airlines at 1-800-435-9792.

Central

groceries on

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savory

about \$5.

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real

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brands of hot

sandwiches

filled with

Decatur Street

Adam Smith/ staff

shame. Considered a local favorite, these omelets are the perfect way to start off the day. If you've still got room, give the pecan pie a shot as well. Breakfast at Camellia Grill usually runs about \$6.

Hall on St. Peter Street and afterward enjoy a cold beverage for some refreshing relief from the Louisiana heat at Pat O'Brien's next door. Also, try out the Old Absinthe House or Brennan's on Bourbon and Royal Streets

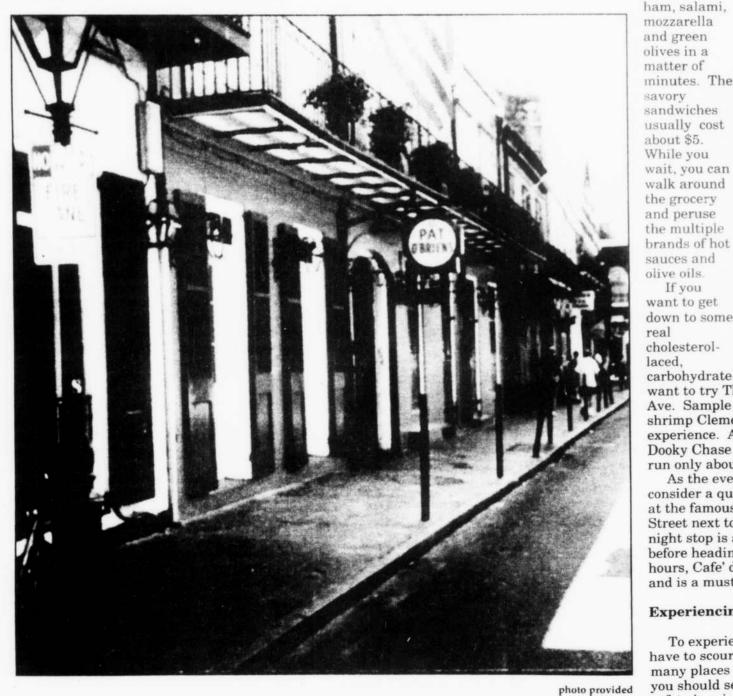
Eating

Street action.

New Orleans is known around the world

for Cajun cuisine that ranges from crawfish to savory jambalaya. However, finding authentic Cajun food and local favorites for the right price is like a wild-goose chase. Here are the best places to access the best food for the best prices.

Hop on the historic St. Charles streetcar and within minutes you will find yourself at New Orleans' best break fast spot, the Camellia Grill, 626 S. Carrollton Ave. The 29stool counter at the grill has chili-and-cheese omelets that would put Waffle House to



Pat O'Brien's and the historic jazz club Preservation Hall on St. Peter Street in the quarter provide travelers with a haven for popular music and drinks such as the notorious Hurricane.

In the French Quarter you might consider, a sandwich for lunch. Not just a regular sandwich, but a muffuletta. This New Orleans specialty is the best at two small groceries right next door to each other. Progress and

photo provided

Many people visit The French Quarter in New Orleans where the down to some architecture remains as vibrant today as it was 150 years ago.

carbohydrate-friendly Cajun food, you might want to try The Dooky Chase, 2301 Orleans Ave. Sample the crabmeat Farci or the shrimp Clemenceau for an honest Cajun experience. An unforgettable meal at the Dooky Chase tastes like a fortune, but will run only about \$10.

As the evening moves on, you might consider a quick stop for coffee and beignets at the famous Cafe' du Monde on Decatur Street next to the French Market. This latenight stop is a great way to end an evening before heading back to the hotel. Open 24 hours, Cafe' du Monde never costs over \$3 and is a must when staying in the quarter.

Experiencing

To experience New Orleans you do not have to scour the entire city. There are many places that don't cost anything that you should see. However, always keep safety in mind. Always sightsee with friends and in well-populated areas.

Wonderful hang-outs dot New Orleans. You can catch great jazz at Preservation

respectively.

If you're looking for shopping possibilities, there are several stores which sell souvenirs and other Crescent City odds and ends on Decatur Street. But beware, some stores will

not think twice about ripping you

off. Also, if bartering is your bag, check out the French Market on Decatur Street beside the Cafe' du Monde. This open-air market offers everything from bayou spices and produce to stuffed gator heads.

To get an honest feel for the city, take a streetcar ride on the oldest operating street railway system in the country. The St. Charles Avenue streetcar, which dates back to 1835, runs from Canal Street uptown along the Garden District and beyond. Another

famous New Orleans streetcar which ran on Desire Street inspired Tennessee Williams' "A Streetcar Named Desire." For transportational purposes, the St. Charles streetcar is an economical way to get around town. You can ride the streetcar as far as you like for \$1.

After a short ride down St. Charles Avenue, you can hop off at the Garden District which features some of the most stunning antebellum homes in one neighborhood that you will ever see. Right on the edge of the district is the LaFayette Cemetery No. 1 which is one of the oldest cemeteries in town dating back to 1833. Filled with tombs of the unfortunate victims of the yellow fever epidemic, the LaFayette Cemetery is a stunning site to behold.

All of the places to see and things to do in New Orleans add up to a good reason to go on a trip. A quick jaunt to New Orleans won't put you in the poorhouse, but it will leave you with an appreciation of different traditions, foods and a way of life you can't find anywhere else.

Monday, October 27, 1997

Here she is...



Amy Neely, a freshman speech and theatre major, begins her one-year reign as Miss Tennessee at Tucker Theatre. Neely will compete for the title of Miss USA on March 10, 1998, live on CBS.

Halloween websites offer cheap thrills, chills

Colleen De Baise/CPS

Talk about scary.

Halloween is almost here, and what frightens you most is whether you'll find a costume that won't cost big bucks or isn't so complicated it'll prevent you from going to the bathroom the entire night.

Or maybe what's keeping you awake these nights is the thought of throwing a Halloween party so dull that your guests act like zombies out of sheer boredom.

Never fear. There are plenty of websites out there this season that can offer last-minute inspiration for those spooked by the social pressures of Halloween. By spending a few minutes online, you can research the best

fright flicks, get costume ideas, even find recipes for ghoulish party appetizers.

No parties to go to? Then consider taking part in an online seance (www.microserve. net/~magicusa/halloween.html). Organizers say it's an attempt to call back the spirit of magician Harry Houdini, who died on Halloween in 1926.

"The Houdini Halloween Seance has been a tradition for the past 71 years since the great magician's untimely death and has now moved to cyberspace," the site notes.

If contact with lost souls in the netherworld

isn't your thing, then check out a listing of nearly every horror movie ever made (la.yahoo.com/Showbiz/Film/Movie_Websites/Tit

les/Horror/). The site provides links to movie homepages

such as "Halloween '97 Celebration: The Homepage of Michael Myers" (www.ipass.net/~halloween/), which bills itself as "a website dedicated to the most terrifying film series ever—Halloween."

In the spirit of the holiday, the Ghost Web (www.aone.com/~starwest/) offers tips for ghost hunting and answers a host of frequently asked questions, such as "What do ghost look like?"

For lighter entertainment, Sympatico Halloween (www.nb.sympatico. ca/Features/Halloween/boo.html) boasts a continuing Halloween story, which starts off with the line "It was a dark and stormy night..." and allows users to add their own spin.

If you're in the mood to share Halloween well wishes with others, conside sending an online greeting card. One of the more extensive collection can be found on the Awesome Halloween Greeting Card Site (www.marlo.com/hallowee.htm).

To end your night, stop by the official homepage of the Ghost Research Society (www.ghostresearch.org), another site that features lots of "ghostly" photographs.



SPORTS & RECREATION Monday, October 27, 1997

Page 8



Raiders roll past Indians

DONNELLY SHOW

Blue Raider football coach Boots Donnelly will be taping his weekly radio show Thursday live from the Santa Fe Cantina & Cattleman's Club, 127 Broad Street.

The show airs from 7 to 9 p.m. It can be heard in Murfreesboro on WBOZ FM-104.9 and WGNS AM-1450.

The show will then move to Rio Bravo the following two Thursdays.

B-BALL SCRIMMAGES

The Blue Raider and Lady Raider basketball teams will hold a public scrimmage Oct. 30.

MTSU officals will also run the annual pick-a-seat program from 4 to 6 p.m. for season ticket holders. The program allows fans to pick the seats they wish to have when purchasing their season ticket package.

The scrimmages will begin at 6 p.m in the Murphy Center starting with the Lady Raiders. The Blue Raider scrimmage will immediately follow at 8 p.m.

GRAND SLAM AUCTION

The annual Grand Slam Auction benefiting MTSU baseball will be held tonight at the Tennessee Livestock Center on the north side of the campus along Greenland Drive.

An all-you-can-eat Fish Fry and Cajun Gumbo will start at 6 p.m. with the auction beginning at 7 p.m.

Ticket prices are \$10 for adults in advance and \$12 at the door. Children under 6 will be admitted free of charge. Tickets can be purchased at Crosslin Supply in Smyrna, Vick's Outdoor Power, Murphy Center ticket office or by calling 898-2984 or 898-2926.

Live entertainment will be provided by the Jack Daniels Blue Grass Band.

GAME TICKETS ON SALE

Tickets for the last Blue Raider

□ Keith Ryan Cartwright/staff

It was a complete contrast to what was expected.

But in convincing style, the Blue Raider football team steamrolled their way past Southeast Missouri 55-6 Saturday at Jones Field.

The near-perfect Ohio Valley Conference win came just days after head coach Boots Donnelly publicly admitted that the 1997 squad is the most frustrating he's ever tried to coach.

"It's a been a tough week for these guys," Donnelly said. "To lose a football game the way we did last week and come back and win like this gives our guys a tremendous amount of credibility.

With good protection up front the Raiders (3-4) were able to spread the offense out and both rush and pass the ball with ease.

Donnelly singled out the play of offensive linemen Matt Norwood, Andrew McDonald and Kaul Konrad as key to the Raiders' offensive success against the Indians (2-5).

"I thought we knocked them around pretty good," Donnelly said. "I was pleased with that particularly in the first half."

The Raiders finished the game with 269 yards passing and five touchdowns via the air, tying a school record.

Starting quarterback Jonathon Quinn was nine of 18 for 195 yards and four touchdowns to four different receivers.

"Jonathon really played well the first half," Donnelly said. "I thought he was on top of what he was supposed to do."

Quinn connected for all four passing touchdowns in the second quarter, the first of which was a 32yard pass to Rashad Craft.

However, Quinn's needle-threading 37-yard pass to Matt Lowe as he entered the front left corner of the end zone led to the Raiders commanding 21-0 lead and the rout was on.

themselves to become complacent, especially considering last year's game between the two when the Raiders jumped out to a 13-0 lead at the half only to fall 16-13 in overtime.

Shawn Sidwell/staff Lebrian McGill (22) out runs four Indians up field. McGill, a senior tailback from Antioch, carried the ball 16 times during Saturday's 55-6 win over Southeast Missouri for 126 yards. McGill averaged 7.8 yards per carry against the Indians. It was the

second time this year McGill has reached the 100-yard mark in a game. He scored two touchdowns in the game for the Raiders. the most part, I thought we played real strong.

In helping to open up the passing game, the tailbacks for the Raiders also turned in a fine performance.

Led by McGill, who carried the ball 16 times for 126 yards, and sophomore Kelverick Green's 100-yard game, the Raiders had two backs gain 100 yards in a single game for the first time this season.

"We felt that we had to run the football," Donnelly said. "I thought we had to gain 150 yards [rushing] to have a chance to win the game.'

The Raiders nearly doubled Donnelly's estimated figure, finishing with 287 total yards on the ground.

Donnelly made the prediction based The Raiders did not allow on the Indians performance last week against Tennessee Tech in which they limited their opponent to just 63 yards on the ground and 215 yards total offense.

The Indians lost the heartbreaker 17-14 on a blocked punt that led to the game winning touchdown with just 2:30 left to play.

For the young Raiders, the game was so successful that Quinn was able to give way to sophomore quarterback Judd Moore. Moore is the likely replacement for Quinn next year.

The Leeds, Ala. native completed five of six passes, including a 26-yard touchdown to I'van Gaines in the far right corner of the end zone.

In order to pull down the ball and stay in bounds, Gaines had to fully extend his body after coming to a complete stop in midstride with both feet at the out-of-bounds line.

"He's got some tremendous ability," said Donnelly of Gaines, who played on both offense and defense. "The

just 333 yards of total offense.

The Indians had to settle for just six points which came on a Justin Martini pass late in the second quarter.

It was a long and frustrating day for the Indians, who offensively couldn't put anything together. In fact, they alternated between two quarterbacks, with neither one passing for more than 90 yards.

Martini finished the day 10 of 21 with one touchdown and two interceptions. Inside linebacker Clay Griffith had the first Martini pick with 8:27 left to play in the second quarter.

With under two minutes to go in the third, outside linebacker Eugene Shaw picked Martini off the second time. Both picks led to touchdowns for the Raiders.

football game and upcoming basketball season are on sale at the Athletic Ticket Center, located on the track level of Murphy Center.

MTSU students with a valid student ID are admitted to Blue Raider athletic events free of charge.

ADULT BASKETBALL

The Murfreesboro Parks and **Recreation Department is sponsoring** an adult basketball league.

An informational meeting will held Nov. 9 at Sports Com. The league is for men and women over the age of 35.

The entry fee is \$300 per team and a representative from each team must be present at the meeting. For more information call 893-9050.

CAVE EXPLORING

Campus Recreation is sponsoring a cave exploring trip at Southport Cave.

The Nov. 15 trip is just \$10 for students and \$14 for guests. There will be a pre-trip meeting at 8 a.m. on the day of the trip. There is a 12person limit.

For more information on this or other trips contact 898-2104.

3-ON-3 BASKETBALL

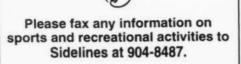
Registration for the up-coming 3on-3 men's and women's basketball league sponsored by Campus Recreation ends Wednesday.

There is a captain's meeting Thursday at 5:30 p.m. at the Rec Center. Games are scheduled to begin Nov. 3.

For more information contact Dave Smith at 898-2104.

SCHEDULE

Golf-MTSU at USA Fall Beach Classic (Gulf Shores, Ala.) Today and Tuesday Volleyball-MTSU at Austin Peay Tuesday, 7 p.m. Soccer-MTSU at Samford Wednesday, 2 p.m.



"We did what we should have been doing all year," Quinn said. "It just shows the depth we have in our receiving core."

A short time later, Quinn connected with Gary Davis on a 6-yard pass that was set up by Lebrian McGill's 23-yard run to the left side of the field.

Just before the half Quinn connected with Tri Heard for his fourth and final passing touchdown of the game.

"I took what they gave us and we played a good game," Quinn said. "For

Lack of offense hinders spikers

□ Keith Ryan Cartwright/staff

It became another long afternoon in short-order for the Lady Raider volleyball team.

In just over an hour, the Raiders were handed their sixth Ohio Valley Conference loss of the season at the hands of Eastern Illinois.

The Lady Panthers (14-11, 6-5 OVC) defeated the Raiders in straight sets 15-12, 15-6 and 15-6.

Unfortunately for the Raiders (10-15, 5-6 OVC), they scored only a .147 attack percentage with most of the team struggling to get any offense going.

Jaemi Clayton, a senior setter from Fort St. John, B.C., was the team's most consistent player, finishing the day at .269.

The toughest of the three games for the Raiders was the third when they managed just a .036 attack percentage in situation when even the Panthers struggled after becoming complacent with their effort.

With the Panthers providing the bulk of the offense, the Raiders held a 53-50 advantage in the dig column as well as a 7-6 total team block advantage.

At press time the Raiders were about to host Southeast Missouri in the last match of parents weekend.

The Raiders will now embark on a three-match road trip beginning with Austin Peay tomorrow and UT-Martin on Friday before wrapping up the trip Saturday with Murray State.

catch he made was phenomenal."

On the defensive side, the Raiders stifled the Indians, limiting them to

Please see FOOTBALL, page 9

Don't let sugar worries get in the way of Halloween



Before eating that fifth handful of jellybeans at this Friday's Halloween party, remember that you've already eaten about 400 calories.

Sugar, a naturally occurring carbohydrate in nearly every food, is part of every holiday celebration. Holidays could not be celebrated properly without the appropriate refreshments. Who ever heard of a birthday party without birthday cake or a wedding without those little pastel mints?

The American idea of celebrating is simple: the purpose, the guest list, the location and, without a doubt, the menu. We have pumpkin pie at Thanksgiving, sprinkled sugar cookies and fruitcake at Christmas, chocolate eggs at Easter, apple pie on July 4th, champagne on New Year's, and even cotten candy at the county fair. America is known for using sugar as a main ingredient. Halloween is no exception.

Sugar is divided into two categories, although the caloric description of sugar is universal (one teaspoon equals about 20 calories). Monosaccarides, the first catagory, is known as a single sugar. Monosaccarides digest directly into the bloodstream and are known to be the best form of energy from sugar.

Glucose, the most common single sugar, is the combination of water and carbon dioxide and is used by the body for energy to do work. Fructose, also known as "fruit sugar" since it is found in fruit and honey, offers more than a sweet taste. Along with energy, fruit is packed with vitamins, minerals and fiber, which are necessary in every diet.

Galactose, the third single sugar,

is not found free in nature. Instead, it is one of the two single sugars that form the makeup of milk sugar. Once digested, the galactose is converted to glucose, along with other sugars, and used as energy. The excess sugar is stored as fat.

The second category of sugar is called disaccarides, which are simply paired single sugars. Lactose, a combination of glucose and galactose, is the sugar found in milk. Over half of the world's population is "lactoseintolerant," meaning that they lack the enzyme, lactase, to digest milk sugar.

Maltose, or malt sugar, aids in the digestion of starches, the main carbohydrate source for energy.

Halloween is a time of year when candy, or 'empty calories,' is allowed.

The most commonly known sugar is sucrose, or table sugar. Refined from sugar cane, table sugar is the most concentrated source of sugar, which is why one tablespoon of sugar has about as many calories as one peach. However, the nutritional makeup of the sugars is vastly different. The term "empty calories" refers to the caloric intake of a can of soda or sweettarts, whereas fruit offers good amounts of vitamins and minerals aside from just the sugar.

The intense sugar concentration of candy and sweets explains why a candy bar or Pepsi can give a person immediate energy. The reverse effect is that the energy lasts a short period of time and does more bad to the body

than good. When needing a boost of energy, it is advised that you eat a food high in carbohydrates, but that it be a starch rather than a sugar. In other words, a bagel is better than a Butterfinger.

There has always been the idea that "natural sugars," like honey and molasses, are healthier than the regular table sugar or jellies. Not true. In fact, honey contains more calories per tablespoon than sugar, but only because the dry crystals of sugar take up more space than the honey. While measuring sizes and weight differ, the caloric makeup is typically the same for each sugar.

Artificial sweeteners are becoming more popular since more Americans are watching their weight. You may have noticed terms like "saccharin" or "aspartame" on the backs of packaged foods and noticably on packets of Equal or Sweet'n'Low. Basically, they are virtually calorie-free synthetic sweeteners. There has been controversy in the past about the possibilities that artificial sweeteners cause cancer. However, current research concludes that only in extremely high doses do artificial sweeteners cause health problems, not necessarily cancer.

Sugar alcohols, commonly known as mannitol or sorbitol, are also used as a substitute for sugar. The calorie content is lower than table sugar, but the sweetness is quite similar to that of sucrose. Sugar alcohols are used more in dietetic candies and gum.

Halloween is a time of year when candy, or "empty calories," is allowed. You could pass up the tootsie rolls and lollipops, but what kind of celebration is that? From a health standpoint, anything and everything is okay in a diet-assuming it is eaten in moderation. Eat your apple pie and fruit cake. Enjoy your chocolate bunny. In fact, grab that fifth handful of jellybeans. Just don't do it everyday. Your body doesn't need that much.

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Monday, October 27, 1997



Football:

Continued from page 8

"[The game] was a good one for the [defense]," Donnelly said. "They made some big plays for themselves out there today."



HUNGER ... POVERTY ... POLLUTION

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Murfreesboro Missionary Baptist Church, 816 North Church St., 896-0720

FOR RENT

Apartment for rent. Close to MTSU, \$405 month. Call 896-1030

FOR SALE

1990 Ford Tempo for sale, 92,000 miles, good condition, must sell, \$2,500 obo. Contact Jennie at 898-3256

WATERBED, queen; 80% motionless; lighted; mirrored headboard. \$100 includes sheets, mattress cover, and comforter. Call 895-6117 after 5 p.m. Yamaha 5 String Bass, 895-3499. Leave message

PIONEER ENTERTAINMENT PACKAGE 150 watt receiver; 120 watts per channel; cassette deck; two floor speakers. All need some work. \$200 obo 890-0162, leave message.

HELP WANTED

Church organist needed for Sunday mornings, Wednesday evenings, & special services. Send resume to FCPC, 907 E. Main St., Murfreesboro, TN 37130

Money for holidays - Sell shoes, Castner Knott in men's shoe dept. at Stones River or Cool Springs.

for minor repairs, painting, yard work. Pickup truck helpful. You choose hours. \$10/hour. Matt Ward 896-4040, 8902178

Part-time Custodian 4 p.m. to 8 p.m. M-F \$7.48 per hour Contact 893-3651

Uncle Bud's River Cafe now interviewing bar staff. Experienced bartenders please apply Monday thru Thursday between 10 a.m. and 2 p.m. or call 898-1404.

Bright Futures Child Care Center located in the V. A. Hospital is looking for a parttime afternoon two's teacher. For more information call 867-6178.

LOST & FOUND

Lost 14k gold bracelet lost at Murphy Center on the day of registration. It belonged to my grandmother . Please return if found. Please call Irena at 282-6549. Reward if found.

Lost Cat!!! 8 mo neutered male long haired ginger cat, last seen Oct. 11 on bell street. Wisp is missed! Call 867-3712.

Lost set of keys. Black plastic snap type key chain. Please call 895-6341.

NOTICE

Attention all contestants! Scholarships available! Interest meetings for Miss MTSU Pageant, a preliminary for Miss Tennessee Pageant, on October 27 and November 3 at 6:00 p.m. in the KUC, room 313.

Obsessed with your weight? I am conducting research on weight obsession. If you think you are a weight-obsessed woman, please call Lindsay Kee 421-6895. Confidentiality guaranteed.

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company, and help with interview preparation. Video tapes are also available for you to view in the Career Library. For more information, come by KUC 328 or call 898-2500.

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OPPORTUNITY

1,000s POSSIBLE TYPING Part time. At home. Toll free (1) 800-218-9000 Ext: T-3834 for listings.

PERSONALS

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ROOMMATE

Need 3rd roommate for 3 bedroom house 15 min. from MTSU. \$158 per month plus deposit/utilities, w/d, fenced yard. Call Shawn or Wes 273-2014, leave message.

Wanted: Female roommate \$285 per mo., washer/dryer in apt. Must be willing to share lap and possibly leftovers with an obese but lovable house cat. Call Bridgett 867-3225.

SERVICES

TYPING SERVICE - Word processing, reports, resumes, term papers, thesis. All typing guaranteed. Rush service available. Call Connie 399-9216.

CEDAR STUMP STABLES -Horse boarding and sales. 896-4184 evening, 896-8345 daytime. Special discount with student ID.

Your American Red Cross chapter offers comprehensive HIV/AIDS education. counseling and support. Call Michael Vachon, HIV/AIDS Coordinator, at 893-4272. Respect and confidentiality is observed.

TRAVEL

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Placement Office : assisting you with your job search Institutional Research: conducting Senior Survey for seniors Graduate Studies: information regarding graduate studies

<u>October 27 - 31</u>



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Office, KUC room 328. Come by and receive your complimentary copies of catalogs, pamphlets, and guides to learn how to write a resume and cover letter from various samples, gather information about a particular

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Application Deadline: 4 p.m., November 7

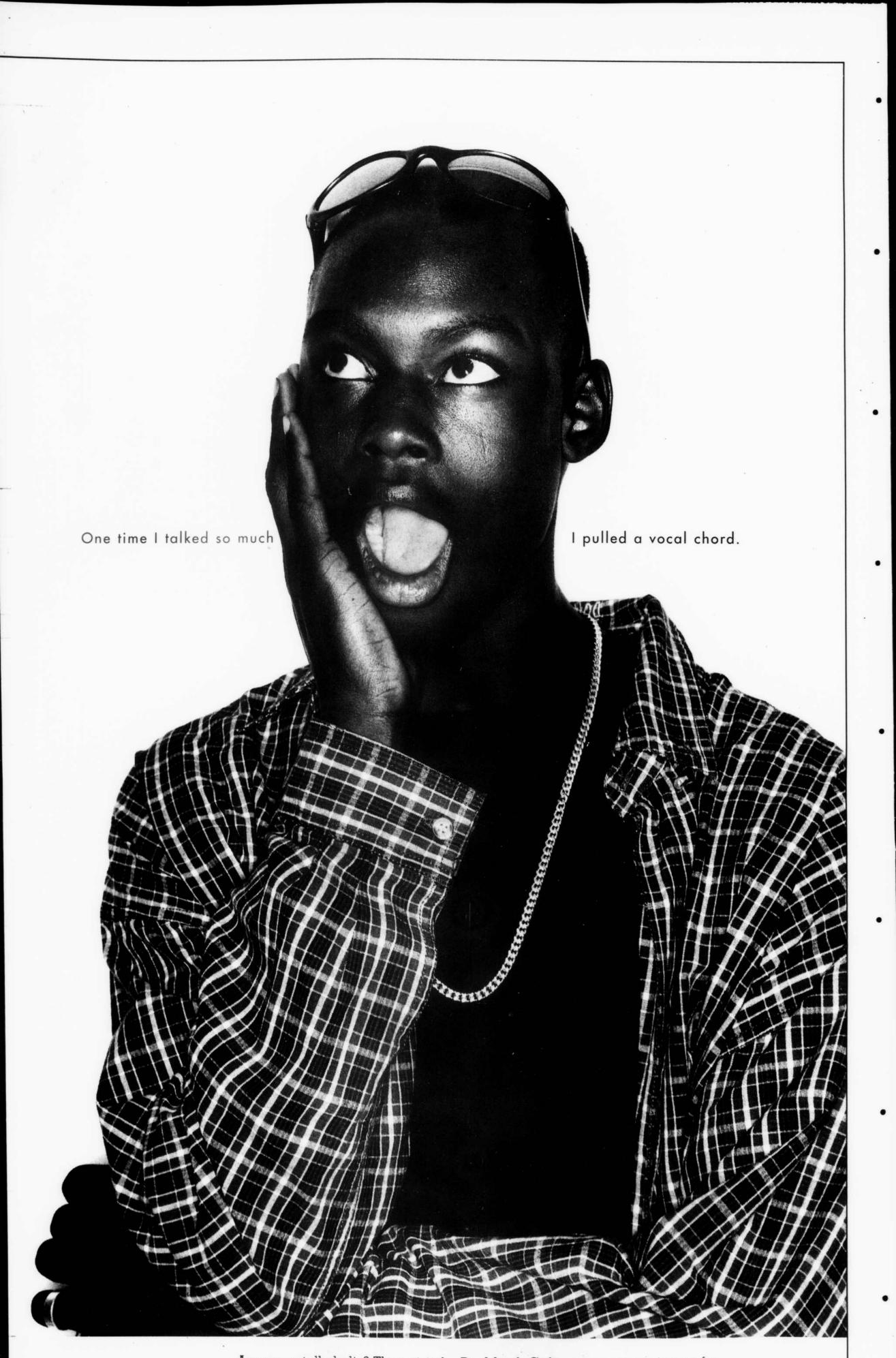
to be awarded December 5

To Qualify A Candidate Must:

 have a minimum 2.7 cumulative grade point average (must be exact or better) be at least a second-year undergraduate student with a minimum of 24 credit hours have some media experience (on or off campus work) applies, in any print or broadcast medium) To Apply: submit an application a 1,000-2,000 word essay on "Use and Abuse of Power" submit a copy of your transcript · submit six copies of three to five samples of your work (short tapes of broadcasts are accepted.

Clips must be professionally presented.)

For more information, contact Jenny Crouch at 898-2815 or come by James Union Building, Room 308.





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