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to the
new you

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Middle Tennessee State University

SIDELINES

MURFREESBORO,
TENNESSEE

An editorially
independent
newspaper

Volume 77 No. 20

Campus Briefs

Icon teaches students

Last month, Smyrna sophomore Ben McIlwain and Dickson freshman Noah Crossley were given the chance to play for and learn from Joseph Alessi, principal trombonist for the New York Philharmonic.

Alessi performed with the Alabama Symphony in Birmingham and conducted a master class for students from universities throughout the South.

The local students were afforded the musical learning opportunity with Alessi, who is also a trombone professor at the Juilliard Music School in New York, thanks to the efforts of David Loucky, an associate professor of music at MTSU.

For more information on Alessi, access his Web site at www.slidearea.com.

Pianists to compete

Twelve young pianists will perform in the final competition of the sixth annual ClavierFest March 2 at 7 p.m. in the Wright Music Building's Music Hall at MTSU.

The finalists will be chosen among the pianists who participated in the contest's preliminary competition, which will be conducted earlier in the day.

The contest will feature four categories, all of which are worth prize money ranging from \$50 to \$500.

The contest will be judged by Philip Autry from Fisk University, Michael Brownlee from Lee College and members of MTSU's school of music keyboard faculty.

Admission to the final round is free and open to the public. For more information, contact the School of Music at 898-2493.

Dance show premieres

The Blue Moves Modern Dance Company will present "Cycles" March 1-2 at Murfreesboro's Center for the Arts.

The show will explore themes ranging from inside a washing machine to menstrual cycles. The company also touches on social and political issues in Amanda Cantrell Roche's "Vicious Cycle," which makes a statement about domestic violence as well as U.S. Military actions.

Tickets are \$8 or \$4 with student ID. Performances begin at 8 p.m. and reservations are recommended.

For more information, contact Roche at 865-0408.

Library receives gift

MTSU's James E. Walker Library's Special Collections area received a gift of approximately 1,000 books about the Civil War by late Robert A. Ragland, a lifelong resident of Murfreesboro.

The collection was donated by Ragland's widow, Jennie Grace Walker Ragland. The collection is officially designated the Robert Allen Ragland Sr. Memorial Civil War Collection. Plans are underway for an exhibition of books from the collection. ♦

Prof challenges obsession with meat

By Shana Brogden
Contributor

America's compulsive overeating of meat was challenged Friday by Erin McKenna, Pacific Lutheran University professor and speaker at the MTSU philosophy department's 12th annual Applied Philosophy Lyceum Series.

McKenna's lecture, titled "Pragmatism and Animal Liberation," unfolded a strategy based upon pragmatism, an American philosophical school of thought, to fight the factory farming industries' practices.

McKenna applied the pragmatist's idea of using the experimental method to evaluate and solve social and ethical problems of the factory farming issue. In following John Dewey,

one of the founding fathers of pragmatism, McKenna's strategy began with analyzing the evolving "human use for non-human animals," from the hunters and gatherers to the now almost exclusive use of animals for food or experimentation.

Through the idea of "evaluating lived experiences," McKenna gave detailed descriptions of the current conditions that mass-produced animals live in.

"The living stables that pigs and cows occupy are so small

that the animals are unable to turn around," McKenna said. "Pigs that have given birth are unable to move from their newborns and a continuous feeding frenzy takes place and chickens are de-beaked due to the over population in cages."

McKenna said re-assessing America's factory farming industry and its outcomes exposes extreme consequences for humans.

"How you get there is part of what you get," she said.

Consequences include the overuse of antibiotics for animals leading to diminished effectiveness of antibiotics for humans, the depletion of natural resources such as water and land and the



See Philosophy, 2



Photo by Allison Grammer | Staff

American fast food chains offer few alternatives for vegetarians, often hoping salads will suffice.

Bredesen talks education, economics

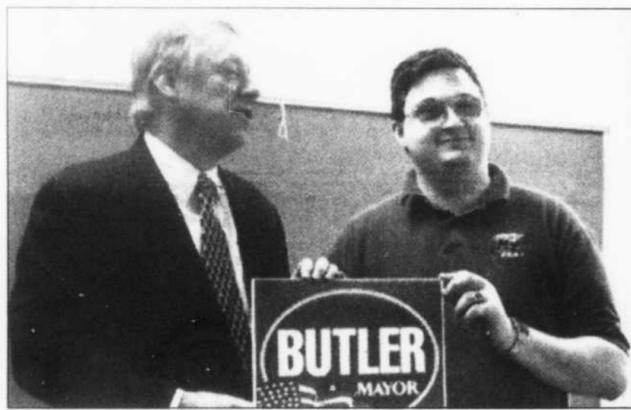


Photo by Jason Cox | Staff

Senior Richard Nixon Butler (above), with gubernatorial candidate Phil Bredesen, displays his mock campaign poster. Bredesen (left) visited Kent Syler's political campaign management course yesterday to discuss Tennessee's issues with the students.

By Jason Cox
Staff Writer

Democratic gubernatorial candidate Phil Bredesen answered questions and addressed state issues during a political campaigns class yesterday morning.

After an introduction by MTSU President Sidney McPhee, Bredesen talked about his campaign experiences, describing them as "few and mixed," citing two terms as mayor of

Nashville and a failed gubernatorial campaign in 1994. Bredesen had won the Democratic nomination for governor but lost in the general election to current Gov. Don Sundquist.

Bredesen said both K-12 and higher education are high priorities in his campaign, saying that all 95 of Tennessee's counties are below the national average of high school students who graduate.

See Bredesen, 2

Survivors discuss Holocaust at MTSU

By Victoria Cumbow
Staff Writer

MTSU will be host to the Middle Tennessee Holocaust Studies Conference Feb. 28 through March 2, which will commemorate survivors of the Holocaust.

The conference's keynote speaker will be Nechama Tec, Holocaust survivor and author of *Dry Tears: The Story of a Lost Childhood*.

As a child living in Poland, Tec lived a secretive existence to escape persecution.

During a session Friday at 10:15 a.m., Tec will share an account of her childhood during that part of history in an open discussion with students.

In addition to Tec, there also will be three other Holocaust survivors. Judy Cohen of Toronto, Elizabeth Limor of

Nashville and Yehuda Nir of New York will share their personal experiences.

Cohen is a Hungarian woman who lived through concentration camps. Limor will share her personal accounts of growing up as a child during that time. Nir spent part of his childhood hiding in the sewers of Warsaw. These three survivors will speak Friday at 11:15 a.m.

Nancy Rupprecht, professor at MTSU, has high hopes for the conference.

"The word 'Holocaust' is sometimes thrown around," she said. "Through this conference, I hope that students and the community can develop an understanding of the past, understand the real meaning."

Another addition to the

See Holocaust, 2

Auction benefits St. Jude's Hospital



Photo by Jason Cox | Staff

Sophomore Dance Team member Vanessa Tanner was one of the many volunteers auctioned off yesterday to benefit the St. Jude's Children Research Hospital. Dating auction participants earned up to \$20 per date for the charity.



Photo by Allison Grammer | Staff

Five billion animals are eaten by Americans per year, according to Erin McKenna. She encourages changing consumption habits to lead to a meatless diet.

Philosophy: Antibiotics overused on farm animals

Continued from 1

toxicity of such resources caused by the overproduction of manure.

A video scored with "Old McDonald Had a Farm" was used to show the conditions in which animals are contained in factory farming buildings.

"McDonald's fast food chain in America is unwilling to sell Gardenburgers," McKenna pointed out, "in contrast to the European McDonald's restaurants, which do feature Gardenburgers on their menu."

The difference, she suggested, shows that America's obsession with meat does not coincide with all other cultures.

"Americans eat 5 billion ani-

mals a year," McKenna said. "The number of antibiotics for animals is 30 times higher than the use for humans in a year, and 2,500 gallons of water per day is used per person who eats meat."

McKenna's proposal for change started with a small foreseeable goal - change consumption habits. She suggested reducing the amount of meat each person eats to just one meal a day as a transition to a meatless diet.

This step, she said, creates a chain reaction that starts with people and moves through animals to industry and back to a better future for humans and non-humans alike. ♦

Bredesen: Future income tax, lottery addressed in class

Continued from 1

"I really think we have the bones of a great higher education system in our state," Bredesen said, adding that Tennessee needs to make more of an effort to keep college graduates in state.

Bredesen said instilling the importance of education in the minds of Tennessee residents, particularly at the university level, is critical, and that Tennessee has done a "horrible" job of doing so.

"For most people, the argument is economics," Bredesen said. "You have to explain to people why it's important to have this training," but he added that the state must "try to be respectful of their money."

Bredesen said a state lottery could be an economic boon for education in the state, adding that many Tennesseans are supporting higher education in Kentucky and Georgia.

Bredesen said another problem education faces is low teacher pay. He said this prob-

lem, coupled with the perception that Tennessee's economic situation is worsening, is causing many educators to leave the state.

"If you think the system is in a death spiral," Bredesen said, "you're going to find somewhere else to go."

When asked about tax reform and his opinion of a state income tax, Bredesen said that additional taxes are not the way to go because Tennessee is a "low tax, low service" state and that the people of Tennessee expect fiscal responsibility from the state.

Bredesen did, however, criticize the Tennessee General Assembly on its stopgap solutions to the budget.

"Over the past couple of years, the budget's been fudged," Bredesen said.

Bredesen said on campus for Kent Syler's Political Campaign Management course. Syler is an adjunct professor of political science and is chief of staff for Rep. Bart Gordon (D-Tenn.). ♦

Holocaust: Film shown in conjunction with speakers

Continued from 1

conference will be a special highlight of documentaries put together by award-winning filmmaker Lisa Lewenz.

Lewenz stumbled across reels of 16-millimeter film shot by her grandmother in Germany during the 1920s and '30s as a teen-ager.

In addition to the dozens of reels Lewenz found, she documented surviving family members' thoughts and histories as well as a journal kept by her grandmother and compiled them together to create *A Letter Without Words*.

The film will be shown

Saturday at 1 p.m.

The conference begins Thursday at 7 p.m. in the Tennessee Room of the James Union Building. The conference registration will be held in the lobby of the JUB Friday morning at 8.

The conference is free to all students, faculty and staff at MTSU except for meals and will be \$30 for the community. There will be two lunches held Friday and Saturday, which are \$15 apiece.

For more information on the conference, contact Sonja Hedgepeth at 898-2280 or Nancy Rupprecht at 898-2645. ♦

CRIME LOG

Compiled By Laren Anderson - Staff Writer

A partial listing of incidents filed by the MTSU Police Department from Feb. 18 to Feb. 24 included:

Monday, Feb. 18 - 11:07 a.m.

Founders Lane - Gregory L. Lemley, of 1540 New Lascassas Highway, was arrested on a charge of driving on a suspended license.

Tuesday, Feb. 19 - 3:05 p.m.

Michael A. Wallace, a resident of Bradyville, was arrested on a charge of driving on a revoked license. It is his 11th offense of the same charge.

Wednesday, Feb. 20 - 2:13 a.m.

Billy R. Bly of Bell Buckle was arrested on a charge of driving on a revoked license.

Wednesday, Feb. 20 - 2 p.m.

Cummings Hall - A male suspect entered a resident's room, brandished a small gun and seized several belongings.

Wednesday, Feb. 20 - 2 p.m.

Cummings Hall - Two suspects entered a dorm room and stole a Sony Playstation along with four games.

Wednesday, Feb. 20 - 8:19 p.m.

Business and Aerospace Building - A purse was stolen from the building's computer lab.

Thursday, Feb. 21 - 1:40 a.m.

Ellis R. Lee, of 910 Brown Drive, and Kevin M. McGrath, a resident of Christiana, were arrested while off campus on a charge of public intoxication.

Friday, Feb. 22 - 4:28 p.m.

Cason-Kennedy parking lot - A burgundy Sebring left the scene of an accident that involved property damage.

Sunday, Feb. 24 - 12:57 a.m.

Norris Matthew Johnson of Nashville was arrested on a charge of driving on a suspended license and failure to properly display registration.

Sunday, Feb. 24 - 9:49 p.m.

Gracy Hall - A female received harassing phone calls.

To report an emergency or crime, dial 2424 from any campus phone or dial 898-2424 from off campus. ♦

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Middle Tennessee State University? Want

something more from college than just

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Information Meetings

All meetings are in Keathley University Center Room 314, last approximately 20 minutes, and there's no pressure or obligation to join... just information.

Monday, February 25, 7:00 p.m.

Wednesday, February 27, 7:00 p.m.

Tuesday, March 5, 7:00 p.m.

Wednesday, March 6, 7:00 p.m.

Thursday, March 7, 7:00 p.m.

Monday, March 11, 7:00 p.m.

Wednesday, March 13, 7:00 p.m.

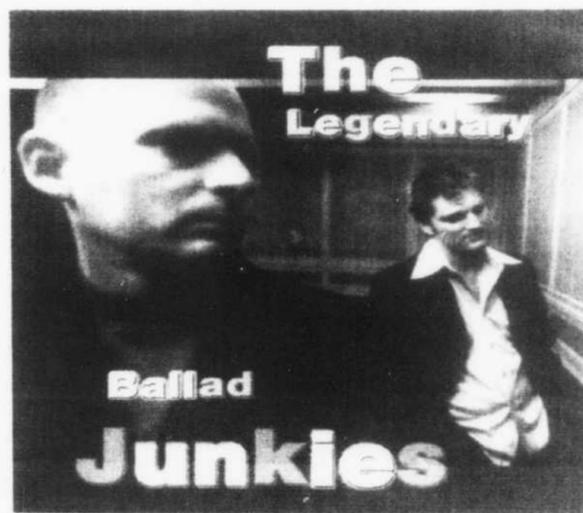
Questions?

Contact Kenny Oubre
1-800-929-1904 ext. 145
www.pikappi.org



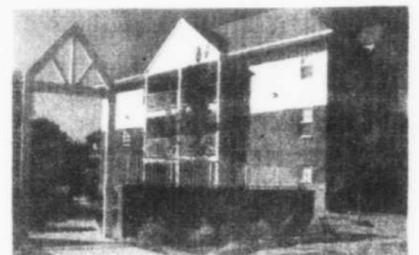
The Woods At Greenland is having a

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The Legendary Ballad Junkies performing at The Woods!

Thursday
March 7, 2002
7:30pm



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OPINIONS

Murfreesboro, Tenn.

Wednesday, February 27, 2002

SIDELINES ♦ 3

Editorial

SGA should receive more administrative attention

The Student Government Association has been provided with relatively inadequate powers. Though they can pass a bill on just about anything they want, everything must be approved by the vice president for Student Affairs, Robert Glenn.

While the SGA has been successful in getting some of their resolutions approved, such as restoring free printing to the computer lab in the Business and Aerospace Building, there is a disheartening trend in the administration of letting such resolutions fall through the cracks. For instance, what ever happened to the referendums about getting rid of attendance policies and the plus/minus grading system?

With SGA voting concluding tonight, we would like to make a few recommendations to the new officers. While we commend your desire to make this university a better place, we think you must accept that there is only so much you can do. By accepting this sad fact, you can then be more effective in the few areas you do have some power in.

We suggest picking a few changes to focus on each semester and really concentrating on getting the word out about them. Make your main goal be opening the lines of communication between students, faculty and administration, so that you have a chance with the improvements you propose.

We would like to see more programs such as the "Open Line with President Sidney McPhee" implemented. Creating more forums for discussion will emphasize students' desire for certain changes.

We believe the SGA can be an excellent arena for affecting positive change for the university, but that can't happen without the support of the administration. The administration needs to sit up and listen when a large portion of the student body speaks out about any issue. If we actually feel strongly enough about something to get out and vote then you should be willing to give us your full attention and listen with an open mind. ♦

From the Opinions Editor

Jehovah's Witnesses don't have the right to knock on doors



American Civil Liberties Union are supporting the Jehovah's Witnesses.

I, however, cannot support their claim, First Amendment advocate that I am.

While the right for the Witnesses to practice how they believe should be upheld as much as possible, there are at least two sides to every issue.

In this case, attention should be focused away from the Witnesses and onto violated townsfolk, who are being harassed by knocks on the door and personal questions.

This issue should be as clear as day to all who approach it logically. One group wants to maintain its rights to be left alone, a right which violates the rights of no other human beings.

The other group in question wants the right to trespass on private property to deliver a message that many people do not want to hear.

The townspeople's right to privacy outweighs the Jehovah's Witnesses' right to preach to whomever they please. This case is open and shut. ♦

Hairy armed liberationists – a shaving manifesto

Out of Bounds



Kelley B. Anderson
Staff Columnist

I have had this conversation many times, so it's no surprise that it would resurface here in the opinion pages of *Sidelines*.

We can talk openly about "women's issues" like equal work/equal pay, abortion and even rape, but when it comes to personal body politics, such as the way we take care of and present ourselves, let's face

it – some people believe that some choices are not your own.

The French have been ahead of us for years. Why is it that hair on the female body is so repulsive to our society, blasphemous even, to the ideas of femininity that work to keep full grown women looking like 12-year-old prepubescent girls with no hips, no hair (where it "shouldn't" be), no thoughts of their own and no unladylike assertiveness?

Why is there such a stigma attached to such a personal and basic choice? Many will read this and cringe at the idea, but men

have more body hair naturally than women, so if anyone should be shaving: you know who you are.

I'm not particularly pushing for androgyny here because I think the natural differences between men and women should be celebrated, but only if these traits are valued equally. Hair is feminine! You are female, and you have hair.

I am not anti-shaving per se, so consider this a "pro-choice" stance on shaving if you will, in the sense that I want the freedom to make my own choices without the stigma, and I want the same

freedom for everyone else.

I think many people have the impression of feminism as a totalitarian regime that wants all women to behave the same. In reality, it is a movement that pushes for more freedoms for both genders.

If a guy doesn't like the thickness of underarm hair in the summer, he shouldn't have any qualms about shaving it off. If he feels "unattractive" with leg hair then let the waxing commence.

But these things are not pushed upon young boys the way that adolescent girls get messages about

womanhood and what should and should not be seen. We box people in, especially women, with ideas of femininity and how you are somehow less of a woman if you do not conform to society's ideals of what is important in a woman's life.

Imagine for one moment that a successful career woman may take more pride in her work than her legs.

So to wrap things up, I will conclude that body hair is absolutely repulsive, icky, gross and a long slew of other negative adjectives – but of course only if you have a vagina. ♦

Higher tax on wealthy unfair

By Michael Carrasco
Daily Lobe

(U-WIRE) – Michael Moore has a new book out which means – among other things – that there will be ample opportunities to see the highest paid slob in America on television in the near future.

Without trying I have already seen Mr. Moore on shows ranging from *The O'Reilly Factor* on Fox News to *The Daily Show* on Comedy Central, as he promotes the "on-dead-tree" manifestation of his particular brand of politics.

During one of his interviews, Bill O'Reilly asked him what level of taxation would be appropriate for the wealthiest Americans. Mr. Moore answered that a 70 percent tax rate would be fitting, with the rationale that the poorer people deserved the money.

This exchange highlights a sensibility that seems very much alive among those who believe in the soft socialism of Moore or of Ralph Nader – that there is a class of people that have entirely too much money and they should be relieved of their burden to the benefit of others.

A necessary corollary to this belief is that the rich obtained their resources through the application of methods closely related to

exploitation or theft; this concurrent principle is required so that it is clear that the rich in no way deserve their money.

These redistributionists seek a reallocation of wealth through means that are entirely vague, and seem to continually express regret that ordinary Americans have yet to wake up and accept their message.

The fact that most Americans seem to value their right to hold property has clearly not entered into their plans.

The ability to earn something and claim it as your own is a right, granted not by the Constitution, but by God, or by nature for the atheistically minded.

The concept of private property being a right is explicitly stated in the Declaration of Independence and assumed in the Constitution. It is most definitely one of the fundamental natural rights of mankind.

While we often accept limitations on our right to property – the acquiescence to taxation is an example – no act of man or government can ever take it away.

If the confiscation of 70 percent of your property isn't a violation of this right, then nothing is. ♦

WHAT A SCHMUCK !!

Sidelines'
occasional watch
for
mutton-heads.

You didn't think the Olympics could go by without *Sidelines* finding a schmuck, did you? No, we're not talking about figure skating judges. Bigger than that. Our honorees this week are two unidentified members of the U.S. Secret Service.

As reported in the *Salt Lake City Tribune*, a couple of hep cat agents were shopping Sunday afternoon for some stylin' new headwear in a skateboarding shop near the Rice-Eccles stadium, where the closing ceremonies were held Sunday night.

After they left, storeowner Clayton Greenhalgh noticed they had left a document on the counter near the hat rack from which they had purchased their new gear.

Further inspection revealed it was the security details about the closing ceremonies, including what agents would be guarding Vice President

Dick Cheney, where he would be at all times, how many law enforcement officers would be at the stadium and their locations and the sweep schedule of when agents would check the stadium for security breaches.

In short, every piece of information that a terrorist would need to know to assassinate our vice president – or at least pepper his hot dog with some cardiac arrest-inducing chemical (not that much would be needed) – was left on a haberdashery counter.

It's a good thing we're not at war.

The story gets even more embarrassing for the bodyguards in three-piece suits. As soon as he found the document, Greenhalgh called the security's downtown office to report it. They said they'd send someone right away to pick it up. Forty-five minutes later, with agents no showing, Greenhalgh called again and offered to drive it himself.

Talk about a quick reaction time. If it takes 45 minutes to re-acquire top-secret, classified documents, no wonder it's taking seven months to



find one man in Afghanistan.

For efforts, Greenhalgh requested an autographed picture of Cheney. Isn't this par for the course – his request was denied.

This is sadly another example of government forgetting who gives it its power. So how about a little respect for the common man?

When a responsible citizen tries to help out, he's ignored like Quasimodo at a seventh grade dance.

No wonder American apathy is at an all-time low. The government really doesn't care about its constituents. ♦

Letters to the Editor

Teply exaggerated abortion claims

To the Editor:

I can only respond with confusion to the article "Abortion – America's modern Holocaust" by Nick Teply.

So abortion is worse than the Holocaust, is it?

I suppose Teply is next going to try and tell us that RU-486 is worse than the Spanish Inquisition or the atomic bomb. I wish I was exaggerating, but I'm certain that there are "statistics" to support what I'm saying, even if it is in jest.

Numbers can be used to prove anything.

Andy Stella

Tennesseans demand fair taxation

To the Editor:

Nick Teply's column, "Tennessee – stop wasting my money," contains many claims fabricated by a fertile imagination with, of course, no credible sources.

To select just two of many, Teply claims Tennessee ranked 11th in the nation for state expenditures and 12th in the nation per capita.

If you go to the Web site of Tennesseans for Fair Taxation you'll find the actual situation is very different – and instead of a fistful of fantasy you'll find the sources listed.

Tennessee is 50th in home and community-based care, 49th in

high school graduation rates (down from 46th in 1990), 48th in percent of persons age 25 and over with a high school degree, 48th in percent of adults with a bachelor's degree, 30th in total education spending per capita, 48th in total library operating expenditures, 47th in per capita expenditures on services, 45th in the "Condition of Children" index, 47th in state government general spending, 44th in overall health ranking and 49th in state and local taxes as a percent of personal income.

With tax reform, we would still be a low tax state (in the bottom 5), but with a better, more balanced system that will generate the revenue to improve our economic capacity! Also, we as taxpayers could keep \$400 million per year that currently goes to the Federal Treasury (state income tax can be deducted from federal tax liability).

With the sales tax on food and medicine, a typical working family taking home \$15,000 a year has three quarters of their budget subject to the sales tax. A family taking home \$100,000 a year has one quarter of their budget subject to sales tax. The poor are taxed at three times the rate of the well-to-do.

For higher income people, the regressive effects of the sales tax are even more pronounced. Businesses in-state suffer compared to Internet and out-of-state businesses. The graduated income tax proposed by TFT results in 65 percent of Tennesseans paying less. The income tax is also a visible tax – we see our bill every payday but the regressive sales tax is a stealth tax, which micks and drives the poor to death.

Pete Roode

SIDELINES

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FLASH

Wednesday, February 27, 2002

sidelines

Say hello to the new you

Weight loss can be a fun way to a healthier lifestyle

By L.A. Williams
Staff Writer

It's time to say goodbye to far-fetched New Year's resolutions and hello to finding solutions to losing weight the right way.

"Get off your butt," says Mike Perkins, fitness consultant for Gold's Gym in Murfreesboro.

Losing weight is not as easy

as it seems or what most ads make it out to be. You may be pulled into the fads of diet pills, celebrity diets and the safety of such products needs to be taken into consideration before trying them out. Don't buy into the myths. Instead, invest in managing your weight and living a healthier lifestyle.

"You will live longer if you take care of yourself," says

Bonny Melady, fitness consultant for Gold's Gym in Murfreesboro.

She adds that when people lose weight, they improve their health, energy and emotional well-being, and are happier and have fewer problems.

Carol Sken, a counselor for L.A. Weight Loss in Nashville, says dieting doesn't work for many people because of their lifestyle. They're in a hurry. They do not have time to cook and indulge in too much fast food, Sken adds.

Moreover, many of us are misinformed about how to lose weight properly and keep it off. If you're thinking about losing weight, you better shop around for the best benefit.

"Products need to stand up to what they're advertising," says Carmela Lawley, assistant manager of GNC Value Nutrition Center in Nashville.

Some may not work for everyone; what worked for one person may not be right for another, she adds.

However, Sken says losing 10-15 pounds in one week is very hard and that it's not healthy to cut back on your calories too far. Moreover, she says it is possible to lose weight and not gain it back, if you're on the right plan. Whether a diet is effective depends on if you see results right away, she comments.

Lawley says if you diet, you are not eating right, and you eventually hurt yourself. Sken

says losing weight is not just about eating fewer calories, but about eating the right foods. She says foods with starch make you lose weight slower.

As for diet pills, according to Lawley, they decrease your metabolism. It is a matter of gaining/maintaining what you take in, Sken says. If you take in more than you burn, you'll gain weight, she adds. Thus, if you burn more than you take in, you lose weight.

Although the 24-hour Hollywood Diet is a quick way to lose 10 pounds, the first six pounds are water, and the rest are body fat, she explains.

"It's all fruits and vegetables; it makes you use the bathroom," she adds.

It is a cleanser, and after a few days, you'll gain the weight back. She says the best way to lose weight is through a dietitian.

But beware of stores like GNC and Vitamin World. They sell products, not plans, and nutritionists do not usually staff them.

"We are not doctors. We go according to the biggest sellers, which are effective when combined with vitamins," says Mary Levinger, store manager of Vitamin World.

However, Lawley says that, to lose weight, you must research because some people who give advice are not doctors. Each diet has different results, she adds.

One proven way to lose weight is to eat more often.

Melady recommends that you eat at least five times each day.

"I personally think six times a day," Sken says.

If you eat more often, you're less likely to be hungry and your insulin levels (sugar cravings) will stabilize.

"You can lose weight if you change your eating habits," Lawley says.

Sken says people aren't dealing with weight issues when they turn to food when they're upset or bothered. Many people also use food to combat depression. They don't feel better but they become fatter and more depressed.

Instead of eating, people should get moving.

But, if you're going to work out, it's best to work with a partner, Melady says. You are being accountable to someone else, she added. If you do not meet them, you are letting down someone other than yourself.

Exercise is important, but so is drinking water, 8-ounce glasses of water, Sken says. Never drink more than two cans of diet soda a day, she adds, because the carbonation bloats you and the empty calories are tremendous.

Moreover, Sken says a person should include good vitamins into their daily regimen. She lists that multi-vitamins, vitamin E, B-12, as well as vitamins that contain fish oil, omega 3, flax seed, calcium and Chinese herbs such as Gingko Biloba and Ginseng would help. ♦



Photo by Charlene Callier | Staff

Maurice Lowe, a three-year Gold's Gym member, works on his cardiovascular on the treadmill.

Weight loss tips

Here are a few tips to get you started on the right track to a successful weight loss program.

- Do eat breakfast.
- Drink plenty of water (no calories).
- Don't deprive yourself of food (fasting).
- Change your behavior; get yourself a new attitude.
- Think positive thoughts.
- Lose the weight for you. Have fun.



Photo by Charlene Callier | Staff

Wayne Wade, a five-year member of Gold's Gym, pumps away at some weights, focusing on his triceps.

Hip, chic boots made for styling

Trendy new footwear comes in many forms

By Jennifer Cathey
Staff Writer

Watching MTSU sophomore Rebecca Spurlock amble through the aisles of Cool Springs Galleria's Shoe Department is like watching a kid in a candy store.

Lining the aisles are dozens of inexpensive and fashionable winter boots in all colors and sizes. Leather, suede, tall, short—they're all there and available for purchase.

"I like more combat-style boots that are still feminine," Spurlock says as she lifts a black boot for inspection.

Spurlock's reasons for buying a pair of boots are more practical than one might think.

"I need a new pair of black shoes that are dressy enough to wear with my black pants and casual enough to wear with jeans," she says.

Her answer? Buy a new pair of boots.

"Boots are popular because, as college students, we need shoes that will be both dress and casual," she says.

Boots aren't just for the army anymore.

This winter, the military shoes of choice are more fashionable than ever, coming in varieties that range from above the knee to the ankle, patent leather to soft suede, and anything in between.

These stylish shoes can be seen on people with all tastes and preferences in clothing. Boots can be both preppy and outrageous at the same time, depending on what outfit they are worn with.

The boots a shopper can find at Nine West or Shoe Carnival are not exactly like the boots a soldier would wear, but they can be just as functional and practical as army boots.

For example, a good pair of

boots can be very useful in the cold weather.

MTSU student and confirmed boot-lover Magdelaine McGee agrees.

"I like boots with jeans because they keep you warm," she says.

McGee enjoys shopping for different boots, as well as wearing them with most of the pieces in her wardrobe.

"I think boots look good with everything," McGee says with a smile.

Every boot aficionado has one pair that can truly be called a "favorite."

McGee is no exception. "I got these Diba," she says. "They're dark brown and to the knee."

When it comes to finding great deals on shoes, McGee knows exactly where to shop.

"Off Broadway has a really good selection. DSW has some stuff, too," she says.

However, with the heels of this year's boots climbing to new heights, one has to wonder just how comfortable a pair of snazzy designer boots with a square toe and 4-inch spiked heel is.

In all reality, some of the wilder styles aren't very comfortable.

Courtney Hall, who describes her only pair of boots as square-toed with a side zip



Photo by Eric Ogden, Young Miss Magazine

This model sports knee-high boots and net tights to add kick to her outfit.

and high, high heels, won't wear her boots when she's walking long distances.

"I own one pair of boots that I wear with jeans and slacks, only when I don't have to walk a long way," she says.

Her advice is practical, considering the rising, thinning heel on most winter boots. This is where our friends in the military have an advantage—they don't have to contend with ever-growing heels.

Despite their obvious pitfalls, boots are certainly the most fashionable and functional winter accessory. Whether you wear them with your favorite jeans, complete with holes, or with a sleek leather miniskirt, a good pair of versatile boots will look both sexy and stylish. ♦

Art Barn paints diverse colors of culture on walls

By Jennifer Cathey
Staff Writer

The Art Barn Gallery is awash in the vibrant colors and bold lines of the "El Grupo Tejano" show this month.

Featuring pieces by artists of Mexican descent, the show is composed of pieces by several artists of the Chicano Art Movement, which first surfaced in the late '60s.

Lon Nuell, MTSU professor and gallery director, said all of the artists featured and their works hold not only cultural but also artistic value, just as good art should.

"It's a blending of both," he said. "You can't separate the two."

Nuell also said he feels that, even though some students are not interested in art or Hispanic culture, the show still has value for them.

"Living in the dark is a frightening thought, given the nature of the world today," he said.

"El Grupo Tejano" is an eclectic collection of works with the common thread of heritage weaving through them.

The show features works by Connie Arismendi, Mel Casas, Leticia Huerta, Vincent Valdez and Kathy Vargas.

Arismendi finds her inspiration in different places than most Chicano artists do.

"While other Chicano artists find inspiration in the heroic work of Mexican muralists, I am attracted to things more interior and personal," she said.

When observing her work, it is obvious that she holds home and hearth dear.

Her pieces are lovely wall decorations that resemble walls with various faces on "wall draperies." She uses peaceful,



Photo provided

"El Grupo Tejano" displays diversity in Art Barn.

pleasant colors and keeps a strong element of home values in her work.

The oldest of the featured artists, Mel Casas, uses the bold colors of acrylic to convey scenes in sometimes clashing, but always thought-evoking colors.

His works are bright and resemble a mosaic, even though they are all simply painted on a canvas.

Leticia Huerta tries to convey the feelings of her personal search through her work.

"Most of my work deals with personal searching and transformation," she writes. "Through my work, I explore family/femaleness, love/hate, memory, loss and the changes in my life as I pass through each stage."

Huerta's pieces are beautiful silkscreens that seem to have an almost melancholy feel.

She uses bright colors and intricate patterns to convey the stages of her exploration into human emotions.

Born in 1977, Vincent Valdez is the youngest of the

featured artists. His works are busy with bold lines and a foreboding feel.

"A menacing mood permeates the form and content of my most recent works," he writes.

The works of Kathy Vargas are much more relaxed and mellow than those of Valdez. Her pieces are mostly hand-colored photographs with themes that deal with life and death.

"Most of my work deals with the cycle of life and death and beyond into the resurrection and remembrance."

Vargas must think this transition to be peaceful because one feels at peace staring at the soft colors and gentle lines of her pieces.

Although the five featured artists have five differing styles, the pieces work well together and stand as a cultural testament, as well as a good collection of art.

"El Grupo Tejano" will be on display at the Art Barn Gallery until March 8.

The gallery is open from 8 a.m. until 4:30 p.m. ♦

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Press Box
Colleen Cox



Give the Blue Raiders some credit

The Blue Raider basketball team begins Sun Belt Tournament play Friday.

Middle Tennessee received much criticism at the start of season because of a 5-win season last year. The Blue Raiders won only one Sun Belt game against the University of North Texas in 2001.

MT won eight more games overall and five more conference games this season. The turnaround is tied for the fourth best in the nation.

Further accenting the turnaround is the 4-point loss to Western Kentucky Saturday night. Last season the Blue Raiders were handed a 41-point loss at Diddle Arena.

The Hilltoppers are a top 25 team and have lost only three games this season. Should WKU not win the Sun Belt Tournament, it would probably receive an at-large bid to the NCAA Tournament.

The Blue Raiders' effort Saturday night is a real positive. If the team can continue this type of play, it might see some success in the Sun Belt Tournament.

MT comes into the tournament as the No. 3 seed in the East. The Blue Raiders should have a pretty easy time with first-round opponent the University of South Alabama. USA beat MT earlier this season, but the Blue Raiders have improved vastly since then.

The second round will provide a bigger challenge for MT. New Mexico State University features four big scorers. Still, their conference record shows the Aggies can be beaten.

If the Blue Raiders get past the Aggies, they will face a rematch with the Hilltoppers. Every tournament has a sleeper candidate and perhaps this season's Sun Belt sleeper is MT.

"We have beaten everybody else [except Western Kentucky] in the conference," said Blue Raider head coach Randy Wiel. "By no means does that mean we are the best team in the conference. It means we have closed the gap and we can play with anybody. In a tournament, anybody can win."

Even if the Blue Raiders don't win in the Sun Belt Tournament, they should be proud of the turnaround this season. Not many teams in the nation can say they improved their record the way MT did.

Because the Blue Raiders still are without a winning record, some are saying Wiel should be fired. Sure, his team didn't produce the 19-win season of a few years ago, but it did make a remarkable turnaround.

Much of the credit for this should go to senior center Lee Nosse. After missing much of last season due to an injury, Nosse has come back and led the Blue Raider offense. He averages just less than 13 points a game and 7.7 rebounds a game. His leadership on the floor is vital to the Blue Raiders.

"Lee's leadership off the floor has been the biggest difference this year," Wiel said. "He's grown and he's been here for five years. He's the guy that calls team meetings and makes sure that the younger guys stay in line."

Nosse and the Blue Raiders should be given credit for their big turnaround this season. Instead of talking about how bad our basketball team is, take a look at the big picture and give them some credit. ♦

Call from the Press Box appears every Wednesday. You can contact Colleen Cox at 898-2816 or slsports@mtsu.edu.

Track teams capture Sun Belt titles

By Angelica Journagin
News Editor

After being voted most likely to win the 2002 Sun Belt Indoor Track and Field Championships by the Sun Belt Conference coaches, the Lady and Blue Raiders proved them correct as they repeated last year's win at the SBC Championships.

The women's team maintained their lead over the other 10 teams throughout the weekend. The closest team to MT's SBC record of 138 points was North Texas with 81. Florida International was third with 70.5, followed by Western Kentucky (66), New Mexico State University (60.5), University of South Alabama (56), Arkansas State University

(51), University of Louisiana-Lafayette (46), University of Arkansas-Little Rock (43), and the University of New Orleans (12).

Things were harder for MT's men's team as they were behind WKU and ASU after Saturday. On Sunday they trailed WKU and ASU for most of the day before finally coming ahead after several impressive performances in the track events.

WKU's 100.5 points put them in second place with ASU coming in third with 93.5. Following them was NT (71), UALR (66), ULL (56), FIU (48), USA (38) and UNO (25).

With the success of MT's track and field teams, head coach Dean Hayes was once again voted League Coach of

the Year for both teams by the SBC coaches. This was his 20th and 21st time for winning the award.

The Lady Raiders surged ahead of the competition with the performances by their jumpers. Leading the way was Letitia Eady, Kim Freeman and Stephany Reid, who took all three medals in the triple and long jumps. The triple jumpers made MT history as they swept all six of the top positions.

Both Eady and Freeman provisionally qualified for the NCAA championships this weekend in the triple jump. That, combined with their medals in the long jump, led to them being voted Field

See Track, 8



Photo by Amy Jones | Chief Photographer

Kiki Deckard begins her ascent in the long jump.

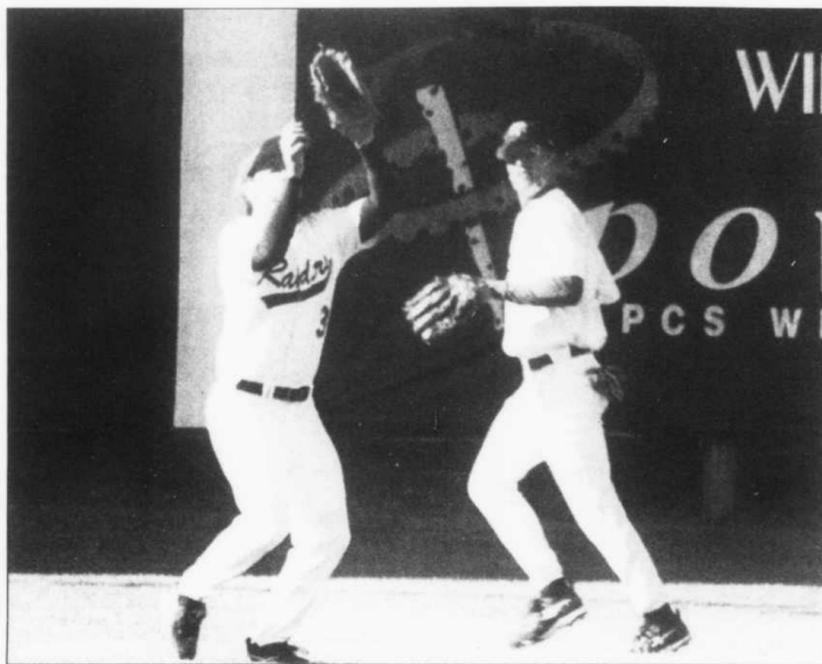


Photo by Amy Jones | Chief Photographer

Justin Sims attempts to make a catch as center fielder Chuck Akers backs him up.

Raiders play two at home

By Kevin Rose
Staff Writer

After spending last weekend on the road the Middle Tennessee baseball team (2-2) returns home to take on Eastern Michigan University Wednesday.

Over the weekend the Blue Raiders lost a three-game series against Troy State on the road. Saturday the Blue Raiders won 8-4, but lost Friday 16-6 and Sunday 10-7.

EMU (2-1) fared much better in their three-game series against the University of Tennessee over the weekend. The Eagles, members of the Mid-American Conference, won their season opening series in Knoxville.

EMU won game one of the series 5-0 behind a strong pitching performance by Joe Linde. Linde allowed three

Volunteer hits in a complete game effort. The Eagles won 4-1 with another strong pitching performance Sunday. Anthony Tomey held the Vols to only 2 hits while going 8 and two-thirds innings. EMU lost 11-4 Saturday.

The Blue Raiders got solid starts from Adam Larson and John Williams. But the bullpen seeing their first significant action of the season was roughed up Friday and Sunday. Sunday the bullpen allowed Troy State to come from behind to gain the victory, spoiling a win chance for Williams.

While the pitching staff was slumping, the Blue Raider offense pounded out 32 hits in the series against Troy State. The offense hit 6 home runs during the series against the Joshans. Marshall Nisbett and Josh Archer hit 2 each with

Justin Sims and Doug Kunicki adding 1 apiece.

Outfielders Sims and Nisbett are tied for the team lead with 8 hits, 5 RBIs, and 2 HRs. They rank second and third in team batting average with .444 and .421 respectively. Freshmen Archer also shares the team lead in home runs with 2.

Freshmen Brett Carroll and Nathan Jagers are hitting .500 and .444, respectively. Carroll and Jagers have been splitting time at third base.

The Eagles are led by captain's catcher Chad Jenkins and pitchers Tom Gallus and Linde. Yesterday's game against Eastern Michigan was canceled due to near-freezing temperatures. At press time no decision had been made on today's game.

See Baseball, 9

Baseball team falls to Troy State

By Kevin Rose
Staff Writer

The Middle Tennessee baseball team (2-2) got 6 innings from starting pitcher John Williams, but a young and inexperienced bullpen was unable to hold the lead in a 10-7 loss at Troy State University Saturday afternoon.

The Blue Raiders were leading 5-3 after six innings, but allowed the Trojans to have big innings in the bottom of the seventh and eighth. A three-run seventh and a four-run eighth – highlighted by a grand slam from Collin Holder – put the game out of reach for the Blue Raiders.

MT got on the board in the top of the first. Chuck Akers singled to lead off the game. A Marshall Nisbett groundout moved Akers to second and Akers then scored on a Justin Sims move.

In the top of the third the Blue Raiders would strike again. Nisbett would single and come around to score on a Sims home run, making the score 3-0.

Brett Carroll hit a double, moving Phillips to third. Phillips then scored on a single by Akers. Carroll scored on a throwing error by second baseman Holder, increasing the lead to 5-0.

TSU (7-6) reached Williams for a run in the fifth on a throwing error from catcher Phillips. Williams walked home 2 runs in the sixth, but would not work in more damage. Williams left the game after six innings of allow giving up 3 runs, 2 earned and 9 hits. He struck out 6 and had 3 costly walks. Danny Borne entered in the seventh for Williams.

The Trojans touched for 3 runs in the bottom of the sixth to take a 6-5 lead. Borne (0-1) took the loss for the Blue Raiders. A grand slam homer by Holder in the eight increased the lead to 10-5.

The Blue Raiders added 2 runs in the top of the ninth. Phillips led off with a walk. Carroll and Jason Howarth followed with singles, moving Phillips to third. Phillips scored on a groundout by Akers. Nisbett knocked in Carroll with a single. However, after a pitching change the Blue Raiders could not take advantage of the opportunity.

A game-ending double play left the Blue Raiders with a 10-7 defeat.

Sims and Carroll led the Blue Raiders with 3 hits apiece. Sims had three RBIs to go along with his second homer of the year. Akers and Nisbett added two hits each with Akers adding two RBIs.

The Blue Raiders travel to Clarksville this weekend to play in the Governors Wingate Classic. They will play Illinois State Friday at 11 a.m. and take on Eastern Michigan University Saturday at the same time. ♦

Score by innings	R	H	E	
Middle Tennessee.....	102	200	002	- 7 12 1
Troy State.....	000	012	34X	- 10 15 2

MT Basketball Notebook

By Shane Marquardt
Staff Writer

The Blue Raider basketball team (13-14, 6-8) concluded the regular season with a near-miss against Western Kentucky but breathes new life with the start of the Sun Belt Conference Tournament Friday.

Tourney Action: The Blue Raiders earned the No. 3 seed in the Sun Belt and will face lowly South Alabama in the first round. Of course, lowly South Alabama handed MT a 59-51 loss in Mobile this season. The Blue Raiders had plenty of front court help with Lee Nosse scoring 13 points and pulling in 9 rebounds, but it has been a season-long problem for MT players to bring their offense at different times. Scrapping with Western Kentucky may help the favored Raiders get past the first round.

Off the Bench: Just call him Mr. John Humphrey and put a 'Caution Hot' sign around his neck. Humphrey has steadily been heating up toward the end of the season and

then came out scorching against Western Kentucky, hitting eight three-pointers and totaling 26 points. Humphrey also tattooed a dunk that was picked up on Kentucky's Richter scale.

Nosse's Posse: The big man may not have Marcus the Hilltoppers 7- Nosse, utilized his talents in other areas of the game. Nosse held his counterpart in check for most of the game while harboring the rebounds (13) for himself, until fouling out with 8 minutes to play and MT up by 3. The team couldn't hang on without Nosse's presence in the middle. With his departure so went the lead and the game. If Nosse, Humphrey and Tommy Gunn (13 points) can combine their scoring nights, MT has a legitimate shot at running the gauntlet of the Sun Belt Tourney.

The Lady Raiders (15-12, 7-7) will not be entering the Sun Belt Tournament on a strong note but still have the ability to make a run in the Big Easy Thursday.

Bayou Bound: New Orleans isn't big enough for the No. 3 seed Lady Raiders and their

opponent the No. 6 seed Louisiana-Lafayette. The Lady Raiders took the squad from Louisiana down in the Murfreesboro Center 75-63 in January, with Jennifer Justice leading the squad with 19 points. There is no reason to believe MT can't do it again. Keeping an opponent under 70 is key to the Lady Raiders success.

Thomatis Please: The Lady Raiders success stems directly from a strong defensive effort and Jamie Thomatis. The senior forward has the opportunity to go out a champion, and after putting up 22 points against Western Kentucky, Jamie Thomatis shows that she has the hot hand to take charge in the tourney.

Help Needed: Justice has put up big numbers against Louisiana-Lafayette (19 points), and Patrice Holmes has shown the ability to explode in the point department. The Lady Raiders need all guns firing because an anemic offense has been a major downfall throughout the season. When these tools come together the Lady Raiders look like the team that earned a No. 3 seed in the Sun Belt Conference Tournament. ♦

Track: Last chance meet next for Raiders

Continued from 7

Performer of the Year at the Championships.

Also receiving a medal in the field events was MT's Amanda Forrester in the high jump with the silver.

In the running events the Lady Raiders also placed in the top several times. In the 400 meters, MT's Kashara George came in first with a season best time of 55.87. Teammate Bromeka Holmes took the silver at 56.01 seconds.

The first place winner in the 55 meters was FIU's Vronique Wilson at 7.01 seconds. Behind her was Rosemary Okafor at 7.07 seconds. MT also placed in second in the 55 meter hurdles with Kelley Smith's 8.01 seconds.

The Men's team had less luck in the triple jump as top seed

Rob Jordan's distance of 51 feet, 2.25 inches was beat by ULL's Lawrence Willis' 51 feet, 7.75 inches. Despite taking second, Jordan still managed to qualify for the NCAA. Jordan also earned second place in the long jump with a distance of 24 feet, 8.25 inches.

In the high jump, Chris Koger jumped his best height of the season and won the Blue Raiders' only gold medal in the field events.

MT's men team had more luck in the track events as Fred Williams, who came into the tournament seeded at the ninth position, beat top seeded MT runner Godfrey Herring in the 400, achieving his best time ever and his first SBC victory. Herring, despite being injured, placed fourth in the event.

Top seed Mardy Scale took first place in the 55 meters at

6.32 seconds. In second place was Jonathan Brown from WKU and finishing in third was MT's Wesley Dupar-Scott. In the 55 meter hurdles Jasper Demps, who holds the SBC record in that event, came in third behind FIU's Jamare Clarrington who tied his record.

In the 200 meters, MT runners took second through fifth place behind WKU's Jonathan Brown's time of 21.20. Scales was second at 21.30, which provisionally qualified him for the NCAA Tournament. After Scales was Brad Orr, Omar Ali and Dupar-Scott.

The Lady and Blue Raiders go to the Last Chance Tournament this weekend in a final attempt to qualify more people for the NCAA. The NCAA tournament is the following week. ♦

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Baseball:

Continued from 7

Should today's game be canceled, it and yesterday's game will likely be made up Thursday.

"I want to decide about Wednesday and then talk to Western Michigan to see what to do on Thursday," Blue Raiders head coach Steve Peterson said. "We could play a doubleheader or a single game, but we will play on Thursday."

Today's game is scheduled to begin at 3 p.m. The Blue Raiders will take on Illinois State University Friday and play Eastern Michigan again Saturday in the Governors Wingate Classic on the campus of Austin Peay State University. ♦



Photo by Amy Jones | Chief Photographer

Doug Kinicki rounds first base against Austin Peay.

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