



# PAPER ROUTE plays FHU

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# SAA HOSTS ANNUAL CHILI BOWL

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# The Bell Tower

Freed-Hardeman

HENDERSON • TENNESSEE • FREED HARDEMAN UNIVERSITY'S TOP NEWS SOURCE • ISSUE 7 • VOLUME 31 • February 3, 2011

## PREPARING FOR THE ANDERSON SCIENCE CENTER

By AMBER OLIVER • [amber.oliver@students.fhu.edu](mailto:amber.oliver@students.fhu.edu) // staff writer

Freed-Hardeman has undergone many changes over the last few years. For the Business Department, 2003 was an exciting year due to the construction of the Brown-Kopel Business Center. In 2007, Sewell Hall had its grand opening and boasts a capacity of two hundred men. Also in 2007, the Bulliner-Clayton Visual Arts Center was completed and fully equipped with classrooms providing all the necessary resources to earn a Bachelor of Arts degree in Graphic Design, Interior Design, or Studio Arts. The Crews-Colbert Activity Center, which had its ribbon cutting in March 2009, houses offices for the University Program Council, large rooms available to reserve for club activities and other special events, and two theaters, used to show movies, television shows, and major sporting events. In 2010, Wallace-Gano and Lion's Pride underwent many renovations, and currently, the commons are being remodeled.

Now, Freed-Hardeman faculty and students eagerly await construction of the Anderson Science Center, the newest building coming to campus.

The facility, which will house new laboratories and improved facilities for the School of Sciences and Mathematics, will have a groundbreaking ceremony on March 4, with construction beginning in earnest in the summer.



CHRISTINA KENRIICK • The Bell Tower

According to Dwina Willis, Associate Professor of Biology and Bible, most of the lab classes will now be in the new building along with undergraduate research. Classes such as principles and general labs will still be held in the ASC (Associates Science Center). "The old building has been incredibly functional for the last 40 years, but it was built when Freed-Hardeman was a junior college," Willis said. "It will continue to function as classrooms and some labs and will house math and computer science."

Faculty members are not the only ones enjoying the renovations around campus. Sophomore biology major Michael Hill looks forward to taking classes in the Anderson Center. "I am excited to see the new labs and equipment. I hope it's up in time for me to get some use out of it my senior year."

According to Willis, construction is scheduled to take between twelve and fifteen months to complete. The Anderson Science Center will offer a wide variety of classes, such as microbiology, chemistry, biochemistry, and anatomy and physiology. Sophomore Candace Wilson,

who is double majoring in biochemistry and psychology, is most looking forward to utilizing the labs because "it will show the practical aspect of the text we learn in class." Along with the classrooms, the Anderson Center will also house faculty offices and student study rooms.

The location of the new science building will be on Hamlett Avenue, across from Farrow, the men's residence hall, and next to the Office of Marketing and University Relations. Although Wilson is thrilled to have the Anderson Center, she will miss the easier access of the ASC. "I can walk to most of my classes within a few minutes since the current science building is right off from the commons. That's definitely one thing I will miss about it."

Aside from its location, Wilson is interested to see what type of equipment Freed-Hardeman will supply in the Anderson Center. "The equipment in the Associates Center hasn't been updated in a while. I'm excited to take classes and study in a building with newer models and technology."

Along with laboratories, new research facilities will be available. Students' knowledge and experience will increase, aiding in a better understanding of the material and greater opportunities post-graduation.

This aspect of the newer science building will help students to succeed in their academic endeavors.

According to Willis, more and more graduate and professional schools desire students with undergraduate research experience. The research facilities included in the new building will greatly enhance the research opportunities for students.

As Willis noted, "We are truly blessed to have faculty who will engage in research with our undergraduate students in addition to teaching a full load. Our administration is to be applauded for their foresight in including research facilities in the building."

The teachers work hard to assist all of their students inside and outside of the classroom. Their care is what sets Freed-Hardeman apart from other schools.

As Hill puts it, "There are so many great faculty, especially within the biology and chemistry departments, that deserve a new facility to further increase students' knowledge and futures in their careers."

### IN CAMPUS LIFE

#### CHILI BOWL

Check out our complete coverage of the 3rd annual Chili Bowl hosted by SAA and Alumni Office last Tuesday night.

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Photo by Jay Satterfield

#### CONCERT FOR CHILDREN

FHU students display their musical students in a fundraising effort.

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### IN SPORTS

#### BASKETBALL

Both men and women's team gain victories against Lyon College last week. This victory marks the 100th win for men's coach, Jason Shelton.

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### IN ENTERTAINMENT

#### PAPER ROUTE

UPC hosted concert that only charged admission of one canned food item per person.

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#### WHAT'S NEW FOR THEATER

Read about FHU's newest faculty member and learn what's coming this semester for theater.

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### IN OPINION

#### BACK WITH YOUR FAVORITE OPINIONATED PEERS

Becca and Lincoln discuss the importance of reputation in this week's His and Her Views.

Broderick Greer challenges readers to see other perspectives.

Hannah Hoyt tells all about her European adventures and experiences.

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### IN FINAL SAY

#### STUDENTS ARE PUBLISHED

Learn about the research published in scholarly journal by former FHU students and faculty.

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SENIOR PROFILE Check out what this senior loves about her time spent here on campus.

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## Masters of Business program is officially accredited

By HEATHER JOHNSON • [heather.johnson@students.fhu.edu](mailto:heather.johnson@students.fhu.edu)

There is an excitement in the Business offices this semester as the program for Masters of Business Administration becomes officially accredited. The Business department has been working hard since the summer of 2009, and the results are paying off. President Joe Wiley received a letter at the beginning of the year regarding the accreditation.

This letter, from the Accreditation Council for Business Schools and Programs (ACBSP), informed FHU of its affirmative decision to accredit the MBA program. The mission of the ACBSP is to, according to their website, "promote continuous improvement and recognize excellence in the accreditation of business education programs around the world." FHU has joined the ranks of over 500 other campuses in receiving this accreditation. Dr. Tom DeBerry played a vital role in the accreditation process as editor and writer of the Self-Study report that is required from all potential accredited programs. DeBerry states: "Other individuals contributed to the Report by writing specific segments that related to their individual areas of responsibility and expertise, including Dr. Keith Smith, Mr. Jim Brown, Mr. A. B. White, and School of Business faculty and staff."

The new MBA program at FHU finished its fifth school year in December 2010. To gain the information needed for the Self-Study, the program had to have been up and going for several years. The report itself was over 300 pages long.

DeBerry comments on how the accreditation will benefit both Freed-Hardeman as a school and individual students: "When FHU has an external organization with expertise in what makes a strong academic program and that external organization decides that we are deserving of accreditation, it builds a reputation of trustworthiness."

This accreditation tells other academic institutions, including where FHU's students might want to earn additional graduate degrees, that FHU's graduate business program is high quality." According to the ACBSP's website, they not only benefit the school and its students, but also the business unit, faculty, staff, and the community as well.

The benefits for students are great. The ACBSP lists one student benefit by explaining that "the pursuit of accreditation enhances the ability to serve students by assuring a focus on quality performance. Growth is expected to steadily increase in the new graduate program."

DeBerry assesses the progress, expecting "approximately 15 new students to enter the MBA program each year." He elaborates: "We currently have approximately 75 students in the program, and we graduated 13 from the program in December 2010."

The MBA is offered online and on-campus. Out of the 75 students, most take their classes online while the minority attends the on-campus program. There are no current plans to add additional graduate degrees in Business at FHU.

### 7 DAY WEATHER FORECAST

| Thursday<br>Feb 3                 | Friday<br>Feb 4                   | Saturday<br>Feb 5        | Sunday<br>Feb 6                   | Monday<br>Feb 7                 | Tuesday<br>Feb 8                 | Wednesday<br>Feb 9              |
|-----------------------------------|-----------------------------------|--------------------------|-----------------------------------|---------------------------------|----------------------------------|---------------------------------|
|                                   |                                   |                          |                                   |                                 |                                  |                                 |
| 34° Mostly Cloudy<br>26° 10%prec. | 40° Mostly Cloudy<br>29° 20%prec. | 45° Sunny<br>32° 0%prec. | 48° Partly Cloudy<br>38° 10%prec. | 52° Few Showers<br>27° 30%prec. | 39° Snow Showers<br>25° 30%prec. | 46° Mostly Sunny<br>25° 0%prec. |

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# campus life

## SAA spices things up with annual Chili Bowl

FHU students, faculty and members of the Henderson community came together Tuesday night for homemade chili, a chocolate fountain and some friendly competition.



WHITNEY PIRTLE

By MORGAN RICHERT • morgan.richert@students.fhu.edu // staff writer

The Fourth Annual Chili Bowl came to Freed-Hardeman University on February 1 from 5:30 to 7:00 p.m. as a way to reunite alumni, community, and students here in Henderson. The Chili Bowl was a funfest filled with taste testing, entertainment, and the potential for one triumphant team to win bragging rights for making the best chili in town.

The idea first came in 2007 to Betsy Hesselrode, Assistant VP for Alumni Relations, when she observed a law school in Oklahoma organizing a similar event. FHU students, alumni, and anyone from the community qualify to form a team of up to four people and put their cooking skills to the test. Each team member can cook up a storm in style, as they all receive Chili Bowl aprons to wear. Not everyone will come dressed to impress; teams can dress up in goofy attire in the hopes of winning the "People's Choice" award.

Kippy Myers, Algene Steele, and Tim Tinon judged the teams, which will be divided into two categories: Traditional and Non-Traditional Chili. The

combined scores of the judges and the people's choice determined the winner of the Chili Bowl.

The cost was \$25 to enter as a team for the community, while FHU social clubs can enter for free. The cost was only \$3 for students and senior citizens and \$5 for anyone else in order to vote, try some homemade chili, taste an extravagant chocolate bar, and have a chance at winning a door prize. All of the proceeds are going to benefit local food charities.

To help set the mood of the competition, Scott Utter and several other musically inclined Freed students provided live entertainment. In past years there have been anywhere from 100-180 people show up to celebrate this great event. This year over 200 people attended to taste-test the wide variety of chilies, and a record number of teams entered. When asked, Hesselrode said that the best part of the Chili Bowl is "the competitive spirit of the teams. They really get into it in a friendly way of talking smack about chili." The Chili Bowl was the perfect way to warm up the atmosphere during this winter season.

## Zumbathon workout raises money

By LAURA LOCKE • laura.locke@students.fhu.edu // staff writer

Armed with towels, water bottles, and the sounds of upbeat music in the background, nearly one hundred girls packed into Bader Gymnasium on Monday, January 24, for an evening of fun, fitness, and philanthropy during Xi Chi Delta's first "Zumbathon" fundraiser.

Zumba is a Latin-inspired dance-fitness program with nearly 10 million regular participants worldwide, according to the Zumba Fitness website, www.zumba.com. The emphasis of the program is on having fun and being yourself—classes are often called "parties"—while enjoying the health benefits of a high-intensity, calorie-burning workout. Last year, FHU Admissions counselor Whitney Carter and FHU sophomore Shelley Carter began teaching an all-girls Zumba class in Henderson that has been well attended by Freed-Hardeman students and members of the Henderson community alike.

Xi Chi Delta's "Zumbathon" featured two hours of Zumba instruction by four certified instructors, including Whitney Carter and Shelley Carter. To spice things up and vary instruction styles, a different instructor brought her own music and choreographed routines to the group every half hour. Participants were encouraged to go the full two hours if they were able, or take breaks as needed. Admission to the event was \$5, and Zumba t-shirts and bracelets were also sold. Participation was limited to women only, but guys were encouraged to help support the fundraiser by purchasing t-shirts and bracelets or helping spread the word about the event.

All proceeds from the event will help support Xi Chi Delta's spring mission trip to the City of Children, an orphanage in Ensenada, Mexico. This year's Zumbathon raised a little over \$500. Shelley Carter indicated plans for another Zumbathon in the future, saying, "We would love to do this again next year. It may even be something we try to do it twice a year. It's a great fundraiser because it raises a lot of money and it is also really fun for everyone who participates."

Junior Sasha Guthrie agreed, saying, "I love Zumba because it's a great way to work out while having fun with your friends—you almost forget you're working out! I think the Zumbathon was a great idea because it combined a fun fitness activity that many Freed-Hardeman girls already enjoy with support for a great cause, the City of Children."

While many of the participants were seasoned Zumba veterans, for others the Zumbathon was their first experience with the fitness program. "I saw a lot of the girls who are regularly in class," said Guthrie, "but several

of the girls were new. They picked up on the routines quickly, though, and I think everyone who participated had a great time, even if they were exhausted by the time it was all over."

Planners of the Zumbathon were very pleased with its success and the participation of the student body. "Whitney and I would like to thank all the girls who came out and supported this great cause! They make teaching Zumba so much fun!" said Shelley Carter. "We would also like to encourage all the girls who have yet to come to a Zumba class to give it a shot! It's an exhilarating, effective, easy-to-follow fitness party that is literally moving millions to joy and health!"

This semester, the Carters will co-teach a Zumba class in the Crews room of the Crews-Colbert Activity Center every Tuesday at 8:00 p.m. and Thursday at 8:30 p.m. The cost for the one-hour class is \$2 for FHU students and \$3 for non-students. All ladies, regardless of age, fitness level, or Zumba experience are invited. For more information and updates about classes, girls who are interested can join the Facebook group "Zumba in Henderson."

## LE REVE DES PISTES

FREE PREMIERE SCREENING  
THURSDAY FEBRUARY 10 2011 9:30 PM  
GOLD THEATER CREWS COLBERT CENTER



### CHILI BOWL included:

#### CHILI COOKING CONTEST

GTO took top honors winning first place in two out of the three categories Tuesday. Another team that took home multiple awards was "Chili Chili Bang Bang," including first place in traditional.

#### LIVE MUSIC

There was a lot of exciting live music at this year's Chili Bowl! Scott Utter played acoustic guitar accompanied by Mike Roby on banjo. Even FHU's newly formed drumline joined in on the action.

#### JACKSON GENERAL MASCOT

After undergoing a name and mascot change this year, the former West Tennessee Diamond Jaxx, now the Jackson Generals, brought along their own pot of chili and even their new mascot for the fun!

## Benefit concert is a success

By JON WILLIAMS • jon.williams@students.fhu.edu // staff writer

Freed-Hardeman students are never shy at lending helping hands to those in need, and the benefit concert held Friday, January 21st was no different. The concert that was held was called "Para Los Niños," meaning "for the children" in Spanish. Social clubs Sigma Rho and Xi Chi Delta hosted the event, with proceeds dedicating to aiding students who will be traveling on Spring Break mission trips to the Dominican Republic and the City of Children in Mexico. The concert featured many well-known faces of Freed-Hardeman's campus. Performers included Colton Shannon, Lee Hibbet and his family Leah Young, Scott Utter, Victoria Botts, Allison May Travis Young and Bud Thomas, Rebecca Watts, Hannah Danner, the Gilmore Family, and the Ambassadors.

Scott Utter, one of the performers, commented: "I was sick that night and I sounded horrible, but it didn't even matter. What happened that night was magic. For me, it was encouraging to see such a large group of diverse talents gather for a common goal."

Becca Duncan, one of the students traveling to the Dominican Republic over Spring Break, was in attendance. When asked about the concert experience, she said, "The fact that people gave up their Friday night to come and give money to mission teams and listen to their friends sing was uplifting. I had a lot of fun at the concert. All of my friends were there and we just chilled and had fun."

Mounted at the concert was a painting of a tree on two different pieces of fabric that had been put together. The tree was painted black and scattered with different things people had painted randomly. The items on the tree consisted of leaves, flowers, hearts, bugs and anything else the impromptu artists desired. When the time comes for the mission trip, the tree will be separated and one half will be given to Sigma Rho and another to Xi Chi respectively.

"It was very inspiring to see all the people and their different leaves and creativity levels. I know that when the children in both places see their part of the tree, they will know that people in the United States love them and are praying for them," said Duncan about the painting of the tree.

Overall, the night was very uplifting and fun. The concert was crowded for the full duration of the show and the entertainment was never dull. Performers such as Scott Utter made a very noble effort with their talents in bringing out students to support such a noble cause. The students that will be traveling to the Dominican and City of Children have benefited the most from this concert and are extremely grateful.



BRODERICK GREER





CHRISTINA KENRICK • The Bell Tower

## NASHVILLE BAND PAPER ROUTE PLAYS LOYD

By Caleb Vivio • caleb.vivio@students.fhu.edu // staff writer

Flashing lights, screaming fans, and blaring rock music filled Loyd Auditorium last Thursday night as around 300 students filed in to enjoy another band presented by the UPC: Paper Route. UPC has brought many incredible bands and artists to Freed-Hardeman, and this concert was no exception. With admission being set at a simple canned food donation, many people were not expecting much from these guys, but the skeptics received a surprisingly memorable concert experience. There hasn't been anything like this concert on campus before, and it was a totally new experience for many of those who attended. Paper Route has a truly unique musical style that went over very well with students.

"Our music is sort of like classic rock meets the electronic loops of Garage Band," says Gavin, the band's drummer. Gavin also explained how the name of the band came to be. He explains that all the original members remember either having or wanting to have a paper route when they were kids. "It just reminds us of the nostalgic ways life used to be."

Chad is the band's founding member, mixing beats on his laptop in his bedroom. The classic rock feel came about when the band started doing live shows. "When you start using a real guitar, a real bass, and a real drum set, it's hard to avoid getting that

rock sound," joked Gavin.

Freshman Meghan Parker screamed, "It's too loud!" over the music, which may have been the only complaint heard on Thursday night. Many people probably left with buzzing ears, but it was definitely worth it. To all of those who weren't there: you missed something great, and if you ever get the chance to see these guys in concert again, jump on the opportunity. The band wants as many people as possible to hear their music. To them, it isn't about the fame; it's about the experience both for them and the audience. Gavin put it this way, "We've never talked about fame. We just want to share our music with as many people as we can. If fame and success come with that, then that would be awesome."

The question most asked about Paper Route last week was, "Is it 'rout' or 'root'?" When asked this question, Gavin chuckled for a second and said it was time to finally settle it. "It's rout," he said. "I'm glad to finally get that in writing." It seems that not even the band could agree on the issue. Gavin added, "It doesn't really matter, as long as people are talking about us."

If you are interested in finding out more about these awesome guys or hearing more of their incredible music, check out their website: [www.paperrouteonline.com](http://www.paperrouteonline.com).

## Theater department readies spring season

By Katie Clemens • katherine.clemens@students.fhu.edu // staff writer

Last semester FHU Theater brought us an interesting view on religions featuring Laura Rikard's *A Shaker's Path*, an biographical look at the life of the Mother of Shakerism; *And Then They Came For Me*, a holocaust drama about the childhood friends of Ann Frank; and *The Musical Comedies Murders of 1940*, a heartwarming "who-done-it" littered with romance, murder, show biz, and Nazi spies.

This semester, however, is taking on a lighter note with a tribute concert to Patsy Cline, a fight for pizza, and a two-part Shakespearian masterpiece. The first show of the semester is *A Closer Walk with Patsy Cline* by Don Regan; a tribute to the legendary singer, it traces her climb from small town life to the Grand Ole Opry. Cosponsored by Freed-Hardeman University and the Henderson Arts Commission, it will be presented by Springer Theatricals in Lloyd Auditorium on February 25 at 7:00pm.

Playing for Pizza is directed by Seth Fish. Nine actors, 30 sketches, and 60 minutes in the world of the Black Box Theater will bring you an evening of slightly improvised, greasy theatre. If the actors finish all 30 plays on time, it's pizza for the cast. If they don't, then they unfortunately will have to hand the pizza over to the audience. This is Mr. Fish's last semester at Freed-

Hardeman as Technical Director; he worked for a variety of theater companies before coming to FHU over three years ago. Mr. Fish is leaving to follow his wife in her pursuit of her Master's degree. The play will be showing March 3-5 at 7:00 pm and March 5 at 2:00 pm in the Black Box Theatre.

The last show to fill out both the season and the semester is *The Taming of the Shrew and the Woman's Prize* by Scott Palmer. Bag and Baggage Productions' artistic director Scott Palmer has united Shakespeare's well-known tale of *The Taming of the Shrew* with a lesser-known sequel, *The Tamer Tamed*. This interesting combination will be directed by interim Theater professor Andrea Kelly. Ms. Kelly has returned to Freed-Hardeman after ten years of teaching Technical Theatre, Acting, Musical Theatre, Puppetry, and Greek Tragedy on the middle and high school levels in Texas and Alabama.

Ms. Kelly confessed to having an attachment to *The Taming of the Shrew* after completing both of her theses on the play. *The Taming of the Shrew and the Woman's Prize* will be preformed at the Black Box on April 21-23 at 7:00 pm and also April 23 at 2:00 pm. For ticket information visit [FHUTickets.com](http://FHUTickets.com) or contact the theatre office at 731-989-6938.

CHRISTINA KENRICK • The Bell Tower

## music to cure the winter blues.

By BRYSON LEACH • bryson.leach@students.fhu.edu // columnist

After a long winter break and very strange weather patterns, we have all emerged from our caves and taken foot back on campus at Freed-Hardeman. During that nice break, I rummaged the Internet and found some great new artists and new releases you should look into.

### Cold War Kids – Mine is Yours

This may not be their best album, but it is certainly an attempt to appeal to shy ears. Songs like "Louder Than Ever" and "Sensitive Kid" are a definite try at the mainstream market. It's catchy, jaunty, and very old school.

### Ryan Adams – III/IV

I'm a huge Adams fan and the release of two more discs of his work with the Cardinals was like a second Christmas for me. After his announcement to no longer perform with the Cardinals a while back, these unreleased albums (recorded in 2007) fill the hole that he left when he stepped down from music for a little while.

### Joe Purdy- This American

For a short time Purdy released his new album for free on his website. I snatched it up as soon as I heard. It's a beautiful piece of work. I love Purdy's ability to connect to an old world of folk and the grit of a time no longer here. It makes me think of an album John Steinbeck or Cormack McCarthy would have composed.

### Bombay Bicycle Club – Flaws

I adore bands that rely only on acoustic sounds and barely-there vocals. Bombay Bicycle Club was a recent discovery made on a whim (I liked the album cover). It's one of my favorite albums right now. It has a beautiful flow of music and lyrical elegance.

### LCD Soundsystem – This is Happening

I'm a little behind on this album. It was released last year and several critics have placed it on their top lists of 2010. I can't get enough of "Dance Yourself Clean" and "Home." It's an excellent style that I believe captures our current generation's digital addiction with a desire to fallback on easier times. Is it too snobbish to say? Maybe.

### Coming soon: Adele – 21

This album isn't out yet, and I have only heard one song from it, but I love it. It shows lots of promise for the rest of the album. I loved her first release, 19. I'm really excited for appearance of the rest of the album later this month.



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## HIS | HER View

### Finding Contentment

By BECCA PHILLIPS • becca.phillips@students.fhu.edu  
// columnist



Life is full of opportunities and disappointments. School, relationships, work: almost every scenario of life can disappoint you in one way or another, and the worst part is that people often miss the good things they can have because they are so focused on trying to obtain the things they cannot have.

"People always want what they can't have." This age-old phrase seems to resonate around us, and it is always easy to identify the people who are focused on the wrong things. These are the people who are unable to commit to anyone or anything because they are constantly in search of something better, the people who think there is always something better than what they have, the people who are bound and determined to keep pushing people and opportunities away.

Now don't get me wrong, I am all for having high standards and pursuing your goals, but when you are genuinely unable to find happiness in your present state, then this has become a problem.

I think everyone struggles with contentment at some point, but the good news is, this recurring feeling of disappointment or this inability to find

satisfaction can be cured.

The best way to find happiness in situations that you feel are less than desirable is to find God in them. Every situation and every person that comes your way is bound to teach you something. Learning to value these things that may be less than ideal not for what they are, but for what they could be, will make life much easier and much more enjoyable.

In Philippians 4:11-13, we read the words of Paul, who has been in prison and is trying to assure the church at Philippi of God's love and endless support. He writes, "for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me."

We should all remember the words of Paul as we struggle through various trials and disappointments in life.

Situations may not be the best, but you are there for a reason, so find contentment and make the best of it.

## HIS | HER View

### A New Year, A New You

By LINCOLN STEMLER • lincoln.stemler@students.fhu.edu  
// columnist



Every one makes a resolution or two when New Year rolls around. Some are beneficial. Others are pointless. Well, with this New Year there is a resolution—or rather a promise—which you can make to yourself and others that is very beneficial. Promise yourself to love yourself.

The idea of loving ourselves can seem odd or even counter-productive in our Christianity.

We were always taught to love others and not be selfish; however, we cannot begin to love others until we love ourselves.

Why would Jesus say, "Love your neighbor as yourself," if we were not to love ourselves?

As a guy, love is something in itself difficult to understand.

Males are less prone to show emotion (like love) than females, so when told to love myself, I ask what that even looks like since I don't fully know how to show love to someone else.

It all begins with realizing your worth. Realize that even though you aren't the star of every show, you are still incredible. Even though you don't have

over 3,000 Facebook friends, you are still valuable.

Even though you are not perfect, God loves you all the same. Loving yourself means loving who you are, even the imperfections.

I say that loving yourself should be a promise you make because it affects so much more than yourself. Have you ever found yourself asking, "How do I begin to show love to others?" "How can I grow in confidence?" "How do I increase in my care for others?"

If so, then love yourself. Jesus obviously knew what he was talking about when he said that we are to love our neighbors as ourselves because he knew that people usually over-love themselves.

Once you can see who you are in God's eyes and the precious soul that you are, once you accept who you are and who you are not, you will love yourself. And once you love yourself you will be able to fully love others. How can you give someone what you don't have? Love must be in you in order to give away.

Be humble and gracious to God and others, but love yourself so that you can love others.

## POLITICS, ETC.

### What Tucson Can Teach Us

By BRODERICK GREER • broderick.greer@students.fhu.edu // columnist

Whatever your political persuasion may be, I doubt the events of January 8, 2011 left you unscathed. Jared Lee Loughner, 22, fired his Glock 19 into the crowd, killing six people, and wounding congresswoman Gabrielle Giffords. This horrific attack has sent a vibration of conversation throughout this country, a national wake up call we will not soon forget.

Senseless violence is something we are all too familiar with. Columbine, Virginia Tech, and 9/11 are all part of our collective memory, reminding us of the potential for human beings to behave in destructive, selfish, and evil ways. Any person, community, or nation that will pick up a gun or launch a bomb before launching an offensive of peace is in profound trouble and in need of a change of direction.

If you are even vaguely familiar with current events and news stories, you are probably aware of how common vitriolic language is in political discourse. During President George W. Bush's tenure, detractors referred him to as "dictator," "King George," and "Hitler." Since his 2008 election, President Obama has been referred to as a "Socialist heretic with questionable national origin," encouraging some Americans to assert that Obama is not a "true American citizen," whatever that means. These outrageous and historically insensitive (dare I say boorish) remarks continue to go unchecked, generating

an atmosphere of alienation and mutual exacerbation.

Even though we may not acknowledge it, words do have consequences. Abraham Joshua Heschel, the late rabbi and civil rights activist, is known for saying that "words create worlds." I agree with Abe, words do create worlds; we would do well to watch the words we use in our relationships and references to other human beings. The attack in Tucson teaches us to reject the impulse to use rhetorical and physical violence in order to settle differences of opinion. If we do not cease to use vitriolic language, we continue a cycle of never-ending violence.

In his 1964 Nobel Lecture, Dr. Martin Luther King, Jr. said, "We must see that peace represents a sweeter music, a cosmic melody that is far superior to the discords of war. ... In short, we must shift the arms race into a 'peace race.' If we have the will and determination to mount such a peace offensive, we will unlock hitherto tightly sealed doors of hope and transform our imminent cosmic elegy into a psalm of creative fulfillment."

Let us join Rabbi Heschel and Dr. King in launching a creative alternative to violence. The blood of Christina Green—who at age 9 is the Tucson tragedy's youngest victim—cries out to us, demanding it. Every victim of violence demands that we commit to practicing peace as a way of life. They deserve no less.



## It's Not Easy Being Green

By BRITTANI BURROUGHS • brittani.burroughs@students.fhu.edu // columnist

You cannot turn on the television or flip through a magazine without having the "Go Green!" mantra thrown in your face. Living a greener lifestyle is all the rage these days, especially among politicians and celebrities. Jack Johnson sings about it. Leonardo Dicaprio even started his own foundation to advocate it. But what does it take to live a greener lifestyle? Three words: Reduce, Reuse, and Recycle. It's that simple. Going green is about using what you already have and taking responsibility for your actions. Here are three easy steps that you can take to help the environment.

First, take your own bags to the grocery store. This helps reduce the use of plastic bags, which are non-biodegradable, and keeps them out of oceans and landfills. Most grocery stores carry their own canvas bags that you can purchase for a dollar or two, and can be found near the checkout. If you want something a little more stylish and accessible, Vera Bradley carries a line of reusable bags that fold up in a little pouch that can be kept in a purse for easy access on the go. You might feel a little silly presenting your own bags to the cashier, but just remember how many plastic bags you're saving. Also, it can be a great conversation starter.

Second, evaluate your closet before you go on your next shopping trip. Going through your closet beforehand can save you money and space by helping you see what you already have. Look for

items that you no longer wear and find ways to reuse them. Maybe you have a friend that would look great in that pair of jeans you never wear, or maybe you could donate your clothes to a charitable organization like Goodwill. Practically everything you own can be reused in some form or fashion. If you want to save a little money host a swap party with some friends. Have everyone bring an item(s) of clothing they no longer wear and take turns trying them on. You never know what gems other people have sitting unused in their closets.

Third, use the blue bags your R.A. gave you at the beginning of the school year. If they didn't give you a blue bag go ask for one now. The blue bags are for items that can be recycled: paper, plastic bottles, cans, and any item that has a 1 or 2 stamped on the bottom or side of it. Make sure to ask yourself whether what you're throwing away can be recycled or not. If it can, toss it in a blue bag. When the bag is full all you have to do is take it to where you take your regular garbage. Facilities will make sure it gets to where it needs to go. It has never been easier to recycle.

There are many other steps that can be taken to achieve a greener lifestyle, but these are just a few ideas to help get you started. Remember to take responsibility for your actions and help make the world a cleaner and healthier place to live in!



## HANNAH in EUROPE

By Hannah Hoyt • hannah.hoyt@students.fhu.edu // columnist

When I decided to spend a semester in Europe, I didn't give a lot of thought to what other people would say. Sure, I thought about my family's reactions (which have been pretty interesting), but the question, "What will my dentist say?" never quite crossed my mind. I guess it should have.

As I've been preparing to leave the country for three months, my family has done some pretty off-the-wall things. My mom, of course, is always worried

about my safety. She's been particularly worried about the recent unrest in Egypt, no matter how many times I reassure her that I will NOT be traveling there. On the other hand, my grandmother has already given me a list of things she wants me to bring back for her, which includes a teapot bought in England to add to her collection of beverage-brewing accoutrements. The same very sweet (if not over-zealous) grandmother has also been busy making sure I am well prepared for the trip.



Thanks to her, I now have three passport holders, four luggage locks (one of which is polka-dotted), and matching polka-dot nametags for my luggage. In addition, my grandfather advised me to take the taser-like zapper gun that he gave me for graduation along with me. I told him the airlines would probably frown upon such an item in my luggage. He still thinks I should give it a try.

The reactions I've received when I mention Belgium in particular have been

varied. In fact, it's been quite amusing to see what different people associate with that particular country. Many immediately blurt out the words "chocolate" and "waffles," which is to be expected. One lady actually went into a short monologue on the beautiful lace that is made there. An older man that I worked with informed me that he was in Belgium during his military

**HANNAH in EUROPE**  
continues on pg. 6





## LADY LIONS BASKETBALL DESERVE #4 SPOT

**courtside.**

**SPORTS with JAKE WILBANKS**



CHRISTINA KENDRICK • The Bell Tower

## Hard work pays off for the Lions

By DUSTIN SEMORE dustin.semore@students.fhu.edu // staff writer

This athletic year, Smith-Kirk Court has seen volleyball repeat as TranSouth Conference champions, and could possibly see women's basketball do the exact same thing. The 17-5 (6-2) Lady Lions are the defending champions of the 2010 TranSouth Conference tournament champions. Their defeat of the Union University Bulldogs was the last time the Bulldogs have lost. Once this season, the Bulldogs have bested the Lady Lions, but head coach Dale Neal and his lady Lions are hungry for payback when Union visits Henderson on February 12th. The Lady Lions opened their play in TSAC action at Blue Mountain College on January 6th. Not surprisingly, the Lady Lions, then ranked 6th in the NAIA Coach's Poll, easily put away the Lady Toppers 93-58. Sophomore Maria Bagwell, continuing her standout season, scored 14 points, while pulling down an impressive 8 rebounds. The following Saturday, the FHU Sports Center was visited by the Bulldogs of Cumberland University. Upon heading to the locker rooms trailing by 2, Coach Neal gave his Lady Lions some firm direction, providing a boost to a 72-58 victory. Senior Whitney Johnson took the halftime speech to heart, scoring 16 of her 18 points in the closing half. With a pair of easy wins under their belt, the Lady Lions then travelled to Jackson for a date with the defending national champion Lady Bulldogs of Union. Without the help of last year's star against Union from long range, Hannah Parsley (out for the season with an ACL injury), the Lady Lions looked to their young bench to fill the hole. That hole was filled by sophomore phenom Leslie Morgan who knocked out 4 of 5 attempted three pointers in the first half alone. The Lady Lions were then outrebounded 44-20 in the contest, contributing to a heartbreaking 65-76 loss. It did not take much for the Lady Lions to recover, when 2 days later Natalie Shumpert and Whitney Johnson blazed the trail for a 66-46 victory over the Trojans of Trevecca Nazarene. With a number 4 NAIA ranking and the nation's leading scorer in Meribeth Boheler, FHU easily dispatched Martin Methodist, Mid-Continent College, and Lyon College before falling to the hands of the 8th ranked Bethel Wildcats. Meribeth Boehler remains the nation's leading scorer, averaging 24.2 points per game,

including surpassing 1500 career points in the opening minutes of the Lyon College game. The Lady Lions will host Blue Mountain, then travel to Cumberland before a week's break of intense preparation for the return of Union University to Henderson on February 12th. As of the loss to Bethel, the Lady Lions find themselves ranked 4th in the nation, and third in the conference, one game behind Bethel and two behind Union.

The Lions have shared much of the same success as their Lady counterparts; however, the injury bug has dug deep into the paws of the Lions. Seniors Ken Bingham and Vince Barnes are both out indefinitely due to foot issues, along with Daniel Gravatt receiving a concussion forcing him to sit out of at least 5 games, Kyle Teichmann and Brian Pearson both required one game apiece to sit out with foot injuries. Thankfully the superb coaching by head coach Jason Shelton has led the Lions to a 15-7 (7-1) record. Having no problems with giving their fans heart problems, the Lions have been winning their games by the extremely slim margin of 5.2 points per game. In their first conference home game against Cumberland, it took a last second shot by senior Jesse Moulton to give the Lions a 66-64 victory over the visiting Bulldogs. After a close loss to Union, the Lions bounced back with a big 83-63 victory over the Trojans of Trevecca Nazarene before hosting the undefeated Redhawks of Martin Methodist. Opening the second half with a 12-4 run, the Lions calmly shot 75% from the free throw line handing the Redhawks their first loss: 94-85. Since then, the Lions have knocked off 3 other TSAC teams. Those teams include the Cougars of Mid-Continent University and a scrappy Lyon College Scot team. The 83-70 victory over the Scots saw Coach Jason Shelton recording his 100th career victory as a head coach.

FHU coasted into a 3-way tie at the top of the TSAC by defeating the Bethel University Wildcats. The Lions share the number one seed with the Bulldogs of Union and have the tiebreaker edge over Martin Methodist. The Lions will host Blue Mountain, travel to Cumberland, and then play that huge test against the Union University Bulldogs on February 12th.

While many were at home cherishing their newfound laziness and time off for Christmas break, Freed-Hardeman University's Women's Basketball Team was hard at work. Throughout the winter, the Lady Lions tackled St. Xavier University with a strong win by more than 20 points, following a close loss to Lindsey Wilson. FHU opened up the New Year with a string of wins over Tennessee Temple, Blue Mountain College, and Cumberland University at 84-45, 93-58, and 72-58, respectively. On January 15 the Lady Lions were handed a loss at the hands of Union University, who barely pulled ahead by little more than 10 minutes (Minutes? Why?). Undeterred, the women's team overcame both Trevecca Nazarene University and Martin Methodist with colossal wins.

While there is the occasional loss to keep the team on its toes, a string of powerful wins has made it clear that the next month in the Lady Lions' season is going to be a monumental one. While there is plenty in store for the team's future, the past three games have been key. After almost two weeks back, FHU took on Mid-Continent College for the first time this season and made the effort for a formidable win. The Lady Lions started off the game with a bang, establishing an early lead thanks to Whitney Johnson and Natalie Shumpert, who together scored 29 points in the first half.

Their work and the valiant effort of the rest of the team brought FHU into the second half with a score double that of Mid-Continent, at 46-23. Mid-Continent was forced to play catch-up during the second half of play as the Lady Lions made it clear they had no intention of letting up, broadening their lead to a 42-point gap, including a strong three point shot by Shelby Taylor. Meribeth Boehler and Maria Bagwell together posted 32 points on the board, Natalie Shumpert put up 18 points, and Whitney Johnson became the sixth player in the program's history to pass the 200th steal mark in her career (that being on top of five assists and seven rebounds for the game against Mid-Continent). This past weekend, the FHU Lady Lions were handed an untimely loss by Bethel University, the No. 4 Lady Lions being barely edged out by the No. 8 team.

The Lady Lions had a below ordinary shooting average around 30 percent after the halftime mark. A last minute attempt by Natalie Shumpert brought the team within striking distance, but Bethel overcame them with a five-point lead that sealed the win for the Wildcats. We'd like to issue a special thanks to everyone who made last Thursday's "Plaid Night" such a great success when the Lady Lions won against Lyon College.

Be sure to come out and support the Lady Lions this Saturday against Cumberland University and next Saturday here at Freed-Hardeman University when they take on Union University at 2:00 pm.

## Sports Center named for university alumnus Carmack Brewer

By KAYLAN LONG kaylan.long@students.fhu.edu // staff writer

To fans and supporters of Freed-Hardeman athletics, Friday, March 4 promises to be a day of fresh and exciting beginnings. Not only does Friday mark the official groundbreaking of the new Anderson Science Center, but also the renaming of the Sports Center, home to the Lion and Lady Lion basketball teams, the volleyball team, and the cheer squad.

At 1:30 pm on March 4 in front of the Sports Center, there will be a ceremony that will finally christen the relatively new athletic facility with an official name. Mike McCutchen, athletic director of Freed-Hardeman athletics, comments on the renaming ceremony: "Up until now, it is simply been called, 'The Sports Center.' It is being renamed in honor of Carmack Brewer. He is a former member of the FHU basketball team (1933-35). He later went on to become a teacher and principal in Wayne County. He also served as an elder in the Waynesboro church of Christ for 41 years. Mr. Brewer died in 1989.

Many Freed-Hardeman students and supporters of the University may remember that the basketball court itself was recently renamed in honor of Charlie Smith and Hoyt Kirk, two men who served

the University for many years as coach and Athletic Director. In much the same way, the Center will be renamed for a man whose legacy has left a lasting impression on both Freed-Hardeman athletics and those who participate in them. Mike Milligan, an avid fan of Freed-Hardeman athletics, said, "I think it's awesome any time a person is recognized for what they did for the school and the athletic program, and I think that it's great of the Anderson family to support Freed-Hardeman athletics."

"To me, it helps build tradition when you place a name on a building," McCutchen says. "I want to thank the Anderson family and all of those who have given toward the Sports Center. Their generosity has really made a difference for FHU and our athletic programs. I am looking forward to hearing our PA announcers say, 'Welcome to Brewer Sports Center and Smith-Kirk Court.'"



\*Artist rendering of the renamed Sports Center signage.



## Published Spotlight: Will Brooks, Tucker Anderson, Chris Wright

By RUTH HAMM • ruth.hamm@students.fhu.edu // staff writer

Current Freed-Hardeman student Chris Wright, Freed-Hardeman graduate Tucker Anderson, and biology teacher Dr. Will Brooks have had their research published in the December 2010 issue of "American Journal of Undergraduate Research." They studied a newly identified protein and its role in cell division, which could be connected with the growth of cancer cells.

Anderson, from Franklin, Tennessee, graduated last spring with a Bachelor of Science in biology and is presently in medical school. Wright, from Brentwood, Tennessee, is a senior majoring in biochemistry and missions. They received a small stipend for their research, which was done in addition to normal class work. Anderson and Dr. Brooks worked on the project for an entire academic year, with Wright joining

during the spring semester. Here is a basic summary of the research: The protein NARF and its mutated form, NARF-CHA, were inserted into cell lines to see if they would affect the ability of the cell lines to increase indefinitely. They hypothesized that NARF would restrict the division of the cells, causing growth to slow or stop, while NARF-CHA would allow the cells to divide and grow. As is common in projects such as these, the opposite turned out to be true: NARF encouraged rapid reproduction in cells, while NARF-CHA had little or no effect. The next step was to look at the proteins with respect to testicular cells and cancer cells, because both grow constantly, consistently, and quickly. Both types of cells expressed NARF at higher levels, which suggests a direct influence on why those cells divide so rapidly. The last

paragraph of the article that was published explains, "Our data are the first to demonstrate a potential role for this novel ubiquitin ligase in cell division, cell viability, or the tumorigenic process. While we do not yet know the exact mechanism by which NARF is exerting its effects, these data provide a foundation for future exploration into this protein and its role in cancer" (American Journal of Undergraduate Research).

Anderson comments, "This could be a protein which is vital in cancer development, so it is highly important to study its effects because if we can inhibit the protein, theoretically we could inhibit the growth of cancer." He went on to emphasize the tentative nature of any claims based on the study at this point; since Freed's research department lacks the funding and equipment for extensive

research on the subject, it's hard to prove anything. Anderson was confident, however, that getting the research published would be a good way to spread awareness of the possibilities of medical advancements to the science community. Getting published is a process of submitting the information to different publishing companies until it is chosen, reviewed, edited, sent back for revisions, and then finally printed in a publication. This all takes place over the course of a few months; this article was submitted in July 2010 and was accepted in November 2010. Getting published is a fairly uncommon accomplishment and will give an advantage over most others when trying to get into professional schools. "I am in medical school currently," says Anderson, "and I think the research helped give me an

edge over the competition when applying...it means that you have done something substantial and not just busy work." The research project is also an asset to the undergraduate experience: "Research has exposed me to the world of cell biology years before I take the class. Now I will be much more familiar with many principles that I will have to learn for my degree," said Wright, as stated in the FHU press release.



## Senior Profile: Addie Spellings

By DANIELLE ROSE • danielle.rose@students.fhu.edu // staff writer

"Vivacious, quirky, and opinionated." Addie Spellings describes herself with these words as she sits down on the living room couch next to me. This is Addie's last semester at Freed-Hardeman and this senior English major feels "a little sad that it's over but ready for the next stage of her life." She explains, "I know I will miss Freed because I love it here."

One of her fondest memories is winning the Spirit trophy at Makin' Music 2010 with Gamma Tau Omega, in which she has been an active member for the past four years. She has been a sports captain, a Vice President, as well as a Makin' Music Director in 2009 and 2010. "I have found some of my best friends in the world because of GTO, and what I

really love about the club is that everyone is real and they always make me laugh." Another group of people she has spent a lot of time with is her fellow English majors. This past fall her American Fiction class

took a field trip to Oxford, Mississippi, to tour William Faulkner's house. This misadventure turned out to be one of the most memorable trips of her college career.

"I love being a member of the English Major family. It's nice knowing that your professors are willing to stay after class to help or talk about anything. I look forward to class because I know all my friends are going to be there and that my teachers truly care about my future."

When asked what she plans on doing with her English degree, she replied in the words of Paul Simon "I don't know where I'm going, I'm on my way, I'm taking my time, but I don't know where." While her future may seem uncertain right now, Addie does plan on applying for a job at a magazine at home in Memphis.

She is also excited about moving to her own place and having the opportunity to live on her own for a while. She is looking forward to having her own

kitchen and wants to explore her passion for cooking. "I am excited to see if I am responsible enough to make my bed and do my dishes without the threat of room check and health inspection looming in front of me."

When asked about something she would like to experience before her time at Freed is over, Addie replied: "A day when I can walk through the commons without getting sand in my shoes. A day where I can stand in the finished commons and look out over a construction-free campus." When asked about the proverbial Freed-Hardeman Experience she said, "I feel that I have had the full FHU experience because I grew as a person and as a Christian. I have made lifelong



\*Addie, second from left, with friends.

friendships and learned that something I love to do [reading and writing] can be a profession." Addie had this to say about making the most out of student life: "The best way to have a great time at Freed is to involve yourself in any one of the many social events offered. Join a club, run for an office, be in Makin' Music, do not get too invested in intramural sports, get close enough to a professor that you feel you can drop by the office anytime and discuss your future, and randomly send things in the mail because it always cheers people up."

Addie almost missed out on the full benefits of being a student here. At the end of her sophomore year she was planning on transferring to Harding. "The Saturday after Makin' Music, I knew I did not want to leave this place until it was time to graduate. Staying here was the best decision I have made." She believes the best thing about Freed is the people.

"I know everyone says that, but it's because it's true. Before I came to Freed I always thought of it as year long church camp and that is not too far off. How does it get any better than being around Christians everyday who are also your best friends?"

Major Themes in the Minor Prophets

# Proclamation and Promise

**The 75th Annual Bible Lectureship**  
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### Regularly Scheduled Classes

- Morning Address — Life Applications (7:30 a.m.)
- Chapel Hall Addresses (8:30 a.m., 9:30 a.m., 1:30 p.m. and 2:30 p.m.)
- Messianic Echoes from the Minor Prophets (8:30 a.m.)
- Premillennialism and the Minor Prophets (9:30 a.m.)
- Mid-day Address — The Prophet's Promise (12:45 p.m.)

### Daily Events

- Chapel — The Prophets Call (10:30 a.m.)
- Missions Forum (2:30 p.m.)
- Open Forum (3:30 p.m.)
- Evening Address — The Prophets Proclaim (7:30 p.m.)

## Continued HANNAH in EUROPE

service and hated it. He advised me to travel the Orient instead. But for me, the most surprising reaction came from my dentist. As soon as I had uncomfortably uttered the word "Belgium" (why do dentists ask questions when they're prodding around your mouth?) he said, "Oh, they've got really good beer there." What was I supposed to say to that? "Thanks Doc, I'll keep that in mind?" Fortunately, I didn't have to say anything because at that moment the hygienist brought out the water squirting thing and I had to swish. Aside from these somewhat unique reactions to my semester abroad, many people in my life have been both positive and encouraging as I tell them of my plans. Thanks to them, any unease I have felt has quickly dissipated in a frenzy of excitement. I no longer worry about spending three months without a cell phone, although I'm still not sure how I'll survive without a library of books at my fingertips. (My number one packing dilemma right now is which books to bring!) Although I am excited to begin my travels, I know that the hardest thing to deal with will be how much I miss my family and friends at Freed. I can't wait to go to Europe, but I also can't wait to get back and share my experiences with all the people I care about. I feel so blessed to be able to have this opportunity, and I ask that all of you keep all of us who will be in Belgium this semester in your prayers. I know it will be the experience of a lifetime, but I also know that we'll have some pretty interesting learning experiences along the way.

### The Bell Tower

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