

Inside



Campus Life

Sigma Rho raises funds for missions in Dominican Republic.

Also: Students go hog wild over Pass the Pigs!

page 2



Sports

FHU mens soccer win 2-1 in overtime against Williams Baptist.

Entertainment



Josh Gracin gives a stunning performance at FHU.

page 3

Upcoming Events

Social club inductions will be the 18-25 for all freshmen and transfer inductees.

Fine Arts Week will be September 22-23.

UPC will be sponsoring Hands on a Hard Body in the commons on September 30th after chapel. Come out to compete to win prizes.

Briefly:

Student voter registration will be September 22-25.

The FHU BBQ Festival will be September 25-27.

FHU Nighr at Moes is Monday September 29th. Come out for a live music and a student discount on food.

Soul Food

If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others.

Phillipians 2:3,4

Students R.U.S.H. at FHU

By Laura Locke
Staff Writer

One weekend each fall, throngs of middle and high school aged students seeking to experience the "dynamic lifestyle of a Christian" storm the campus of Freed-Hardeman University. The event, known as RUSH (Reaching Unlimited Spiritual Heights), is planned by the FHU Admissions Office and designed as an opportunity for pre-college age students to achieve real spiritual growth and revitalization through Christ-centered activities, a sense of community, and good, clean fun.

The theme for this year's activities was "Everyday," and incorporated thoughts on how to make Christ-centered living an ordinary, "everyday" occurrence by engaging in it "every day."

September 12-14 hundreds of teenagers descended

upon the university in a never ending line of church vans and buses, finding sleeping arrangements on extra bunks and couches, elder siblings' and friends' dorm room floors, and even in sleeping bags in Bader Gymnasium.

Friday evening general activities and introductions to campus and the weekend were held in and around the commons and concluded with an exceptionally well-attended campus-wide devotional. "Freed is already amazing because on any given day there might be 2000 Christians on campus," said freshman Broderick Greer, "but the devotional Friday night was beyond belief. People were everywhere, praising God. It was amazing."

Saturday, students attended classes all across campus taught by speakers from around the area. The classes addressed everything from

speech and being a Christian light to developing a consistent prayer life and study habits to popular media.

Some classes were relatively small, averaging about 100 students, some were separated by gender, and others brought everyone together in Loyd auditorium. "I really enjoyed all of the classes," said high school sophomore Molly Hester, AL.

"They taught the importance of finding Christ in everyday things like movies and music and recognizing that God is in every part of our lives whether we realize it or not."

Other students enjoyed the "New Songs Class," which, true to its name, aimed to teach new or unfamiliar songs to students while uplifting and encouraging each other in praise to God. Many attendees thought the singing was one of the best parts of the entire RUSH weekend.

"With so many kids coming together - the singing was awesome!" said high school freshman Alex Johnson, AL. "It was also really cool to learn new songs or old ones that we sang in different ways than we were used to."

As would seem appropriate for an event planned and designed by the Office of Admissions, many of those in attendance were high school



Alana Tucker/ The Bell Tower
Jousting was one of the activities offered to RUSH participants.

Jim Wand Mesmerizes the Masses

By Kayla Carnage

Keeping their eyes focused on the blinking light and their ears tuned to the calming voice of Dr. Jim Wand, 30 students sat on the stage in Loyd Sunday night, marking the close of R.U.S.H. For the past 14 years, Wand has graced Freed-Hardeman's Loyd Auditorium stage with his entertaining hypnosis program, never disappointing the anxious audience. This year was no different as Wand spent around an hour and a half helping students delve into hypnosis and bring their subconscious mind to the forefront.

The show opened with a brief explanation of hypnosis and the reassurance that the process is harmless. In fact, hypnosis is often used to help a person achieve a goal or become better in area they want to gain strength in; in this sphere, hypnosis is used by professional athletes, people trying to break bad habits, lose weight, or gain self-confidence.

After starting the hypnosis process, which included total calm and total focus on a blinking light, Wand reminded those still sitting in the audience that they too could be hypnotized from their chairs. Once all heads were down and the participants had been hypnotized, Wand selected some members to step down from the



Alana Tucker/ The Bell Tower
Jim Wand tells hypnotized students they are driving a motorcycle at 162 mph.

the music.

From here, those in the audience were treated to various skits and hilarious actions and explanations from those under hypnosis. Each participant was told they would be receiving a glass of "the nectar of life," which would make them happier than they had ever been.

Once they received their glass, they were told to protect it. As each participant received their glass, they gave hilarious reactions: some hid the glass under their shirt, others turned around in their chair, and one student went to the extreme to protect his glass by not letting go of Wand's hand. Wand fell to the ground in the effort to release himself from the overprotected "holder of the glass."

During this opening act, everyone got an extra surprise that even Wand hadn't expected; a hypnotized audience member ran from his seat in the crowd to join those on stage receiving nectar. It was quite a sight to see the man running, jumping onto the stage, and waiting anxiously for his turn at a glass.

Next up was an entertaining game of facial expressions and explanations as all onstage were told that they were on a motorcycle going 162 miles per hour. The best part, however, came when Wand informed them that they had just been stopped by a cop and would be excused from the ticket if they had the best, most creative story.

The excuses for such a high speed ranged from being late

to a Hannah Montana concert, being in labor (said by a male volunteer), being a foreigner from China where the limit is 163, to memorable excuses such as, "where I go Mama Jean is there," "I took the clapper," (followed by a look of terror combined with tears when told that President Wiley was in the audience), to the defiant, "I ain't got to tell you nothing, Copper."

As the night grew later, the events grew more amusing. Several of the male volunteers were told they were contestants in a beauty pageant and came up with names such as Virginia who represented Virginia, Passion who wanted more passion in the world, to Victoria Secret who didn't think there should be anymore secrets.

The men, or should it be women, in the pageant walked in imaginary heels in evening gowns, told what would make the world a better place (one answer included sweaters for kitties and puppies), and one contestant even branched out to the shock of the entire auditorium, and grabbed Wand!

The night wound up with an earsplitting version of American Idol; American Idol Shoe Style became a hit. With their shoes as iPods, each participant sang their hearts out to a song of their choice such as, Ice Ice Baby, a Hannah Montana song, a Spanish song, a Brintey Spears oldie, some Lion King, the great Whiney Houston ballad I Will Always Love You, and even some country.

The evening ended with the participants heading back to their chairs as secret agents and Wand was given a huge round of applause with the newly released volunteers unsure of how much time had passed, trying to figure out the last hour and a half of their lives.



Alana Tucker/ The Bell Tower
Rush participants gather for a campus wide devotional on Friday night.

students considering attending Freed-Hardeman in the future. "My sisters go here already, so I was already familiar with Freed," said Hester. "But this weekend was a chance for me to check the school out and really get an idea of what it's like to attend a Christian college."

Sigma Rho put its stamp on the weekend once again with its annual Fun Fair. The Fun Fair featured a carnival with a silent auction, dunking booth, inflatable jousting and obstacle course, face painting, food, and live music. Proceeds from Fun Fair activities and t-shirt sales benefit the club's missionary endeavors in the Dominican Republic.

One of the most memorable events of the weekend, even if not one the most "religiously related," was another fabulous performance by perennial guest Dr. Jim Wand. Dr. Jim Wand delivered two

shows, one Saturday night for RUSH attendees, and another Sunday night for Freed-Hardeman students.

A hilarious combination of comedy and hypnosis, Wand's talent for showmanship and the antics by hypnotized students left the packed crowd at Loyd auditorium roaring.

The festivities came to an end amidst a downpour that rather fortuitously held out until Sunday morning. Students attended a final worship service before loading up their vehicles and heading to their respective homes.

It was only then that many FHU students, convinced into taking a weekend trip home by the lack of parking and crowds that characterize RUSH weekend, crept back to campus. Those that braved the invasion, however, were rewarded with a weekend full of excitement, spiritual vitality, and fun rarely matched at FHU.

Potpourri: SAA Showcases Student Talent

By Marissa Jones
Staff Writer

That's POH-pur-EE, for those of you who may be wondering—that trail-mix-looking bowl of stuff your mom leaves in the bathroom to make it smell more like cinnamon apples and less like... well, you get the point. That's not quite the right definition for the Student Alumni Association's recent extravaganza, however.

On Saturday, September 6, Loyd Auditorium was transformed into a theater showcasing Freed-Hardeman University's most talented cast.

With sections C and D filled with an eagerly anticipating crowd, the opening act truly had to set the bar for the rest of the night. Undaunted by such great expectations, Jeremy Jenkins (Chi Beta Chi president) dazzled us all with his beautiful rendition of the Jonas Brothers classic, "Burnin' Up," challenging our aesthetics with some truly innovative piano playing. "I took a year of piano lessons," he announced proudly to the crowd by way of explanation. Immediately following him was an act no less pleasing to behold—Anthony Wade gifted the night with a little soulful sound. Immediately following him was Rebecca Watts, another lovely and skilled singer,

followed by Matt Burnett, singer, Sarah Missildine, singer, Kimberly McLeod, singer, Ashley McDaniel, singer, and The Hostage—rock band. The event may have resembled Lucky Charms more than potpourri, but the talent was undeniable, and the name much more enjoyable to mispronounce.

An intermission of about ten minutes became a show all of its own as Logan Alsop, guitar hero, performed and, you named it, sang. The second half of the show began with a riveting display of manful choreography as Jeremy Hicks, Travis Young, Alex Parrish, Caleb Aldridge, and Erik Stewart stirred memories with the Back Street Boys hit, "Bye Bye Bye." Other performers of the night, equally entrancing, included Daniel Capshaw, Carly Roberto (accompanied by Rachel McKinney), Deondra Bender, Karrah Epperson (accompanied by Emily Lambert), Scott S. Huff, and last of all, Gregory Currie. Not a single performer failed to entertain. It was a night that should have offered up a sweet aroma to our new president, Dr. Joe Wiley, providing him with a glimpse of what's to come—Freed's got talent!



Alana Tucker/ The Bell Tower
Jeremy Hicks and Travis Young show up the original Back Street Boys.

Having Fun, Helping Others: Sigma Rho's Fun Fair

By Trevor Tyson
Staff Writer

A live band, large inflatables, and sweaty high school teens were the scene on a beautifully sunny Saturday afternoon as Sigma Rho held their annual "Fun Fair". The charity carnival was held in the Commons of Freed Hardeman University's campus to raise money to support mission work in the Dominican Republic. "Fun Fair" is completely organized and run by members of the Sigma Rho social club and is supported by members of the Henderson community, FHU students and faculty, and the attendees of R.U.S.H.

"Having Fun, Helping Others" is the motto for this charity event. Sigma Rho member and Women's Sports

Captain, Erin Middlebrooks, stated that, "the motto is true; we do have fun helping others." This was Middlebrooks second year to attend and help with Fun Fair. "Sigma Rho's Fun Fair is a great way to raise money for mission work, because, well, who doesn't love carnivals?", Middlebrooks explained.

As the sun beat down, the members and officers of Sigma Rho systematically organized and worked the many booths and attractions at the "Fun Fair". This year Fun Fair contained many attractions. There were two large inflatable games, a dunking booth, and a face painting table. There were also personalized painted canvases, a live band, food, and a silent auction.

The silent auction contained many items donated from local

businesses and restaurants. There were two Olive Garden gift certificates, two Catfish Cabin gift certificates, tanning packages— one including lotions and free unlimited tanning for a month from Ponytails, and items from the FHU University Bookstore donated by Katie Beckham. The auction also included Webkinz donated by Rachel Ward, a one-of-a-kind painting by Emily Ward.

"The live band was a great addition to this year's Fun Fair," Tom Bloodworth, Sigma Rho's men's Vice President stated. The band was sought after by Sig member and officer, Shannon Hargis. The band, Lexington, is based out of Nashville and happens to know many FHU students. Hargis stated, "once the band understood the cause for Fun Fair, they immediately jumped on board." "It was great to see a group of people not involved with Sigma Rho so excited to help with Fun Fair and be a part of the support of mission work in the Dominican," Derek Clark, President of Sigma Rho, stated after being asked about Fun Fair's entertainment.

All proceeds of Sigma Rho's Fun Fair are sent to Missionaries in the Dominican Republic. Cory and Laura Beth Lamb, both alumni of FHU and past members of Sigma Rho lead the mission work in Bobita, Dominican Republic. They



Alana Tucker/ The Bell Tower
Students took the opportunity to hit one another, all in good fun.



Alana Tucker/ The Bell Tower
Students and RUSH kids enjoyed the many games at Fun Fair.



Alana Tucker/ The Bell Tower
Members of Sigma Rho working at the fair.

UPC hosts annual pass the pigs

By John Jones
Staff Writer

In a single school year at FHU, there are many activities that students long for. Freshmen count the days until Interface. Seniors count the days until Graduation. Some students anticipate Makin' Music, where they can sing and dance...Ahem, "choreograph" their hearts out in Lloyd Auditorium. Some people look forward to Intramurals and all the fame, glory, and pride that comes along with them. Whether Single A or the big time, Triple A, every athlete here at Freed can dream for a Free T-Shirt and some club points (comparable to House points at Hogwarts. Go Gryffindor!). While most students get pumped for dorm musters and the Tolling of the bell (faculty apparel also similar to Hogwarts), a small group of kids, including myself, go hog-wild for UPC's annual Pass the Pigs.

While many youth groups from around the area were on campus for RUSH, UPC took the initiative and got the FHU students and potential future students involved. The event this year included activities such as: "Throw the Pigs", a football (pigskin) throw and "Eat the Pigs", pigs-in-a-blanket for sale. The event attracted many people. Some were hungry and wanted a tasty burger or pig-in-a-blanket. Some wanted a new T-shirt for their Freed-Hardeman shirt collection (I got a lot

more shirts while being recruited for FHU. Now that I'm a student, Admissions has been holding out.) Some people wanted a great combo deal and got the shirt and meal for a lower price. Whatever motivated the masses to attend, it was another successful event for UPC. A bad UPC event is comparable to a boring UPC chapel day. Neither of those things EVER happen.

Enough with the small talk. What is Pass the Pigs? Oh, you don't know? It is only the most fun, pig-related, pig-shaped dice game you have ever seen. Each player takes turns rolling two small rubber pigs and the way they land determines the number of points each player receives. In the game of blackjack, you keep adding cards to your hand until you reach 21, or until you bust. Much like this game, in Pass the pigs, you keep rolling the pigs as long as you want. Different pig positions earn you points. "Siders" and "Trotters" are commonplace. You have to work for those big points such as a "Snouter" or "Leaning Jowler". Players beware; a "Pig Out" results in the loss of your points in that round. Even more dangerous is an "Oinker". The detestable "Oinker" is where the two



Alana Tucker/ The Bell Tower

rolled pigs land touching each other. The consequence for this is the loss of all your points. Humorously, a pig that lands directly on the back of another pig is known as a "Piggyback" and will disqualify you from the game.

Pass the Pigs is more than a dice game, it is a revolution. Why roll boring Monopoly dice on the street corner with Ashy Larry, when you could be rolling pig shaped dice with Maegan Janes, the UPC president? You decide. Maegan Janes, equipped with an event T-shirt and hamburger, OR Ashy Larry, that creepy guy on the street corner who avoids police and shoots dice behind the movie theater in Jackson. It's obvious to me. Pass the Pigs!



Alana Tucker/ The Bell Tower
Students go hog-wild over Pass the Pigs.

Illusioned?

By Micah Barnes
Staff Writer

Will-o'-the-wisp Jason Bishop entered stage left Tuesday September ninth in Freed Hardeman's Loyd Auditorium attempting to fill the intimidating shoes left united by the recent performance of Lyric Street recording artist and late American Idol contestant, Josh Gracin. Eight hundred strong from FHU's intrigued student body put their Apple products on sleeper mode and packed house to inquire if self-proclaimed "America's Hottest Illusionist" could silence the skepticism.

Adorned in apparel commonly identified with rock star facades from designer denim to black pearl snap with black slick-soled boots and matching leather bracelet, the Jersey born Pennsylvania bred Bishop commanded center stage to unleash a vast repertoire of trickery and "off-the-cuff" humor.

Lead assistant of seven years, Kim Hess, who was enduringly welcomed to the stage, accompanied him for the first act performing a levitating illusion that epitomized Bishop's acclaimed bill of "magic tricks with simple props". The act featured Hess in forty-five and ninety degree angles of suspension all while incorporating the 'simple props' of a microphone stand, guitar case, pair of stools, and mood setting tunes courtesy of the Dave Matthews Band.

Quick to follow suit were various illusive acts displaying an eclectic collection of tricks and props from: a lock box and cloth sack thoroughly inspected by three audience members invited on stage by



Alana Tucker/ The Bell Tower
Jason Bishop poses with fans after Tuesday night's show.

Bishop, an origami-styled box with samurai swords in tow, a sketch book with a bowling bowl, newspaper, and the then appearing then disappearing Hess amidst engaging the tentative crowd with playful banter and witty humor.

Act six hosted an assortment of "is the hand quicker than the eye" maneuvers captured on a live-feed close-up camera and projected on to Loyd Auditorium's big screen. The most notable of these illusions was aided with a Coca-Cola can in which Bishop crushed, rejuvenated, sealed the tab, and then opened to the oh-so-refreshing sound, later pouring the once empty can beverage into a glass. The illusion caught the attention of spell bound audience members like FHU Senior Alex Aguirre who claimed "it blew my mind" and later noted "I've been to Vegas and tonight's show pared the course." Impressive considering that Bishop's show was offered without additional fiscal expense to the student body.

Like a beloved crooner boasting a coveted heart-felt ballad, so too was Bishop as he soaking up the spotlight in a solo act that showcased

his own unique artistic talent in a precession based six minute montage with swift choreographed hand movements displaying lofty card illusions before sending the cards bouncing off the stage and soaring through the air with a flick of the trained wrist into the hands of attendants. In a post-show interview Bishop disclosed that this act is "a personal favorite."

The overall impressions from the student body seemed to embrace the traveling showman with declarations like FHU sophomore Russell Shaw's proclaiming "it was a fresh, fast paced show that kept the audience's attention, mystified, entertained, and was downright hysterical." FHU senior Tristan Wheeler added "'it's the same old game (magic) but a new league and with a new team playing" when asked his thoughts on Tuesday night's performance by Bishop. The hour and a half spectacle was capped with a standing ovation and then a meet and greet with the star of the show.

To keep current on APCA hailed "best performing artist of the year" Jason Bishop, log on to www.thejasonbishopshow.com.



Former American Idol Contestant Performs at FHU

By: Heather Fortenberry
Assistant Editor

Students lined the sidewalk in front of Lloyd Auditorium in anticipation. They were eagerly waiting for the doors to open. At last the long awaited event was finally underway. As soon as the students walked through the doors, their eyes were filled with Josh Gracin paraphernalia. Once they made it past the merchandise, whether they resisted the temptation or became fifty dollars poorer, they headed to the auditorium find a place to sit. Excitement filled Lloyd Auditorium as the students crowded into the seats. The lights began to dim and the anticipation grew. Love and Theft took the stage while the students cheered. Love and Theft are a group made up of three talented guys, Stephen Barker Liles, Brian Bandas, and Eric Gunderson. Although

the crowd was there to see Josh Gracin, these guys were very entertaining. Their music was much better than most had expected it to be. Love and Theft got the crowd pumped up for they rest of the concert. When the three guys left the stage, the students grew louder because they knew what was coming next.

The band members came out on the stage, and they began playing. As the students stood yelling and clapping, Josh Gracin walked onto the stage. As soon as the spot light hit him every girl in the room felt her heart skip a beat. The former American Idol contestant and present country icon was actually on stage in Lloyd! Gracin put on a spectacular show. He and the band created so much energy and really got the students into the music. He sang "We Weren't Crazy" and "Favorite State of Mind," along with many other

familiar songs. He kept the entire crowd enthused through out the show. Sometimes he would throw t-shirts out into the crowd, other times he would toss drum sticks. He even played the drums with the drummer, and was actually very good.

When Gracin finally went off stage, everyone continued to cheer. As the students were still standing and yelling, music began to play again and Gracin began to sing "Nothing to Lose." Although he was heard, no one saw where he was. Then, all of the sudden, the spot light went to the center of the crowd and landed on Josh Gracin who was standing in one of the rows. Girls around him began to yell and they all seemed to flock towards him. He walked into the isle, followed by dozens of girls who were screaming and trying to get as close to him as possible. They were running

up to him, taking pictures and yelling. He finally made it out of the crowd and back onto the stage to finish the song, and the show.

After the concert, Gracin sat at a table in the lobby to sign autographs. Students formed a line that ran all the way past the business office doors. Because of the amount of people wanting to meet him, pictures with him were not taken in order to keep the line moving. Although they could not get their picture made, everyone was very excited to meet him, even if it was for a brief moment.

While this event may have been considered just another concert at any other college campus, Freed-Hardeman was very grateful to have Gracin perform. Hopefully this experience is only a foreshadowing of what great things are to come here at FHU.



Photos submitted
Josh Gracin interacted with the crowd when he performed in Lloyd on September 5th



Whitley Barber and Bradley Daniels meet Josh Gracin.

UPC rocks out in the commons

By: Bradley Gean

There were only two sounds that stood out above the 2 hours of classic rock in Freed-Hardeman's Commons on Tuesday night: Jessica Allen's contagious laughter and one famous, encouraging line, "Get off the stage! You're terrible!" Yes, FHU Students came out on September 16th to enjoy the crisp fall air at a Coffee House like no other you will find on the schedule this year. "Coffee House: Rock Band Edition" featured teams from all over campus which consisted of different Majors, Social Clubs, and random groups of fiends, who were each given the chance to "rock out with some of the greatest bands in history. And Fall Out Boy."

The rules consisted of the

following: Each group entered received the opportunity to perform both one song and one encore. To determine the group's score, the highest percentage between both songs was taken. Prizes will be mailed through Campus Mail to the winners from each category.

Deemed one of "the best party games ever released," UPC thought Rock Band to be an appropriate change to the traditional Coffee House. In fact, be on the look-out for many other big changes that will come beginning mid-October with the grand opening of the Henderson Movie Theater, next to KC's Coffee House. So why rock band? Why not guitar hero? Well, some say its all about the Freed-Hardeman experience. One X-Box online

reviewer confirms this: "Rock Band has one major difference from other music games: it's not about one person's experience. This is a group effort and the gameplay is geared towards teamwork. While the four members of your band must all be concerned with their own performances, you must work together to earn epic scores in Rock Band."

Many teams also worked together very hard to think of fun, yet "becoming" names for their groups. In the spotlight were groups such as: Jehovah's Fitness, Ebony & Ivory, From Russia with Love, Hydroglycerin, Rocked Out, Mamma Jean, and 3 Guys & A Girl, just to mention a few. The top scoring teams, along with individual scores,

may be found below for your enjoyment and their glory.

Do you think you could do better? If you find yourself wishing you had teamed up for this week's UPC event, do not fear: You can still win. UPC has taken on the challenging task of having an event every single Tuesday this semester, just so you can have that opportunity! Records have already been broken with over 900 attending Jason Bishop (The Illusionist) and 1000 showing up for Jim Wand. The Belltower would like to recommend that you bring such "magic" into your life. However in such a case that you have to miss any given Tuesday, we'll be here to let you know how it all went!

Level	Easy		Medium		Hard	
Team Name	The Haitian's		Asombramos		Rocked Out	
Team Percent	84%		94.7%		93.5%	
Members/Scores	Whitney Carter	902	Chris Huggins	10247	Josh Caraway	2433
	Stella Merrit	230	Eric Collins	10149	Jon Yeatman	925
	Elizabeth England	835	Riley Hendrix	1353	Shannon Hargis	202
	Sarah Smotherman	10118	Tom W	929	Heath Harwell	664



Alana Tucker/The Bell Tower
Students bring their "A" game to UPC's Rockband competition



Photo submitted.
The Chorale performs in Old Chapel Hall.

Chorale: A closer look at the "family" of singers

By: Tracy Mitchell

Chorale. A n unconventional social club? A meeting of music majors? An easy class? Perhaps a little investigation could lead us to a discovery.

Chorale's schedule of events this year include a September BBQ Festival, various trips to Missouri and Mississippi, January Winter Tour to Michigan, and a Chorale Festival at Rochester Christian College.

They also have a fearless leader, Dr. Gary McKnight (and happily, his lovely wife, Ms. Rosemary, an elementary school teacher, often makes appearances).

They have rehearsals (class if you want an hour's credit) every day of the week from after chapel until 12:00 p.m. (later if Gary gets a little too entrenched in singing...)

They even take a mission trip to Scotland once every two years. They stay mainly in Kirkcaldy and sing their program at local schools (target the kids), at rest homes (target the "more mature"), and the local congregation. However, this is not a mere "tour" of Scotland - it is a mission trip, with a VBS and a gospel meeting (although that isn't necessarily made up of choraleans). Handing out leaflets is even a frequent activity.

But do all these attributes really describe chorale? Several, if not all, members of chorale would agree that it is something much more. To Janelle Tavernit, "it's like a big family!" "Favorite thing: the camaraderie," says Chris Watts. Melanie Lambert thinks "it's pretty amazing," and Jennifer

Lewelling describes it as "one of the best things that's ever happened to me."

What makes this "class" or rather this "family" so close-knit? Many people join chorale initially for their love of singing. Some join because chorus is what they've done all through high school. Some join because they're music majors. Others join because their suitemates tricked them into talking with Gary.

But you aren't forced to stay in chorale (those windows in Old Main don't exactly have iron bars across them). Why stay? Why would we "stand on the risers for no less than 50 minutes everyday, going over and over pieces of music, being lectured about singing the "s" in the wrong spot or, shamefully, how we should never, ever, under any circumstance breathe during a song?" asks Jennie Bohmier.

While rehearsals are not normally deemed the day's most fun activity, although they sometimes can be, they prepare us for a later reward. Visiting churches, schools, rest homes, and more, we convey a gift of song - perhaps a teaching, perhaps an encouragement. God gave us voices to sing, and our aim is to shape our voices, our hearts, and our lives to his service. In the words of Melanie Lambert, "it feels good knowing that you've told them about God and His everlasting love for us, no matter what." And I guess that's the sort of life we should be living as Christians in the first place.

Politics: The Republican side of the debate



Tara Schonhoff
Columnist

Now that the National Conventions have ended, America is able to choose the best pair of candidates for the White House. Strangely, all of the V.P. attention and criticism has been directed towards Governor Sarah Palin while Senator Joe Biden has been able to slink out of news reports relatively unnoticed. Palin's supposed inexperience is less deserving of criticism than Senator Obama's and she should logically receive less suspicion than Senator Clinton did for the possible female defects on her leadership, since she is only running for Vice President. The real issue behind her incurring the excess of political cartoons is not her daughter's pregnancy, her son's military service, or Governor Palin at all, but the reformed masculinity of John McCain.

Since his run in the 2000 Presidential election primaries, McCain has earned the reputation of

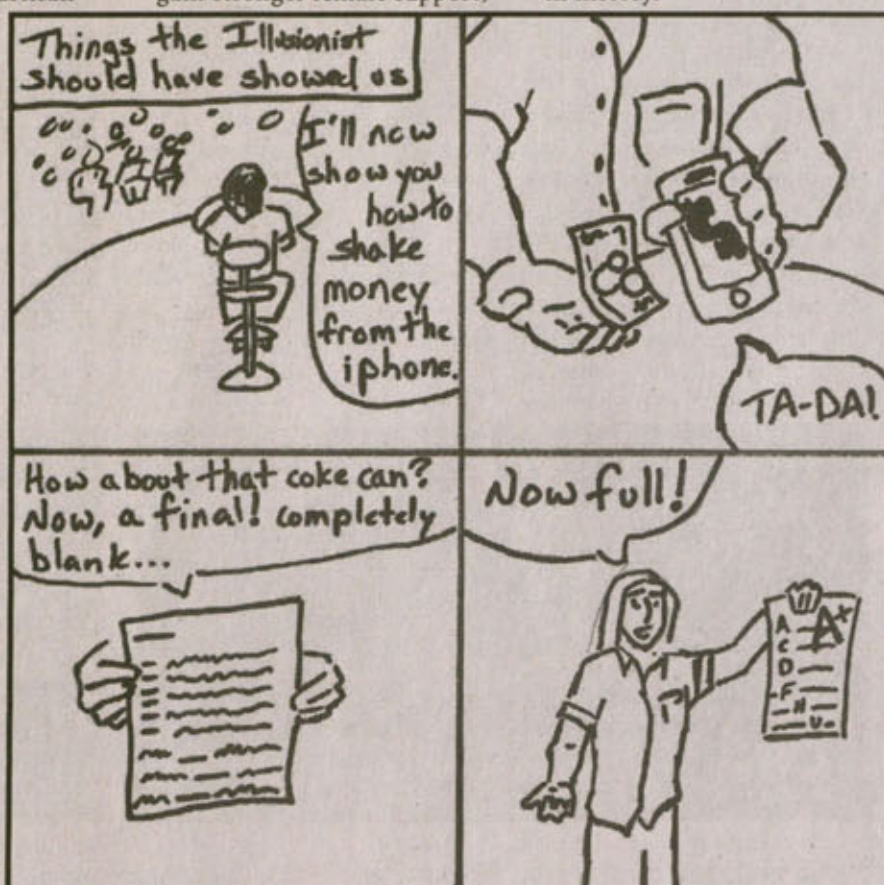
being media-friendly as a host on Saturday Night Live and favorite talk show guest. McCain has also served as one of the most radical of the high-profile Republican politicians. He has spoken out against many time-honored traditions typically associated with the Party's platform, taking a stand against torture and voting to bring home groups of Marines during the Reagan administration. He was considered too liberal and dangerously bipartisan on Super Tuesday in 2000, costing him the Republican Party's candidacy.

But in this election McCain has painted a vastly different portrait of himself: an image of experience, solidarity, and extremely conservative Republicanism. TIME magazine's Joe Klein condenses the Senator into a single word – honor – representing loyalty to his family, the military, and the Republican Party. Even the majority of his speech at the Republican National Convention revolved

around his time as a prisoner of war, emphasizing his rugged persistence and courage.

McCain has been softened, aged, and turned into a Republican hero to the point that, in contrast, the dignified Governor Palin is wrongly accused of being as tactlessly aggressive as Senator Clinton. Because McCain has been fonder of the middle, this election has had the task of changing his name from "Rebel" to "Maverick," to gain stronger female support,

the Reagan votes, and the Grand Old Party loyalists. Longtime McCain supporters may question this milder approach and feel frustration as Obama steals attention for the bipartisanship that once gave McCain his name in the Senate, but it is this makeover that has helped him evade the fate of the explosive Howard Dean. But now he must find the right balance between strength and compassion to win the most divided America in history.



Cartoon by: Brad Kelley

Her view: America the blessed



Brittany Chapin
Columnist

I don't have to go to a third world country to realize how spoiled I am. All I really have to do is look around me and observe what a pampered life my friendly, fellow Americans and I live. Since I have lived a privileged life for my entire existence I rarely take a mental inventory of the many blessings that I have been fortunate enough to enjoy. But here I sit, looking around and wondering why I ever have any reason to complain about anything.

According to the 2005 census, there are countries in the world in which only 25% of their inhabit-

ants know how to read. How sad! Here in America we have a 99% literacy rate and how many times a day do I hear people complain about having to read their textbooks? Ridiculous. We sit, whimper, and whine about the cost of tuition here at Freed-Hardeman while countless individuals in and out of the United States of America would kill for an opportunity to receive the education that we are receiving. It is certain that each and every one of us has griped about the less-than-impressive selection of the infamous Wallace-Gano cafeteria at some point in our FHU careers. I should be ashamed of myself. With two buffet lines of all-you-can-eat food, cereal, salad, sandwiches, wraps, pizza, dessert, and endless soft drinks I'm not seeing the major "delectable" dilemma! Our taste buds blind us from seeing the big picture; we are blessed beyond comprehension to "suffer through Gano" while others

are starving around the world. Maybe we should all check our complaints a little more to see if they are truly valid. The USA is one of the wealthiest countries in the world. According to the reports of the Organization for Economic and Co-Operation and Development (OECD), the average American household only saves approximately .4% of their annual income. How in the world do we waste all of our money? One guess would be on greasy fast food, since the United States has THE HIGHEST obesity rate in the developed world. Even when put up against countries similar to ours we are still more wasteful and fat in comparison. The American Pet Product Manufacturers Association revealed that Americans spent over \$34 billion dollars on their pets in 2004, which is more than what Americans spend on going to the movies, playing video games, or listening to music combined! Great Scott, Freedies! Isn't

that a bit disturbing? Not that I don't love puppies and all that, but \$34 billion? Good gracious...

It's tidbits like that and many others that make me want to check myself and to encourage you to check yourselves as well. There's nothing huge I have in mind to remedy these distressing facts except a small attitude adjustment. We live in a society in which all we seem to be concerned about when we do something is what we will receive in return. Maybe for once we should just do good deeds expecting nothing in return. Because, by the way, I don't understand why the Red Cross has to BRIBE people with a free t-shirt to give blood in order to save a life! Maybe we could all try having a content, pleasant attitude of gratefulness without expecting a pat on the back. I figure we should all just take some time today to TRULY count our blessings and check our attitudes accordingly.

so you'd be late for curfew?

Their plans are as crafty as they are evil. You have my warning freshmen, may you never face the dangers presented by SASS. But for now I must leave, I hear someone knocking on my door, sounds like a cane. Even now I pay the price for informing my readers. Fare-thee-w...

His view: Just a Warning



Brad Kelley
Columnist

Alright kiddies, Uncle Bradley is back with another rousing edition of "Awesome things you never knew about Henderson but wish you did, so thanks Brad for telling us, because now we know." Well, first of all you're welcome. Second of all, I do have another awesome thing to tell you about Henderson this week, so prepare yourselves.

You learned about Hank and the WTABJVODMPHC, awesome group there. This week you're going to learn about the Secret Association of Senile Seniors, or SASS for short.

At first you think nothing of the older building across Main Street from Brown-Kopel, but from years of experience and personal worry, I have realized a terrible thing. There is an underground organization running from that building,

with its innocuous "Baldy" on the front end of its sidewalk, claiming to be the Chester County Senior Center.

It is actually a group of old, evil, senile masterminds who plot to destroy our good University. You may think you know who stole the clapper, or you may assume it is just the social clubs painting the lion or pulling other pranks, but I know the truth. It is all the work of SASS and their evil genius of such great proportions. Steven Hawking has nightmares about him. His name is Reginald W. Scott III, and he is a dastardly man. Poor Taylor was just a fall-guy for Reginald, he told me so himself in tears. Held at the point of a couple of Ensure bottles, and threatened with pureed beets how could he not give in to Reginald's demands?

I bring you this story at great personal risk to myself, but I feel it is my journalistic duty to get the truth out. You must know, must be aware of the evil that sits so close to campus. You must be wary, watchful, and you must be able to run fast. Speed is SASS' only weakness. Most of the members are confined to walkers, maybe canes.

They can be spotted wearing ill-fitting night gowns, or in sweaters and khakis. The wrinkles are another clue. I

urge you students of Freed-Hardeman University, to be wary of this secret menace lying so near to us. Protect yourselves from it, for they do perform kidnappings, you wake up, just in time to be late for curfew, and how can you explain that you were picked up by some old dudes in a mini-van and held hostage just

so you'd be late for curfew?

Their plans are as crafty as they are evil. You have my warning freshmen, may you never face the dangers presented by SASS. But for now I must leave, I hear someone knocking on my door, sounds like a cane. Even now I pay the price for informing my readers. Fare-thee-w...

Interested in voting but not sure how?

- **Voter Registration forms, College Republican t-shirts (\$7), and McCain bumper stickers (Free) available in Dr. Stephen Morris' office (located upstairs of Draughan Bldg.)**
- **FHU College Republicans (Join the Facebook group for information about debate watching parties and other events)**
- **Watch for upcoming forums with Dr. Massey and Dr. Stephen Morris. They will be discussing Party and candidate difference to better inform students on election issues.**

Italy: First Impressions

Body cramped with exhaustion, sprawled across two conveniently empty bus seats, taking the first opportunity I'd had to stretch out my swollen, jet-lagged muscles; this was how I glimpsed my first view of the place. I would be spending the next three months in this town, and still I had no idea what I was getting myself into. I held my breath as the too-large bus raced its way up the windy mountain road. Soon, buildings came into view. I gasped as I saw the striking, quaint town of Citerna. It looked like a movie set. I honestly had never expected for everything to actually be this beautiful.

Two weeks later, everything is still gorgeous. Everything. It is almost too easy to take the breath-taking sights and cities for granted. Almost. I walk outside and towards town. Three or so steps get me there. I have no choice but to witness spectacular views and ancient buildings. Every house has a terrace and shutters that really work. People actually use their windows here. Often, they use them for shouting down to a friend on the street, or to sit and watch



Bailey Gillreath
Columnist

the passersby. Teeny tiny cars decorate the road-sides of some towns, but not Citerna. The residents of this half Umbria, half Tuscan town stow their hatchbacks in convenient portico-style carports.

At night, the people of the village come out to the café and enjoy coffee, gelato, and each other's company. Things are slower. Life isn't about keeping up with the Joneses; it's about taking in the little moments, and having a passion for life.

Now that our group has settled in to our little home, we realize, there is no settling in on a study abroad trip. Group trip to Rome and Pompeii is soon, followed by free-travel, which is followed by a cruise through the Grecian islands and a stop in Turkey. Life may be slower for the Italians, but not for we Americans. But, we like it that way.

Belgium View:

Just FYI—a butter knife is considered a weapon. It was during the group's long-awaited six-day excursion to Paris that we learned this interesting tid-bit of information. While in Paris we took in all the sights, sounds and foods that Parisians enjoy. We hopped from track to track on the subway, sampled delectable crepes with nutella and fruit, and even soared to the top of the Eiffel Tower under the moonlight. Also, three members of the group became as close to felons as we ever want to be.

It was a sunny Saturday morning and we were looking forward to a day of sightseeing. Our first stop was Sainte Chappelle Cathedral. This little church is famous for its elaborately stained glass windows that tell stories from the Old Testament.

Interestingly, the Justice Center for Paris which houses the courts and other legal sites has been build around this church building. Therefore, in order to get inside the cathedral, one must pass through airport-like security.

I wait in the line and dig out my security wallet with my money, passport, etc. from under my shirt, and place it in a little red box with my camera. I slid it through the x-ray machine and set my big blue backpack on the conveyor as well. After I walked through the metal detector, the security guard asked if I spoke English. I told him yes, and he said, "Do you know you have a knife in your bag?" "No!" I nearly shouted and I informed him that I do not under any circumstances carry knives. That was a mistake;



Andrea Bigham
Columnist

after all, he does have a screen that very clearly displays all the items in my bag. He pointed to the weapon in question, and I remembered what it was.

In an attempt to save a few precious Euros, a few friends and I decided to bring supplies and make peanut butter and jelly sandwiches for lunch in Paris. I had borrowed the knife from Verviers to help spread the peanut butter.

So I opened the bag as carefully as possible because this guard looked like he was about to pull a gun on me for having this butter knife. I took out a Ziploc container with the weapon in question and proudly displayed it for the guard. It also had a small baguette and some jelly inside.

I thought that it was sort of funny and half-expected him to laugh. Guess again! The knife was taken, bag and all. I had to sign some papers and hand over the weapon in order to enter the building. Two others had their knives confiscated as well, and we were able to get our knives back when we left the site.

Things are going very smoothly on the Belgium trip as we are taking everything from memorable sightseeing to brushes with the law in stride.

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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

Lady Lions VolleyBall

Sept 23 vs. Union	7:00
Sept 25 vs. Trevecca	7:00
Sept 29 vs Martin-Methodist	7:00
Sept 30 vs Cumberland	7:00

Lions Soccer

Sept 23 @ Union	7:00
Oct 2 vs. Cumberland	7:00
Oct 9 vs. Faulkner	7:00
Oct 11 @ Lyon College	4:00

Lady Lions Soccer

Sept 23 @ Union	5:00
Oct 2 vs. Cumberland	5:00
Oct 9 vs. Faulkner	5:00
Oct 11 @ Lyon College	2:00

Home Games Conference Games Home Conference Games

The Bell Tower's College Football Power Poll

1. USC
2. Oklahoma
3. Georgia
4. Florida
5. Missouri
6. LSU
7. Texas
8. Wisconsin
9. Auburn
10. Alabama
11. Oregon
12. Penn State
13. Ohio State
14. Brigham Young
15. Texas Tech
16. East Carolina
17. South Florida
18. Utah
19. Wake Forest
20. Kansas

PREDICTIONS

Ohio State	20
USC	17
Kansas	36
South Florida	32
Wisconsin	38
Fresno State	25

Coach's Corner: Todd Humphry

By Samantha Wilkes
Staff Writer

It's that time of year again. Our Lady Lion volleyball team is gearing up and getting ready to shown down the best of the best in collegiate level volleyball. Last year's team took FHU straight to the top by winning the tournament conference championship and this year they don't plan to slow down.

According to the Lady Lion's head coach Todd Humphry, the outlook for the 2008 season is a positive one. As for goals,

he stated, "We want to defend the championship, of course. We have a really good chance of winning the title again."

While measuring up to last years stats may seem a little stressful, there are, of course, advantages to following a very successful season last year. "The girls all know what they are capable of and that makes them more confident. This is especially important when everyone else [you play] is trying to knock you off and shoot you down," said Humphry.

Not only does the team hold time-tested key players,

but new additions to the team, the freshmen, are proving they have their own skills to bring to the table. Three of this year's freshmen players are even starters, which says a lot about their talent and willingness to be there for the team.

"We have depth now that we have not had before. In the past we haven't been able to have the bench step in when needed. This year, I can put anyone in at any time that will be able to play a good game," Humphry explained.

And not only are the freshmen stepping up, but the upperclassmen help the freshmen and sophomores on the team by showing good support for the younger members of the team. They make sure they are aware of practices and game times as well as making them feel like they are part of the greater family of FHU athletes.

Older players also have experience with other opponents, and can tell the freshmen and sophomores the past history of the teams. Humphry agreed that, "the

older team members help a lot with game preparation."

According to Coach Humphry, coaching the Lady Lions volleyball has undoubtedly made a difference in his life. The relationships he has made with past and present players have formed lasting bonds and friendships. He's even had the privilege of walking a few down the aisle!

Humphry remembered, "Once we were trying to catch a plane from Tampa back home. Everyone was ready, except one girl. She showed up in the hotel lobby 5 minutes late, carrying her bags on her arms and with a cowboy hat on. She looked like a total tourist! I was a little mad at the time, but now I can look back on it and laugh." Its times like that that have kept the Lady Lions closer than mere team mates.

The Lady Lions also love to play the "vegetable game" to stay entertained on long bus rides. "If the rest of the students want to know what it is, they'll just have to ask,"



Photo Submitted
Head Coach Todd Humphry

laughed Humphry. The Lady Lions play several home and away games this year, including the FHU vs. Union home game on September 23. "We were ranked No. 1 last year, but Union was right behind us, being ranked No. 2. They're one of the top teams in the conference," said Humphry.

Coach Humphry and the Lady Lions would like invite everyone to come out for the big game this coming Tuesday. "Not only is having a large crowd thrilling," they said, "it's one of the biggest factors in helping to pump up the team."



Alana Tucker/ The Bell Tower
Senior Crissandra Perez recorded 18 kills in the last match.

Men's soccer gain huge victory in OT

By Erik Stewart
Sports Writer

The FHU men's soccer team slated two wins this past week in their trip to Kentucky against non-conference opponents Pikeville College and Saint Catharine College. Monday's game against Pikeville saw the Lions pull out a 1-0 win with a goal coming midway through the second half. Two of FHU's freshmen phenoms hooked up when forward Kevin Jamieson buried a Josh Oberlin cross from just outside the 18 yard box. FHU held their lead for the remainder of the game and improved their record to 2-1. Tuesday's competition pitted the Lions against the Patriots of Saint Catharine College. The Patriots got out to an early lead when midfielder Orest Arendacz slotted a shot past FHU's Alex Girodo in the

eight minute. The match remained at 1-0 in favor of Saint Catharine through the 45 minute mark. The Lions, not to be outdone, equalized in the 52nd minute when Junior captain Travis Shivers netted a through ball from the foot of Josh McReynolds. Only seven minutes passed before McReynolds became the recipient of a beautiful cross from defender Archibald Marowa and gave FHU a 2-1 advantage with a meticulous strike from within The Patriots' 18 yard box. The Lions were able to fend off several attacks from the solid offense of SCC, and ultimately prevailed, boosting their record to 3-1.

This past Thursday night, if you weren't out at the soccer pitch you missed out on a wonder match between your Freed-Har-

deman Lions and the Williams Baptist Eagles. Both teams came out strong in the first half with both teams having nine shots on goal. Freed step up their possession game Thursday night. Possession is something that the lions had been struggling with but Coach Elliott had his men on the top of their game. The lions kept the ball on the attracting half for the majority of the first half. The lions had plenty of opportunities around the 18 yard box but never found the back of the net. The fans were on their feet at the 16 minute mark when Kevin Jamieson ripped a shot from the top of the right 18 yard box just missing the left upper ninety corner.

Both teams came back out after the half reenergized, the refereeing staff lost their edge during the half coming out with some very off the wall calls that could have resulted in easy goals for the lions. At the 57 minute mark Kevin Jamieson had his feet drilled out from under him in the penalty box that should have resulted in a penalty kick, but no call was made. None the less the teams pressed on through the officiating crew. The lions had some near misses Josh McReynolds from the 6 yard box broken up by the keeper, Travis Shivers played a ball from McReynolds' foot through the defense from about 9 yards out, and Hobert Watkins had a beautiful set up at the top of the 18 box that was chested down and rocketed just over the cross-bar. At the 72 minute mark

Billy Otieno gave the Lions a scare when delivered a shot that just skimmed the hands and Freed-Hardeman's keeper Mauricio Campos. Just one minute later. The lions didn't get down, they kept playing strong. The lions started attacking the frame. Travis Shivers had a beautiful shot from 20 yards out that was struck down by Lance Cummins, keeper for the Eagles. A min later Jonathan Frias of the Eagles rebutted with a well delivered side net ball from 35 yards out. Then with only four and a half minutes left in the game Diego Rojas sent Icaro Alves a well placed cross which Alves destroyed the net with tying the game.

Both teams met in their respected areas and came out hungry for a win. I guess the lions were just hungrier. It only took the lions a minute and a 33 seconds to score. Kevin Jamieson sent a ball to Shivers from the touch line. Shivers with a diving header gave a



Alana Tucker/The Bell Tower
Josh McReynolds carries the ball in this past thursdays game.

ball to Simbarhe Zvaita's foot finding the back of the net and a 2-1 victory over the Williams Baptist Eagles. After Thursday night's game the Lions now have a record of 4-3. The lions travel Tuesday to Martin Methodist looking to extend their record to 5-3 and capturing their first conference win of the season. Also mark your Calendars September 23 the lions are scheduled to play our rivals the Union Bulldogs in Jackson. Make a short trip and cheer on your Lions as they try to redeem themselves from last year's loss.



Alan Tucker/The Bell Tower
The team piles up in celebration over the 2-1 win.

FHU Intramural season begins

By Jacob E. Wallace
Sports Writer

As the semester gets rolling at Freed-Hardeman University, a much anticipated annual activity is on the horizon. Intramural Athletics will return to the campus on Monday September 15. The Department of Campus Recreation organizes all the sports for the student body. Teams organized by various groups are organized into three leagues based largely on competitiveness. Single "A" (A) teams are largely recreational, whereas Triple "A" (AAA) teams

are highly competitive. Double "A" (AA) teams fall in between those two extremes. The sports are also divided into male and female divisions as well. Games are customarily only scheduled on Sunday through Thursday nights to allow students to take part in the popular activity of going home on the weekends without fear of missing a game. Though the leagues are open to any group of students willing to participate, those teams set up by the five social clubs compete for an annual Sports Trophy. Each

club is allowed to have up to two teams in each league. Clubs are awarded points based on how their teams finish throughout the year in various sports. The reigning champion in club sports is—and has been for twenty-eight years straight—the Phi Kappa Alpha Bulldogs.

As is customary, the first sport on schedule this year is softball. The start of the season is three weeks later than previously this year, presumably so as to not overwhelm the students at the start of school year (The Department of Campus Recreation could not be reached for comment). Whereas the university only operates one field for intramural sports, AAA games almost exclusively played on this field. The other two divisions play their games at Dixie Park on the eastern end of Henderson. Surprisingly, softball season seems to be the most injurious of all intramural sports. As autumn comes, so do the crutches.

Following the conclusion of softball season will be three more sports this year. Flag football

will begin in October, on the same fields as softball is played on. In the spring semester, the action will turn inside as Bader Gymnasium becomes the host of intramural basketball and volleyball. At the end of the school year, the Department of Campus Recreation usually schedules a short softball tournament in the first weeks of May.

As mentioned earlier, intramural athletics are open to participation to all students. This opportunity allows groups of friends interested in playing to play together on the field—as well as come up with interesting names. With squad names such as the Citrus Ticklers, Jehovah's Fitness, Animal Crackers, and the Best, the creativity of the students is certainly on display for all to see.



Photo Submitted
Jill Rhodes gets her flag pulled in flag

The fast approaching intramural schedule is welcomed excitedly. Those students who were struggling to find ways to spend their time on weeknights now have another option on their list of potential activities. Whether the students are competing on the field, or merely sitting in the stands supporting their friends, they will not be disappointed. They fields are ready. To paraphrase Field of Dreams, "They have built it, now the students will come."



Photo Submitted
Teams pray together before their intramural basketball match-up

Coffee Crazy?



Welcome to Coffee Tasting.

Whether it's a late night research paper, an early morning lab practical, a substitute for an afternoon slumber, a rendezvous with friends, or a date with that certain someone you've been hittin' on at devo, a good cup of coffee always pairs well with the dynamics of college life. It's warm and inviting. It's bold and invigorating. And, yes, it's caffeinated. But there's more to a good cup of java than the jitters you get while trying to avoid sleep and ace your exams. A good brew of coffee is loaded with flavors, aromas, and complexities that will keep your palate begging sip after sip. Fresh almonds and roasted chestnut. Rich, dark cocoa. Tangy, sweet citrus and blackcurrant. Subtle notes of caramel. Earthy spice. With time your nose and mouth will dive into a flavor wonderland with such depth it could take you an entire pot to discover all the subtleties of the roasting process. And because your senses are serious matters, it is important to invest just as much care into what you brew as you would in the moments you brew over it.

Here are a few tips for brewing the best cup of college supplement. Always use fresh, cold water. Hot tap water will contain trace amounts of metals from the hot water heater, leaving your coffee with a sharp bitterness that can be easily avoided. Next, choose your method of brewing. A standard drip press can be hassle free, but if you want the most out of your coffee experience, use a French press. For about fifteen dollars at Target, this little contraption allows you to steep your coffee from boiled water much like tea, and then uses a metal plunger with a filter to push the grounds to the bottom of the container. This allows the natural oils (and flavors) of the coffee that are usually soaked up in a paper filter to reach your cup, enriching your coffee with more complexity without being quite as bitter. Please note, that if you grind your own beans (which is always the better route to

By Michael Watson
Coffee Connoisseur

ensure freshness and flavor) use the coarse setting on your grinder for the French press, or else your grounds will seep through your filter and into your cup. In order to get the most out of your brew of goodness, use enough grounds to extract the full amount of flavor from your beans. Use a generous tablespoon full for every two cups of coffee (so if you have an 8 cup coffee maker, use 4 tablespoons of grounds). If possible, store your coffee grounds in your freezer to keep them from drying out and losing flavor.

When you finally pour that fresh cup of aromatic gusto, you may choose to adjust your drink away from its intense, dark essence. You can use creamer to smooth its spirited bite, or you can add sugar to mask its bitter zest. Experiment for yourself and find what way suits your drinking preference, just beware that the more sugar and cream you add, the more you mask the coffee's complexities.

Coffee tasting has four unique elements to it: Aroma, Taste, and Finish. When you smell a coffee aroma, breath slightly through the mouth as well as the nose. This improves acuity and stimulates the palate. During the taste, take a small slurping sip so the coffee distributes evenly over the entire tongue and palate. This improves basic taste acuity. Pay close attention to the sensations of the liquid on the tongue as well as the basic tastes. During the finish, swallow the coffee while mentally lingering on the aftertastes the coffee leaves. This sense of coffee develops over time. To speed up the process, do some fake chewing and swallowing, almost a smacking movement, with empty mouth immediately after swallowing. This will give you the most intense impression of the finish.

While beginning the coffee tasting process, tune in to this list of commonly found flavors to the right of this column to help texture and develop your palate. Keep in mind that these flavors are never overpowering—only subtle hints that tingle the most delicate senses of your perception. Enjoy!

The Best of: Jackson Dining

By Stephanie Pounders
Editor

For all of you freshmen lovebirds out there, I know the time is swiftly approaching for dates to

become a real issue. I've seen you scoping each other out, and while it's not twitterpating time yet, this old owl knows that the excitement of meeting all these new

people lends to a plethora of dating opportunities.

Henderson, however, can only take you so far. Sure, Besso's is nice the first three times, freezer-burned ice cream from Shell is fun one time around, and you've got to try Bell's hamburgers, but what do you do when... the first three weeks of your meant-to-be one-of-a-kind relationship starts to go a little stale? Retire yourselves to the back corner of Gano to become that couple that eats alone every meal, feeding each other mac-n-cheese from the same

side of the table?

I mean, you were obviously meant for each other. God put you in each other's interface group for a reason! Don't let this go sour on account of dining options.

But even if Henderson is becoming completely old hat, you are actually in luck. The big city of Jackson is only a short drive away and sure to revive the romance that you might be missing. And we've done half the work.

After interviews, countless numbers of the most experienced dating



students across campus we have formulated a list of the very best places to take a date out to eat in Jackson. So saddle up your bird or your bloke and head on in; this is the big city's finest in datable dining options.



"The South Jackson Starbucks is by far the best place to go on a date. It's got a relaxed atmosphere and you can always hit on the baristas while your date is in the bathroom."
-Brooke Harp



"We like to go to Chilis because we can get our cheap and still get good food. You can order two skillet quesos and pay as much as you would regularly pay for a meal. And we like the mango tea and strawberry lemonade."
-Caleb and Katie Blewett



"Olive Garden is where I like to take the ladies. The romantic ambience does it every time."
-Josh Williams



"Sekuura, most definitely. It's the best sushi in the entire world and by far Jackson's strongest asset."
-Sarah Holt



"Old Time Spaghetti Store. It's a nice sit down restaurant that doesn't make you poor."
-Joel Slater and LeighAnn Robinson



"B'Dubs (Buffalo Wild Wings) is the best place to go on a first date. If it goes bad then you've still got the sports."
-Jared Symonds



"Casey Jones Village is where I like to be taken on date. It's so cute and has a putt-putt golf course to play on and a cute little country store."
-Megan Bunry



"Steak-n-Shake is our favorite place to go eat on a date. The cheese fries are amazing."
-John Ware and Amanda Leonard



"Taco Bell is my favorite place to take Shea. We are pretty fond of the .79 cent menu."
-Jake Stoffregen



"And number one on my list is most definitely Dinkin' Donuts. There's nothing better than a coffee and donuts date in your pajamas and house shoes before a 9:00 class. Believe me, it's worth getting up for."
-S.P.

Coffee flavors that will titillate your tongue

* Ashy - This odor descriptor is similar to that of an ashtray, the odor of smokers' fingers or the smell one gets when cleaning out a fireplace. It is not used as a negative attribute. Generally speaking this descriptor is used by the tasters to indicate the degree of roast.

* Burnt/Smoky - This odor and flavor descriptor is similar to that found in burnt food. The odor is associated with smoke produced when burning wood. This descriptor is frequently used to indicate the degree of roast commonly found by tasters in dark-roasted or oven-roasted coffees.

* Chocolate-like - This aroma descriptor is reminiscent of the aroma and flavor of cocoa powder and chocolate (including dark chocolate and milk chocolate). It is an aroma that is sometimes referred to as sweet.

* Caramel - This aroma descriptor is reminiscent of the odor and flavor produced when caramelizing sugar without burning it. Tasters should be cautioned not to use this attribute to describe a burning note.

* Cereal/Malty/Toast-like - This descriptor includes aromas characteristic of cereal, malt, and toast. It includes scents such as the aroma and flavor of uncooked or roasted grain (including roasted corn, barley or wheat), malt extract and the aroma and flavor of freshly baked bread and freshly made toast. This descriptor has a common denominator, a grain-type aroma. The aromas in this descriptor were grouped together since tasters used these terms interchangeably when evaluating standards of each one.

* Earthy - The characteristic odor of fresh, wet soil or humus. Some-

times associated with moulds and reminiscent of raw potato flavor, a common flavor note in coffees from Asia.

* Floral - This aroma descriptor is similar to the fragrance of flowers. It is associated with the slight scent of different types of flowers including honeysuckle, jasmine, dandelion and nettles. It is mainly found when an intense fruity or green aroma is perceived but rarely found having a high intensity by itself.

* Fruity/Citrus - This aroma is reminiscent of the odor and taste of fruit. The natural aroma of berries is highly associated with this attribute. The perception of high acidity in some coffees is correlated with the citrus characteristic. Tasters should be cautioned not to use this attribute to describe the aroma of unripe or overripe fruit.

* Grassy/Green/Herbal - This aroma descriptor includes three terms that are associated with odors reminiscent of a freshly mowed lawn, fresh green grass or herbs, green foliage, green beans or unripe fruit.

* Nutty - This aroma is reminiscent of the odor and flavor of fresh nuts (distinct from rancid nuts) and not of bitter almonds.

* Spicy - This aroma descriptor is typical of the odor of sweet spices such as cloves, cinnamon and allspice. Tasters are cautioned not to use this term to describe the aroma of savory spices such as pepper, oregano and Indian spices.

* Woody - This aroma descriptor is reminiscent of the smell of dry wood or an oak barrel.

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278

Where to stay fit at Freed-Hardeman

Men's Pool Hours

Monday, Tuesday, Thursday
Lap Swim 8:30 pm - 9:15 pm
Free Swim 9:15 pm - 10:00 pm
Saturday
Lap Swim 3 pm - 4 pm
Free Swim 4 pm - 5 pm

Women's Pool Hours

Monday, Tuesday, Thursday
Lap Swim 7:00 pm - 7:45 pm
Free Swim 7:45 pm - 8:30 pm
Saturday
Lap Swim 1 pm - 2 pm
Free Swim 2 pm - 3 pm

Main Street Gym

Monday, Tuesday, Thursday
6 am - 10 am, 11 am - 11 pm
Wednesday 6 am - 10 am,
11 - 5 pm, 8 pm - 11 pm
Friday 6 am - 10 am,
11 am - 6 pm
Saturday 1 am - 6 pm
Sunday 8 pm - 11 pm

Girls hours Monday, Tuesday,
Thursday 3 pm - 4 pm
7 pm-8pm

Group Fitness Classes

Sports Center Auxiliary Gym
Tuesday and Thursday 6 am

Sports Center Gym

Monday - Saturday
6 am - 10 pm
Sunday 1 pm - 4 pm