

# Customs

200



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# SIDELINES <staff>

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Sidelines is the editorially independent, student-produced newspaper of Middle Tennessee State University. Sidelines publishes on Wednesdays throughout the summer semester and on Monday, Wednesday and Thursday during the Fall and Spring.

Sidelines welcomes letters to the editor from all of its readers. Please email your letters to [slopinio@mtsu.edu](mailto:slopinio@mtsu.edu) and include your contact information for verification. Sidelines will not publish any anonymous letters. We reserve the right to edit for grammar, length and content.

Sidelines is located in the Mass Comm Building, Room 269. Questions regarding the editorial content of the newspaper and journalism based employment should be directed to 615.898.2337. Questions regarding advertising rates, procedures and graphic design based employment should be directed to 615.898.5240.

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Sidelines can be found on the Internet at [www.mtsusidelines.com](http://www.mtsusidelines.com). Articles, message boards, back issues, event calendar, current weather, MTSU links and podcasts can be found on the Web site.

## Middle Tennessee State University Organizations Directory

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# Student Health Services offers wide variety of care at no cost

By Wesley Murchison, Sidelines

"What do I do if I get sick and I am a student at MTSU? Come visit the Student Health Center and we will take care of you," Rick Chapman, director of the Student Health Center said.

The Student Health Center is a service provided by the general access fee included in tuition cost. The \$35 that comes out of the fee goes to the Student Health Center, which is responsible for providing students, on or off campus, with affordable medical care and advice. All doctor visits are free with only minimal costs for medication and other facility expenses.

"We are a little more than a family practice and not as much as an emergency room," Chapman said.

The health center provides a large range of care, including treatment of everything from acute diseases to minor trauma. The center also offers certified physicals for per-employment or entry into pre-professional programs including nursing school or the airman's medical exam for pilots.

Along with illnesses, the center can deal with sports related injuries like mild fractures, sprained ankles and shin splints. The center does not have x-ray capabilities and cannot handle broken bones, but they will get you to a hospital.

As with all medical practitioners, there is strict confidentiality between the medical staff and students.

"If you are at school—at the university—and have a health concern of any type, this is your initial place that you should first come and ask the questions confidentially to a health care professional and get an answer," said Dr. Pat Spangler, who has been working at the center for five years. "If you have any health concerns, whether it is confidential or a sore throat, come here first." With confidentiality in mind, the center also provides testing for sexually transmitted diseases and

they have a women's health care clinic that offers family planning, including providing contraceptives.

The center has a medicine dispensary that carries prepackaged generic medicine at an affordable cost. According to Chapman, 80 percent of student patients receive their medication from the dispensary, but if there is need for more expensive medication doctors can write a prescription for students.

Medical technology like the EKG machine and the CVC machine are also available, which allows the center to do basic testing to determine if a student needs to go to a hospital. The EKG measures your heart rate and doctors can tell if a student has a regular heart beat, or if he or she has suffered a heart attack. The CVC machine counts red and white blood cell levels, which means that doctors can tell if a student is fighting off an infection.

Historically, the center was intended as a walk-in clinic. However, since MTSU's student body has grown so much, this has become impractical. Starting last semester, students can now make appointments by going online.

All you have to do is go to the MTSU Web site and click on student affairs in the left column. Then in the main text under the student life heading is a Student Health Services hyperlink in blue text. Or you can go directly to [www.mtsu.edu/~mthealth](http://www.mtsu.edu/~mthealth). Finally, click on schedule an appointment and the site would instruct you in the proper steps. You can make future appointments or same-day appointments, but remember that if you do not keep your appointment and do not call to cancel, the center will charge you a \$10 no-show fee.

Of course, students can still make appointments by telephone or by walking in. However, according to Chapman walk-ins are "work-ins" to scheduled appointments and may have to return the next day.

The clinic typically sees its highest volume level on Mondays, seeing an average of 130 students a day and 200 during the cold and flu season. With 12 exam rooms, two full-time doctors and four mid-level practitioners the clinic is not equipped to handle extra volume levels. That is why illness and injuries are given first priority and immunizations and physicals are typically done in the early morning hours.

During regular fall and spring semester the clinic is open Monday through Thursday 8 a.m. to 4:30 p.m. and on Friday 8 a.m. to 4 p.m., and during the summer it is open Monday through Friday 8 a.m. to 4 p.m. The clinic is closed on university holidays. •



Monday - Thursday: 8 a.m. - 4:30 p.m.  
Friday: 8 a.m. - 4 p.m.  
Saturday - Sunday: closed

## SUMMER HOURS

Monday - Friday: 8 a.m. - 4 p.m.  
Saturday - Sunday: closed

## Student Health Services Hours

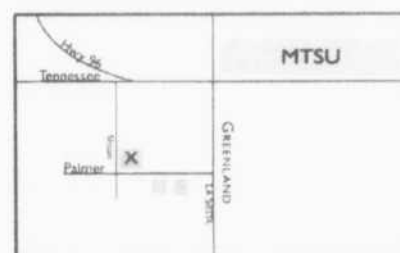
The clinic is closed on university holidays.

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## "Fat Land" is Summer Read

By Sarah Crotzer, Sidelines

After leaving high school and entering college, students have a unique opportunity to evaluate their lives and look forward to the next four years. Journalist and author Greg Critser not only wants to challenge incoming freshmen to change their lifestyle habits, but to open them up to opportunities for adventure.

Critser's recent book, *Fat Land: How Americans Became the Fattest People in the World*, has been chosen as MTSU's 2006 summer reading selection, and will be featured in all University 1010 classes in the fall. Critser will also be the keynote speaker for University Convocation on Sun., Aug. 27 at 2 p.m.

Critser said he got interested in the American obesity epidemic because he was fat.

"I had long viewed it as an aesthetic issue, and an emotional issue," he said. "But as a middle-aged writer I had really ballooned, and put it aside as something I was going to give up on. One day, I was getting out of my car, and a guy on a bicycle flew right by me and...yelled back at me, 'Watch it, fatso!'"

"That was a very quick awakening," he said. "My obesity was noticeable to others, and it was shameful. [*Fat Land*] is my attempt to answer the question of why it's so easy to get so fat, and what the consequences are."

Critser said that he intends to use his Convocation speech to tell students about his "adventure" in writing *Fat Land*.

"I'm going to tell the story of how writing has become an adventure," he said. "This very controversial subject was introduced into the body politic, and exploded like dropping a fizzy tablet in water. The reaction was stunning."

"When your ideas, as a writer, are released to the internet and mass media, you hear from everybody," he said. "I'm going to tell a lot of stories about people who wrote to me, people who wrote about me, and the story of my unintentional education."

Critser said that he hopes students will take away a new appreciation for college writing and research.

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**WOW Week of MADNESS**

**Wednesday, August 30**  
Meet Murfreesboro  
10:00 am - 2:00 pm,  
KUC Courtyard  
Comedian Seth Myers (SNL)  
8:00 pm, Murphy Center

**Thursday, August 31**  
MTSU Home Football Game vs. Florida International (ESPN+)

**Monday, September 4**  
Labor Day Holiday

**Tuesday, September 5**  
Volunteer Fair  
10:00 am - 2:00 pm,  
KUC Courtyard

**Wednesday, September 6**  
Student Organization Fair  
10:00 am - 2:00 pm,  
KUC Courtyard

**Friday, August 25**  
We-Haul  
All day  
Dinner and Music at the Quad - Floyd the Barber Band  
6:00 pm  
Outdoor Movie - "TOP GUN"  
8:00 pm or dark

**Saturday, August 26**  
We-Haul  
All day  
Information Booths  
10:00 am - 6:00 pm  
Dinner and Street Fair  
6:00 pm, behind Corlew Residence Hall

**Sunday, August 27**  
University Convocation  
Guest Speaker Greg Critser, *Fat Land*  
2:00 pm, Murphy Center  
President's Picnic  
Following Convocation  
Walnut Grove

**Monday, August 28**  
MTSU Department Fair  
KUC Courtyard,  
11:00 am - 1:00 pm  
Free Cookies  
12:00 noon, KUC

**Tuesday, August 29**  
Meet Murfreesboro  
10:00 am - 2:00 pm,  
KUC Courtyard  
Blue Raider Bash/Big Fat Blue Raider Bake-Off  
5:45 pm, beside Cummings Residence Hall

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# New Roommates can make or break your first year of college

By Larissa J. Sykes, Sidelines

Everyone dreams of the day when they get to move out of their parents' house and go away to college—the freedom of doing whatever you want to do without having to answer to your mother. Everything is going great. Classes are good, you've been to a couple of parties and then there's your roommate: Someone whom you have never met and with whom you are now being forced to live in the smallest room you have ever seen.

This can be a hard adjustment for some and others it's no problem. Although some people may see roommates as headaches, you can't really have the whole college experience without them. Here are some things you should know to help you adjust to your new roommate.

One of the first things you should do is contact your new roommate. If you are able to do so by phone or e-mail, it's a good idea. That way you can get to know each other before you move in and can also discuss what you are planning to bring. After you have moved in together you should try to get to know each other better. Share some basic information like where you're from, your family, your major, etc. Hang out together sometimes and introduce each other to your friends. The better the understanding you have of one another, the better your relationship will be.

Establish house rules as soon as possible. Get together over a meal to create a plan for peaceful, responsible coexistence. Now is the time to let your roomie know your sleeping

habits (are you a morning or a night person?), your noise-tolerance capacity (Green Day cranked to maximum volume will melt your skin), your feelings about people borrowing your things without asking (no one uses your toothbrush—ever) and whether you're a slob or a neat freak (is a picked-up but dirty room okay with you?). These are some suggestions from Carleton Kendrick from familyeducation.com.

The two of you should also talk about the attendance policy in the room, as to how many visitors at a time. Do you mind overnight or weekend stays, and how do you feel about boyfriends and girlfriends? You also have to

learn how to have open communication. The both of you will have to learn how to compromise but don't let problems build up. Talk to your roommate openly and honestly about your concerns. Just remember that timing is everything and if your roommate is having a bad day, hold off addressing the situation until they're in a better mood. This will save the both of you a sore throat from the argument.

Don't forget to give yourself some space. Sharing a room and living with someone can be a big adjustment. Always give yourself some "alone time" every now and then. Last but not least, remember you should feel comfortable in your room and never feel like you're in the way of your roommate. After all, you are paying to live in that room and you should never feel like you have to make other plans and not be in your room. \*



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"I hope they take away that sometimes the drudge of learning how to write and argue well...has an enormous payoff in terms of lifetime adventure," he said. *Fat Land: How Americans Became the Fattest*

*People in the World* is required reading for all incoming freshmen prior to the start of fall classes on Aug. 28. Copies may be purchased at Philips Bookstore, as well as local booksellers. •

## Mock Trial PS 2100

Incoming students are invited to sign up for P.S.2100 (Mock Trial). The class requires no prerequisites. It carries a single credit and involves participation in at least one tournament. The class meets Thursday nights from 6 to 9 pm and involves outside work. Especially useful for students interested in attending law school. Call the Political Science Department at 898-2708 for further details.

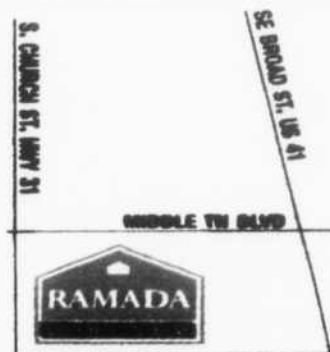


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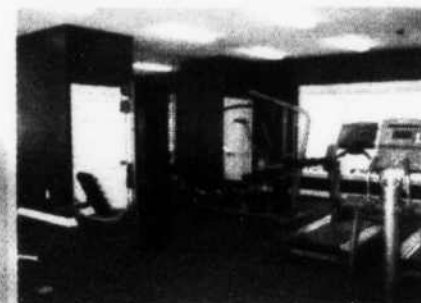
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# MTSU Transportation looks to solve recurring traffic problems

By Ashley Burk, Sidelines

Say the word "parking" on campus, and you're likely to be met with groans, sighs and maybe even some four-letter words.

"What we have is not a parking problem, but a transportation problem," said Ron Malone, Assistant Vice President for Administration Events and Transportation.

Whatever the problem may be, most MTSU students would agree that something needs to be done, especially if they have gotten stuck in traffic entering campus from Rutherford Blvd, or have snuck into class late after circling the parking lot for at least 20 minutes looking for a space. Some students even resort to stalker tendencies, creeping slowly behind a person walking back to his or her car from class. We've all been there.

But according to Malone, the spaces are there on campus, but they are not being utilized because students do not want to walk further than they must to their classes. For example, the newest gravel lot built by the entrance to campus from Rutherford Blvd is never full because it really isn't close to any buildings that offer classes to students.

When the new transportation plan goes into effect, however, this issue will be solved. The plan has been ongoing since 2003, and it's estimated that it will be complete in 2013. It will cost approximately 30 million dollars to complete the plan, and this money will be raised by increasing MTSU students' general access fees.

Changes made in transportation on campus include widening the roads to create a designated bus lane, creating another entrance to campus south of Greek Row, and an entrance adjacent to Womack Lane.

"The reason people don't ride the shuttles as much as we'd like them to is because they're only as effective as the traffic that they sit in," said Malone.

"This particular plan addresses the transportation issue by allowing only the shuttles to use specific lanes so they can move around campus in a very fast manner."

With this plan in effect, shuttle time to any destination on campus is estimated to take no longer than 5-7 minutes. Campus police will patrol the bus lanes to ensure that no unauthorized vehicles use them, and traffic regulations and fines will also be increased.

According to Malone, MTSU's campus can be considered a metropolitan area because of its 23,000 students and 2-4,000 faculty members. And in a metropolitan area such as this, it is impossible for everyone to drive and park.

"New York has a lot of traffic issues," said Malone. "But think about how much worse it would be if everybody tried to drive. People there use public transportation because it's quicker, and that's what we have to do with our shuttle system—make it quicker."

Money from the transportation plan fund will also go towards the addition of bike lanes, pedestrian routes, and the improvement of lighting in parking lots for additional safety. The GAF must be increased in order to raise the money because MTSU's transportation department is considered an auxiliary, which means they do not receive any funding from the state government. The GAF is expected to increase \$50-\$95 per student each semester. •

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## June Anderson Women Center

By Jessy Yancey, Sidelines

For almost 30 years, the June Anderson Women's Center (JAWC) has provided counseling, support and a welcome home for any woman on campus.

Located in room 206 of the James Union Building, the JAWC is a place where women can discuss gender issues, attend the free legal clinic or read books from the center's library.

"It's a resource, mostly," staff member Stephanie Compton said. "It's a place where people can come for information. If you don't know where else to go, we can direct you in the right way."

Twenty-four women, led by June Anderson, founded the center in 1977 as WISE, Women in Service to Education. The center was renamed in Anderson's honor in 1985, a year after her death.

Carol Ann Bailly is the interim director

of the women's center. "We offer programs that help young women adjust to campus life," Bailly said. "We have materials about domestic violence and date rape, and programs to help women become more assertive."

Many of these programs are offered in October so that women new to the campus are able to participate and learn about the center's assistance early in the semester.

Another program sponsored by the center is a free legal clinic held once a month. The clinic allows students to speak with attorneys in a non-binding consultation about anything from sexual harassment to financial problems.

"[Incoming students] often have problems with landlords, shared roommates and other issues that people need lawyers to handle," Bailly said.

The service is available to any student; however, space is limited, so appointments are necessary.

"They fill up within two weeks before the program," Compton said.

Just because you're not a woman doesn't mean you can't take part in the women's center. The JAWC Web site points out that issues that affect women also affect the men in their lives.

"I think the statistic is one out of three people who come into the office are male," Compton said, adding that one of the center's student volunteers is male.

The JAWC strives to help, teach and work with all students and staff on campus. Still, one of its main focuses is to acknowledge, sustain and encourage the needs of women at MTSU.

During sexual assault awareness month, the JAWC is very busy in organizing and participating in several events. Held every year in March and April, events

CONTINUED ON PAGE 25



## Raiders for Christ

is a group of MTSU students united in the desire to put Christ first. RFC is involved in a number of activities on campus, in Middle Tennessee, across the country and across the world.



### ACTIVITIES

- Weekly devotionals - Mondays
- Breadbreak - weekly homecooked meal
- Bible studies - throughout the week
- Campus Storm - various activities the first two weeks of fall semester
- Intramurals
- Retreats
- Local & U.S. missions (4 visits to New Orleans in the last school year)
- International missions (including Africa, Brazil, China, Israel, Japan)

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[www.mtsu.edu/~mtesc](http://www.mtsu.edu/~mtesc)

# MT Sports

By Casey Brown, Sports Editor

There are those who play sports, and those who watch.

If you fall in the latter category, there are plenty of ways to show your Blue Raider spirit.

Middle Tennessee is an NCAA Division 1-A university and a member of the Sun Belt Conference with rivals such as Western Kentucky, Troy and Louisiana-Lafayette.

Despite competing at the highest level of college athletics, MT has a winning reputation in numerous sports.

The university has won the Vic Bubas Cup in three of the past four years, awarded annually to the Sun Belt member with the best all-around athletic program.

In the Southeast, autumn is synonymous with football, and MT is no exception. The Blue Raider football team will kick off the season with a Thursday night game against old rival Tennessee Tech at Floyd Stadium.

This season the Blue Raiders will also play Atlantic Coast Conference member Virginia and Big East powerhouse Louisville, in a game held at the Coliseum in Nashville and televised on ESPN.

Last season MT toppled then-undefeated Vanderbilt in a major upset, and new head coach Rick Stockstill hopes to generate similar excitement in his first year with the program.

Two other fall sports have the potential for success this season as well. The MT women's soccer team has become a perennial mainstay at the top of the Sun Belt under head coach

Aston Rhoden. The team won the SBC in 2004 and posted an even better record last season.

Blue Raider volleyball coach Matt Peck is expecting big things from his club this fall after wrapping up last season with a 28-4 record, falling just short of an NCAA Tournament berth to WKU.

The squad went undefeated in spring action, including a win over NCAA Final Four participant Tennessee.

When winter rolls around the action will shift to Murphy Center, where the men's and women's basketball teams will attempt to continue to improve after impressive showings.

The Blue Raiders and coach Kermit Davis posted several big wins last season, including defeats of powerful WKU and Utah State of the Mountain West Conference.

The Lady Raiders have become NCAA Tournament regulars, making the field for three consecutive years and pulling

## Blue Raiders vs. Virginia and Louisville in Nashville Coliseum is scheduled, ESPN to cover

first-round upsets over North Carolina and NC State. Head coach Rick Insell expects another dominant performance from this year's squad.

Spring semester offers eight sports and plenty of opportunities for cheering.

Manager Steve Peterson fields a consistently solid Blue Raider baseball team that has made NCAA Tournament



appearances in three of the last five years.

Plans for a new stadium promise to keep America's pastime alive and kicking at Middle Tennessee.

After posting single digit wins a few years ago, the MT softball team has shown steady improvement, finishing fourth in the SBC last season. Head coach Leigh Podlesny is known for putting a hardworking, entertaining product on the field.

The Blue Raider men's golf team is currently in a rebuilding phase, but has shown signs of promise under coach Johnny Moore.

The women have had recent success, mostly notably last season when MT golfer Taryn Durham won the individual Sun Belt Championship. Coach Rachel Short returns the nucleus of last year's squad.

The tenure of men's and women's track coach Dean Hayes could qualify as a dynasty. Hayes has won 41 SBC Championships in 42 years, and produced a national champion in 2004

when Mardy Scales won the 100 meters at the NCAA Tournament.

Another Middle Tennessee coaching legend is men's tennis coach Dale Short. The Blue Raiders are a fixture in the ITA rankings every season, and have qualified for the last two NCAA Tournaments.

Seniors Andreas Siljestrom and Marco Born gave MT another national title last fall when the duo claimed victory at the Polo Ralph Lauren/ITA National Championship.

MT women's tennis has high hopes for this season as well, as former All-American Alison Ojeda begins her second season as head coach.

With a team comprised entirely of underclassmen, Ojeda has an eye on the squad's first conference championship in some time.

On whatever field of play your heart lays, Middle Tennessee has plenty of ways to satisfy your sports fix. •





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 ABER Abernathy Hall  
 ALOF Alumni Office  
 ALUM Alumni House  
 AMG Alumni Memorial Gym  
 BAS Business & Aerospace  
 BDA Boutwell Dramatic Arts  
 BH Beasley Hall  
 BLH TCWNHA  
 CAB Cape Administration Building  
 CKNB Cason-Kennedy Nursing Building  
 CLH Clement Hall  
 COGN Central Utility Plant  
 COH Psychology Lab  
 COMM Communications Building  
 CORL Carlew Hall  
 CSB Central Services Building  
 DH Deere Hall  
 DSB Davis Science Building  
 DYS Tennessee Center for Dyslexia  
 EHS Ellington Human Sciences  
 EHSA Ellington Human Science  
 EZEL Ezell Hall  
 FAIR Fairview Building  
 FEH Feider Hall  
 FH Forest Hall  
 GH Greenhouse  
 GOH Gore Hall  
 GRAV Tennessee Center for Child Welfare  
 GRH Gracy Hall  
 HANS Tennessee Center for Child Welfare  
 HARR Center for Historic Preservation  
 HC Horticulture Facility  
 HH Haynes House  
 HOB Holmes Building  
 HONR Paul W. Martin Sr. Honors Building  
 JACK Tom H. Jackson Building  
 JCH Jim. Cummings Hall  
 JH Jones Hall  
 JUB James Union Building  
 JUDD Judd Hall  
 KOM Kirksey Old Main  
 KSHF Emmet and Rose Kennon Hall of Fame  
 KUC Keathley University Center  
 LH Lyon Hall  
 LIB James E. Walker Library

IRC Ned McWhorter Learning Center  
 MARY Miss Mary Hall  
 MC Murphy Center  
 MCH McHenry Hall  
 MGB Midgett Building  
 MHS McFarland Health Services  
 MOH Monahan Hall  
 MTB Middle Tennessee Building  
 NEO Naked Eye Observatory  
 NICK Nicks Hall  
 OBSV Observatory  
 PCS Pittard Campus School  
 PH Peck Hall  
 PHLP Project Help  
 PHO Photography Building  
 PKS Parking Services Building  
 PS Public Safety  
 PSB Printing Services Building  
 REC Recreation Center  
 REH Reynolds Hall  
 RH Rutledge Hall  
 ROTC ROTC Annex  
 SAG Stark Agribusiness & Agriscience  
 SBA Strobel Biology Annex  
 SBCH Stephen B. Smith Baseball Clubhouse  
 SCA Scarlett Commons Apartments  
 SCH Schardt Hall  
 SFA Saunders Fine Art Building  
 SIMS Sims Hall  
 SMH Smith Hall  
 TCM Telecommunications Building  
 TLC Tennessee Livestock Center  
 TODD Andrew L. Todd Hall  
 VA Vocational Agriculture  
 VH Dept. of Criminal Justice Admin  
 VIS Voorhies Industrial Studies  
 WANH Internal Audit  
 WASS Budget Office  
 WCC Woodmore Cybercafe  
 WLA Womack Lane Apartments  
 WMB Wright Music Building  
 Wood Hall  
 WH Warehouse  
 WPS Wiser-Patten Science Hall  
 WSC Wood-Stephens Center

August 28  
 Classes Begin  
 September 4  
 University Closed  
 October 1-2  
 Fall Semester  
 October 14-17  
 Fall Break  
 November 23-25  
 University Closed  
 December 6  
 Last Day of Classes

Academic Year Fall 06 / Spring 07



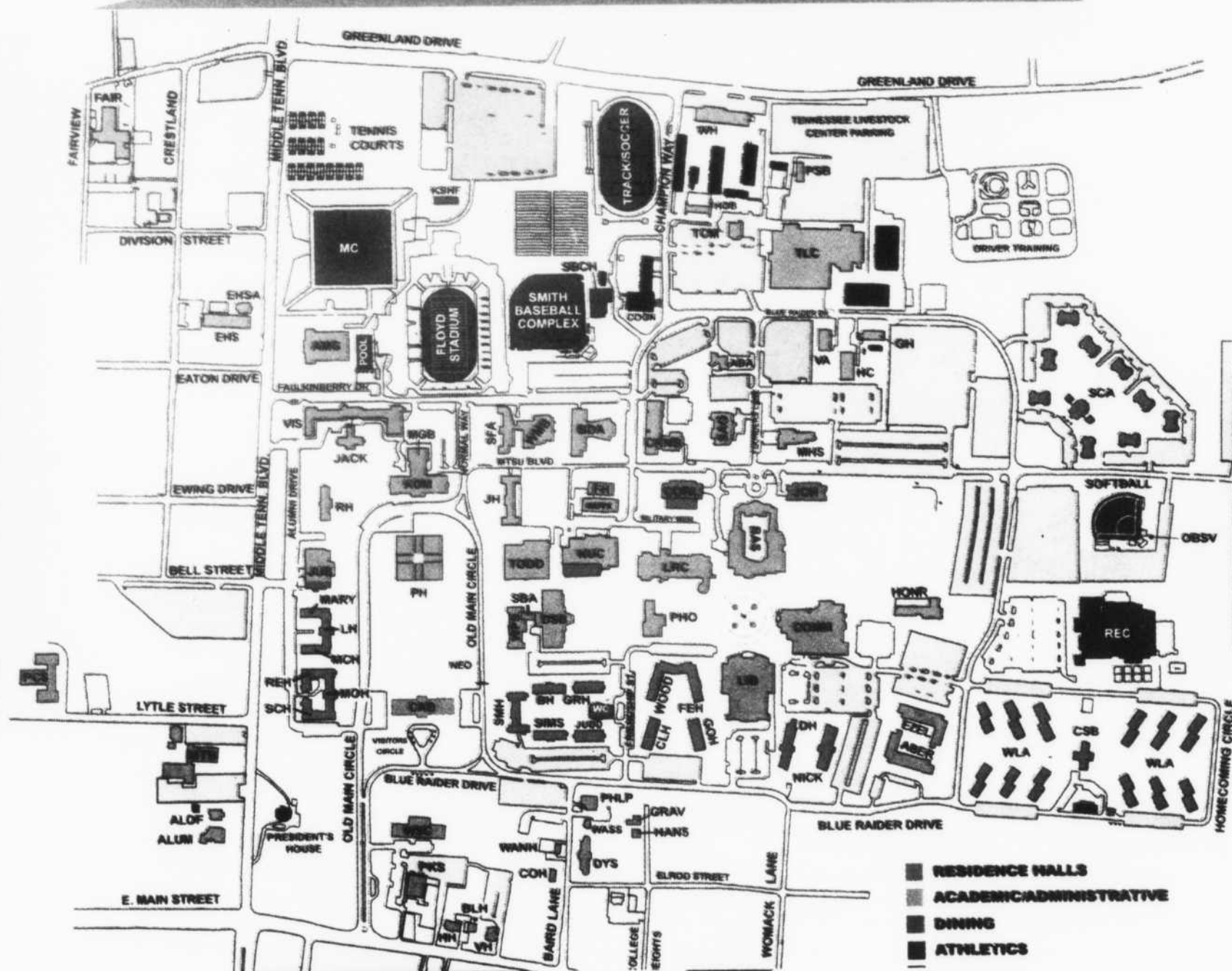
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**EC LAB**  
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**EDUCITY**  
Mon 7:30 - 12:00  
Tue 7:30 - 5:00  
Sat 8:00 - 5:00  
Sun 1:00 - 12:00



## Adult Services gives non-traditional students a leg up

By Sarah Crotzer, Sidelines

Not all incoming students are freshmen straight out of high school. A significant portion of MTSU's student body is made up of adult learners, and the Adult Services Center, located on the third floor of the Keathley University Center, is designed to assist them in balancing their education with outside commitments.

"The population of adult learners on campus is 45-47 percent of the body," said Carol Ann Bailey, director of the Adult Services Center. "Adult learners [are] non-traditional students who are coming back to school after...a time away, raising families, going to work in one job and coming back to get a degree in another field.

"[They are] people of any age, but who have adult responsibilities outside of college."

Bailey said adult learners are not limited to students who start or return to college after building a family or career.

"Most of the people who come to CUSTOMS are 18-year-olds, but there are people who have never gone to college," she said. "They have been working, and they have been in the military, and they have been raising families, and all kinds of other things. They haven't done any college, so they're raw freshmen who need to start with freshmen classes, but they're not 18 years old. They're 25 years old, or 35 years old

or 45 years old."

Adult learners come to the Adult Services Center for a variety of reasons, Bailey said.

"They come for information, for referrals," she said. "We try to tell them where to go first, so they don't have to make the rounds. We also have a lot of the forms and catalogs and schedule books here in our office. We distribute the green parking passes, [for] people who come on campus for the evening classes [because] sometimes the regular parking services office is not open.

"During the school year we stay open until 6:30 at night, so we can try to

accommodate the needs of the adult learners...who are not always here during working hours."

Bailey stressed that the Adult Services Center offers social benefits to its students, too.

"We have a table where they can eat and bring their food from the Grill or from home, and we have a lounge area where they can sit and study or talk to other adult students, commiserate, and find study partners; it's a place to gather and find students much like themselves."

CONTINUED ON PAGE 25

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of possibilities.

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you at your worst and best, and loves

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someone who knows when you are  
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Alpha Delta Pi Sorority \* Alpha Delta Pi Sorority

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A

Δ

Π



# Rec Center kicks it into high gear with high-energy activities

By Dana Owens, Sidelines

Through two sets of glass doors, a secure turnstile and an I.D. checkpoint, you enter a vast lobby that soars three stories high. To your left, people in harnesses scale down the wall and to your right, you can hear huffing and panting mixed with the whirring of high-tech equipment. No, you have not just entered a high-security, top-secret government building, but the MTSU Campus Recreation Center.

From the vast array of cardiovascular machines to the rock-climbing wall in the lobby, the Rec Center has enough amenities and activities to appease even the biggest gym buff or outdoor enthusiast.

The weight room offers numerous machine weights, free weights and dumbbells. If you are new to a weight room, orientations are available free of charge.

In the cardio room, you can enjoy one of the six televisions while working out on a treadmill, bicycle, elliptical machine, stair stepper or rowing machine. If a treadmill isn't your thing, there is a one-sixth of a mile running track with a bird's-eye view of the basketball courts.

For those that need an extra push, Campus Rec offers personal trainers at \$25 for one session or \$60 for three. According to Jerry Lengham, assistant director of fitness, the trainers do not have to be students but all other staff are currently student workers. To make an appointment, students should fill out the required paperwork in the aerobics office on the second floor.

Upstairs, aerobic classes are taught daily by both students and non-students. These classes include spinning, belly dancing, yoga, Tang Soo Do and kickboxing, as well as classes designed for specific or total body workouts. The classes, which mainly take place in the evening, are \$1 a visit or \$10 for 26 sessions.

A very popular attraction of the Rec Center is a game of racquetball in one of the six courts. Balls, racquets and eye protection are all available at the front desk. The courts are located off of the gymnasium, which consists of six full-sized, partitioned basketball courts. Intense games or a solitary dribbler can be found in the gym at nearly all times of the day.

According to Lengham, there is typically a volleyball court set up in the gym as well. There are also outdoor, sand-filled volleyball courts just off the cardio room.

Aquatics are another very active division of Campus Rec. Here, students can take advantage of the large indoor and outdoor swimming pools, complete with diving boards and a 90-foot slide. Water aerobics are taught for \$1 a session or \$20 for 26 visits. Also available is hydro energy restoration and classes to learn to swim and scuba dive. Or, students can opt to "swim across Tennessee" in the

individual lanes. After every 100 miles of cardio, you are rewarded with a T-shirt. For a more relaxed sport, students will find a ping-pong table set up behind the weight room. To completely unwind, schedule an appointment with one of the massage therapists with student and non-student rates available. According to Lengham, most of the masseuses are students from continuing studies. The Rec Center also offers plenty of opportunities to get outdoors, out of Murfreesboro, or even out of the country. Through Outdoor Pursuits, students can sign up for weekend trips to go climbing, caving, horseback riding, backpacking or white water rafting. In the winter, there are usually several opportunities to travel out west or east for a weekend or week of skiing. Last January, a group of students traveled to Peru to backpack in the Andes Mountains, and over spring break another group visited the Costa Rica for scuba diving.

The 55-foot Alpine tower behind the rec center is hard to miss and perhaps a bit intimidating up close, but students can face their fears and scale the tower free of charge. The Challenge Course is frequently reserved for activities designed to build teamwork and leadership skills. Reservations are required to tackle either the low or high ropes courses.

CONTINUED ON PAGE 25



Photo taken by Adam Casto

## Come Visit the Adult Services Center serving adult students at MTSU

If you work full-time, are married or have family responsibilities, we consider you to be an adult learner, regardless of your age.

The Adult Services Office provides information and refers nontraditional students to the best services on campus to support their academic needs. It's also a place to meet other students, to study, and to relax between classes.

**KUC 320**

7:30 - 6:30 -- Mondays-Thursdays

7:30 - 4:30 -- Fridays

Or visit us at:

[www.mtsu.edu/~owls](http://www.mtsu.edu/~owls)

to join

**OWLS**

**(Older Wiser Learners)**

MTSU's student organization for students with adult responsibilities



# Student Government Association gives students a voice

By Sarah Crotzer, Sidelines

Incoming students who participated in the student government of their high school, or simply wish to help make MTSU a better place at which to live and learn, may wish to get involved with the Student Government Association. The SGA is comprised entirely of students, mostly elected by their peers on campus, who strive to improve the quality of the MTSU college experience.

"We can't make rules for the school, but we can suggest ideas and ask for things to be changed," said Jay Cash, incoming SGA president for 2006-07. "For instance, students might come to us and say, 'Hey, we'd like the library to be open later.' We can't change that, but we can recommend to university officials that the students highly suggest we keep the library open after certain hours."

The SGA takes care of many different issues, from concerns of graffiti and vandalism to food issues, the improvement of bus routes, and the appealing of parking tickets, Cash said.

"We can make suggestions that [officials] take very seriously," he said. "Many of the things we come up with are acted upon fairly soon, and things are changed. We really can make a difference."

Cash emphasized that it's never too early to get involved with the SGA. Five freshmen seats will be open on the senate, which all freshmen can apply for. The applicants will then be voted on by fellow freshmen.

"Don't be shy," he said. "If you ran in high school for student council, we recommend this as just the next step up. It's a little bit bigger and a little more serious, but you can get involved early,

stay involved, and you can run for an executive office after your first year."

New students who don't want to run can still be involved in everything from Homecoming plans to Road Rallies, where students take an expenses-paid trip to an away football game, Cash said.

"It doesn't take much to get involved," he said. "A lot of students wait for the invitation, but it's here. There are people who are just starting to volunteer after two or three years, but you can get so much more out of college if you get involved early. The sooner you get involved, the more fun you are going to have."

The Student Government office is located in the Keathley University Center, room 208, and is open Monday to Friday from 8:00 a.m. to 4:30 p.m. The SGA will also have tables

at CUSTOMS, with brochures and information available for interested students. •

## CONTINUED FROM ADULT STUDENTS

Adult learners who are new to MTSU are not required to visit the Adult Services Center, but Bailly said she "would like them to." To this end, incoming adult learners are invited to lunch at the Adult Services Center on the first day of CUSTOMS.

"They can have a free lunch...with other adult students, and meet other adult students, find out more about the services in our office. They come here to lunch and learn they are not alone. It's a very important lesson for adults to learn: they are not alone."

## Middle Tennessee State University Student Government Association

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- *Traffic Court*
- *Senate*
- *Road Rallies*
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- *Make A Difference Week*
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**Keathley University Center 208 \* [www.mtsu.edu/~sga](http://www.mtsu.edu/~sga) \* 615-898-2464**



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# Computer labs provide space to work or just surf the Internet

By Casey Brown, Sports Editor

Didn't get that laptop you were eyeing for graduation? Not to worry.

Middle Tennessee offers convenient access to computers for students, faculty and staff. The university features more than 60 computer labs operated by individual academic and administrative departments.

While you're still trying to get your feet wet, however, visit one of MTSU's three primary labs, all of which offer unlimited free printing.

The 24/7 Business/University Computer Lab is located in the Business and Aerospace Building courtyard in room S137. A valid MTSU ID is required to enter the lab, which is equipped with approximately 196 computers.

All computers run on MS Microsoft Windows and feature Microsoft Office

Professional and many other software applications. The lab also houses a color scanner and color printer in addition to numerous black-and-white laser printers.

As the name implies, the computer lab is open 24 hours a day, seven days a week with rare exceptions posted on the door or on the MTSU Web site.

Another option available to students is the KOM Computer Science Labs located in Kirksey Old Main, rooms 350, 351 and 360

KOM 351 is open to general student use at all times. KOM 351 and KOM 360 are also available for open use unless a class has reserved the area.

The KOM labs house over 100 computers and five printers. Six computers are equipped to run Red Hat Linux as an alternative to Microsoft Windows. A student lab assistant is present during

open hours to assist users.

During the fall and spring semesters, the lab is open from 7:45 a.m. to 9:15 p.m. Monday through Thursday and 7:45 a.m. to 6:00 p.m. on Friday. The lab is closed on Saturday and Sunday.

A third option, the Ned McWherter Learning Resources Center Computer Lab, is available to students in the Learning Resources Center. This centrally-located lab is open Monday through Thursday from 8 a.m. to 7 p.m. and on Friday from 8 a.m. to 4:30 p.m. This lab is also closed on Saturday and Sunday.

In addition, many residence halls offer convenient computer labs. Residents of Corlew, Lyon, Smith, Wood/Felder Halls and Womack Lane Apartments have access to computer areas inside their buildings.

The largest resource for computing on campus is the James E. Walker Library

There are over 300 PCs available for use inside the library during regular library hours.

The first floor is home to the Electronic Information Center, which features access to the library's Voyager catalog, as well as other research software, three laser printers and scanner access.

The second, third and fourth floors offer access to the Internet and other software programs.

As a general rule, basic rules of conduct apply for all labs. No food, drink or smoking is allowed, and noise should be kept to a minimum.

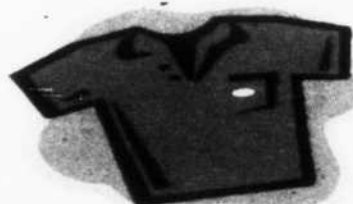
Students wishing to save material should bring their own disks, USB drives, etc. Floppy disks are available for purchase in Phillips Bookstore. \*

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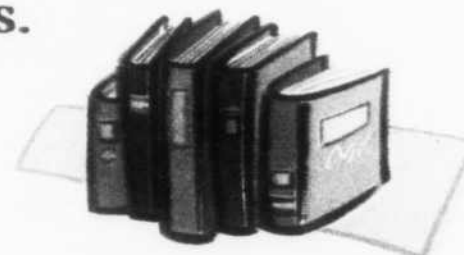
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# Where you should live depends on personality, circumstances

By Kasey Talbott, Sidelines

Though Murfreesboro is crawling with university apartments, many freshmen spend their first semesters living on campus in the 19 dorms or two apartment complexes.

"The most important question to ask yourself is, 'What dorm best fits me?'" said Matt Flynn, a former residential assistant at Cummings Hall.

But how can you know what best fits you unless you know about each of the dorms?

First to consider are the freshmen dorms, Corlew and Cummings. You have certainly seen these two, tall not-so-attractive buildings by now. What they lack in amenities (private bathrooms, space, and legitimate quiet times) they more than make up for in social atmosphere and proximity to the middle of campus. These dorms, unlike

all others, are solely for freshmen, which means everybody is going through the adjustment together.

"Looking back, I would probably never live that way again, but I'm so glad I did," said Eric Thompson, a senior concrete engineering major, recalling his freshmen dorm experience. "If it wasn't for my first year living in the freshmen dorm, I probably wouldn't have made the lifelong friends I have, and I probably would have went back home to Georgia."

Jenny Fyke, Mass Communications Major, preferred it for more obvious reasons.

"It was sweet, I could roll out of bed and be in class by five minutes. Where else can offer that?"

However, if thought of walking down the hall every morning to get to your

community bathroom just doesn't work for you, consider the ultimate alternative: Scarlett, the newest MTSU living option. The disadvantage is that it is the most expensive, and is difficult, but not impossible, to get into.

Jennifer Bird, one of the lucky freshmen, shared her experience.

"I loved it! I had my own room; I shared the bathroom with my best friend, and a lot of the baseball players lived close by. It was a great place," Bird said.

The third option to consider is the "in-between" dorms. They come in all different styles, are scattered all across campus, and come with names like Schard, Lyon, Rutledge, Reynolds and more. These dorms offer a little bit of both styles of living: Nicer amenities with more privacy, while still providing the on-campus experience.

"I liked living in Monahan because the people were a little more laid-back, the rooms are bigger, and it's on the old side of campus," said sophomore Elisabeth Johnson.

As a former Student Orientation Assistant, I never told my future freshmen one dorm was better than the other, because I truly believe personality has a lot to do with it, but I always encouraged them to live on campus. Look at this way: you have the rest of your college career to live in one of those apartment complexes with a swimming pool and sand volleyball courts. And besides, if you live there your first year, most of your neighbors will be older than you, because most of them lived on campus first.

CONTINUED NEXT PAGE

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CONTINUED FROM PAGE 24

The reason is simple for living in the dorms is simple: nothing beats the experience. There's no better way to get to know more people and know more about MTSU. Take it from the people who have been there. Wherever you live your first year, live on campus. •

CONTINUED FROM PAGE 17

A multitude of sports clubs and intramural sports are also sponsored by the Rec Center. The games can be an informal get together for flag football or a whole season of Rugby matches. Some of the clubs offered include fencing, lacrosse, ultimate frisbee, boxing, cricket, martial arts and wheelchair sports. Intramural sports include dodge ball,

5-on-5 basketball, indoor soccer and flag football, among others.

Most equipment needed can be found at the front desk including towels, basketballs, footballs, soccer balls and locks for lockers. The locker rooms, located in the entrance hall and behind the weight room, provide day-use and long-term lockers as well as showers and

quick access to the pools. Also available is equipment rental for anything from backpacking to kayaking.

The Rec Center is open from 6 a.m. to midnight Monday through Thursday and until 9 p.m. on Friday. Saturday hours are 9 a.m. to 8 p.m. and Sunday is 2 p.m. to 11 p.m. For more information about upcoming events or to sign up for classes, call the center at 898-2104. •

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CONTINUED FROM PAGE 16

Adult learners who are new to MTSU are not required to visit the Adult Services Center, but Baily said she "would like them to." To this end, incoming adult learners are invited to lunch at the Adult Services Center on the first day of CUSTOMS.

"They can have a free lunch...with other adult students, and meet other adult students, find out more about the services in our office. They come here to lunch and learn they are not alone. It's a very important lesson for adults to learn: they are not alone." •

CONTINUED FROM PAGE 16

include the Clotheslines Project and Take Back the Night.

"The Clothesline Project helps [young women] understand the dangers of sexual abuse," Baily said, "and what can be done to prevent it."

The Clothesline Project allows women to express their feelings about violence by decorating shirts. During Take Back the Night, candlelight vigils are held in honor of the many victims of sexual assault, and survivors of abuse are given the opportunity to share their experiences

Because the center originally began as a way to provide support for women at a university level, the JAWC also offers scholarships and other financial aid for women, as well as a monthly brown bag series about careers and professional development. They also promote the Women's Collegiate Alliance, which helps female students network with other groups on campus. More information about the women's center can be found at their Web site, at [www.mtsu/~jawc](http://www.mtsu/~jawc). •

# Library offers assistance & climate control

By Yvonne Mullins, Sidelines

The wind is blowing and it is freezing as the student walks quickly to the James E. Walker Library on campus. There is warmth waiting, both in the heating units and at the Starbucks located at the entrance of the library. Starbucks has sandwiches, pastries and drinks, along with their world-famous coffee. There are worse places to be on a chilly fall day.

Whether a student wants to print out tomorrow's assignment, finish a paper or pull up his or her favorite Web site, the Electronic Information Center is the place to go. There are computers on the first floor located on the right as you come in the door. If those computers are full, students can take the elevator or the stairs up to the second, third or fourth floors.

The library offers approximately 360 student-accessible computers that provide full Internet access and are equipped with Microsoft Office for word processing, spreadsheets and presentations. All a student needs to use these computers is his or her pipeline user name and password.

There is a simple six-step trick to printing. After typing or pulling up a Web page a student wants to print, all he or she has to do is look at the name at the top of the monitor, go over to the printer, touch the name printed on their monitor, touch the name of the document, touch the Go Print button and finally, touch the Confirm Printing button. Mission will be accomplished.

If students want to go outside and work in the sunshine or just save their work, the library will rent out laptops, adapters, floppy drives and Ethernet cables for 5 cents per minute.

There is, however, a two-hour limit, and then you have to renew the items or start paying fines. Students can rent these items on the left side of the library as they walk in the door. If students have a laptop, there are 700 network connections within the library building.



Photo taken by Adam Casto

There is also a copy room on the first floor behind the elevators. There are several copiers; black and white copies are 10 cents each and color copies are \$1 each.

The normal library materials are also available in abundance. Copies of magazines and journals are located on the first floor in the back right as you come in the door. Books can be found by looking on the computers that say, "Catalog." There are also study rooms for groups to meet in and microfilm copies of old newspapers and magazines. There is a research coach located on the first floor to help students know where to start with that first research project, and there is a customer service desk located between the front doors.

Students can hang out, e-mail their friends, and eat at Starbucks when they get hungry. Whether or not they like the idea, students probably will spend a great deal of time at the MTSU Library.

"I spend about 4 to 5 hours a week," student Katie Shriver said. Students might even find themselves going there when they don't have an assignment due. If none of those reasons sound inviting enough to visit the library, students can always go there just to meet people or to get warm. During the fall and spring, the James

E. Walker Library is open Monday through Thursday from 7:30 a.m. to midnight, Friday from 7:30 a.m. to 5 p.m., Saturday from 8 a.m. to 5 p.m. and Sunday from 1 p.m. to midnight. •

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Saturday

8:00 til 5:00

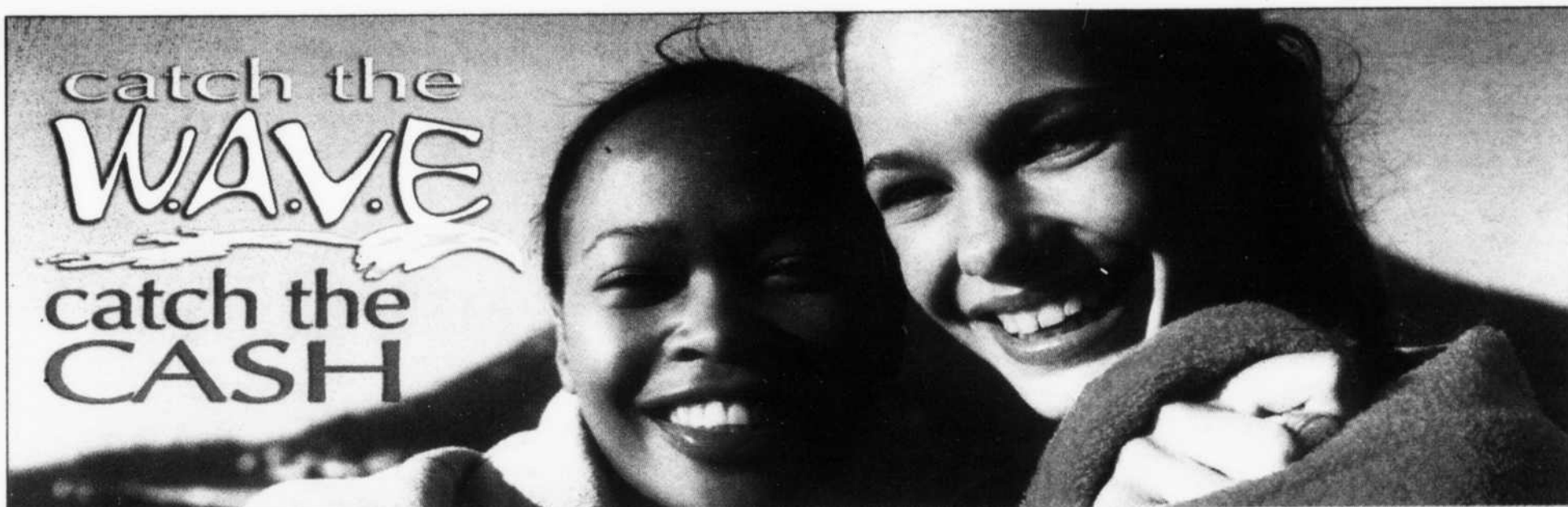
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Incoming students are invited to sign up for P.S.2130 (Model United Nations). The class requires no prerequisites. It carries a single credit and involves participation in at least one tournament. The class meets Mondays beginning at 4:30. Especially useful for students interested in foreign affairs. Call the Political Science Department at 898-2708 for further details.



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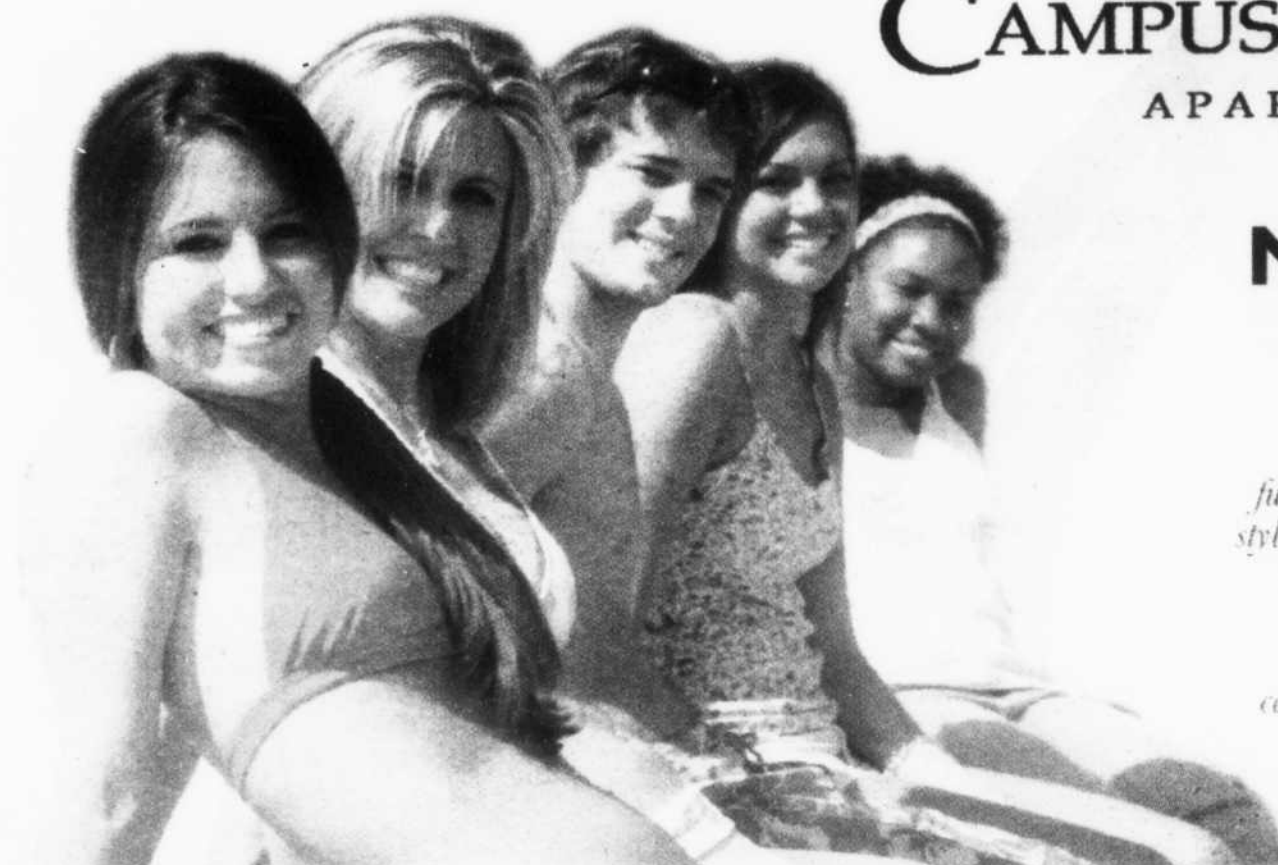
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