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Dr. Massey and the 'College Democrats' host charity shoe drive.

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### Sports

Head Basketball Coach Jason Shelton on his success.

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39th annual campus wide event centered on the theme 'Going Home' proves it's just as big as ever.

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### Briefly:

The Sports Advisory Council Benefit dinner featuring Ole Miss Head Football Coach Houston Nutt is Apr. 25 in the Sports Center.

There are still several openings for full-time ministers and youth ministers in many congregations across the nation. The Ethridge church of Christ will be on campus Thursday April 9 to interview female youth ministry interns for a position this summer. If interested in any of these positions, contact Bible faculty David Powell via e-mail: dpowell@fhu.edu.

### Upcoming Events:

The Psi Muvie festival hosted by UPC happens Apr. 14.

FHU Theatre presents plays in rep: 'Terra Nova' & 'The Little Prince' at the Black Box Theatre Apr. 20-26.

### Soul Food

"Grace, mercy, and peace will be with you from God the Father and from the Lord Jesus Christ, the Son of the Father, in truth and love."

- 2 John 1:3

## Henderson economy benefits from FHU and students

By Bailey Gillreath  
Staff Writer

Complaining. Whether it is the contagiously popular attitude to have or because students have been legitimately frustrated by a decision that they don't quite agree with, everyone has, at one time or another, found themselves grumbling and complaining about Freed-Hardeman and Henderson, Tennessee. The town can sometimes seem too small and a little dull during the weekends, downtime, and after classes. Often, Freed students find themselves eager to jet away to Memphis, Nashville, or even Jackson, TN to find something entertaining to occupy their time.

On the other hand, though there is currently more to do on campus than ever before, Freedies seem to suffer a bit of a guilt complex for what is available to them as students. They waver between complaining that there are too few resources for their use, not enough activities to fill their time, and in turn blame the school for neglecting the community. It seems that sometimes students can't quite decide which they are more dissatisfied with, the fact that they feel that there is nothing to do in Henderson or that they feel like the university is selfishly and systematically buying up the town and creating, yes, even more to do, while these things are aimed at the students, not the community.

Both views have circulated and though both might have some validity, the facts are what count. No, Henderson doesn't offer the sights, diversions, and shopping that one might find in Jackson, TN, but the town and its resources are growing. This is largely to the credit of Freed-Hardeman University. Full time students and visitors during the school's events generate a lot of trade for the businesses in this area.

Executive Director of the Board of the Henderson Chamber of Commerce, Kristen Hester Hicks, had this to say

regarding Freed-Hardeman's economical effect on the town:

"Quite a few Henderson businesses appreciate their FHU patrons and definitely make a higher profit during the regular school year than during the summer. Of course, some businesses can count on that revenue more than others—the hair salons and restaurants are draws for college students, professors, and staff while a real estate agent might not even notice when the students leave for the summer. Also, many of the visitors that come to campus for Makin' Music or other events eat here, stay at Chickasaw or the Americana Inn, and fill up with gas before they leave."

It is clear that even though students often choose to take their business to more populous areas, the student population is making some positive economical impact on Henderson, TN. Mrs. Hicks also said that as the area grows, the Chamber of Commerce plans to make what is available in this small town more well-known and easier to find.

The Executive Director even stated that there are plans to keep the website, www.chestercountychamber.com, updated as the town grows and is looking at adding features to the website that will enable residents and visitors to know what this town has to offer. She hopes that this will, "help change people's shopping habits and keep more tax dollars at home." As students help the economy through their everyday spending at the local markets, eating establishments, hair salons, and coffee shops, Freed-Hardeman is helping in different ways.

While recent real-estate purchases chiefly benefit the students and support school growth, several of the renovations have opened up jobs for people in the community. For example, what was once a run-down movie theatre that barely generated business is now a coffee shop, a renovated theatre, and a much needed student hangout. Freed-Hardeman itself also functions



Kristina Toland/The Bell Tower

Though small in population, Henderson's economy benefits from the business it receives during the regular school year.



Kristina Toland/The Bell Tower

Kristen Hester-Hicks at the Henderson Chamber of Commerce where she is currently working.

as an attraction, bringing visitors to the city throughout the year, particularly during major events such as concerts, festivals, youth rallies, plays, and Makin' Music.

While one can accept that it is the duty of students to grumble and complain, a change in perspective may give some

variation to the complaining tirades. For those Henderson-huggers suffering from a guilt complex, they can let their minds be a little more at ease knowing that the school generates revenue for the town in a pretty significant way. Don't doubt this fact—Freed-

Hardeman does work, in part, with the community in mind. As the Director of the Chamber of Commerce commented, students and citizens alike can rest assured. "There's a definite interdependence between Freed-Hardeman and many of our area businesses."

## Mr. & Mrs. FHU 2009 crowned

By Andrea Bigham  
Assistant Editor

Seniors Garrett Meggs and Emma Rinks were crowned Mr. and Miss Freed-Hardeman University 2009 in the annual chapel day of pageantry. Each year, the school nominates, elects, and crowns a Mr. and Miss FHU. The Student Alumni Association sponsors this yearly event.

Yesterday's chapel program began with the announcement and showcase of the nominees for the prestigious school titles. Joining Rinks were Kakole Cook, Jessica Allen and Laura Newberry as finalists to be Miss FHU; Robert Hatfield, Josh Watkins and Tyler Hughes were the other Mr. FHU finalists.

Lauren Bentley, Chair of Attendees for Mr. and Miss FHU 2009, said: "The whole process started last semester. The faculty and staff were given a list of all the seniors, and from that list they chose the students that they thought would be the best to hold this title and represent the school."

Later, the students with the top votes were compiled in a list which was sent to students via e-mail. Students voted and the top four males and females were announced three weeks ago in chapel.

Bentley said, "We knew that the announcement for the finalists would be coming, but SAA already had to have plans in place. I started getting things together for the day in chapel the first week that we came back from Christmas break in January."

Along with a small committee, Bentley chose the dress for the Miss FHU finalists to wear, the tuxedos for the Mr. FHU finalists, color scheme, flowers and various other decisions.



Kristina Toland/The Bell Tower  
Mr. FHU, Garrett Meggs, and Mrs. FHU, Emma Rinks, accept their awards in chapel.

In years past, the Miss FHU finalists' dresses have always been hand-made; however, Bentley decided that ordering the dresses would be the best idea for this year. SAA chose royal blue and silver to be the representative colors for the 2009 showcase, with the girls in blue and the guys in black tuxedos with silver vests and ties.

Bentley said, "The last couple of weeks have been pretty stressful, but I think that we pulled everything together nicely. And I want to say 'thank you' to Dr. Billy Smith—he always does such a good job announcing the finalists during chapel."

SAA also formed a separate coronation committee, chaired by Casey Frizzell and Abby Rutherford, to handle other parts of the chapel program including stage decorations in Loyd Auditorium, sound, lights and transportation of all the equipment.

"This year we really wanted everything to be simple and elegant," Frizzell said. "Abby and I worked with the rest of our committee and Wanda Pulse to decorate the stage. I think that it turned out really pretty."

After the crowning ceremony, the traditional luncheon for all the finalists was held in the Brown-Kopel Business Building main lobby. Italian chicken or roast beef with a variety of sides was served to the crowd.

Bentley said, "Each finalist was allowed to invite four guests and a few special people at Freed-Hardeman were there too."

The roots of the Mr. and Miss FHU go back to the 1940s when the first Mr. and Miss Freed-Hardeman College were crowned.

Bentley said: "Interestingly enough, my aunt, Jana Bentley, was the first Miss Freed-Hardeman University when the school became a university in 1990. So it is really neat for me to be working on all of this since someone in my family was the first Miss FHU."

## NBS travels to 'The Big Apple' for national convention

By Kyle Taubken  
Editor in Chief

With child like wonder and wide-eyed excitement, the students at the FHU chapter of the National Broadcasting Society (NBS) stepped off the 200-passenger airplane that turbulently landed on the sun streaked airstrip at the LaGuardia International Airport and onto the solid ground of Queens, New York. In the subsequent days, this same group would experience New York in a whirlwind of sights, sounds, and smells that would make the trip unique and unforgettable.

The week after Spring Break nine students and three chaperones headed to New York City for the NBS annual national convention. NBS is a nation wide organization for media, journalism, and communications majors that provides its members with opportunities to meet professionals, make contacts, and network with individuals in every aspect of the communications industry.

The professional club, which meets twice a month on

campus, is involved in various fund raising, field trips, and off campus events that promotes a mix of education and fun within media, communications, and journalism related career goals. The group from FHU traveled to New York a few days early for some sight seeing and relaxation before the actual conference began.

Once Thursday rolled around however, the students were up early and eager to participate in what NBS had to offer. The conference started Thursday morning with various tours of television studios around the city. Some groups went to 'The Today Show' at NBC and even meet Kathy Lee, one of the show's hosts. Others went to FOX studios and were privileged to sit in on a taping of 'The Morning Show with Mike and Juliet', a popular morning show that features a variety of celebrity interviews, musical performances, and entertainment segments.

After that those students at FOX had a panel discussion with the show's hosts, producers, and talent scouts. Even the mustache himself, Geraldo

Rivera, surprised everyone with a guest appearance. Another tour that was offered was of Sports Net, a popular sports talk show program. Still others toured CBS studios and spent the morning on the plaza, watching a taping of 'The Early

Show'. And this was just the first morning.

As the day lingered on, students attended sessions at The Fashion Institute of Technology in downtown NYC. These included panel discussion with TV and radio personalities,

filmmakers, directors, writers, editors, and ad agencies. Later that night, after these sessions were complete, students had the opportunity to have round table discussions with these same professionals. Think

See 'NBS' page 10



Photo Courtesy of Cameron Smith

The group of NBS students includes majors from communication, mass media, radio, and television.



# Crews-Colbert Activity Center has official ribbon cutting

By Jud Davis  
OMUR

On Monday, March 2, Freed-Hardeman University celebrated the ribbon cutting for the new Crews-Colbert Activities Center and Black Box Theatre, located on Main Street in Henderson, Tenn. The ribbon cutting honored donors Terry and Regina Crews and their family as well as mark the official opening of both facilities. The Crews funded the renovation and creation of the new Activities Center and the Black Box Theatre.

The Activities Center, which utilizes nearly 14,000 square feet, has been open to students all semester. Students have taken full advantage of the new space on campus participating in Makin' Music practices to retreats and lock-ins this spring.

"The main goal as we were renovating this building was to create usable spaces for our students," said Richard Taylor, Jr., the Vice President for Business Services at FHU. "They

have never had a social club storage area or board rooms, and now they do."

The Activities Center, previously the Henderson Movie Theatre, contains space for KC's Coffeehouse, a game room, two movie theaters/lecture halls spanning 2,000 square feet each, storage areas and a student board room. The second floor of the building contains the Crews Room, which serves as a meeting room for social clubs and another 1,000-square-foot space that serves as the Office of Student Life.

"The Activities Center has given me a lot more space for all the things that I'm a part of," Bryson Leach, a sophomore at FHU, said. "Instead of having to pick a corner somewhere to have a meeting or to be with my friends, there is now a place that is more private than the Student Center but offers the comfort of a living room."

"It's a great place to kick back and relax with my friends,

play games and hang out, but it has a lot of practical uses too," sophomore Haley Anderson said. "I love the fact that it's directly connected to the coffee house, too."

The addition of the center has enabled the university to show movies on Friday and Monday nights to the FHU family for \$2 per ticket. At the concession stand, guests can buy popcorn and a cola for just \$1 each.

"It's been great for the students so far," Tony Allen, the Dean of Student Life, said. "Any student can reserve space for activities, meetings, fun, gatherings, whatever they want. They have their own resources now in their own building, and we're looking forward to finding even more ways the students can utilize this space."

According to university officials, the building was designed by students, for students. "When we began planning the use of this building, we met with different groups of students to

give us suggestions about the use of the building. The Student Board Room was their idea, and they also guided us to make the theaters usable for more than just movies, so we wired them so that lectures and meetings could be held there as well. They're also equipped with lecterns that are connected to the campus system, Internet and projectors," Taylor said. "We want the various rooms to be used extensively by the students, and I believe they are. The students also suggested that we have screens in the lobby for video games. Of course, those have been a big hit."

The Crews family also donated money for the 3,250-square-foot Black Box Theatre, which was renovated from a dry cleaning business. The theatre allows for a more personal atmosphere for the university's plays, featuring a "thrust stage" that allows the audience to surround the stage on three sides, rather than just from the front.

"It's exciting that the Black

Box Theatre is finally opening and our campus community can enjoy a more intimate theatre experience than Loyd Auditorium allows," said Cliff Thompson, the Director of Theatre at FHU.

The day will be spent honoring

the Crews family beginning with a chapel service at 10:30 a.m., followed by the ribbon cutting at 11:15 at the Crews-Colbert Activities Center. That evening, the FHU Theatre will dedicate its performance of Macbeth to the Crews family.



Jud Davis/OMUR

Joe Wiley is present at the official Crews-Colbert ribbon cutting.

## Springing into missions: Spring break mission trips a success

By Kayla Carnagie  
Staff Writer

If you ask any student around campus about mission trips, one might say, "you can't go to Freed and graduate without going on a mission trip." Mission trips are a key component to spreading the gospel around the world, giving a little kindness to others, and hopefully showing good influences, all while helping someone you don't know. Mission trips also allow students (and sponsors) time to grow closer friendships and make new ones. Spring break is an ideal

time for students to take one of many mission trips available to them. The week off allows for plenty of time to do work and knock on many doors, all around the country and even in other countries. On Friday March 6, chapel was devoted purely to the celebration and encouragement of mission trips during the week of spring break. It was a "send off" hoping to wish participants good luck and sending out lots of prayers for the safety and success of each and every trip that was to be taken.

Many social clubs held mission trips to encourage their members (and others) to serve the Lord

through helping others. GTO took a trip down to Aruba where they held a Sunday through Wednesday gospel meeting. Also key to their trip was a Vacation Bible School planned for the kids to enjoy and learn from. Door knocking and setting up and participating in personal Bible studies finished up the rest of GTO's purpose in their mission to spread the gospel. Sigma Rho took a trip to the Dominican Republic where they worked hard spreading the good news while sharing special memories. Senior Garrett Meggs had this to say about their trip, "The Dominican Republic is a very special place to

us. We had an incredible week. I feel like God was really able to use us to make a difference this week. It was an experience that I will remember forever."

Area churches and random groups of people enjoyed taking trips of their own. One such group included Shelly Springer who went with the Mount Juliet church of Christ in Nashville, through the Latin American Missions organization in Atlanta, GA. This team headed to El Salvador, held a gospel meeting at night, and activities and classes for the children as well. Springer, who was a doctor's assistant for the trip, looked forward to the trip not only to spread her Christian beliefs and influence, but in order to help the people get much needed medical attention,

"I am starting physician assistant school this coming fall and I was eager to see the mission aspect of the medical field. I hope to one day be involved in mission trips as a certified PA." Also going out of the country was a group of students under the leadership of Glen Henton and Ralph Gilmore to Buenos Aires, Argentina. The group played host to a mission trip favorite, VBS while also doing

work on the church building. Freshman Matt Wright was excited for "the cultural experience. The only other country I've been to is Canada, so this was a big deal for me. It was also my first mission trip. It was an eye opener."

Not all mission trips have to be located outside of the

United States. Some of the most memorable trips could be located right next door. Terry Edwards, and Tom and Carole Childers spent their break taking a group of students to New Martinsville, West Virginia to the Bridge Street church of Christ. This group participated in numerous service projects and worked with teenagers in the church and area as well as encouraging the congregation there. Door knocking and a gospel meeting are always a mission trip staple, and were planned for this trip as well. Other trips of known missions this spring break were trips to Haiti, San Blas Islands, Panama, and Oklahoma. Springer, like the other students loved "spend(ing) my spring break being a servant."



Keely Williams/Sigma Rho

Junior and member of Sigma Rho, Jill Rhodes poses here with some of the children from the Dominican

## New Alpha Chi members are inducted

By John MacLaughlin  
AX Faculty Sponsor

Alpha Chi, a member of the Association of College Honor Societies, is a national honor society founded on the campus of Southwestern University of Texas in 1922. Since that time, "its purpose has been to promote academic excellence and exemplary character among college and university students and to honor those who achieve such distinction." Today there are more than 400 chapters of Alpha Chi nationwide. FHU's chapter of Alpha Chi, the Tennessee Iota chapter, was organized in 1976.

Alpha Chi promotes the ideals of scholarship and service on the campus of Freed-Hardeman University in a number of ways: each year the organization provides a scholarship to the returning senior with the highest GPA on the most number of hours; this year's scholarship winner was Alpha Chi member Tyler Woodall. Each semester, Alpha Chi sponsors an essay contest for students enrolled in

FHU's English Composition I and II sequence or Honors Composition; a panel of Alpha Chi members chooses the best essays from those nominated by the professors of those courses, and the winning writers receive cash awards. Also, each year Alpha Chi is involved in collecting used or unwanted textbooks at the end of the semester. These textbooks are then sold and the proceeds donated to the Tennessee Imagination Library, an organization that provides free books to pre-school children across Tennessee.

Each year Alpha Chi holds a regional or national convention at which students present their research projects. This year's national convention will be held in Indianapolis April 2-4. The Tennessee Iota chapter will be represented by Kari Bragg, who will present a paper titled "The Importance of Improvisation in the Practice, Performance, and Development of Renaissance Music." A list of inductees for this year are:

Emily Anderson

Bethany Balthaser  
Garrett Best  
Andrea Bigham  
Kathleen Carden  
Elise Chaffin  
Jana Cross  
Caroline DeBerry  
Emily Froehlich  
Erin Haddock  
Candice Hays  
Marcus Heitor  
Maegan Jones  
Lauren Jenkins  
Julie Kelly  
Daniel Langley  
Matthew Orphanides  
Kelly Tilton  
Shelly Tilton  
Holly Winterrowd  
Bryan Wunner



## Democrats Club and Dr Massey host "Soles for Souls" shoe drive

Interview by  
Caley Newberry

1. Why did you and the College Democrats choose to work with this charity?

We found out about Soles4Souls on the Internet. Just spending a few minutes surfing the Soles4Souls web site (www.soles4souls.org) makes it clear that getting shoes to people who need them is a good cause where everyone wins.

2. Why did the College Democrats want to work with a charity at all?

We wanted our group to be about more than elections and politics. As Christians and political progressives, we want to be part of efforts that empower people in need. One group that Soles4Souls targets is women at domestic abuse shelters. These women need jobs; and Soles4Souls provides them dress shoes to wear to job interviews. That's a great example of empowering someone in need. We hope to be involved in a charitable cause each year. Next year, for example, we might make our focus more local, on poverty

in Chester County.

3. When did you start collecting shoes and how long will you be collecting them?

The shoe drive began the week after Spring Break and will continue until Thursday, 23 April. Our goal is to take the shoes to Nashville and deliver them to the Opry Mills parking lot on Saturday, the 25th. That's the collection location and end date of March4ward, a campaign Soles4Souls and Hands On, Nashville's Youth Volunteer Corps, are co-sponsoring. They hope to collect 40,000 pairs of shoes and our students want to be part of their realizing that goal.

4. What are the group's goals for the drive?

That depends on who you ask. Our president, Justin Spurlock, originally said he hoped for 1,000 pairs; Anthony Wade, our vice president, said his goal was 2,000. Arianne Krulish, one of our student members who's been incredibly helpful with ideas, is now saying we should shoot for 2,500 pairs of shoes. So I guess you can say we want to collect as many "gently worn" pairs of shoes as possible.

5. What has the student

support been like so far?

So far it's been very good. Our boxes are filling up and my office has several bags of shoes. The students I mentioned in the answer above, Justin, Anthony, and Arianne, could give you more details.

6. If someone wants to participate, how can they get involved?

It's very easy. We encourage people to search through their closets for shoes they no longer wear. I was surprised that I had four pairs of shoes that I could donate. We also hope our momentum will pick up by word-of-mouth. So we hope people will encourage friends to donate. We're also contacting area congregations and soliciting the participation of any members who'd like to donate shoes. On campus we have drop-off locations at Loyd lobby, the library lobby, and the basement of Gardner Center.

7. If you can, tell me a little more about the College Democrats—what you do, how many students are involved, etc.

FHU has had an off-and-on College Democrats chapter since the fall of 2002. We regained

momentum last semester with the election and the excitement generated by President Obama's campaign. The real catalyst was Justin Spurlock, who maintained a Facebook presence for FHU Democrats. Also, Anthony Wade and Kelcie Willis, our treasurer, contacted me personally about

making the club an active presence on campus again. The impetus has come from these students.

As far as what we do, we have regular meetings in which we discuss politics, of course; lately our focus has been on the shoe drive, so our meetings have

been consumed with coming up with ideas to make it a success. Our attendance at these meetings has averaged around ten, with different people present at different nights, so I'd estimate that anywhere from twelve to twenty students have been involved at various points.



Shannon Hargis/The Bell Tower

This Soles 4 Souls donation box is located in the lobby of Loyd for students to put their shoes in.



## March coffehouse offers variety to students with different tastes

By Matt Burnett  
Staff Writer

On March 24th the University Program Council hosted its monthly Coffeehouse for the students of FHU. This event is one welcomed by the musically inclined as well as the thoroughly tone deaf. Coffeehouse offers enjoyment for those with acquired musical tastes as well as those who have open preference.

The first performer of the night, Aaron Ingram, is a Coffeehouse veteran. Influenced by the folk style of James Taylor and the nostalgia of The Eagles, Ingram consistently delivers a quality performance. Freed-Hardeman was not ready for his talent to begin with, and upon his graduation, it will greatly miss him.

Bryson Leach and Will Tigby Young proved an interesting combination. Leach's ad-lib guitar drumming and Young's bluesy voice offered the crowd a show worth watching. Next up was Max Roth, a junior photography major known for his deep voice and love for country and folk music. Roth's musical influences were evident

in his cover of King of the Road by Randy Travis—one of his personal favorites. Unfortunately, March 24th was Roth's last Coffeehouse for a while. But he played with sincerity and passion.

Out came the keyboard for three songs by Rebecca Watts, a junior music major. Watts brings a relaxing tone to this sometimes-rowdy bunch and reveals a true love for music. Performing songs by Ingrid Michaelson and Priscilla Ahn, Watts appreciates up-and-coming artists who have made it big on their own. Her original "Nothing Unsaid" was a pleasant proof that original talent is not lacking in the Freed-Hardeman music program. Watts is also a leading lady of the program's Main Street Fuzion, which is to perform at next month's Coffeehouse.

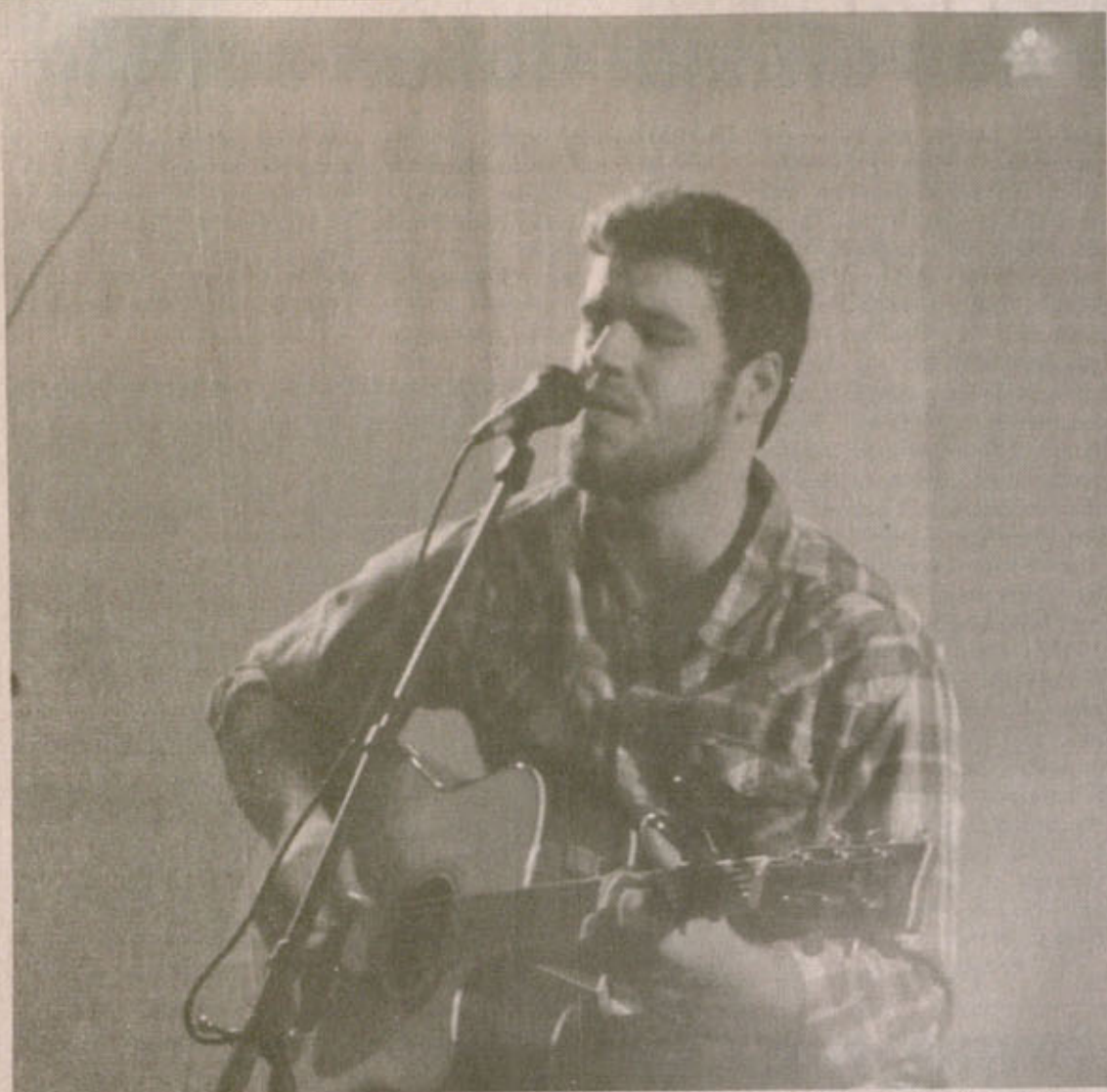
A fun loving set by Seth Johnson was soon to follow. Johnson covered "Sadie Hawkins Dance" by Relient K with some acquiescent support from the audience. Following this song, Johnson was happy to impress us with a Spanish ballad, half of which was played behind his back! Surely Johnson will be seen

at Coffeehouses in the future.

Parker DePriest, another experienced musician no unfamiliar to the Coffeehouse crowd, showed us again with calmness and a spirit of fun that music is something to be enjoyed. DePriest is a well-informed lover of music and has a broad range of musical interests. His original song was musically and lyrically one of the most diverse and thoughtful songs that Coffeehouse has seen.

Michael Miller, accompanied by Chris Windsor and Neil Brunett, gave an enthralling performance that motivated a feeling of community and liveliness. The trio was even fun to simply watch, a characteristic not enjoyed by some solo artists.

Throughout the night, a constant awareness of musical blessedness was felt in the audience. Even those who decided at first to play games and socialize were eventually sucked into the melodies of these talented performers. Beware music haters Coffeehouse is not a place for the skeptic but rather a mind opening experience for music newbies and pros alike.



Matt Burnett/The Bell Tower

Aaron Ingram plays acoustic guitar and sings original songs alongside James Taylor covers.

## Freed-Hardeman learns self-defense in lieu of recent Henderson attacks

By Shannon Hargis  
Assistant Editor

Young people aged 12-24 are most often the victims of a violent crime. Students age 12 through 18 were victims of about 186,000 serious violent crimes at school just last year and 33% of murder victims in 2007 were aged between 15 and 24. As college students, even in the small town of Henderson, we are always at risk.

With the wave of recent attacks in the Henderson area, the University Counseling Center along with the Safety Council wisely decided to offer Freed-Hardeman students a free self-defense class. The class was offered last Thursday during Makin' Music week as well as this Thursday, April 9th. It lasted approximately one hour and was held in Bader gym. Brian Butterfield and his wife graciously offered their time to hold and teach this free class. Members of the UCC also were able to attend the class. Butterfield teaches martial arts locally and some of his students who attend FHU were able to come and help with the class.

During the class, students were taught basic self-defense moves assuming they had only one unarmed attacker. Some of the moves included a punch, a knee stomp, and a karate chop. The instructors also went through five different attacker-victim scenarios, showing how

to use their new moves as well as ways to escape the situation. For example, students were taught how to handle the situation of an attacker grabbing your arm and pulling you towards them. Contrary to first instinct, the "victim" should go towards the attacker instead of away to throw the attacker off balance since they won't be expecting you to come at them.

From there you can break the hold on your wrist by bending your elbow away from the way they are gripped. Butterfield taught the students that the next thing they should do is just to keep hitting and swinging at their attacker until they leave or until you can get away. Butterfield also pointed out that a person with confidence who walked as such was less likely to become an attacker's victim. To truly achieve self-defense, he instructed the class that they would have to come to grips with the reality that they will have to hurt someone to save themselves.

The students were matched up in pairs to practice these scenarios as well as the new self-defense moves that were taught. Rachel Williams, a FHU student and sophomore who attended the class, stated that she was excited and anxious about learning some self-defense and thought it was a great thing for FHU to offer, especially with the recent attack in Henderson and on campus.

Director of the Counseling Center and also attendee of the

class, Nicole Scott, stated, "The class was informative and helpful for people that may not have ever thought about what they would do in a situation where they think they might really be hurt. All the feedback so far has been really good. I hope we can offer more classes like this in the future. It was really fun to have permission to kick and punch at somebody."

Another student, Kristina Toland, a senior, loved having the chance to let out some aggression and anger by beating up a punching pad for a few minutes. "It was a good release and also gave me a better feel of how to do the moves. I was surprised at how hard I really could hit the pad! I'm glad that FHU decided to offer this class to us. I think self defense is something every college student, especially girls, should know," Kristina stated after attending the first Thursday afternoon session of the class.

With all those scary statistics out there about crimes and violence, FHU is trying its hardest to keep our campus safe and our students aware and able to protect themselves. This class is a great opportunity that every student on campus should try to attend. The best part is that it's free and it's an hour of kicking and punching with no repercussions!

No matter where you are, Freed-Hardeman or elsewhere, keep yourself safe and please don't become a statistic.



Kristina Toland/The Bell Tower

Students learned basic self defense moves such as using your knees to stop the attacker.

## Adventure Skydiving Tennessee opens new location in Clarksville

Chuck Owens  
Adventure Skydiving  
Tennessee

Adrenaline is in Abundance at Adventure Skydiving Tennessee Clarksville, TN (March 24, 2009)— Ever dreamed of throwing yourself out of an airplane? Well that dream can become a reality at Adventure Skydiving Tennessee. Located 45 minutes northwest of Nashville, Adventure Skydiving

is kicking off its second season of thrills for experienced and first-time jumpers alike.

Adventure Skydiving Tennessee is on the forefront of one of the Nation's fastest growing extreme sports. Approximately 350,000 people take the plunge each year making more than three million jumps. Over the years, skydiving and its equipment has evolved and developed, making it a safe, inexpensive, and unforgettable experience. "This

isn't your parent's skydiving gear," explained Chuck Owen, manager of Adventure Skydiving Tennessee.

With multiple jump planes, state-of-the-art equipment, and an experienced staff, Adventure Skydiving Tennessee is the state's premier skydiving hub. Open Friday-Sunday, Adventure Skydiving Tennessee is dedicated to introducing new people to the adrenaline rush that skydiving provides. Spectators, "bucket list" jumpers, and people

wanting to get certified will all find a spot to call home. "I first came to AST to do a tandem and see what it was all about," said Robert Jankowski, a student who recently became certified to jump by himself, "I ended up getting hooked and keep coming back for more." The staff at Adventure Skydiving Tennessee is available to guide you through every step of the process: from the first jump jitters as the airplane door opens, to one-on-one freefall coaching.

Adventure Skydiving Tennessee opened in March 2008 as a full service skydiving center. During its first year of business, the staff at Adventure Skydiving took over 1,000 Tennesseans on their first skydive and has become the destination of countless experienced jumpers.

For more information about Adventure Skydiving Tennessee, or to schedule an appointment, visit [www.astskydiving.com](http://www.astskydiving.com) or call 1-800-505-JUMP.

Interview Contact:  
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Photos submitted by Adventure Skydiving Tennessee



## New FM91 goes on the air with new image

By Andrea Bigham  
Assistant Editor

Mon. Feb. 16 at 4:45 p.m. history was made when FM 91 went on the air at Freed-Hardeman University. Formerly known as "91-Five," "WFHU" and "The Lion," the

campus radio station has been re-formatted to appeal to a larger audience. The new name of radio dial station 91.5 is only part of the changes that have been made. A new logo and new music styles have added to the new image package of

the station. Station manager Ron Means said that many students are unaware that 91.5 is the only licensed radio station that operates in Chester County. Because of this, the radio station staff has been researching the best way to appeal to the greatest amount of listeners in the area. After six months of deliberation and research, the group has adopted a greater mix of music genres for all listeners.

Means stresses that the likes and dislikes of all residents of the Chester County community, including FHU students, were considered when making decisions for the future of the radio station.

The new FM 91 now plays a large adult contemporary mix from the 80s, 90s and today as well as some alternative "college" rock for the tastes of the FHU students.

Daily from 4 a.m. to 9 p.m. the adult contemporary music is broadcast. Between 9 p.m. and 10 p.m. there is a measured transition to more alternative rock. This music

genre plays from 10 p.m. to 4 a.m. Over 1200 new song titles have been added to the station's music library in the wake of the alterations. Additionally, news and weather updates can be heard intermittently throughout the day. Listeners can and are encouraged to make song requests, and soon the station will stream online.

The final broadcast schedule for weekends on FM 91 has not been set as of yet. Currently, the adult contemporary music is being filtered through with the jazz, big band sounds, wood songs and gospel Sunday programming that has long been familiar to listeners of 91.5.

Losing a majority of the jazz music to adult contemporary sounds on the station has been somewhat of a concern for some dedicated listeners. Before the change, 91-Five was one of just a few stations that played jazz. It was a small audience but Means made the final decision to focus on the larger audience, and he said that he has been pleased with



Photo provided by www.fhu.edu

The new FM91 logo for the re-vamped radio station.

the results.

"I have received a lot of positive feedback and have met the goal of expanding the audience. I've had no negative feedback," said Means.

Means said that the main goal of the changes to the radio station is to pull more listeners from the surrounding area and increase the listening time of old and new listeners. Also, Means said that the staff

would like for the station to be one that will fit into the lives of community members while going about their day-to-day routines.

The transition has been a long process for Means, his promotions director, Jonathan Edwards and 18 other student workers, but Means assures that the group is happy with the results so far. Listen in to the new format on fm 91.5



Kristina Toland/The Bell Tower

Toni Tarole, a student worker at the station, has a late night talk show with co-host Brad Kelley on Mon. and Tues. nights.

## Clayton Investment Team performs despite economic recession

By Erica Watwood  
Staff Writer

He gave \$1 million to a small group of college students. Some say this was a brave move by Jim Clayton, who was never a member of the Freed-Hardeman University student body, faculty or staff. This million dollars was provided to create an educational, real-life learning experience concerning investments. The Clayton Investment Team is responsible for making investments, researching firms, and making educated decisions when allocating funds with the Clayton Investment Fund.

This team currently is comprised of Alex Vizcaino, senior finance major and Fund Manager; Alex Woodward, senior finance major; Rebecca Davis, senior accounting major; Ben Woodall, junior accounting major; Josh Harvey, senior accounting major; and Scott Gardner, senior finance major. The team is overseen by Keith Smith, Dean of the School of Business and Certified Public Accountant, and Burton Williams who is the Associate Vice President for University Advancement and a Certified

Financial Planner. They meet twice a week to discuss their investments, discuss the market, and look at their portfolio. They may spend 2.5 hours together a week, but in addition to that, Vizcaino said he spends anywhere from three to five hours a week looking at investments. Being a member of the team, one of the perks is they each receive daily The Wall Street Journal. However, Vizcaino said the number one benefit is experience.

Vizcaino said, "In investments class we do a simulation but it is not real money. Now we are dealing with someone's real money and it pushes you to be responsible and do your share of the work." As well as the significant experience received from being a part of this team, Harvey considers it an invaluable addition to his resume.

Clayton is from Finger, Tenn. He has published an autobiography, "First a Dream." He founded Clayton Homes and has sold it for \$1.7 billion to Warren Buffett without ever having a meeting with him. He currently lives in Knoxville, Tenn. with his wife Kay. There he is the CEO of Clayton Bank and Trust. The Claytons have a reputation for donating millions of dollars to worthy causes. The Clayton Investment Fund on campus was started in fall 2006.

The economy has played a toll on the investment fund also. Woodward said that even though last year was rough economically, there was an increase in the portfolio. The school benefits from the earnings of the portfolio. Clayton also

receives a cut of the earnings, and he also pays the taxes on them.

Large universities such as Penn State, New York University, and Georgetown have a program like this. Their fund donations range from \$250,000 to \$2.3 million. According to the Clayton Investment Team website, "the fund represents one of the largest student-run investment funds in the country."

Vizcaino said the team considers the value of a company. They do not purchase stock solely on data, but also on the "external factors." Companies that they are considering investing in the near future are Proctor & Gamble, IBM, and Aflac.

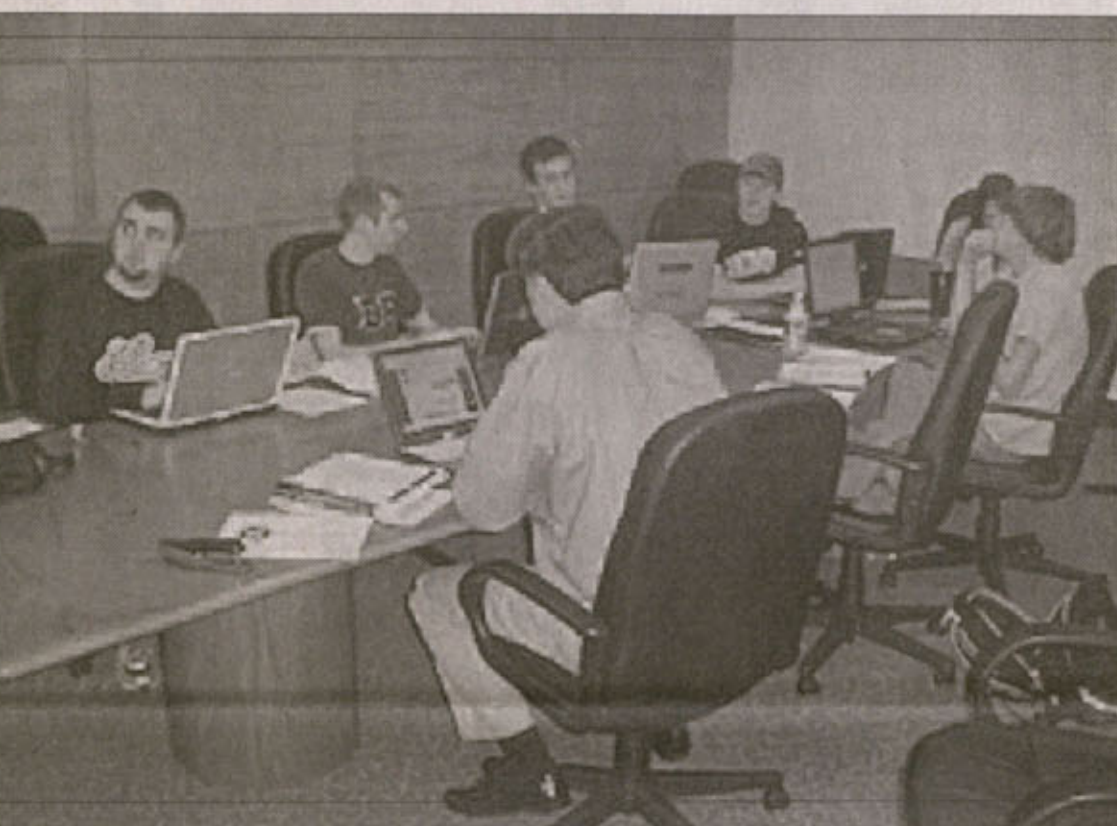
"We have not bought any stock in these companies yet, but, after much analysis and research, we think they would be good bargains at their current market prices and think they hold

much promise for the future. They are also companies that we believe are very capable of weathering the current economic storm," Harvey said.

Woodward said, "The market is killing us right now."

Vizcaino said they "have definitely taken a hit... However we have slightly outperformed some of the major indexes." He said they are lucky to be a part of this team during the economic crisis because they are able to learn and have experiences that previous teams did not.

To become a member of this team, there is an application process. There are certain guidelines, but they are not deal-breakers in choosing a new member. For each applicant there is a pre-requisite of having had managerial finance and investments, or the student must be planning to take those courses during the semester he is applying for. When all the applications come in, the team picks through them and makes suggestions, and Smith and Williams make the final decision. They will be picking three new



members for next semester. The Clayton Investment Team can be a beneficial learning experience that can cause an employer look twice. Learning about investments can help

in a career, or in considering a retirement fund.

The Clayton Investment Team helps Freed-Hardeman University and its student body stand out and measure

up against much larger schools. With a little help from generous people, combined with intelligent minds, FHU benefits from the team as do the students involved in it.

## UPC continues annual Psi Muvie student film competition

By Haley Anderson  
Staff Writer

Some people dream of becoming a movie director or writer but never get the opportunity to do so. In keeping with this idea, a few years ago members of the former social club Psi Mu and Brad Montague came up with the idea for "Psi Muvie."

Psi Muvie is a competition for student filmmakers to see who can make the greatest independent movie. All movie genres, whether comedy, drama or any other, is eligible to enter.

Traditionally, once the movies were completed they were shown to the student body

and judged while the winner took home a prize, along with the pride of knowing that they just wrote, produced and filmed a movie of their very own. This competition has occurred every spring and has always been popular among Freed-Hardeman students until Psi Mu was disbanded this past year.

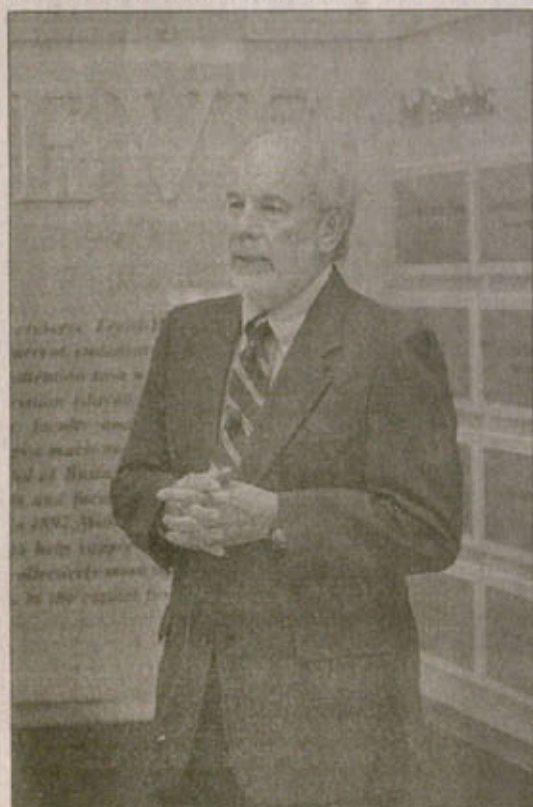
This year, UPC decided to keep the Psi Muvie tradition alive even though the club that started the on-campus tradition is no longer a part of the school.

Tue. April 14, several FHU students will be competing to see who can make the greatest independent film. For about

2 months, various groups have been creating their films and its just about time to see what they have filmed for the annual event.

But the FHU student body is needed for the final step of the Psi Muvie competition. No movie is ever complete without a viewing audience so UPC is inviting all students to come to enjoy these independent movies.

The movies will be shown in the Crews-Colbert Activity Center and the event is free. UPC members and movie-makers are excited for this opportunity to keep a Psi Muvie tradition alive.



## Standing Room Only presents first show choir concert 'Cinemagic'

By Andrea Bigham  
Assistant Editor

The newest addition to the Freed-Hardeman University music department debuted last Friday evening as a pre-show to Makin' Music. Standing Room Only is the first-ever FHU Show Choir and the group performed its premier show "Cinemagic."

There were three performances: Friday and Saturday evening at 5 p.m. and Student Night on Tuesday at 7 p.m.

"Cinemagic" featured music arranged by Mac Huff, and the show was a choral review of some of the best and well-known music of Hollywood.

Amanda Jenkins, freshman Standing Room Only performer, said, "Cinemagic" has music from famous movies from the 20s to the 90s and

everything in between." Some of the featured songs are "Under the Sea" from Disney's The Little Mermaid, and "Someday" from the movie Swing Time.

"Cinemagic" is a lively performance involving staging, costumes, props and lighting.

"It's kind of like Makin' Music. It's not as big, but it is the same type of thing—we even have choreography," Jenkins said.

Each of the 11 members performs as a group, but is also featured in a solo or small group performance. For instance, Jenkins and Andrew Foster performed "All I Ask of You" apart from the large group.

Standing Room Only was organized in January with try-outs two weeks into the new semester. All performers are involved in at least one of the other on-campus music

ensembles: University Chorale, FHU Band or University Singers. The group is directed by Stephen Foster and Sarah Burns. Standing Room Only is designed to give FHU music students experience in a show choir atmosphere.

Jenkins admits that she enjoys performing with Standing Room Only because it is a different type of activity for her.

She said: "It's a fun challenge. It is not the easiest thing or the hardest thing that I have done, but it is definitely something that I have not ever done before. It's sometimes difficult to get all the moves with the singing and the facial expressions, but it's just all really fun."

The show was an uproarious success. It is safe to say that there will be Standing Room Only for a very long time.



Shannon Hargis/The Bell Tower

Standing Room Only performed songs from some of the most well known songs in Hollywood history in 'Cinemagic.'



## Upcoming Games

### Lions Baseball

- 4/7 v. *North Alabama*  
2 p.m.
- 4/7 v. *Bryan College*  
3 p.m.
- 4/10 v. *Lyon College*  
3 p.m.
- 4/11 @ *Lyon College*  
12 p.m.
- 4/13 @ *Harris-Stowe State*  
1 p.m.
- 4/17 v. *Crichton College*  
5 p.m.
- 4/18 v. *Chrichton College*  
1 p.m.
- 4/22 @ *Linsey Wilson*  
3 p.m.
- 4/24 v. *Cumberland U.*  
5 p.m.
- 4/25 v. *Cumberland U.*  
1 p.m.
- 4/27 @ *Lambuth Univ.*  
2 p.m.
- 4/28 @ *Rust College*  
2 p.m.
- 5/4 *TranSouth Tourn.*  
TBA

### Lions Softball

- 4/9 @ *Lambuth Univ.*  
5 p.m.
- 4/14 @ *Trevecca Nazarene*  
1 p.m.
- 4/17 @ *Bethel College*  
2 p.m.
- 4/20 @ *Lyon College*  
2 p.m.

### Final TranSouth Men's Basketball Standings

1. Union
2. Cumberland
3. Freed Hardeman
4. Mid-Continent
5. Martin Methodist
6. Trevecca Naz.
7. Bethel College
8. Lyon College
9. Blue Mountain

### Final TranSouth Women's Basketball Standings

1. Union
2. Freed Hardeman
3. Trevecca Naz.
4. Bethel College
5. Lyon College
6. Martin Methodist
7. Cumberland
8. Blue Mountain
9. Mid-Continent

# Lions basketball closes out record breaking season

By Jacob E. Wallace  
Staff Writer

It was playoff time just a few weeks ago for the Freed-Hardeman Lions.

After securing the two seed in the TranSouth Athletic Conference Tournament with a 12-4 record in the conference regular season, the FHU Lions opened the tournament play on March 5 against the Bethel College Wildcats. FHU came out hot early, taking an 18-4 lead in the first 10 minutes.

Bethel answered with a 14-5 run of its own to pull within five. The Lions responded by scoring 9 straight points and secured an 11-point lead at halftime. FHU maintained a lead of at least 10 points the entire second half and secured the victory over the Wildcats 86-71.

Three key players led the scoring by garnering personal drives in the double digits: Zack Frey with 21, Jesse Moulton with 17, and Kristoffer Smith with 13. Frey also led the Lions in rebounds with five, while Anthony Sampson led the squad in assists with six.

The Lions next hosted the Cumberland University Bulldogs on March 7 in the TranSouth Semifinals. Both teams shot woefully in the first half, with Cumberland's 31% barely trumping FHU's 29.6%. The Bulldogs led by three at the intermission. The game was closely contested for most of the second half, but the Lions appeared to seal the victory by taking an eight-point lead with 54 seconds remaining.

However, the Bulldogs fought back, scoring 11 points while only allowing three in that short minute to send the game

to overtime. The extra period was dominated by fouls, as both teams hit four free throws each to start the Over Time. After Smith missed a free throw, Shun Trevillian rebounded the ball and drew the foul. After knocking down both free throws, CU tried to answer with a three but stepped on the line, making it only a two.

Moulton next hit a three, and Cumberland had to resort to fouling the Lions in an attempt to come back. However it was to no avail as Freed-Hardeman knocked down their free throws and won the game 72-68. The win advanced FHU to their first conference title game in school history and waiting to play them there was archrival Union University.

The teams entered Fred Delay Gymnasium in Jackson, TN to the sights and sounds of a raucous crowd. The Freed-Hardeman fans, clad all in black, greatly outnumbered the Union fans. Hundreds of students traveled up U.S. Highway 45 in hopes of seeing a Lion win. Sadly, they were disappointed. Both teams shot well early, resulting in a 14-13 game with 15 minutes left in the first half. However, FHU then went ice cold, while Union, and Matt Neville in particular, warmed up. 7 minutes later, the Bulldogs were up 16 and by halftime were up 24.

In the second half, Union did slow down, but Freed-Hardeman stayed cold. FHU fell behind as many as 35 and were unable to cut it any closer than 20. Neville ended up hitting 8 threes in the game, scoring 35 points to lead all scorers. Union won the game 105-78 to win the TranSouth Conference Championship and



Kristina Toland/The Bell Tower

Junior Guard Cedric Austin goes up for a three point shot against #24, his Union Bulldog opponent.

an automatic bid in the NAIA National Tournament over Spring Break.

However, all was not lost as the next day FHU received word that they had been granted an at-large bid to the NAIA tournament and were slated to join Union, Cumberland, and 29 others at Municipal Auditorium over Spring Break.

Now only 5 wins from a

national championship, the road would be tough but the Lions had a chance of bringing home the trophy. They opened NAIA tournament play against Rocky Mountain College from Billings, Montana. FHU started off hot, building a lead of as much as 17 points in the first half thanks to solid shooting. RMC however finally got the ball rolling and finished the period on an 11-3

run to make it 39-30, Lions, at the half. The Battlin' Bears continued that momentum in the second half.

After falling behind 13, they answered with a 19-1 run to put the Lions behind 56-51 with just over seven minutes left. The Lions responded with a 6-0 run to retake the lead with six and a half minutes to play. They two squads battled it out the remainder of the half, neither gaining more than a three point advantage. After excellent RMC defense prevented FHU from getting off a final shot, the game went into overtime.

The Battlin' Bears dominated from the free throw line in the extra five minutes, shooting 13. However, the Lions still had a chance down 2 with ten seconds to play, as RMC's Devin Uskoski missed two free throws. However, RMC secured the offensive board and scored two more points to go up four. FHU's Trevillian hit a three at the buzzer to cut it to one, but that would not be enough as the Rocky Mountain College Battlin' Bears upset the Freed-Hardeman University Lions 78-77.

The Lions finished the season with an impressive winning record of 24-10, their best record in seven years, and a ranking of 15th in the nation in the final poll. Though losing four seniors, the Lions look forward to building on the success they experienced this year and have hopes of returning to the national stage and advancing much farther in the National Tournament.



Kristina Toland/The Bell Tower

Junior Forward Logan Greer taking a free throw against Cumberland U.

## Shelton revives men's basketball program

By Kristoffer Smith  
Staff Writer

Four years ago when Freed-Hardeman University hired a new head men's basketball coach the program was in a transition period. Now after a few years of hard work and lessons learned, for the first time in school history the FHU Lions played in the TranSouth Athletic Conference tournament championship. The move from the cellar to the top of the conference is largely due to Coach Jason Shelton.

After graduating from Springfield (Tenn.) High School, Shelton attended David Lipscomb University in Nashville. During his time in college he served as a walk-on for the Bisons' basketball team, and also served as a student-assistant coach.

After receiving his bachelor's in speech education, Shelton became the middle school and assistant varsity coach at David Lipscomb Campus School. There he met his wife Emily (Hunt) while coaching her younger brother.

In 1994, Shelton returned to the university as an assistant coach under legendary Coach Don Meyer. Shelton is a member of the "Meyer Mob," which is a group of former players and assistant coaches that studied and trained under Meyer. During that time, the Bisons had a record of 144-36, four trips to the national tournament, and an appearance in the 1996 National Association of Intercollegiate Athletics Final Four.

From 1999 to 2001, Shelton served as Film Coach under Rick Majerus at the University of Utah. In 2001, his last stop before FHU was the University of Colorado where he served as assistant coach under Ricardo Patton.

When Shelton arrived on campus, it was late in the recruiting period and he had a lot of work to do. He assembled a recruiting class of nine freshmen. The seniors on that team greatly influenced the freshmen and helped mold them into the team they are today.

"I think the fact that they were willing to buy into what we were teaching and our system of play made it easier for the young guys. As seniors with only one year, the change of system had to be difficult. All three guys are class people and had a tremendous work ethic. That rubs off on everyone," Shelton said. During his first two



FHU Sports Information Head Coach Jason Shelton.

years at the helm, Shelton and his young team compiled a record of 20-43 while facing tough competition in conference and non-conference games.

"Those first two seasons were very tough," FHU senior forward Wes Mayes said, "but we wouldn't be where we are now without going through the tough times."

After gaining much needed experience, last year became a turning point in the development of the program. The team had its first 20-win season under Coach Shelton after finishing 20-11, but the team fell short of reaching the national tournament.

"Last year, we planned on making the national tournament, but when we didn't it made us more focused going into this season," Mayes said.

This season has been one for the record books. Coach Shelton has led the team to a current ranking of 13th in the nation and a second place finish in the conference. The Lions record currently stands at 24-8, and they are poised to make the national tournament for the first time since 1998.

One of Coach Shelton's favorite quotes is "You can't fake the harvest," and the Lions certainly have not faked anything.

"We know we can play with any team in the country. We just have to play the way coach wants us to play and we can beat anyone," FHU senior guard Shun Trevillian said.

The Lions played in the TranSouth Athletic Conference championship game Mar. 10 at 7 p.m. at Fred DeLay Gymnasium against Union University in Jackson, Tenn. The championship match reunited Shelton with fellow "Meyer Mobber," Bulldogs Coach Ralph Turner for the third time this season.

## The Morrisses Explores: Melanie

From page 4

We think that memories consolidate when your mind sleeps. In appreciating how important sleep and water are, remember that if completely deprived, your body would die first from a lack of water or sleep, then lack of food.

So when dealing with stresses around the dorm, consider it is a chance for learning good personal coping skills and good interpersonal skills. When you feel stressed with academics, lack of privacy, or your job, it's time to do things that help you feel relaxed. The following behaviors are commonly utilized for lowering stress: exercising 3-4 times per week (e.g., walking around campus, going to the gym, a yoga DVD in your room, aerobics or dancing in your room or with girlfriends in the dorm, joining intramurals or a pick-up basketball game, riding a bike, or going for a run), reading a good fiction book a little while each day for an escape, listening to music, Bible and prayer time, meditation and quiet time, talking with friends about your stressors, using your energy to help others (e.g., homeless

population in Jackson, the elderly, the Carl Perkins center, babysitting for someone), being outside on warm and sunny days, playing a musical instrument, being alone on a walk, or getting off campus. The list is really endless, and it is very personal as to what you like the best. In addition, a counselor can teach you some relaxation skills which can decrease the amount of tension you feel in your body. There are also several varieties of progressive muscle relaxation on CD's that you can purchase.

Interpersonal coping skills are just as important, especially for dorm life. It is not uncommon in college for part of our stress to come from roommates or suitemates or loud people down the hallway. It actually increases our stress to not know how to deal with people when we are frustrated with their behavior. College is a time to work on assertiveness and compromising skills so that you can tell your roommate when he or she is being too loud at night and keeping you awake (remember, get that sleep!). One easy method to remember is to use an "I"

statement to communicate your feelings: I feel \_\_\_\_ when you do \_\_\_\_\_. I would like you to do \_\_\_\_\_ instead. Hopefully you have a roommate who cares how you feel and will try to modify his or her behavior.

In addition, you can brainstorm compromises. For example, "Would you mind talking on your cell phone in the bathroom or out in the hallway if I am trying to fall asleep? I will be sure to blow dry my hair in the hallway in the morning." In college my roommate and I set up a phone call spot in our closet with a big comfy pillow so that we could lie in the floor and the other one could sleep. There was a large mirror at the end of the hallway where we could put on makeup in the morning if the other was asleep.

If you are having trouble dealing with stress or communicating your needs to others, the counseling staff at UCC can help. Stress does not ever go away in life, so learning healthy coping skills now keeps you from developing unhealthy coping skills.

## Sports Writers Needed!

If you are interested in becoming a published sports writer contact Kyle Taubken at [thebelltowereditor@hotmail.com](mailto:thebelltowereditor@hotmail.com).



# Sigma Rho's 'brand new rhyme' brings home second place

By Trevor Tyson  
EP Participant

Wandering sheep, gossiping girls, and a "love-struck" guy was the scene on the stage as Sigma Rho presented its 2009 Makin' Music production "Once Upon a Rhyme."

Coming off of last year's sixteenth win, Sigma Rho took the stage with confidence and pride, performing a seemingly flawless 7-minute show. Sigma Rho directors took two simple words, "nursery rhyme," and

brought it to life with characters including "Little Bo Peep," "Georgie Porgie," "Humpty Dumpty," and "Mother Goose."

The characters are fed up with the monotony of their nursery rhyme, so they collectively decide that they no longer needed Mother Goose; that they could try a brand new rhyme and change things up a bit.

But, they soon realize that "Mother knows best" and desperately need Her to fix it all back. When Mother Goose

returns, they welcome her with open arms and see that her rhymes are the better way.

"It was challenging, but it brought me closer to my Sig sisters," FHU senior and first time Sigma Rho cast member, Annie Lynn explains, "I found myself not minding that fact that I smelled awful, or that I felt like my bones would all snap, because I was around incredible people."

The "Once Upon a Rhyme" cast consisted of 71 hard-working and dedicated FHU students.

Nikki Ceoney, a sophomore in her second Sigma Rho Makin' Music show loved being one of Little Bo Peep's wandering sheep but especially loved her little sheep costume, complete with a fleece onesie and pink bows.

Jill Rhodes, a Sigma Rho director states, "they were absolutely incredible, the best group of people we could have ever asked for as directors. They were always so excited and willing to work, and we as directors wouldn't have wanted to work with any other people".



Sigma Rho placed first in the categories of "Vocals" and "Blocking and Staging", and placed second in the overall sweepstakes.

## Xi Chi Delta's show sends fireworks

By Jeremy Hicks  
Xi Chi President

This year, Xi Chi Delta tried take a "deeper" approach to their Makin' Music show than in years past. Directors Hannah Peck, Courtney Koester, Samantha Houry, and Jeremy Hicks wanted to put on a simple, yet unique production that featured an "underlying meaning": the clash of two cultures who have to work together to solve their problems.

Set on New Years Eve in 1922, the New York City Council is planning on displaying the best fireworks show in city history. In order to do so, they decide to head to the "uncharted" Chinatown to buy the best fireworks from the culture who invented the firework 2,000 years ago. As the city council members enter Chinatown, they enter into a Chinese culture of honor and tradition with a pompous and arrogant attitude.

They plan on simply "buying" their way through the situation, but the Chinese sense the lack of respect for their culture and tradition, refusing to sell to the arrogant men. After a stern rejection and council member change of heart, the two unite to put on the best firework show in New York City history!

Xi Chi Delta featured songs such as "Superstition" by Stevie

Wonder, "Why Should I Worry?" by Billy Joel from Disney's Oliver and Company, "Ain't Too Proud to Beg" by The Temptations, "War!" by Edwin Starr, "Kung Foo Fighting" by Carl Douglas, "Everlasting Love" by Carl Carlton, and "It's Raining Men" by The Pointer Sisters.

Highlights of their production include a whimsical Chinese dragon, authentic traditional Chinese costuming, a spectacular fireworks display made from flashlights, and ended in a fireworks finale in the shape of the number "1923."



## PKA conjures third with 'A Notion for a Potion'

By Erin Haddock  
Assistant Editor

When I applied to be a Makin' Music Director back in April of 2008 I never would have dreamed of the rollercoaster of emotions that was to come. There were days (namely the 3 in which all, and I mean all, I did was sit in my room and paint backdrops) when I asked myself why I had the desire to take on such a huge task.

Being a huge nerd most of my life, I was completely appalled to see myself slacking in academics in order to create "the perfect show." I kept asking myself why this was so important to me, after all, it's just Makin' Music. When

everything is said and done, only those associated with Freed-Hardeman will even remember the show, if that. My only thought was that I could not let my other four directors down by not trying my hardest, and more importantly, I could not give my 85 cast members a boring or losing show.

So I did the typical Makin' Music director thing: skipped class for last minute deadlines, lost an unhealthy amount of sleep, and poured my heart into sequins and polysatin. All the while I wondered, in the grand scheme of things, what good is all of this nonsense doing? Sure, creating a mini Broadway extravaganza can be fun, but with all the pressure

and deadlines I wondered if it was all really worth it, and now that it is all over that is the question I have been asked the most. My answer to that burning question is as follows:

First and foremost, under extremely stressful conditions, you learn a lot about a person's true character. I learned who was there and willing to help every step of the way and who was not. I learned to appreciate every bit of help I could get and truly be thankful for time. Seeing all of the good in people was well worth every bit of negativity along the way.

Secondly, I learned more about Josh Harvey, Tyler Pate, Julie Walker and even Sandy

Stout—who I already thought I knew pretty well from living with her—than I ever thought I could learn about anyone in a year. I know what ticks them off and I know what makes them laugh. I know how far they can be pushed before they reach their breaking point and I know each of their strengths. I know that forty years from now we will be able to look back and say, "remember when Julie got caught in that chair?" and all of the fun memories will come rushing back. I know all of these things about them, and they know everything about me too. I love them and am thankful for the experience that brought 5 people closer than we ever would have been otherwise.

Thirdly, and most importantly, I am so proud to be a member of Phi Kappa Alpha. I have told numerous people that I loved writing the show but was not thrilled about the directing part. Since telling 85 people what to do is not one of my daily hobbies, I was extremely nervous about the spring semester. I'm still not saying I love doing it but I must say that the cast made it so much easier for me.

During retreat weekend and all of Makin' Music week I saw a family form, a family that I had not seen in quite some time. I am so amazed with those 85 cast member and impressed with their spirit, their love for Phi Kappa Alpha, and their respect and love for us as directors. I have never seen a group of people come together and work so hard towards a goal and I can not express how much it meant to me to be a part of it.

Even though we won third place, from Makin' Music 2009, I will always remember that we won the Spirit of Makin' Music award and know exactly how and why we received such an honor. I am so proud of Phi Kappa Alpha and proud to have been a director of one the best cast that ever could exist! I cannot wait to see what next year's directors cook up!



## Gamma Tou Omega uses cafeteria humor to place first in lyrics

By Laura Locke  
GTO Participant

The crowds roared with laughter as Gamma Tau Omega, the youngest social club on Freed-Hardeman's campus, presented only their third ever Makin' Music show, Cafeteria Catastrophe. Sophomores Ray Baker, Adam Kachelman, and Addie Spellings joined junior Adam Burke, a returning director from GTO's 2008 show, as directors for the 64 member cast.

The story line was one familiar to anyone who's ever been subjected to cafeteria food: the stereotyped nerds, jocks, and rebels of Dynasty High School are sick and tired of sub-par lunches and surly cafeteria workers. Convinced they could do a better job on their own, the students reject the food, and even stoop so low as to insult the looks of the lunch "ladies," each of whom was entertainingly played by a male cast member. Quickly however, the students realize that "making lunch is hard to do," and beg the

workers to return. In exchange for a makeover, the lunch ladies agree to come back and attempt to make better food, and in typical Makin' Music fashion, all becomes right with world once more.

Sophomore Ray Baker, Freshman Adam Currence, Junior Ryan Davis, and Senior Van Vansandt set the tone with the opening song of the show, wooing the audience with their barbershop quartet style rendition of Billy Joel's hit "The Longest Time," before hungry students rushed the stage with lunch trays in hand.

The crowd was smitten by GTO's witty lyrics and hilarious on-stage antics. The directors chose to humorously cast only men as lunch ladies, and the audience erupted with laughter upon seeing them strutting around stage bedecked in curly blond wigs, dresses, and hairnets, especially when the lunch ladies' secret makeover was revealed. Another crowd-favorite

moment came as the entire cast joined forces to present their own version of the well-known High School Musical "We're All In This Together" song and dance.

Following their final performance, the cast and directors of Cafeteria Catastrophe were recognized for their efforts and were awarded a first place finish in lyrics and a tie for third in entertainment value.





## Chi Beta Chi wins first place with 'In Living Color'

By Bailey Gilreath  
XBX Participant

When I started school at Freed-Hardeman, I, like many freshmen, was highly influenced by the people I hung around with and dated. I listened to the stereotypes that they listed and adopted the opinions they passed on to me. It wasn't until my sophomore year that I began to branch out and really figure things out on my own, little by little.

Previously the ideas I had held were very iffy on social clubs and anti-Making Music. I decided early on that I had no time for something as frivolous as Makin' Music and I could not for the life of me figure out what all the hype was about... despite the fact

that by the time the show rolled around I was plagued with a slight tinge of regret that I had not been involved.

All that changed this year when one of my best friends shanghaied me into participating in the show. She reasoned that it was her senior year and a good way for us to get reacquainted on campus and meet new people since we had missed out on this year's wave of freshman while in Italy. Once we decided we wanted to do Makin' Music, the next step was to decide which club with which to do it.

While talking with some Chi Beta Chi Friends at the Crush Can station, we happened to find out that there were a couple of spots in their show that had recently become open.

Immediately we began stalking the directors (fortunately one had walked into the Student Center at that very moment) and we were added to the show.

Though I was officially in the cast, my skepticism did not immediately disappear. I had fun at the practices, but I began to dread the ominous Makin' Music retreat weekend. The rumors I had heard and the idea that I had cultivated of being locked in a gym and forced to dance for countless hours on end was certainly less than appealing. I went into my seemingly bleak weekend with a resentful attitude that Friday night, determined to be negative.

That didn't last long however, and not just because my forceful bestie called me out on my

attitude and told me it wasn't fair for me to act that way. I realized she was right and immediately I took down my wall of preconceived notions and something crazy happened, I began to enjoy myself.

The directors of Chi Beta Chi's show, Blake Jenkins, Jessica Allen, Bradley Gean, Dustin Dicky and Marcia Frazier, worked really hard to keep things up-beat and fun, while preparing us for what they told us had real potential to be a first place show.

Potential. That was the one word we heard repeated innumerable times that weekend and the entire week to follow. Our show had potential, but that wasn't good enough; we wanted to blow potential out of the water and have a show that was a hands-down, absolute winner.

As retreat weekend came to a close, our progress was certainly visible, but everyone all felt that the cast still had a long way to go. The last run-through on Sunday night brought tears to the eyes of Chi Beta's directors, partially due to a lack of sleep, and partially due to a gratification of more than ten months of hard work. Without a chance to catch up on z's, Makin' Music week had come, and Monday night tech rehearsal started the total of six Lloyd performances.

All the confidence the cast, committee members, and directors had built up from the



long weekend was smashed as Chi Beta was not entirely at peak performance the first night.

Gradually with each performance, Chi Beta Chi became more and more put together, more and more confident in movements, and more and more in love with the potential first place show that so much work had gone into.

At long last the fateful weekend arrived. Butterflies danced in all the student's stomachs upon the first time standing back stage, separated from the judges by a mere sheet with a large drawing projected on it.

The bright lights twirled around while the Eagles whispered well-wishes to one another and reminders of what needed to be done on stage. What sticks out in my mind the most is the attitude of the Chi

Beta-ites. Everyone wanted to win, of course, but beyond that the group was concerned with acting like Christians no matter what the results were on Saturday night, and always cheering for other clubs when they succeeded.

In the end, the determination paid off, and all the members knew that as XBX rushed on stage, Chi Beta had left it all on the stage, and as cheers roared through Lloyd, jumping feet smashed potential. What good is potential if it is never realized?

Chi Beta Chi's was the moment the directors were handed that enormous trophy, and a little bit of mine was as well, as I realized how great it can feel to work together with a group of people, striving toward a common goal, but always with the knowledge that it wasn't the winning part that was most important, but the being together part.



## Makin' Music '09: An alumni's perspective

By Kristen Hester Hicks  
FHU Alumni

I am the same age as Makin' Music. That's right, Makin' Music was born in 1978 and so was I. If you are ever wondering, "She looks like she's way too young to be a Chamber director...just how old is Kristen Hicks?" (Actually, you probably still say "Kristen Hester" - you're not used to the Hicks yet. That's O.K., I had that name for 30 years. Change can be confusing.) well, you can get out your trusty Makin' Music program and find out.

Some background for you... There's a great sense of pride for me that my granddaddy, then FHU (actually FHC) President - Dr. E. Claude Gardner - had a part in the creation of this student-based show that's become bigger than anyone ever thought it would. I mean, I guess that's true. I really don't think anyone could have predicted that a small student production that started out in Bader Gym would eventually turn into a musical extravaganza with professional-style lighting and sound, a stunning showband, and hundreds of exceedingly talented students entertaining audiences of thousands. Have you ever seen footage of the really old shows? It's literally mind-blowing (alright, not literally - but I needed to stress the point) how much has changed since the inception of Makin' Music 31 years ago. Oh, that's right...Kristen Hicks (or Hester) is 31. If my mother ever reads this, I will be getting a phone call scolding me about telling my age. My mother is still "29" by the way. That doesn't add up? Well, huh.

But on to the good stuff...I remember, with great fondness, going to as many Makin' Music shows during a weekend as I could possibly get tickets to. The singing college guys were swoon-worthy, and I couldn't wait to one day have a costume of my own as I choreographed in sync with my castmates. Sigh! Make fun if you will, but there's just something about it...the time, the energy, the over-the-top sequined costumes, the finally-getting-it-right feeling that washes over you when the show is ready to be shown.

It's truly something you'll never forget. Especially that drawn-on fake mustache if you're a girl and blonde wig if you're a guy...

Not every year of Makin' Music is exactly great. I have been let down a few times, but there were always redeeming qualities about each year and always the hope of "next year," so I was never too horribly disappointed that I couldn't recover my excitement in time for the next edition. But I don't want to focus on the less-than-stellar years. I don't even want to focus on the past years that I truly LOVED. I want to talk about THIS year. I cannot convey to you how impressed I was with Makin' Music this past weekend. From the beginning to the end, I was loving the feel, the look, and the sound of this year's production. I saw it twice - Friday night and Saturday night. And I would go watch it again if Tony Allen said, "Just kidding! One more time...Tuesday night at 7:30." Oh, yeah, I'd be there.

The club shows have always had me mesmerized. (I like synchronized swimming and skating, too...) For years, I have daydreamed about writing a Makin' Music club show...just for fun. If any of my readers are future directors and need an idea, ask me privately. XBX get first dibs, though. :) Anyway...Bradley Gean, I didn't even recognize you the first night! What a great idea that Chi Beta had this year...a black and white TV show becoming color. Clever, clever! I'm very proud of you guys and know you all are pleased with your first place in the sweepstakes.

All of the club shows were great this year - there were none that I was like, "Oh, bless their hearts" about. One shock I got was that Sig didn't win first place in costumes...they were beautiful. And I liked the "Nursery Rhyme" theme you guys did a lot. And GTO, those cafeteria "ladies" had me cracking up. Nice makeover! I liked it even better the second time I saw it. One thing I firmly believe is the judges should see at least TWO shows. You can't possibly pick up on everything watching it only once. That's my two cents about judging.

So, on to PKA...lucky for you to have gotten Miss Kimberly

as your queen - she was a beautiful soloist. (You know, I was impressed with all of the soloists this year. I am so proud of the talent of the FHU student body.) And there was this twist at the end of your show that was a little unexpected, so kudos. =)

Xi Chi, you have a Jeremy Hicks, too, so I love you just for that. And I want one of those Chinese dresses. I might even wear it in public! When have I ever said that about a Makin' Music costume? Pretty sure I haven't. The flashlight fireworks were a nice touch, too.

The showband was awesome this year! At first I wasn't sure what I thought about not having an all-student showband, but it didn't take me long to come around. It was pretty cool to still have the Dean brothers involved and there were some students who apparently played with their group, so that was good enough for me.

As for the emcees, I liked the grouping of three...great job, Phillip and Garrett! And I don't know Whitney, but she did well with the guys. I enjoyed that the scripts were coordinated with the club shows and other stuff. The whole show seemed cohesive, which was super nice. I also loved, loved, LOVED the video work. The Bachelor at FHU...great stuff. FHU Cribs? Brilliant! Of course, I was pretty proud of my dad showing off his "ride." I laughed out loud many times during Makin' Music this year and, well, I really like to laugh. That's one reason I married Jeremy Hicks (mine - not Xi Chi's/ Leslie Oxendine's) and that's one reason I loved Makin' Music this year. There are multiple reasons for both and I'm getting to another major reason why I loved MM '09...

The hosts and hostesses...brilliant selection of each one. There have been some great voices that have graced the stage of Loyd Auditorium in the past, but not every one of their owners has had "stage presence." Each one of the kids this year had it. (I can call you "kids." I'm 31.) But where were the solos this year? Wait, did I miss them? Oh...nope, I didn't. I was much too enthralled with the harmonies of all of them singing together. When I

heard "Boondocks" last year, I thought it was the most genius host/hostess song I'd ever heard. And apparently, the Powers That Be thought so, too, because we had many more songs along the same lines this year, which made me incredibly happy. I downloaded "Distraction #74," "Life in a Northern Town," "Bleeding Love," and "Home" after I saw Friday night's performance. (I already owned "Come Home.") Seriously, I made my own Makin' Music soundtrack. I've got to dig out my Beatles CDs and add 'em to it. Now if they'll just do Mindy Smith's "Tennessee" sometime...it'd be apropos.

Speaking of Tennessee and home, the theme of "Home" this year was a nice touch. Dedicating the show to the city of Henderson made me feel like the two planes of my life intersected this weekend in a very cool way. My life has been entwined with FHU since I was born. After graduating from there and then working there for almost six years, I now work as the Chamber director for the Henderson/Chester County Chamber of Commerce, a job which pays me to extol the virtues of our area, of which there are many. It was nice to see Mayor Bobby King and his wife on the front row on Saturday night. I wondered what they thought of the production because I doubt they'd ever been before. Mayor King is not your Broadway sort of guy, but I caught a grin on his face several times when I looked his way, so I'm thinking he liked it. How could he not?

Back to the hosts/hostesses...now to choreography...the smooth (and un-dorky) "moves" of the hosts/hostesses have steadily improved other the years and this year was perfect. The Stellar Six (as opposed to the Fab Four...) rocked it out (have I ever used that phrasing in my life? Probably not.) and had SO MUCH FUN. I could tell. I looooooved that. And I enjoyed that the guys all played instruments and I want to copy the girls' wardrobes for myself. Of course, it didn't hurt that they were all handsome and pretty to look at. I knooooow that looks should not be that important, but one time I watched a stage version of "Romeo and Juliet" and Juliet was short, dumpy,



and unattractive - and Romeo was tall, gangly, and unattractive. I was so bored, I couldn't wait for the play to end! That being said, there's definitely more to "looks" than actual physical looks - I guess it all goes back to stage presence. Yeah, I just consulted my memory and there have been some "attractive" hosts and hostesses in the past that haven't had "it." So, ignore my last point. I'm not going to take it out, though, because compliments are nice...but Emma, Madison, Sarah, Jeremy, Aaron, and Glenn...you've got more than looks. And don't you forget it. Please tell me none of you are graduating in May because I am already looking for-

ward to next year's production... Thank you to Tony Allen, Peggy Weaver, Frank Bell, Kim Scott, and Jarred Clayton (and EVERYONE else who did anything at all for MM - I don't know all of you) for creating such a great experience for the cast and audience of Makin' Music this year. It really was everything (and more) that I always envisioned it could be. I've loved Makin' Music for as long as I can remember, and I'm completely thrilled that it's growing into the very best version of itself. Keep up the fabulous work!



### A word from Garry Potta...

"Being an emcee this year in Makin' Music is something I will never forget! I had so much fun with Whitney and Phil this semester working on all our material and performing it! I enjoyed every minute of Makin' Music week and I enjoyed going crazy on stage!

I especially liked being Garry Potta! I will never forget running out on stage and hearing the

cast section yell for Gary! It was incredible. I feel like I will always carry a little piece of Gary with me wherever I go!

The hosts and hostesses were AMAZING this year and it was so much fun to work with them! I am just so fortunate to have been able to have that experience. It certainly is one of my best memories here at Freed and I will never forget it!"

## Food is gOOD: Phil McDoniel speaks

beginning of the semester with Peggy Weaver learning what all of our responsibilities would be. We then came up with the idea of making videos to make our introductions a little simpler. Once we learned what the club shows would be we started writing skits to help introduce them. We met with Brad Montague multiple times seeking his knowledge and experience as an Emcee. The

help he gave us was invaluable. He critiqued our ideas and gave us new ideas. He gave us catchy one-liners like "Food is gOOD," and songs like the Economy Lullaby. He also did the filming and editing on The Bachelor video, FHU Cribs video, and the Sonic Intermission video. Once we would finish a skit we would read through it to Peggy or to the hosts and hostesses. The most en-

couraging thing they would tell us is that they could see us coming out in our characters. This was exactly what we were trying to do. It was so great getting to work with everyone because we were all so different but we meshed so well. I would definitely encourage others to audition for Emcee. Working with Peggy and the hosts and hostesses is an incredible experience.



When Whitney, Garrett, and I auditioned for Emcee, none of us really knew what we'd be getting ourselves into. We knew that we would be on stage more this year than in previous years but we never could've imagined things would have ended up like they did. We began meeting at the



## Coming home with Makin' Music 2009





## Counseling Questions

The University Counseling Center

Good Grief?  
By Jonathan D. Harrison

**Question:** How long is too long to grieve? Is there a timeline? Or maybe signs to tell you "you're getting better!"?

**Answer:** First of all, I think we need to establish a working definition of grief. "Grief," according to Dr. Linda Schupp (Is There Life After Loss, 1992), "is an intense set of emotional reactions in response to a real, imagined, or anticipated loss." Grief work then is the process of working through that "intense set of emotional reactions." I would like to point out that it is called grief work for a reason; it takes a great deal of effort and energy to get through this process.

It is hard to put a timeline on how long a person grieves. Many experts will say on average anywhere from six to eighteen months, however, even they will concede that some people work through their grief in less than six months while others can take longer than eighteen months. There are so many variables that factor in to this equation. One variable is this, the stronger the relationship between the griever and the lost loved one, the stronger the grief. Another variable is individuality. Our personality and our life experiences both play a major role in how we grieve and the pace at which we grieve. Plainly stated, we all grieve in different ways and at different paces.

However, it is possible for people to become stuck in the grief process and by stuck I mean forward progress towards acceptance and stability has either stopped or started to regress. For example, if after a month from when an individual loses a loved one they still refuse to even believe their loved one has died or if they still speak as though they are still alive, then they are likely stuck. Another example would be if after several months an individual refuses to express virtually any emotion they feel about their loss. I could go on, but I believe these will suffice.

Thankfully, you can know if you are working through your grief properly. According to Schupp (Grief: Normal, Complicated, Traumatic, 2007), "A person knows he or she has survived and is becoming emotionally stable when the loss or tragedy no longer absorbs all the daily thoughts and energy. A degree of energy is now available to be reinvested in life." If this pattern continues, then the griever will eventually get to a point to where, although he still feels sadness when he thinks of his lost loved one, he is able to fully invest his energy into his life again and once again experience pleasure in life and relationships.

It can be very difficult to work through the loss of someone close to you, so here are some things to remember that might make your work a little easier:

1. Grief is NORMAL! Even God, in whose image we were all created, grieves. In Genesis 6.6 we learn that God grieves.
2. Participate in rituals. Memorial services, funerals, and other traditions help people get through the first few days and years. They also help honor the one lost.
3. Create a memorial or tribute. Plant a tree or garden, or memorialize the person in some fitting way, such as running in a charity run or walk (ex. Relay for Life) in honor of the lost loved one (ex. the Lord's Supper—1 Cor. 11.23-26).
4. Talk about it when you can. Some people find it helpful to tell the story of their loss or talk about their feelings, which is one reason why the visitation is so helpful. Sometimes a person doesn't feel like talking, and that's OK, too. No one should feel pressured to talk. However, eventually you should get to a point to where you can talk about it.
5. Express yourself. Even if you don't feel like talking, find other ways to express your emotions and thoughts. Start writing in a journal, write a song, a poem, or start a blog about your loss. You can do this privately or share it with others. (ex. David's response to the loss of Jonathan—2 Sam. 1.17-27).
6. Let your emotions be expressed and released. Don't stop yourself from having a good cry if you feel one coming on. Don't worry if listening to particular songs or doing certain activities is painful because it brings back memories of the person that you lost; this is normal. Over time it does become less painful, but it does take time!
7. Allow friends and family to be supportive. Even informal gatherings of family, friends, & fellow Christians bring a sense of support and helps people not feel so isolated in the first days and weeks of their grief. The main thing to remember is that you don't have to be alone with your feelings or your pain. Remember what Paul wrote in Romans 12.15?
8. Exercise. This can help improve your mood and it helps relieve tension that builds up in your body as a result of stress and anxiety caused by grief.
9. Eat right. You may feel like skipping meals or you may not feel hungry at all, but remember that your body still needs the proper amount of vitamins and nutrients.
10. For Christians there is a great day coming when you will no longer have to experience and struggle with loss (Rev. 21.4).

If you are having a difficult time working through your grief or if you just want an extra set of ears to listen, the UCC is here to help. We have experience helping people work through their grief, so please give us the opportunity to help you. Call 989-6768 or email nscott@fhu.edu to schedule an appointment.

## Creative Writing Corner

### "Tiny Bobbie"

Tiny Bobbie was a victim  
Every portion of her day  
Pushed and pulled and bit  
and used  
And when she fell, was  
thrown away.

Shiny Bobbie's glistening  
eyes  
Plunge headfirst into fields  
of brown  
Or maybe flax, or saffron  
She only holds what's not  
her own.

Submit now, Bobbie, to

my fingers  
open and do as you're bid.  
And when you can stretch  
no further then  
In gendered glory you're  
well hid.

But Bobbie was no fool,  
you see  
Bobbie, when turned on  
her ear  
Could probe your secrets,  
reverse your roles  
She dies blunt, comes  
back a spear.

So when you leave her

lying there  
After she has served you  
meekly  
Be reminded that she  
subverts her function  
And vengeance she does  
not practice weakly.

For when you're plotting  
in just your stockings  
Miss Bobbie will come  
not knocking  
And before you could  
invite her in  
She condemns you, she, a  
bobby pin.

By Leslie Oxendine

## The truth versus free speech

By Shelly Tilton  
Staff Writer

Freedom of speech is not an enemy of the truth—it is a tool of it. Some may object and say that this freedom is also a tool of the devil, and it is. It is amoral and only the avenue through which healthy discussion can develop. If both sides of an issue are argued in complete freedom, then the truth will emerge within the minds of the hearers. Truth does not fear free speech. On the other hand, unjust laws and idolatrous tradition do, with a terror so deep that men will react violently, all to save a twisted effigy, a pathetic substitute for Truth.

"Congress shall make no law...abridging the freedom of speech, or of the press..." So reads the First Amendment to the Constitution of the United States of America. Freedom of speech—and, closely linked, freedom of the press—was recognized by our founding fathers as one of the most important of the freedoms, significant enough that James Madison included it, along with the freedom of religion, as a nod to the reluctant states who balked at ratifying the new Constitution. Without these freedoms, citizens would find it almost impossible to hold their government accountable,

for with the bridling of speech comes the stifling of thought.

From a historical perspective, this freedom is young. Socrates, an ancient philosopher, was executed for "corrupting the youth," by which the Athenians meant that he was uncovering in public all their faults and trying to

had left his church in any other country than this free nation.

Why is the freedom of speech so revolutionary? Authorities throughout history have feared uncensored political and religious speech. Why?

Because when people can say whatever they want about

their governments, they may invite divergent thoughts. Their audiences may understand clearly what had been lurking in the back of their minds but what they had pushed back into the shadows for fear of what examining the thoughts would bring. They may realize the truth, and truth is sometimes the enemy of law and tradition. Once people begin to know the truth, some may continue to hide it from themselves, but others, the ones who comprehend that man's purpose in life is to find and live the truth, will begin to see the trammels of mind that re-

strict their lives and will seek to be freed from them.

Truth found through freedom of speech changes people. Such change sometimes shocks those who see it and do not share in it, who refuse to share in it. But the risk must be taken. Do not be afraid of the truth or the discomfort that comes from change. Be afraid of not growing—and not speaking.



teach a better way. William Tyndale, who translated the Bible into English from the original language and printed it without the permission of the Catholic Church in 1526, was strangled to death and his body burned for heresy. For his religious views and defiance, Martin Luther was excommunicated and exiled. One might wonder how Alexander Campbell would have fared if he

## CAMPUS CONCERNS A LETTER TO THE EDITOR



To The Bell Tower:

I have been a student here for a few semesters now, and I have seen a trend that concerns me. Abstinence from premarital sex is preached time and again; however, we seem to ignore the fact that there are many people on this campus who have "made mistakes" when it comes to sexual purity. They may be only a small minority of Freed students, but their struggles and sensibilities seem to be grossly overlooked during chapel talks, classroom lectures and discussions, and social conversations about dating and finding a spouse.

I am one of these individuals, and it pains me to see that we have no one standing up and saying that God's grace covers even this sin and that we can learn and mature from the mistakes we have made. I, and I assume others, need to know that someone can love you even if you are not the picture of virtue and have a tainted past. Instead, we are made to be outcasts, made to feel that we are irredeemable harlots.

There is no effort to understand why these mistakes were made or how to prevent them from continuing. One day I would like

to hear in chapel that, while the Bible clearly commands all of us to remain virgins until marriage, some of us sitting in Loyd are not, yet God still loves those of us who have fallen in this way and the rest of the FHU family loves us, too.

Oftentimes, we do not know if a best friend or a significant other is hiding a secret about this because we are too scared to speak up about the topic. The only time it is addressed is to say, "Don't until you say 'I do.'" We are ignoring the reality of American society, of temptation, and of the fact that not every student at Freed was raised in a Christian home. Let me be clear, I am not condoning promiscuous behavior, but we ought not to condone naiveté, either. Too many of us are unable to say the word "sex" because we've been so sheltered by our parents and our church communities.

I feel that this situation has led to so many students getting married at such a young age. Dating couples A.) feel guilty that they've engaged in inappropriate sexual behavior but want to continue it; B.) desire to consummate their relationship ASAP; or C.) are expecting a

baby and have to rush things so that they can claim theirs to be a honeymoon baby. If we address sex more maturely and openly, then we can prevent these scenarios and, importantly, increase the likelihood of Freed students' marriages being healthy and long lasting. I am pleading that this issue be addressed. I have sat in chapel and Bible classes feeling like the worst person in the world because of a mistake I made in high school. No student should receive the direct or implied messages that if she is not pure then she is dirt or that she will never find a Christian husband because she does not deserve one. I doubt that I am alone in this; other young women and men have made the mistake I made and have had to secretly try to come to terms with it.

We are blessed to be in the Christian environment that exists here at Freed, but sexual temptation and sexual impurity is a reality, and we should not ignore this fact nor the fact that there are students who desperately need the support of fellow Christians to overcome feelings of guilt, worry, and frustration.

Sincerely,  
Anonymous

### Her View

From page 4

Though all of life's problems cannot be solved in 30 minutes, Boy Meets World still provides some very beneficial "what-to-do" examples. And even though I don't hear the super-sappy-everything's-going-to-be-alright-music in the background when my problems are solved, I still have BMW to thank at the end of the day.

Disclaimer: If you're thinking it sounds like I am a nut who is completely and utterly obsessed with Boy Meets World, you are correct. There's no better show (not even LOST or The Office) and I figured it's about time that I remind the world of that. RIP, BMW. I faithfully await a reunion episode.

### National Broadcasting Society

From page 1

dating but looking for internships, not future spouses. The rest of the weekend was spun of the same ilk. There were sessions teaching adobe editing programs, addressing chapter needs, and offering more insight from industry professionals. Saturday night was awards night at the convention and although the FHU chapter didn't enter anything into the competition this year, they didn't leave the city empty handed. Ray Eaton, studio director at FHU's own TV40 and head of NBS Region two, took home the award for Region of the Year. Region two includes chapters from Ohio to Mississippi. This award was based on competition submissions, national involvement, and participation

at the regional convention last October in Cleveland, Ohio. The FHU chapter benefited tremendously from their time in New York. They learned a lot about the industry and what it takes to make it in a media centered world. When asked about his experience with the convention, Brad Kelley said, "I feel like the convention did benefit me. It was [helpful] meeting all these people who were in the business, and were good at it. It's not often you get to do that." The group returned with a renewed zeal to polish up their own on campus work here at home, submit competition entries at the regional and national levels, and learn as much as they can before entering the media industry.