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Briefly:

Summer Job Campus Interviews:
Seasonal Interpretive Ranger TN State Parks Reserve an interview time by noon March 4 in the Career Resource Center for an interview on Wed. March 5.

All applications for the nursing program are due by March 1. You may get an application online or in the nursing building.

Disney College Program Mandatory information session with interviews to follow Lipscomb University, Monday & Tuesday, March 3 & 4 at 3 p.m.

Upcoming Events:

First annual FHU intramural golf tournament starts April 7. Deadline for registration is March 28.

FHU spring break is March 15-March 23. Classes begin again Mon. March 24.

Soul Food

"Dear children, let us not love with words or tongue but with actions and in truth."

- 1 John 3:18

FHU students give disaster relief

By Chelsea Downey
Staff Writer

The night of Tue. Feb. 5, storms hit the southeast, spanning across Arkansas, Mississippi, Tennessee and Alabama causing severe damage to homes, businesses, rural communities, and towns. Much of the storm's fury, however, was felt not far from FHU at Union University. Although Union and FHU are usually conference rivals in sports, during this tragedy, the two schools were neighbors and friends.

Immediately, people all over FHU's campus were asking what they could do to help at Union. President Milton Sewell was in touch with the president of Union University, David S. Dockery, and while the people of FHU had to wait due to weather occurrences and other factors, they rallied together to help Union during its time of need.

Frank Bradford, director of auxiliary services and Mid-South

Youth Camp, spoke with Jerry Tidwell, senior vice president for church relations at Union, and committed to five days of FHU assistance at Union University. These help days started Wed. Feb. 13 and, excluding the weekend, went through the following Tuesday. On Monday following the storms, Tidwell took Bradford around the campus and showed him the massive destruction.

"Out of about a thousand cars, only about a hundred were able to be driven after the storm. It was just amazing to see the cars lying in the middle of Highway 45 that were thrown from the parking lot," Bradford said.

Beginning Wednesday, Bradford lead a group of about 10-15 people, consisting of both faculty and students, to the disaster site of the campus. There, they worked together with the members of Union's Student Government Association to organize the personal items for victims of the storm. They would take the students' clothes,

computers, pictures, and other personal items and make sure they were clean and free of debris. Then they packed them neatly in labeled boxes for the students to pick-up when they returned to school.

"What was incredible to me is that they trusted us enough to handle their personal belongings," Bradford said.

While the amount of people from the area was surprisingly small to Bradford, it was the size of the hearts of those who were there helping. They met a man from North Dakota who saw the destruction on CNN, packed up, and drove down to help out in any way he could.

The willingness of area church members donating things was also overwhelming to Bradford, who pointed out people like Rick Johnson, who let them borrow his truck the whole day.

Besides the group that went to the campus, many students joined

See "Relief" page 2



FHU students doing what they can in attempts to clean up Union University after tornadoes hit their school on the night of Feb. 5.

Safety Forum:



Jessica Wise/The Bell Tower

A panel addressed student and faculty concerns during a safety meeting last Monday evening.

Campus safety committee created

By Whitney Bryant
Staff Writer

Freed-Hardeman University's Student Government Association (SGA) created a new committee to promote safety at the beginning of the 2008 spring semester. The Safety Committee is chaired by Craig Owen and Chelsea Downey. Other members include Kyle Batte, Loren Carroll and Heather White.

Chelsea Downey, chair of the SGA safety committee, said, "The safety committee was created this semester because many students were made aware FHU's vulnerability to the possibility of a shooting, crisis or natural disaster through Dr. Dunlap's and Dr. Johnson's communications short course which examined the Virginia Tech shootings."

The short course was titled Special Topics in Communication:

Crisis Communications. The class not only covered the shootings that took place at Virginia Tech last year, but also an abbreviated history of school shootings as a whole. Students also studied the communications techniques and crisis plans for crises like Texas A&M University's bonfire tragedy, the Minneapolis bridge collapse, the Exxon Valdez Oil Spill and various natural disasters. The class stressed the importance of identifying threats before they are a problem and fixing them or creating a crisis plan that will provide the most safety for those involved when a crisis occurs.

The safety committee began working to improve some of the safety hazards on campus at the beginning of this semester.

Downey said: "One of our major goals is to improve safety on University Street. First of all there is not enough lighting and there are no sidewalks. Also, the speed limit is not enforced strictly

enough."

University Street is the main walkway to the Sports Center. Many students walk down this road at night to go work out in the Sports Center or to go to intercollegiate or intramural basketball and volleyball games. It is unsafe because cars are parked along both sides of the street and there is no sidewalk, so students have to walk in the road where there is little lighting and drivers have a tendency to speed.

The safety committee's second major goal is to make FHU student identification cards a requirement for accessing all of the campus buildings, specifically academic buildings, at all times. Identification cards are only required to access academic buildings after certain hours in the evening. The dorms are the only buildings on campus that students have to use their

See "Safety" page 4

Two plays in repetition

By Brittney Chapin
Assistant Editor

Freed-Hardeman University's theater department has recently been doing something a little different. This week in Loyd Auditorium, two plays, Hedda Gabler and The Glass Menagerie, are being produced simultaneously and preformed in repertory, with the two plays offered on alternating nights. The plays began on Monday of this week, and they will continue through Sunday.

"What's most unusual is that we are doing two very different shows. When you go on Monday, you'll see a very different show than on Tuesday night," Cliff Thompson said. "We don't usually do plays in rep, but if it goes well we might do it again next year."

Stefanie Wheat is directing Henrik Isben's Hedda Gabler, one of the two plays in repertory. Wheat described the play as being a story of a woman who has chosen to create a seemingly perfect or ideal life for herself through marriage and political

maneuverings, but she eventually finds herself trapped. She confides toward the end of the play, "Everything I touch turns ugly and absurd!" Over the course of the play, Hedda tries to come to terms with the life she has created and the characters that she chooses to live with. The way that she deals with her entrapment and boredom comes to a surprising and unexpected end.

"Shows at FHU are always an intense collaborative effort; because we're small, we pull together and take a lot of pride in our work. These are amazing shows that Susan and I chose because we feel that there are questions and thoughts that our audience here will be challenged to chew on and really respond to," Wheat said. "I'm looking forward to seeing how the audiences respond to the power of the story on stage and the stunning moments that these talented people have created. This is the week that we'll see how all of this work and problem solving and creativity comes together."

Susan Galloway is directing the other play in repertory, which is Tennessee Williams's The Glass Menagerie.

"The Glass Menagerie is a play about the conflict between family loyalty and personal need. It's powerfully written, and the direction and design work together with the text to tell a powerful story. The fact that it's a memory play is a very strong element in the storytelling," lead actor Roy Justus said. "I think that students here need to see this play. It is especially poignant for those of us who are establishing ourselves as separate from our families at this time in our lives."

Both of these plays are Backstage Loyd productions, so the set and the audience will both be up on the main stage. Performance times for Hedda Gabler are Friday at 7 p.m.

See "Plays" page 2



Jessica Wise/The Bell Tower

Freshman so and so and so and

Psi Muvie Festival looks to make changes for the better

By Andrea Bigham
Assistant Editor

The ninth annual Psi Muvie Festival sponsored by the Psi Mu social club is slated for Tue. April 15. Students who will be participating in this event are asked to start making their short films now.

"The purpose of this festival is to allow all students an opportunity to play around behind a camera, and to give the students who are majoring in the media arts an outlet for their creativity," Christopher Broach, Psi Muvie Festival coordinator, said.

A group of eleven staff members are deep in the planning stages of the festival. Movies will be shown at the tennis courts, and staff members have decided to make the night drive-in style. The final ticket price has not yet

been set, but Broach says that it should be around \$5.

Last year there were nine movies submitted to be part of this event, but coordinators are hoping for a larger turn out this year. To help increase the amount of films, Psi Mu is trying a new approach. All other social clubs have been challenged to make a movie to represent their club. These movies will have a special segment at the festival.

Broach insists that there is no "type" of movie that is

usually submitted. All films are of assorted genres and varying length. However, there are several guidelines that the movie must follow.

There should be no foul language, sexual references or images, or any other inappropriate material.

Broach said, "Movies are asked to be kept to 15 minutes or less, but slightly longer movies may be permitted on a case by case basis. Movies may be submitted as a high-quality .avi or .mov file or

on a DVD that can be played on a regular DVD player."

Prizes will also be awarded for movies that stand out. Broach said that there will be a first, second, and third prize.

"We are also possibly planning one for best social club entry, and also one for best use of a tree. There may also be some surprise awards that we don't want to leak out just yet," he said.

Any student who wishes to make a movie for April's festival must complete the application

process. Students should pick up an application in the student center. Also, the application can be downloaded at the movie festival website, <http://psimovie.wordpress.com>. All any additional contact information and entry instructions can be found there as well. All applications are due by Sat. April 5 at 5 p.m.

The festival promises to be a night of entertainment; however, it is also for a cause. Psi Mu has decided to help Quentin Waid, a 9 year old boy in Florida, with his special money collection. Waid suffers from Loey's Dietz Syndrome which is a genetic disorder which affects the connective tissue in the body. Arteries, especially the aorta, are weakened by this disease and aneurysms are quite common for

See "Psi Muvie" page 3



Eight students have been nominated for the 2008 Mr. and Miss FHU

By Nikki Burns
Staff Writer

Being named Mr. or Miss FHU is an honor that one senior girl and one senior guy receive each spring semester. Those chosen to be candidates are nominated by the members of the senior class and voted on by the faculty. Mr. and Miss FHU will be crowned March 12 during chapel.

The female nominees are

Abby Gilbertson, Amy Acree, Jessica Foulk, and Laurie Bennie. The male nominees are Chris Foshee, Tristan McPherson, Ryan Hysmith, and Darryl Culberson.

Abby Gilbertson is from Chattanooga, Tenn. She is an elementary education major, and after graduation she plans to get a job teaching in Chattanooga.

Amy Acree is from Dickson, Tenn. She is a communication major with a minor in business.

After graduation she plans to work with the Goodlettsville church of Christ as the female ministry intern. Then she plans to move to Nashville and work in the special events industry.

Jessica Foulk is from Aurora, Neb. She is a nursing major. After graduation she plans to work in a hospital in the Intensive Care Unit.

Our final female nominee is Laurie Bennie. Bennie is from Nashville, Tenn. She is a

biochemistry major, health and nutrition minor. She plans to attend graduate school next year at either University of North Carolina-Chapel Hill or Johns Hopkins University to work on a Masters degree in Nutrition and Public Health. After that she plans to either work for an international health organization or go to medical school.

The first male nominee is Chris Foshee. Foshee is from Paragould, Ark. He is a biology

major with a concentration in environmental science. After graduation he plans to be a conservation intern at Arnold Air Force Base for the summer. He is getting married to "the greatest woman in the world" on Aug. 2. He will then be attending graduate school, but the precise university is yet to be determined.

Tristan McPherson is from Hohenwald, Tenn. He is a missions and biochemistry major

and will be attending medical school in the fall.

Ryan Hysmith is from Henderson, Tenn. Hysmith is a public accounting major who plans to work for a finance company in Franklin, Tenn.

The final candidate for Mr. FHU is Darryl Culberson. Culberson is from Hohenwald, Tenn. He is a youth ministry major and plans to have a full time job in youth ministry when he graduates.



Gilbertson said, "It is an honor to be nominated for Miss FHU because I love Freed-Hardeman and have had an amazing four years here. It's a privilege to represent such a great school in any way."



Acree said, "There are so many amazingly wonderful ladies at Freed. I just feel honored to be nominated."



Foulk said, "I feel incredibly honored to be associated with such a great school, but at the same time I feel very undeserving of this nomination."



Bennie said, "I felt a little shocked actually but honored and thankful to those who have supported and encouraged me throughout my years at Freed."

Hysmith said, "It really is an honor to be nominated. I have truly enjoyed my experience here at Freed and could not have asked for better friends and relationships."



McPherson said, "The people at Freed-Hardeman have impacted my life in so many incredible ways, and I really can't describe how honored I am to be nominated by them for this."



Culberson said, "I feel honored that the students and faculty would even consider me to be worthy of such a title."



Foshee said, "I am extremely honored to be nominated for something of such importance."



Farrow dorm's new face

By Greg Posley
Staff Writer

The spring semester of 2008 marks the coming of Mama Dee's successor as the dorm supervisor at Farrow Hall. Following Mama Dee's eight-year service, Bill Mays, known by the Farrow residents as "Papa Bill," has arrived as FHU's newest dorm supervisor.

The Clearwater, Fla. native says he has been looking to work at Freed-Hardeman for a couple of years. Mays also said that this job opening was the perfect opportunity because he had just retired from Coca-Cola after 28 years of service.

Mays became very familiar with Freed-Hardeman when his children and his nephew attended here. Many FHU alumni and faculty members may remember his son, Bobby, who was lost in a fatal auto accident while driving home for winter break in 2002. The campus playground was named his honor. Bobby was a resident of third floor Farrow. Mays has heard of several stories about Farrow from his son and nephew.

Mays said, "I heard that there were certain times of the year when students got excited and things got out of hand."

Farrow Hall has often been known as the most rambunctious out of all the male dorms on campus. Students will always remember Mama Dee complaining about the random door slams on the first floor and the strange attire worn by students during musters. But with a little over a month in his

new job, Mays does not seem to have much trouble handling the students.

Mays said, "I was pleasantly surprised on how well-behaved they are."

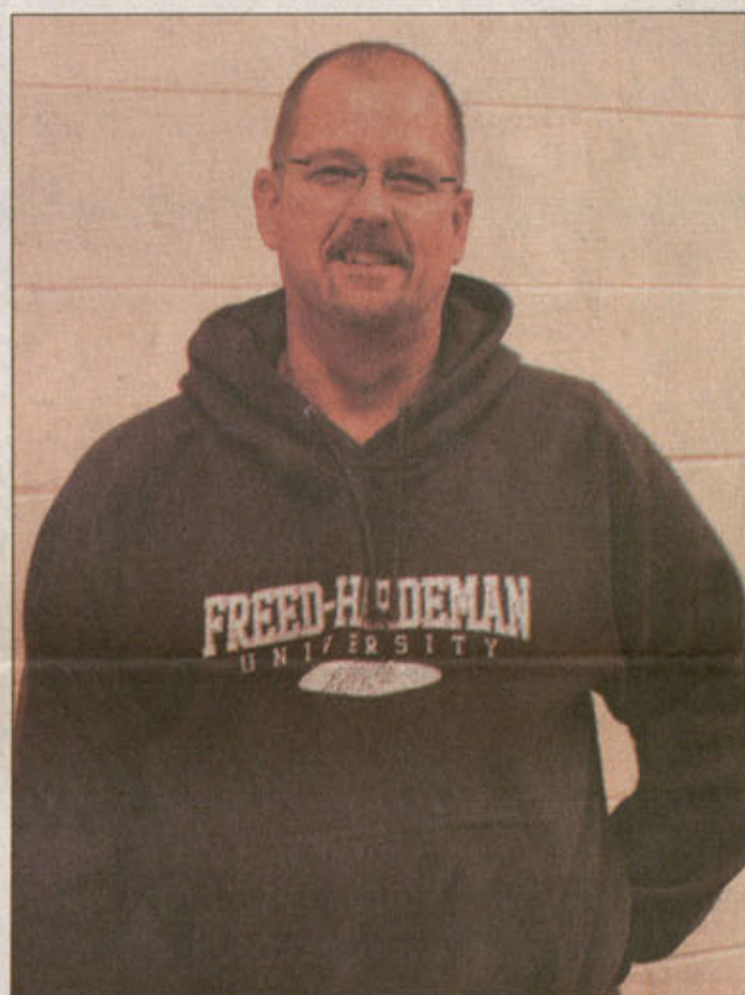
So far, there have not been any signs of inappropriate behavior by the students such as roughhousing, pulling the fire alarm or sneaking out of the dorm after curfew. Some students believe that it has a lot to do with having a male figure inside the dorm.

Farrow Hall resident Bradford Higgins said, "It seems like Mama Dee would let us get away with anything as long as it was not destructive. The guys are more intimidated by Papa Bill, and he will follow through with disciplinary action."

Before the semester began, Mays had the opportunity to have lunch with Mama Dee and listen to her as she shared her experiences as dorm supervisor. Mays said that the best advice that Mama Dee has given him was to show your face and be available to provide for the needs of the students, something that she was unable to do in her final years as dorm supervisor because of her health problems.

Even though the change in dorm parents has changed the atmosphere of dorm life in Farrow, there are still some things that stay the same. The students have a large amount of respect for Papa Bill and Mama Dee. Also, both of them have demonstrated their love for the students.

Higgins said that both Papa Bill and Mama Dee are pretty



Alana Tucker/The Bell Tower

Bill Mays aka "Papa Bill" is FHU's newest dorm supervisor for Farrow.

easy going, and they are also easy to talk to on a personal level.

Mays has quickly gained popularity with the students of Farrow Hall. During his short time as dorm supervisor, he has gone out of his way to make Farrow a fun place to live. He is known for making doughnuts for the students every week and organizing movie nights every other Friday. Many students respect him because he knows how to enforce the rules while

building a strong relationship with the students.

Higgins also said, "I respect him because he wants to be cool with the guys in the dorm, but at the same time he understands that he has to do a job, and he is going to do whatever he can to fulfill his tasks."

Many Farrow residents agree to the fact that even though they miss Mama Dee, they are glad to have Papa Bill as a dorm supervisor.

Intramural golf tournament

By Evan Burns
Staff Writer

With spring just around the corner, FHU's intramural program is making plans to host its first Annual Golf Tournament. The tournament will be held at Bear Trace in Chickasaw State Park, which was recently named "One of the Top Ten You Can Play" by Golf Magazine.

The tournament will start Mon. April 7 and will go through Fri. April 21. The fee is \$20. All students, faculty, and staff are welcome and encouraged to enter the tournament. Applications can be picked up at the campus recreation department office in Bader Gym and must be turned in by Fri. March 28. All participants will not be subjected to random drug screening, but the use of HGH is strongly prohibited.

The tournament will be played in a double elimination match play format consisting of 9-hole matches. The 9-hole par at Bear Trace is 36. Each golfer will be guaranteed to play at least two matches. (That's 18 holes for the mathematically challenged.) Golf carts will be provided, but players must bring their own clubs, balls, and caddies if necessary. Depending on how bad or good one's golf game is, that could mean anywhere from 1 to 162 golf balls.

Tea times will start at 3:30 p.m., and after the match participants are welcome to return to the clubhouse for a round of root beers. Although no club points will be rewarded, top finishers will be awarded a trophy and gift

certificates to various stores or restaurants.

Michael Atchison, Director of Campus Recreation, hopes for a big representation by the students, faculty, and staff for the tournament to make this golf tournament an annual event. No matter the skill level, handicap, or age, all are welcomed to play in the tournament or to come and show support for those competing.

Competitors are also reminded that the Freed-Hardeman dress code will be enforced at this event (refer to the student handbook for further details). Although it is not possible to predict the weather at this point, competitors are advised to wear some type of sun block and hat as protection from harmful UV rays.

Some of those who have already signed up for the tournament include Phil Archer, VJ Singh, and Jack Nicklaus.

The recreation office can be reached at 989-6978 to answer any further questions.

Some quotes to put you in the mood for one of the greatest games on earth:

Golf is so popular simply because it is the best game in the world at which to be bad. -A.A. Milne

Golf combines two favorite American pastimes: taking long walks and hitting things with a stick. -P.J. O'Rourke

I would like to deny all allegations by Bob Hope that during my last game of golf, I hit an eagle, a birdie, an elk, and a moose. -Gerald Ford

Plays

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and Saturday at 2 p.m. The performance times for The Glass Menagerie are Thursday at 7 p.m., Saturday at 7 p.m. and Sunday at 2 p.m.

The cast for "Hedda Gabler" includes Hannah Stone, Spike Thrasher, Mauricio Campos,

Allison Boyd, Joshua Blanton, Katie Blewett and Cary Douglas. The cast for The Glass Menagerie includes Melanie McCullough, Blake Palmer, Ashley Crawford, and Roy Justus

Because the plays vary so much from one another, there's a good chance that at least one of them, if not both, will appeal to most students.



Jessica Wise/The Bell Tower

The FHU cast will be performing until Sun. March 2 in Loyd Aud.

Is that your final answer?

Inspired by the intelligent Bell Tower staff of yester-year, we the Bell Tower staff have decided to bring back "Is That Your Final Answer?" We at the Bell Tower will once again be asking you to respond to some of life's most important questions. Each issue we will feature a puzzling and thought provoking question that you will hopefully be able to answer in a somewhat humorous way. If you would like to send in an answer to this next question, email us at thebelltowereditor@hotmail.com or facebook your answer to Michael Young.

This issue's question: What would you give a chapel presentation on?

"The story of my life."
-David Lee

"FHU through the eyes of a senior"
-Darryl Culberson

"What FHU needs to change"
-Amy Acree

"How Roy Sharp's announcements have impacted my life"
-Julie Walker

"The Sunscreen Song"
-Logan Alsop

"Dance on stage"
-Brian Kello

"FHU dating and how funny it really is."
-Dustin Culberson

"Have a dog show"
-Wesley Harris

"Get my friends to choreography to a Ok Go video...wait thats been done"
-Michael Young

"The blessing that come with obedience to God."
-Eric Russell

Next issue's question:

If Milton Sewell was never the president of FHU, what job career should he have pursued?

Relief

From page 1

a group led by the Campbell Street church of Christ to attend to the community of Huntersville on Feb. 9.

Glenn Weaver, a junior biology major from Jackson, Tenn., was a part of that group and said, "We basically played lumberjacks all day long, cutting down trees and moving limbs the best we could."

Bethany Balthaser, a sophomore marketing major, said: "The house at which we spent the most time was owned by a middle aged man who had recently undergone open heart surgery. He had at least four large trees that had all fallen near his home, but somehow none of them actually hit it. He had to leave soon after we arrived to help out, but we continued working and had everything finished before he came back home."

Weaver said, "The best part of

the experience was seeing the love and compassion for each other that churches and groups from all over were pouring on those affected by the storm."

"The most outstanding thing that I noticed was all the people who came out to help," said Balthaser. "There were people everywhere we went, even when we were out in the middle of the country. It was also incredibly eye-opening to see exactly where the tornado hit. One house could be totally destroyed, but then the

house right next to it would show barely any signs of damage."

Despite the amount of time and work the FHU family has put into aiding the community during this time, Bradford reminds everyone that "there is still a lot of work to do." There is an elder at the North Jackson church of Christ who lost his home and barn, and his fields cannot be plowed until they are clear of debris. That is just one example of the many people who still need help.

More than a Movie to open for Ingram Hill

By Bradley Gean
Staff Writer

It's a "Hard Rock life" for the members of More than a Movie. Why? Because Freed-Hardeman's Scott Utter and his fellow band members have just performed every musician's dream: the Friday night spotlight at Beale Street's Hard Rock Café.

Playing alongside Utter, a Bible major at FHU, are Zach DeBerry on keyboard and Joshua Balentine on percussion. DeBerry and Balentine are both students at the University of Memphis and grew up together in Savannah, Tennessee.

Just to give you an idea what you might hear when you come to a show, More than a Movie finds their inspiration in groups such as Early November, Bright Eyes, This Providence, and Relient K. If you do not know any of those groups, have no fear! Musically, this is a very well-rounded group of guys.

Recently, the trio performed at Memphis's Skateboard Park

in a show called "Popfest," where all of the bands participating performed pop cover songs.

"I know it sounds corny, but it was a lot of fun ... It was probably the best show we've ever played because of the crowd and the energy they had," said Utter.

Since then, many crowd favorites can be heard when the group cranks up the sound board for other public events. These include: "Tearin' Up my Heart" (NSYNC), "I Want It That Way" (BSB), and "You and I Both" (Jason Mraz).

"You and I Both" is probably my favorite cover that we play right now," Utter said.

So when are you, the student body, going to see this fine act? Might we suggest this Friday night, when they perform live alongside the highly acclaimed Ingram Hill.

Indeed, sources have indicated that the band might have been individually approved for the show by Ingram Hill. Either way, this is a high honor, as Ingram Hill has toured with other classic groups, like

Hootie and the Blowfish, and held multiple locations on the Billboard charts with hits like "Almost Perfect."

Friday's event will be a benefit concert, with live radio coverage, for the Memphis area Women's Abuse Center. Apart from that, More than a Movie is also booked to play at the Singleton Community Center in Memphis, where they will perform with the lead singer of Ataris, Kris Roe.

"We're pretty pumped about that one," says Utter.

In reference to their Hard Rock Café experience, Utter added, "It was really neat to walk in there and immediately see an Ataris video being played on the huge projector screen they have. I was like 'Hey! I'm playing a show with him!'"

As the group awaits other large opportunities, they have also planned to participate in a Battle of the Bands at the end of March at the Skatepark of Memphis.

"We need everyone to go to this because apparently half our score depends on the crowd," Utter said.

The Belltower would like to endorse this plea—because even between the mindless chaos of Makin' Music in March, FHU students never fail to support those they love. In case you find that you do enjoy their clean, modern sound, their upcoming CD release should be music to your ears.

The goal for the CD release is March 25, but that date remains tentative as there is a considerable amount of work left to do, and each member of the band is a college student with a full schedule.

Big things are ahead for Scott, Josh, and Zach—possibly a fourth musician on base guitar. But no matter what's ahead, the best way a student could find out their full performance schedule would be on the band's MySpace page, www.myspace.com/morethanamovieplease. Students can also search Facebook for More than a Movie.

It is quite possible that students will be hearing big things from More than a Movie in years to come.



Submitted by Sam Laro

Scott Utter is a member of the band, More than a Movie, who recently played in Memphis at Beale Street's Hard Rock Café.

Lukewarm coffehouse

By Mauricio Campos
Staff Writer

On Tuesday night the University Program Council (UPC) hosted its second Coffehouse of the semester. The event first featured Jeremy Jenkins and Max Roth playing for about 30 minutes. They played mostly songs by Weezer, and even though the audience was not big at first, little by little the student body started showing up in the student center.

Caz Williams (drummer of The Undertones) commented, "It is really hard to schedule an event for students such as a Coffehouse around this time of the semester, mainly because of the many things that most students have going on, such as Makin' Music practices, midterms, work, etc., etc."

After the crowd in the student center had considerably grown, The Undertones (Williams & Paul Shoulders) took the stage. They had a pretty long set of about 35 minutes and pleased a lot of the spectators with songs like "Crazy" and "Under the Pressure." Shoulders and Williams had desired to play at a UPC Coffehouse for a while now, and when they finally did, they seemed very satisfied with their performance.

"I just wish we would have had a lot more people," said Williams after his last song.

Ann Marie Williams (a 2007 Freed graduate) drove all the way from Greenville, Tenn., to see her little brother perform.

"I thought the whole thing was super cute," she affirmed.

UPC did a good job with the overall presentation of the event, offering a lot of cookies and coffee at a table just to the side of the stage. The reaction of the students to the event was varied.

Ryan Hogan stated that "this last coffehouse did not really capture the truth of what a coffehouse is all about. The coffee was rather reprehensible, and concerning the music ... they put forth a good effort, but it is not exactly in my vane of musical preferences," he added after a prolonged pause.

As a strong finale to the musical offerings of the night, Scott Utter played a great 20 minute set.

Finally, we cannot forget Caleb Guard's attempt for a stand-up comedy routine that ended up with some "tough-crowd" students longing for tomatoes in their hands.

"Nobody laughed," said Guard. "I am never working my routine in Henderson again."



Far left: Jeremy Jenkins sings while playing an acoustic guitar.

Left: Students fill up on the free coffee and snacks.

Above: The student center fills up as UPC's coffehouse goes underway with a variety of performers.

Photos by Alana Tucker



Psi Movie

From page 1

those who have this disease.

Waid operates a website, <http://www.quentinsquest.com>, which explains his mission. Since learning that he has the disease, Waid has been helped by the All Children's Hospital, Make-A-Wish Foundation, and Dr. Hal Dietz. Waid wants other children to be helped as he has been.

On his website Waid said: "My idea is that if everyone I know were to send me a dollar I could get a lot of money to help my hospital, Dr. Dietz, and Make-A-Wish. My mom said we could

take the money and put it in the bank and then on April 20 of next year 2008—my birthday—I will split all the money and give it to the 3 different groups."

The Psi Mu officers thought this was a worthwhile cause for the proceeds from their festival. During their officers' retreat in January, they decided to help Quentin help others.

"Tickets will be sold the week before the festival, during which we will be trying to raise additional money for Quentin through the sales of t-shirts and donations. There will probably be some \$10-\$15 combination packages of t-shirts, tickets, and concessions," Broach said.

Bullet For My Valentine releases new album

Bullet For My Valentine's new album *Scream, Aim, Fire* dropped three weeks ago. Ever since I picked it up it has been nothing but AWESOME! The guys took a little different approach to this record. There are some Metallica tendencies that catch your hear—like in "Say Goodnight," which seems to have some "Nothing Else Matters" vibes going on. The title track of the album, "Scream, Aim, Fire," touches on the aspect of the war going on in Iraq, painting a picture of how the soldiers feel and what they are going through. Also, no Bullet album could not go



Brett Davis

without some type of love song. "Hearts Burst into Fire" covers this by expressing how one feels when he or she sees that certain someone. The whole album is full of melodic metal. Scream, Aim, Fire and The Poison need to be a part of any metal head's collection.

Check out these bands dropping new albums:

Sevendust – The 7th Chapter (working title) – 3/4/2008

In Flames – A Sense of Purpose – 4/1/2008

10 Years – Division – 4/8/2008

Story of the Year – The Black Swan – 4/22/08

3 Doors Down – Self-Titled – 5/6/08

"Jumper" worth going to the theater to see

What would you do if you could wake up in Tokyo, have breakfast on top of the Sphinx in Egypt, swim with sharks in the Pacific Ocean, catch up on the news of New York City, ride some waves in Fiji, and do all of this before you have lunch in a deli in London?



Mary Phillips

Well if you were keeping a total of the distances, I am sure that you have all realized the mathematical impossibilities of what is suggested. The only possible way to accomplish this world travel would be to teleport through time and space, and that is exactly what the jumper does.

David, played by Hayden Christensen, is just your average high school student when one day a freak accident changes his life forever. He walks out onto a frozen pond and crashes through the ice. As the current pushes him away from his only way of escape and ever closer to his death, something very strange happens. In a flash he is out of the water and lying in the fiction section of his local library.

Soaking wet and completely confused, he trudges home to his broken down and easily angered father. We learn that David's mother left them when he was only five years old. His dad gets mad because of the water David drips in the house. Racing into his room, David locks the door just in time but the bolt is not enough to stop his enraged father, and as he pushes the door in David once again escapes from his fear

back to the library. It is here that he realizes that he now has what he has always wanted. He can finally escape from the life he has and can become whoever he wants. David knows he just has to learn how to better control his new found ability.

In order to meet the monetary demands of his plans, he has to figure out a way to make some money, but when one is a 15-year-old kid who can teleport through walls it seems much easier to just take it. He commits his first bank robbery and gets away without any traces, or so he thinks. David moves to a fancy New York apartment and lives without a care for eight years. He has pictures on his walls of all the different places that he visits, jumping about from continent to continent and city to city however he pleases. He seems to have the perfect life and does not have a care in the world.

Unfortunately, all of his jumping has not gone unnoticed. One day he returns home to

New York from a day of world travel and finds a strange man, played by Samuel L. Jackson, in his apartment. He says that he knows David committed the bank robbery all those years ago and that he knows what he has been doing. Once David realizes the man is not with the police it is too late for him to jump. The man breaks out an electrical current whip-stick weapon that shocks David and temporarily makes him unable to jump. The two scuffle around the apartment until finally David gets away long enough to grab some of his stored money and jump to safety in his old house.

Being home again makes David want to reconnect with his old flame, Mille, played by Rachel Bilson. The two have a lovely reunion and decide to jet set off to Rome the old fashioned way. In Rome, David meets Griffin, played by Jamie Bell, a bad mouthed Brit with serious revenge issues, who also happens to be a jumper. He tells David

how naive he was to think that he was the only one with this ability and that no one would ever catch him. Griffin explains that there are two groups of people at war: the jumpers and the paladins.

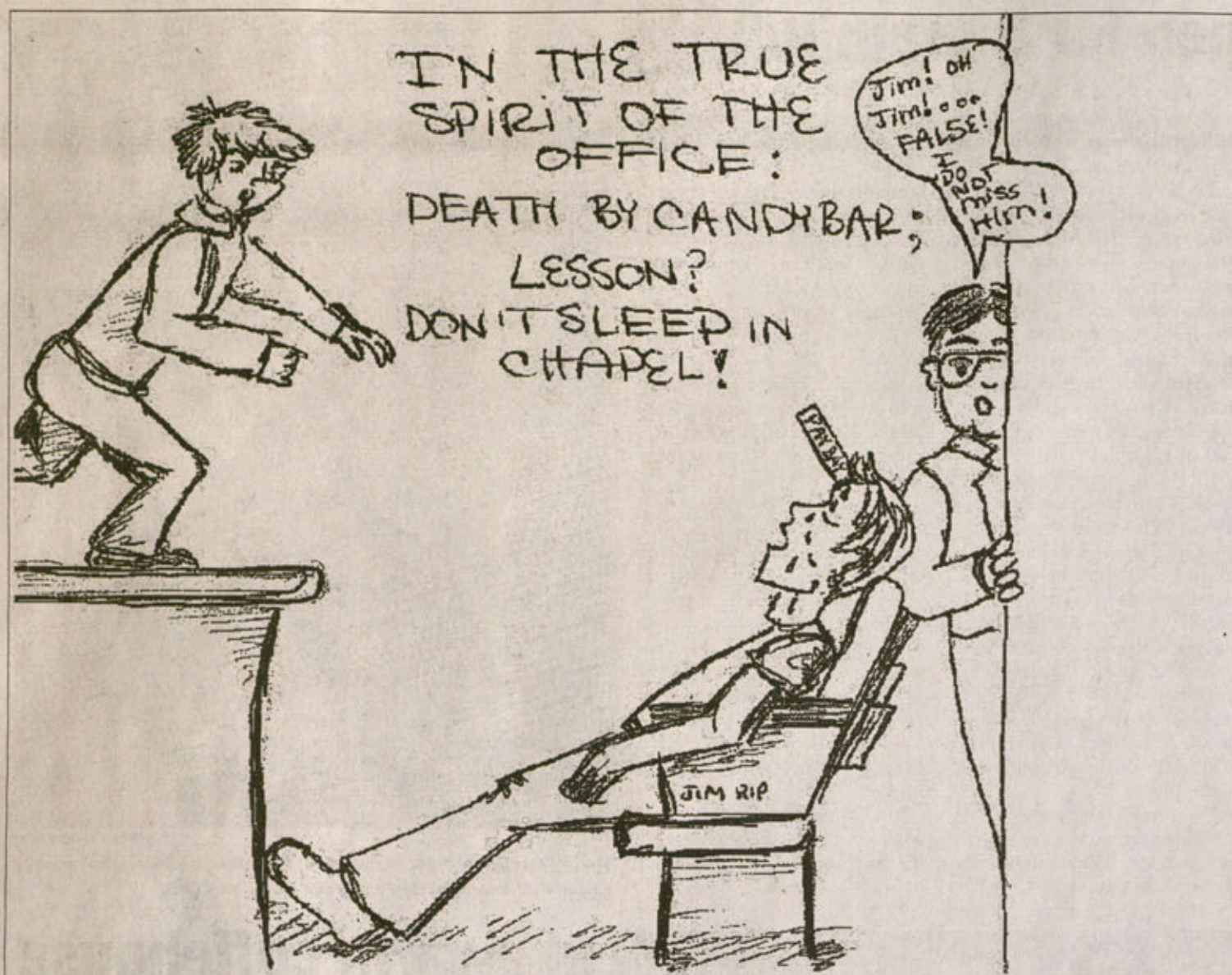
The paladins are a group of religious fanatics who have been trying to exterminate the jumpers since the middle ages. The strange man is one of them, and he will not stop until he kills David, and he will kill any others who stand in his way. David gets detained by Roman security officers and only escapes from their custody with the help of a strange but familiar older lady. He puts Mille on a plane back to the United States and tries desperately to convince Griffin to team up with him to help him save his loved ones and stop the paladins. There is, of course, a huge battle and some very impressive graphics that add to the movie's dramatic end. I don't want to give anything away about the ending, not that it's all not extremely predictable any way.

The movie was full of action and it was enjoyable to watch. There were some really annoying girls in the theater behind me that kind of distracted me, but what's a girl to do! The story line itself had sort of a modern day superhero vibe since the jumping ability was caused by a genetic mutation. The plot was really predictable but no less entertaining. They definitely left the story wide open for a sequel and depending on what the final box office verdict is, I fully expect to see one. It's not exactly a Marvel classic but it was a good movie nonetheless. I would give it 3.5 out of 5 stars and rank it as a pleasant thing to do with a Saturday night.



<http://movies.yahoo.com>

'Jumper' casts Hayden Christensen and Samuel L. Jackson.



His view:

I can give dating advice, too

So I've decided that I can give dating advice too. Many have sought my special dating advice.



Caleb Guard
Columnist

Dear Doctor, There's this girl I really like. I know everything about her, but she has no idea who I am. I look her up on Facebook everyday hoping she's uploaded photos of herself, or changed her status so I'll know how she's doing. Is this healthy?

Silent, There's absolutely nothing wrong with it. In fact, memorizing a girl's personal profile and adding her photos to your "favorites" folder is so much better than dating. You don't have to take her out on dates, listen to her problems, or meet her family. And she'll never talk back to you. You could tease her a bit—you know, write things on her wall such as "hey sup," or "I had fun at that club meeting last night," or "happy birthday," but don't bother going up and talking to her. That's so old school. Girls want a guy with mystery. It's best to lay low, make her believe you don't exist, and then surprise her by asking her out on a date via Facebook message. Chicks dig it.

Safety
From page 1

identification cards to access at all times.

The SGA safety committee wants to put this into practice for every other building on campus.

The main reason for this safety precaution is any person could access an academic building during the day when classes are held and shoot as many people as he or she wishes.

The safety committee's last major goal for this semester is to make sure all students are signed up for the text message alert system.

In the case of a crisis like a shooting or natural disaster like a tornado, students will be

Dear Girlfriend Guru, When I take my girlfriend to church, she doesn't know how to be silent. She keeps whispering to her friends. What is the proper action should I take?

Frustrated Farmer
Dear Frustrated, A firm pop across the face oughta do the trick. Repeat several times to guarantee effectiveness. Beware inevitable and justifiable retaliation.

Dear Love-learned One, My fiancé and I have been dating for two months. But we both wanna do mission work so that's gotta be a sign or something. Her dad said that if she found a husband by sophomore year, he would pay for her tuition. Are we moving too fast?

Eager Engager
Dear Eager, If anything, you're not moving fast enough. We do have quotas to meet, whether or not these fate-bound matrimonial ties really last more than ten years. You're out of high school, you're both Christians, and you are unmistakably in love. What more do you need to know about each other after two months? All these old folks trying to warn you about devotion, financial struggles, high divorce rates—they're just trying to scare you. Get on the ball, we have families to raise. Don't you know that FHU-crafted marriages are built to last? Three swings and some bling, let them wedding bells ring.

notified of the event through a text message. The system is expected to provide more awareness of safety hazards because most students carry their cell phones at all times.

The safety committee is unique to FHU. It has not been patterned after any other student committee of this type.

Downey said: "We're really starting from scratch here. We have been trying to communicate with Union University's SGA since its campus was so well prepared for the tornados that swept through Jackson a few weeks ago."

Richie Foy, the president of SGA, said: "We want everyone to be more aware. Students should know that we are not shielded from harm because we attend a Christian university."

Her view:

HPV: Does it concern me?



Stephanie Pounders
Columnist

I hear a guys voice somewhat surprisingly state, "I've got HPV." Forgetting consideration of his possible heart-to-heart conversation with a friend, I swing around and say "What?" only to realize it's a joke. But it starts an interesting conversation on a topic that's become quite a buzz lately. Right off we realized that we didn't really know anything about it. What is HPV and how is it contracted? Why are young girls getting vaccinated? Is it only a disease that women contract? Do I need to be vaccinated? These questions and more spurred my pursuit to find out what HPV is and if I should be concerned.

"I want to be one less." Spirited young girls confidently proclaim this manifesto as they jump rope and play soccer on Gardasil's new HPV vaccine commercials. The American Cancer Society even called Gardasil "one of the most important advances in women's health". So what is HPV? HPV (human papillomavirus) is a sexually transmitted virus. It is passed on through genital contact. This includes sex and skin-to-skin contact.

HPV is not a new virus. At least 50 percent of people who have had sex will have HPV at some time in their lives. But many people don't know about it. Most people don't have any signs and HPV may go away on its own without causing any health problems.

Anyone who has ever had genital contact with another person may have HPV. Both men and women may get it -- and pass it on -- without knowing it. Since there might not be any signs, a person may have HPV even if years have passed since he or she had sex. You are more likely to get HPV if you have: sex at an early age, many sex partners, or a sex partner who has had many partners.

Approximately 20 million people are currently infected with HPV. At least 50 percent of sexually active men and women acquire genital HPV infection at some point in their lives.

By age 50, at least 80 percent of women will have acquired genital HPV infection. About 6.2 million Americans get a new genital HPV infection each year. And it's not just women. Most men who get HPV (of any type) never develop any symptoms or health problems. But some types of HPV can cause genital warts. Other types can cause penile cancer or anal cancer.

The types of HPV that can cause genital warts are not the same as the types that can cause penile or anal cancer. There is no cure for the virus (HPV) itself, only prevention of the cancer that it can cause.

To test for HPV all women should get regular Pap tests. The Pap test looks for cell changes caused by HPV. The test finds cell changes early -- so the cervix can be treated before the cells turn into cancer. This test also can also find cancer in its early stages so it can be treated before it becomes too serious. It is rare to die from cervical cancer if the disease is caught early. There are currently no tests for HPV for men.

Can I lower my chances of getting HPV? Well, you can follow God's plan and choose not to have sex (abstinence) or have genital skin-to-skin contact. But if you have sex, you can limit the number of partners you have. Choose a partner who has had no or few sex partners. The fewer partners your partner has had -- the less likely he or she is to have HPV. In other words, don't be a skank. We know for sure that the surest way to eliminate risk for genital HPV infection is to refrain from any genital contact with another individual.

There are now two vaccinations for the disease, Gardasil and Cervarix. The vaccine called Gardasil, mimics the disease and creates resistance. It is not a live or a dead virus. It prevents infection with HPV types 6, 11, 16 and 18. The FDA has approved Gardasil for girls and women ages 9-26. It is best to get the shot before the start of sexual activity. Cervarix act in the same way.

Many doctors are reluctant to give the vaccinations, however. Resistant OB/GYNs argue about billing complications, limited safety data, and diminished effectiveness in sexually active women. It is also unknown how long the vaccination lasts.

There is also a huge controversy over inoculating girls as young as nine. Opponents believe it will promote sex in teens and pre-teens.

So what am I planning to do as a 20-year old not sexually active woman at the prime time for taking the Gardasil vaccination? I'm going to hold off.

While I'm not really into the whole cervical cancer thing, I'm not planning on starting a promiscuous lifestyle any time soon and hopefully won't end up marrying someone who made the rounds.

If you are sexually active, especially if you have more than one partner, or are really worried about marrying a carrier monkey, I would suggest looking into the vaccination a little more and taking any precautions you can. You may find yourself going through red tape to get it, but it would be worth it to avoid cancer.

Dating view:



Katie Powell & Beth Phillips
Columnists

Dear BK, What exactly do girls look for in guys? If you think you can give all this advice, then answer that question, and I will be most impressed.

Slightly Sarcastic in Sewell

Dear Slightly Sarcastic, Obviously different girls prefer different guys, but from all we have spoken to, and how we feel, here is a basic list of the qualities that girls look for in guys.

1. A guy with morals—Someone who is actually trying to be a good guy, not trying to be shady or a ladies' man, just a genuine guy trying to do what is right.

2. A guy who takes care of himself—He does not have to be the best looking guy at this university, but someone who wants to look nice. a.k.a. dresses nice, showers (preferably daily) and looks like he cares about what he looks like (not in an arrogant way).

3. A guy who can laugh—He doesn't need to be a stand-up comedian but a guy who likes to have a good time and can appreciate a good Will Ferrell movie.

4. A guy with talent—A guy who has something he is good at and is not embarrassed to show his artistic or athletic side.

5. A guy who can communicate—He has the ability to tell a girl how he feels and is capable of showing some emotion. He realizes that a girl cannot read his mind and that when he communicates his feelings and thoughts in actual words, he becomes more attractive.

Basically, a girl looks for a guy who cares about her. There is no certain list of qualities to have to get any girl you want, but the five things mentioned on this list can help you get a start to being a guy who has the confidence to ask a girl out.

HE SAID, SHE HEARD

He said: Want to go grab dinner?

She heard: What should we name our first child?

He said: Nothing's wrong. Why?

She heard: I don't feel comfortable enough to share my intimate thoughts with you.

He said: I'm going out with the guys.

She heard: You aren't fun enough to meet my needs.

He said: You look great in that dress!

She heard: Every other dress you've ever worn makes you look fat.

He said: Let's just be friends.
She heard: I hate you!

SHE SAID, HE HEARD
She said: I love you like a brother.

He heard: I hereby reject your manhood with six words.

She said: Nothing's wrong!
He heard: Nothing is wrong. Everything's great. Let's watch football!

She said: Does my butt look big in these?

He heard: Danger! Danger! No win situation! Do not answer! EVER!

She said: Fine! Go out with your friends!

He heard: It's okay. Have a great time! I'll be right here whenever you're ready. Maybe I'll bake a pie.

She said: So where do you see this going?

He heard: Just exactly when are you going to commit, buy a ring, talk to my dad, walk down the aisle, and give up your freedom?

Dear BK,

Every time I leave this campus and go home, I get the popular question of "Why are you still single?" They always seem shocked that I go to the Marriage Factory and still am not in a relationship. What is the best way to answer this question and maintain my pride?

Singled Out in Scott

Dear Singled Out, This is a touchy subject, and most girls have been in this situation or will be in this situation in the future. We have developed a full-proof list of witty yet ingenious reasons why you are single.

Question: Why are you still single?

Answer: I can't give away that secret. You'll just have to tune in to next Friday night's Unsolved Mysteries and watch it all unfold like everyone else.

Well, this is just a guess, but rumor has it that my standards are too high. I just refuse to settle. Know what I mean? Wait...oops, of course you don't. [You can say this because a hastily conducted unscientific poll shows that 98% of people who ask this question are already married.]

I just haven't found anyone yet who deserves me. [Beware: This answer can be interpreted as both incredibly egotistical and unbelievably self-deprecating.]

Honestly, I ask myself that every single night as I lie down with hot tears streaming down my lonely face in a cold bed all by myself, contemplating the despair of having no one to share pillow talk or anything else I've seen on TV with and realizing there's just no hope for ever finding that life companion, soul mate, and best friend. I know that person must exist out there somewhere. [This is best delivered with dramatic facial expressions of intense pain and the whiniest voice you can generate.]

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The Bell Tower is the official student newspaper of Freed-Hardeman University and is published under the direction of the department of communication and literature. Letters to the editor are welcomed. Send them to thebelltowereditor@hotmail.com



Upcoming Games

Lions Baseball

Friday, February 29th
FHU @ Bethel College
McKenzie, TN - 2:00 PM

Saturday, March 1st
FHU @ Bethel College (2)
McKenzie, TN - 12:00 PM

Tuesday, March 4th
FHU @ Miles College (2)
Birmingham, AL - 1:00 PM

Friday, March 7th
FHU vs. Trevecca Nazarene
Henderson, TN - 4:00 pm

Saturday, March 8th
FHU vs. Trevecca Nazarene (2)
Henderson, TN - 12:00 pm

Friday, March 14th
FHU @ Crichton College
Memphis, TN - 4:00 pm

Lady Lions Softball

Monday, March 3rd
FHU vs. Cumberland (2)
Lebanon, TN - 1:00 pm

Thursday, March 6th
FHU vs. Crichton College (2)
Henderson, TN - 5:00 pm

Monday, March 10th
FHU vs. Lambuth (2)
Jackson, TN - 1:00 pm

Thursday, March 13th
FHU vs. Mid-Continent (2)
Henderson, TN - 3:00 pm

Friday, March 14th
FHU vs. Lyon College (2)
Henderson, TN - TBA

The Bell Tower's Super Sweet 16

1. UCLA
2. North Carolina
3. Memphis
4. Duke
5. Texas
6. Kansas
7. Tennessee
8. Stanford
9. Indiana
10. Vanderbilt
11. Georgetown
12. Wisconsin
13. Xavier
14. Michigan St
15. UConn
16. Purdue

Lady Lions looking to finish strong, prepare for tournament

By Erica L. Watwood
Assistant Editor

The Lady Lions are in the final stretch run of conference play, attempting to seal up the second seed in next week's TranSouth Conference Tournament. Their first step in that endeavor was taking on the Lady Wildcats of Bethel College on Feb. 16.

Bethel proved to be a tougher opponent than originally thought, battling with Freed-Hardeman and trailing by only 2 at the intermission. However, FHU showed its defense prowess in the second half, going on 13-5 run, and holding the Wildcats off when they attempted a late run. FHU won the game 72-63, with 29 points from Jana Cross and 18 from Whitney Johnson.

FHU next traveled to Jackson for a much-anticipated rematch with the number one ranked Union Lady Bulldogs. The Lady Lions came out on fire, building up a seven point lead about halfway through the first half. However, Union proved why they are ranked No. 1 and have yet to lose a game, coming back to tie and ultimately take a four point lead by the half.

Coming out of halftime, the Lady Lions played inspired ball, once again building up a seven-point lead. Alas, Union responded with a 10-0 run of their own to take control of the game flipped back and forth until the final minute of the



All of the FHU Men and Women seniors as they were recognized during last Saturday's games against Mid-Continent University.

game when the Lady Bulldogs were able to pull away. Union won its first home game since the tornadoes 72-68.

The Lady Lions then returned home for Senior Night and their last home game of the season

against the Mid Continent University Lady Cougars. Though starting off slowly and falling behind early, the Lady Lions came back, taking a 15 point lead into the locker room. The team extended that to a final

lead of 35, as they were led by Emily Franks' 19 points and 3 other Lady Lions in double digits to win the game 87-52.

The Lady Lions look to wrap up the regular season Thursday in Batesville, Ark. at Lyon

College. A win will give FHU the second seed in the conference tournament, guaranteeing home games all the way up to the conference title game. Only time will tell how far will this Freed-Hardeman squad advance.

FHU baseball team ready to start season

By Erica L. Watwood
Assistant Editor

The FHU Lions baseball team will be returning four seniors and a total of 13 players from last season's third place finish in the conference. The Lions are returning eight position players, including infielder Greg Allen, catcher Garrett Ammons, first baseman Brian Bullard, outfielder Derek Bush, center fielder Jarrett Jones, second baseman Kyle Kegley, second baseman Daniel Peck, and catcher Dustin Woodward. Most gained significant experience last season.

Freed Hardeman also will be returning five pitchers, but only three with experience. Right-handers Paden Buckley, Andrew Campbell, and Josh Hester all saw significant action last season, while Adam Blackburn and Jason Gallagher will see time after red-shirting last season.

Josh Hester, the ace on the Lions pitching staff, had a solid 9-4 record last year and a 2.77 ERA. Hester pitched 97 innings with 77 strikeouts and allowed only 30 runs last season. Hester was voted Second Team All-Conference and can be found in the top 10 in every pitching category including career strikeouts,

wins, career ERA, and complete games.

Last season's RBI and HR leader, Brian Bullard, will look to add to his numbers. Bullard had 11 multiple RBI games. Senior Jarrett Jones also returns. Jones had 89 stolen bases last season, which currently is the third highest in Freed Hardeman history. Jones led the TranSouth Conference with 14 stolen bases, despite missing seven games due to an injury.

Sophomore Derek Bush, who was red-shirted last season, will take over as one of the leaders in the outfield. He is expected to add more power and speed to the middle of the lineup for the Lions this season. He is carrying over an eight-game hitting streak from his freshman season and looks to continue that streak into the 2008 season. Bush led all Freed Hardeman freshmen in 2006 in every statistical category including homeruns (three) and RBIs (17) in 118 at bats.

The Lions currently have an overall record of 9-3 and are on a two game winning streak, defeating Rust College in a doubleheader last Monday. The next home game for the Lions will be on March 7 at 4:00 p.m. against Trevecca Nazarene University.



Diego Rojas/The Bell Tower

The FHU men's basketball team looks to make noise as they head into the postseason, hoping to make the NAIA national tournament. The Lions have not made the national tournament in over five years.

FHU basketball team looking to finish the season on a high note

By Erica L. Watwood
Assistant Editor

The Freed-Hardeman Lions continued to plow on in conference play last week as they played host to the Bethel College Wildcats. What was anticipated to be an exciting rematch from mid-January, lived up to the hype early on as Bethel played FHU close, shooting 50 percent from the field in the first half and keeping the Lions close, giving FHU a very slim three point lead going in at intermission.

However, the Lions could not be contained in the second half, where they seemed to be firing on all cylinders. Shooting an exceptional 61 percent from the floor in the second half, making the game seemed over by the 12 minute mark. Freed-Hardeman outscored Bethel 49-24 after halftime, led by 4 Lions in double digits. Bethel was fraught with their own miscues, sealing their own fate with 29 turnovers in the game.

The Lions next traveled to Jackson to take on archival Union. Just as the first

meeting of the season (a FHU victory), the game was emotionally charged as it was the Union Bulldogs' first home game since the tornadoes ravaged Union University's campus a mere 16 days prior. FHU picked up where they left off with Union last time they played, outshooting and outscoring the Bulldogs 44-39 in the first half, largely due to their defense holding the Union's best player, Matt Neaville, who has the fourth best points per game average in the nation, to only 14 points.

However, the perennial conference player of the week could only be contained for so long, as he poured in 23 in the second period, many of which were beyond the arc. Freed-Hardeman held onto their halftime lead early, but went cold in conjunction with Union's hot streak, allowing the Bulldogs to go on a 17-0 run that effectively put the game away. Neaville was helped by Brian Lake who poured in 27 of his own to lead Union to the 92-82 victory. FHU was led by 25 points from Kristoffer Smith, but it simply was not enough

to overcome the deficit.

The Lions returned to the Sports Center two days later to host the Mid-Continent University (MCU) Cougars. FHU seemed to get it all back together in this game, taking a 14 point lead at halftime. MCU fought back getting to within 8 at multiple points in the second half, but. The Lions shot 43 free throws in the game, scoring 35 points from the line.

Though this was senior day for two of the Lions, it was the underclassmen who shined in this game, as Freed-Hardeman was led in scoring by 20 points from Zack Frey, 19 from Cedric Austin and 18 from Kristoffer Smith. Kirtiss Brown also scored 11. FHU won the game going away 99-81.

The Lions wrap up the regular season this week with games at Lyon College and Crichton College, and then dive into post-season play next week with the TranSouth Conference Tournament and hopefully with a good performance, an invitation to play in the NAIA national tournament, March 19-25 in Kansas City, MO.



Courtesy of FHU Sports Information

FHU looks to improve on their third place finish in the TranSouth conference last year.

Campus Cooking

Cashatt

For those of you that can find a way to burn toast, these recipes are for you! Ruthi Goins, The Bell Tower's resident cooking entrepreneur, has gathered a diverse collection of some simple, yet scrumptious dishes. So throw that burnt toast away and gear up for some real treats!

Ridiculously Easy Spaghetti Pizza:

Ingredients:

- 1 box thin spaghetti
- 2 jars spaghetti sauce ('Ragu' marinara is best)
- 1 package shredded mozzarella cheese
- 2 eggs
- 1 cup of milk
- sliced pepperoni (optional)

Directions:

- Cook and drain spaghetti.
- Beat eggs with milk.
- Put spaghetti back in the pot it was cooked in.
- Pour in egg and milk mixture and mix well.
- Spread the spaghetti in a Pyrex dish (round or rectangular will do).
- Pour sauce over the spaghetti and sprinkle the shredded cheese and pepperoni on top.
- Bake in oven until brown and bubbly.
- Eat up!

Ro-tel Chicken:

Ingredients:

- 1 boneless chicken breast
- 1 can spicy Ro-Tel tomatoes

Directions:

- Put chicken breast in a bowl and cover with can of tomatoes.
- Microwave on high until the chicken is cooked all the way through. The tomatoes keep the chicken moist.
- Enjoy!

Cream Cheese Chili Dip:

Ingredients:

- 1 can of chili
- 1 package of cream cheese

Directions:

- Combine 1 can Chili (with beans optional) with one package cream cheese in a pot.
- Simmer, stirring constantly, until ingredients are completely melted and mixed.
- Serve with tortilla chips.
- Dig in!

Easy, Fat-Free Brownie-in-a-Cup:

Ingredients:

- 2 Tbs. fat-free brownie mix
- 1 Tb. fat-free vanilla yogurt

Directions:

- Mix ingredients in a ceramic microwaveable coffee mug.
- Stir very well.
- Microwave on high for 45 seconds.
- Revel in the chocolate-y goodness!

FHU alumni opens new No Xcuse gym downtown

By Erica L. Watwood
Assistant Editor

Exercising is a popular activity for some students on campus. There are those who use the Sports Center walking track and fitness room. Others use the FHU Fitness Center located on Main Street. Then there are students that brave the outdoors and exercise outside. But a new option has been built in Henderson and is available to all Henderson residents. Not owned or operated by FHU, Spence Lofton opened No Xcuse Fitness at 123 Front St. on Feb. 11.

Lofton is a 1992 FHU graduate. He and his roommate Craig Johnson worked out at The Old Electric Grill and still work out together today. It was back then they decided that Henderson needed more options.

The Old Electric Grill was located where the gazebo now stands. When Don and Janice Armour opened The Body Shop, they began working out there.

The Body Shop was bought by FHU and is now the Fitness Center.

"We're hoping for a positive effect on Henderson and FHU. We think Henderson has needed a facility like this for a while. There is a large number of people that live in Henderson but work out in Jackson, because there has not been a nice gym in town," said Lofton.

Business has been great so far for No Xcuse. They wanted to start out slow and let things begin to pickup after time.

No Xcuse offers a state-of-the-art facility, the latest equipment available from Life Fitness and Hammer Strength, solar carbon saunas, casual care for children, and physical therapy offered through Sports Plus. Classes that began this week have generated much interest. The classes include tae-bo, spinning, cardio with weights, and yoga. FHU Health and Human Performance professor Charles Corley teaches a



Diego Rojas/The Bell Tower

No Xcuse gym has two levels and offers a variety of exercise classes.

children's fitness class there also.

"We weren't sure if students would use the facility because they do have access to two gyms that are free to them. But I believe the difference in facilities, equipment, and classes might persuade some to join," said Lofton.

Also available at the gym is FHU student Alan Harper, a National Exercise and Sports Trainers Association (N.E.S.T.A.) certified personal trainer. Harper, senior Exercise Science major, manages the Fitness Center as well. He gives basic personal training instruction and strength training to students and faculty at the Fitness Center. Harper offers custom routines specified for individuals at No Xcuse.

"If they have the motivation, I can push them in the right direction," he said.

Students can contact Harper by calling the Fitness Center (989-8992) or No Xcuse.

No Xcuse is arranging a grand opening for the beginning of March, in conjunction with the Chamber of Commerce and Sports Plus. They are offering a discounted rate for student membership.

The hours at No Xcuse are Monday through Thursday 5:30 a.m. to 10:00 p.m., Friday 5:30 a.m. to 8:00 p.m., Saturday 8:00 a.m. to 6:00 p.m. and Sunday 1:00 p.m. to 6:00 p.m. The phone number is 731-435-1016.



Diego Rojas/The Bell Tower

No Xcuse opened for business on Feb. 11, and is owned and operated by Freed-Hardeman alumni. The gym has physical therapy services available and personal training done by FHU senior, Alan Harper.

Tabitha Club revived after two year absence

By Andrea Bigham
Assistant Editor

Nearly two years ago, the Tabitha Club at Freed-Hardeman University was disbanded; however, six students are seeing that the club for young ladies is restored to the school. This club is a service organization for girls' religious training. It trains women in several areas including family and social life, entertainment, mission work, and Bible teaching. It takes its name from the Biblical figure, Tabitha, a woman who was known for her good works.

"I came here two years ago and knew that the club existed before, and I wanted to bring it back," said sophomore Brandi Stewart, Tabitha Club president. Stewart spoke with the former Tabitha Club's sponsor, Dwina Willis, an associate professor in the biology and Bible departments, to get ideas for starting a newer version of the club. Willis explained to Stewart that there were several reasons that the former club was

disbanded.

"We wanted to bring it back because I think that it's really important for young women here to learn about their roles and have this family of other young women to encourage them," Stewart said. "As women we sometimes neglect our spirituality because it is easy to do that, and now we will have the chance to grow in leadership and Bible knowledge."

Sara Beth Krantz, the Social Club Liason, agrees with Stewart's thoughts and said: "Christian ladies need to know how they can get involved with the church. A lot of women, I think, are uneducated on all kinds of ministries women can be involved in, so they just don't get involved. This club is a way to show them what they can do and how."

Stewart was the guiding force to re-establish the club, but she says that she received much needed help from junior Ursula Frye, who serves as the club's vice president. Other officers include the following: Beth Benefield, secretary; Emily

Harris, treasurer; and Sandi Langman, historian.

Stewart said, "This semester is just going to be a trial run for us. We are just trying to get the word out about the club. We are not going to have any dues this semester, and we still have to write a constitution and establish a routine."

Harris said that the only members in the club right now are the officers, but she hopes that will soon change. Tabitha Club plans to have several opportunities for young women to join.

Stewart believes that devotionals are going to be a major exercise of the club. By serving in this manner, members will be able to get experience leading other women in worship settings and will be more comfortable teaching other women in Bible studies. In conjunction with the devotionals, the club plans to host a class on leading pure lives.

"We want to learn about more opportunities as women of God to evangelize," Harris said. She added that she is looking

forward to fellowship with other sisters and wants to "make friends as we learn more about God's word together."

This semester Stewart would like for the club's focus to be on service and hopes to establish a tradition of being servants to others. Members began that tradition earlier this month when they helped with babysitting at the Lectureship. In addition, Stewart said that they would like to schedule weekly visits with nursing home residents.

The current members are excited about what is in store for the Tabitha Club and hope that young ladies will grow together to be better speakers and servants for God's work.

"Women need to be shown all of the things that they can do in the church—and outside the church—to be good servants and stewards," Krantz said.

Club officers encourage any female student who would like to grow spiritually and learn about serving others to attend the next club meeting. The meetings are every Monday evening at 7 p.m. in Gardner Center 101-102.

Vera Bradley covers FHU campus

By Chelsea Downey
Staff Writer

After spending any amount of time on the campus of FHU, it is easily observed that the people are close-knit and, yes, even in a "bubble" if simply by the similarities found among students, faculty, and staff. The most recent similarity, or trend, to be observed remains exclusively to the female members. You will see it most commonly as I.D. card holder key chains, bags and purses, but the trend expands to wallets, luggage, and even tennis racket carriers.

Vera Bradley has become a household name at Freed-Hardeman, seen on the Campus Bookstore sign and heard talked about in the dorms. This name-brand collection of quilted cotton merchandise comes in many different well-known patterns and has become very popular in the South, and now more specifically, Freed-Hardeman University.

Whitney Bryant, a junior public relations major and owner of Vera Bradley items, said: "I think it has become more popular

over the years since I have been at FHU, but I wasn't surprised at how many girls have Vera Bradley merchandise. I actually went to Challenge Youth Conference in Gatlinburg this weekend, and there were Vera Bradley purses everywhere. I would say about one out of 10 of the women and girls there carried a Vera Bradley purse. That was kind of surprising."

Some believe the trend is spreading across the country. Morgan Passon, senior elementary education major and also an owner of Vera Bradley items, said she first heard about the merchandise when she worked at Hallmark in Madison, Ala. a few years ago.

"I think that it is a national trend. When I worked at Hallmark, Vera Bradley hardly had any patterns or many accessories to choose from. They kept coming out with new styles, new patterns, and eventually even dog collars, leashes, paper, folders, belts and clothes. It is definitely national!"

Sarah Ray, sophomore nursing major, was surprised to come to Freed and see the trend being

followed by so many.

"I didn't see FHU as a place where a lot of people would buy into a trend like this. I think it has a lot to do with them selling it in the bookstore, which makes it convenient for poor college students," she said.

Passon said: "I was somewhat surprised. Who would have thought quilted bags and purses would be popular?"

While the quality of Vera Bradley merchandise may account for its expense, it may have nothing to do with its popularity.

Bryant said: "I will admit that I think Vera Bradley stuff is hot right now because it is trendy. I don't think it really has anything to do with the quality of the merchandise at all."

Vera Bradley can be easily purchased by students in the bookstore and also online. With just a few clicks, students can choose a pattern and size in whatever they may need, and have it sent straight to the mail room, where they will be notified with that always-anticipated pink note.

Passon said she think Vera



Alana Tucker/The Bell Tower

Vera Bradley merchandise sold in FHU campus bookstore.

Bradley is such a hot item right now due to its "accessibility, the new young styled patterns, and its variety. You can choose a pattern and then almost get anything you could possibly need in that pattern."

Ray said: "It's cute, you can use it with a lot, and it's a soft look. I think people are turning back to a more old fashioned style."

Get used to it guys, this may be one trend that's sticking around FHU for a while.