

# The Bell Tower

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Eight pages

## Returning hosts, hostesses anticipate exciting weekend

by Anna Eubanks, editorial assistant  
Lynn Lovelace, staff reporter

You'll be seeing more than four hosts and hostesses on stage at this year's production of Makin' Music. Former hosts and hostesses have returned to campus to perform in honor of the 10-year anniversary of Freed-Hardeman's own musical extravaganza.

*It was quite amusing to try to harmonize in a room with no acoustics and to try to perform on a stage full of debris.*

Lisa Robinson

Makin' Music serves as a source of many good memories for those who have performed in it. For Matt Newbill, a former host, nothing can compare to the thrill of hearing the audience's reaction when he finished his solo number — "New York, New York."

Newbill also fondly recalls the days when the hosts and hostesses used the shop backstage as a dressing room with only a sheet separating the genders.

Former hostess Lisa Robinson looks back with pleasure on the days when the Milan-Sitka auditorium was the site for rehearsing host and hostesses acts.

According to Robinson, it was quite amusing to try to harmonize in a room with no acoustics and to try to perform on a stage full of debris.

Makin' Music has changed quite a bit during its lifetime. Newbill sees it as a more "sophisticated" show than it has ever been before. He said he feels that improvements in the orchestra and the sound system have made it a more pro-

fessional program.

Mary Rose Threat, the first Makin' Music hostess says the first show incorporated a great deal of experimenting and guess work. "It has become a lot more professional," Threat said.

Seth Chandler, a host in 1983 and 1984, says he feels even though the shows have changed, the attitude has not. "Makin' Music is the one thing that pulls the whole campus together," said Chandler.

Not only has the show changed but so has the audience, says Carolee Owens Fulkerson, Makin' Music hostess in 1986.

She says the shows have improved from experience, "They have found out what works and what doesn't."

Phyllis Mills, also a hostess from 1986, agrees with Fulkerson, saying the shows have improved upon every year.

Although the final show is what the audience remembers, the casts' memories of Makin' Music go back many months. Chandler's fondest memories are of Makin' Music retreat. The retreat pulled the hosts and hostesses together and got them excited about their performance, he said.

Fulkerson and Mills say the practices are what they remember most. "Rehearsal is in a little room with the orchestra, and everyone is tired and acts crazy and loosens up," Mills added.

Steve Weaver and his wife, Peggy Adams Weaver, performed in Makin' Music as 1985 host and hostess and have cherished the memories since. Steve's fondest memory goes back to his freshman year when he performed in a group act with Farrow Hall. He stood backstage and watched the shadow of Candy Shackelford as she performed and promised himself that he would do that one day. And that he did.

Peggy found her greatest thrill in the standing ovation she received following the "Boob Tube" medley, which she sang as an alternate with Todd Tunnell in 1984.

*"Makin' Music is the one thing that pulls the whole campus together."*

Seth Chandler

But what are these former hosts and hostesses looking forward to most about the 10th anniversary show? Threat says performing with those she has heard about and the reunion.

"Singing with Carolee again, that's special," Mills remarked of her feelings about returning.

Fulkerson and Chandler agreed that being on stage with those previous hosts and hostesses whom they have admired is the most exciting.

For 10 years, Makin' Music has been the climax of the school year, not only for the students but for the audience. Chandler summed up the impact of the extravaganza: "Makin' Music, the tradition continues."

## First Roland lecture series to address World War II

The Department of History and Political Science at Freed-Hardeman and the West Tennessee Historical Society will co-sponsor the first Dr. C.P. Roland Lecture Series. The event is set for April 23 at 7 p.m. in Loyd Auditorium. All students and community residents are invited to attend this first presentation of the lecture series.

President E. Claude Gardner proposed the idea to have this one-day series to honor the late Dr. C.P. Roland. Roland "had not only broad religious knowledge and interests, but he also had a real interest in current events, history and happenings of the world," said President Gardner. "The lecture series will be a

way of helping the college community keep abreast with the current problems facing the world," he continued.

Roland's son, Dr. Charles Roland, will address the topic of "A Citizen's Soldier Remembers World War II." Charles Roland attended Freed-Hardeman College, Vanderbilt University and Louisiana State University. He has taught at several universities across the nation.

In 1988, another of C.P. Roland's sons, Hall C. Roland, is scheduled to speak on nuclear power. He is professor of Nuclear Engineering at the University of Tennessee at Knoxville.

C.P. Roland received a doctor of law degree from Freed-Hardeman College

in 1980 because of his service to the college as dean, business manager, student recruiter, vice president, vice president emeritus and curator.

Dr. Charles Roland also will be the featured speaker at the F-HC Development Council Dinner April 24 at 7 p.m.

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## Single career women risk life without companionship

by Kendra Bonnell  
Co-editor

A 40-year-old woman has a better chance of being killed by a terrorist than she does of getting married. Not too encouraging, is it?

Studies are showing that marriage patterns have definitely changed over the years. Nowadays, young women are pursuing careers more than they are walking down the aisle. Thus, the underlying issue for women today is the choice

of career vs. companion.

These studies don't say that women should get married or even speculate about how many would like to do so. They just point out that for those who wait, "not now" probably means "never."

Long-term social implications also need to be considered. Many career women no longer need husbands for economic security. For professional women, the challenge is to remain independent without sacrificing companionship. Some women prefer staying single

to settling for Mr. Wrong. Obviously, women are no longer putting their lives on hold.

Although society seems to be pushing women out of the kitchen and into the office chair, there are those who still prefer and long for the traditional husband/wife relationship. Many want a marriage built on unconditional love that will last forever and ever. Some even alter their own career plans to get it.

We've grown up hearing that companionship is good, that man and woman

should cleave together, that two are better than one. Many years ago, parents decided who their children would marry. Even though individuals now have the option of choice, it is more an issue of whether to marry than whom to marry.

Younger women will continue to face difficult choices about whether to marry and when. With the odds as great as they are, it would be a good idea to start planning your future and deciding if a companion or a career is right for you. Otherwise, watch out for terrorists.

## Honorary business society inducts 14 new members

The following students were inducted into Delta Mu Delta on March 23: Cheryl Evans, Leann Garner, Melissa Goff, Ray Grayham, Rhonda Hall, Debbie Johns, Leanne Heffington, Christine Koehler, Sherry Latham, Michele Lyons, Penny Nichols, Candy Reams, Paul Rogers and Jon Shoulders.

Delta Mu Delta is a national honor society for students majoring in business administration. Fourteen students were inducted into the F-HC chapter. Wynelle

Hiten, associate professor of business, who will retire from full-time teaching at the end of this semester, was inducted as an honorary member of the organization.

Officers of the F-HC chapter for the 1986-87 school year are Lisa Long, president; Judy Galloway, vice president; Lisa Golden, secretary; and Tim Miller, treasurer. Department of Business chairman Dwayne Wilson serves as faculty adviser to the society.

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### Pruett Book Center and Literature and Supply House welcome you to Makin' Music '87



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## Fulkerson becomes college's first research fellow

by Roy Neal Grissom  
Staff reporter

In its 118-year history, Freed-Hardeman has never had a research fellow, like other colleges across the country. However, beginning in the fall 1987 semester, Dr. Gerald Fulkerson will move from his current position of chairman of the Department of Communication to begin a 3-year research fellowship. Dr. Hank McDaniel will become acting chairman of the department on June 1.

The fellowship provides funds to defray Fulkerson's research expenses and to enable him to travel to professional meetings. It also brings a 20-percent release from full-time teaching duties, the same amount of release time given to department chairmen. Therefore, his teaching duties will remain the same.

Fulkerson said he will be working on four research projects. One is a continuation of his research on the works of black abolitionist Frederick Douglass, which he is writing for Yale University Press. He is textual editor of this project and will eventually fill 12 volumes (three of which have been published already).

Another project Fulkerson plans is the writing of an argumentation textbook. "I think there are some excellent textbooks



Dr. Gerald Fulkerson

in the field," he said, "but there is no simple book which deals fully enough with the various forms of argument and with applying the Toulmin model." Fulkerson added that he was just beginning to collect materials and textbooks for this endeavor, and the impetus for it came from teaching the course.

This might appear to be enough to keep him busy, but Fulkerson anticipates two major projects that will involve research on Augustine's view of rhetoric as enunciated in his *On Christian Doctrine* and the definition of Aristotle's

enthymeme, two subjects in Fulkerson's area of graduate work on the history of rhetoric and on which he holds revisionist views.

He said he has already raised some issues he wants to pursue in an article he wrote for *Rhetoric Society Quarterly* (Summer 1986 volume). He expects his research here to take the form of articles to be published in *Philosophy and Rhetoric*, Fulkerson said.

Saying his research will essentially take place here, Fulkerson said he already has the needed materials or can obtain them by mail.

How does Fulkerson feel about his new position? "While I have enjoyed my role as chairman of this department," he said, "I have for several years been looking for opportunities to do more research and writing, and I'm glad this opportunity has come along."

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Henderson



# Bride Ideas for 1987

## Wedding apparel blends tradition with latest styles

by Michelle Gilliland  
Staff reporter

Something old, something new, something borrowed, something blue. Just as this saying stands for tradition so does bridal wear. Tradition still holds a strong point in today's weddings and bridal wear. Although some variations have been made on gowns and tuxedos, the same silhouette and after-six patterns exist.

According to Brasher's fashion con-

sultant and Deborah Walker, traditional fashion remains the key form in bridal wear. Walker said the newest trend in gowns has been a silhouette form with a mermaid styled skirt or train. Subrenia necklines and open backs are very popular today as well. Walker added that teal-length seems to be the popular length, and bows, hats and wreaths have become almost necessities in today's bridal gowns.

Grooms' and groomsman's apparel are at peaks right now with a "Miami

Vice" and "Dynasty" look. Walker said the newest trend in tuxedos seems to be color-coordinated bow ties and cummerbund. The color of the ties and cummerbund matches the colors worn by bridesmaid whom the groomsman escorts. According to Walker, white tails, the traditional look, is still the trend for grooms during the summer season.

Colors have become one of the most important details in the wedding. Various shades of the basic colors are being made into material today. The most popular

colors today, according to Walker, are royal blue and peach. She said pastel colors have always been popular. Walker added that the color aqua is fast becoming popular in weddings. Any color can be dyed or made to add a personal touch in wedding apparel today.

Walker said big weddings still remain a tradition. She added Brasher's has a budget department in which the staff will work to fit a wedding for under \$300, or customers can rent apparel.

## Seasons affect honeymoon choices

by Jeanette Caraker  
Staff reporter

The four different seasons make a variety of times available to have a wedding ceremony. This means you can choose a season and then choose a honeymoon spot to fit your choice.

After a winter wedding, usually at Christmas time, the mountains seem the perfect place to go. Couples enjoy traveling to east Tennessee to stay in the snow-capped mountains together. The snow makes skiing and snow ball fights accessible.

Disney World hosts tourists all year round, but the spring seems a very romantic time for a honeymoon there. Disney World furnishes hotels and other luxuries to paying guests. The activity parks, restaurants, swimming pools and interesting people make Disney World a

great choice. Besides, just a short drive will take couples into the city of Orlando, where the choices of things to do are limitless.

The summer breezes seem to send many couples to the beach. Myrtle Beach, S.C., is a popular place for couples to go and enjoy the ocean and sunsets. They also enjoy the scenic drive across Tennessee to get to the beach.

The fall seems the most romantic time to get married in Tennessee because of Gatlinburg. What better place to spend a honeymoon than in the hills of east Tennessee when the leaves are changing their colors? Couples can rent chalets that look out over the hills, which would be a perfect setting for a honeymoon.

These four choices represent only a few of the many choices available to us. Choose wisely where you go — you only get one honeymoon.



The bride's and groom's wedding apparel have returned to more traditional, formal designs.

## Counseling gives couples realistic view of married life

by Jeanette Caraker  
Staff reporter

The increasing number of engagements on campus prompts a need to discuss pre-marital counseling. Counseling gives a couple the opportunity to have someone outside of the immediate family to present realistic expectations of marriage. Knowing the types of problems that can occur in marriage could reduce the pressures later in life.

According to Winford Claiborne, who teaches Marriage and the Family, everyone can benefit from some kind of pre-marital counseling.

You might wonder how to tell the difference between emotion and love. Claiborne said, "Love is a commitment!" This means a person will stick with his or her partner through any hardship whether physical, emotional or mental. He said love requires emotion, but emotion is not love. He suggests the reading

of Dr. James Dobson's book *Emotions: Can You Trust Them?*

Claiborne pointed out a few questions one should ask before getting engaged. How much alike are the two of you? Do you like to do the same things? Are your goals compatible? If a woman wants a career and a man wants children, this can cause severe problems. Claiborne advised couples to know these things about each other before making such a strong commitment.

When asked when is a good time for a couple to marry, Claiborne responded that being in school can cause extra pressure because of finances and struggles to make good grades. However, he said that two determined juniors or seniors can be successful in marriage.

"You cannot expect perfection in a mate," Claiborne said. The only perfect men are dead ones. One needs to set high standards, but they need to be realistic and applicable to the Bible, he said.

## Wedding music symbolizes couples' feelings, tastes

by Michelle Gilliland  
Staff reporter

The music of a wedding portrays a custom beginning before Christ and continuing through today. Music plays an important part in the wedding ceremony by relaxing the guests and putting them into the proper frame of mind.

The music of a wedding ceremony reflects the bride's and the groom's tastes in music. The types of music used for a wedding are usually slow ballads, classical sonatas or old traditionals. Some of the most-used tunes include "The Wedding Song," "Oh Promise Me," "Annie's Song," "Evergreen," "There is Love," "One Hand, One Heart," "Truly," and "Looking Through the Eyes of Love." One song always seems to be per-

formed at the end or close to the end of the ceremony — "We've Only Just Begun."

The music of a wedding symbolizes what the couple means to each other and how that feeling or meaning relates to their friends and family gathered to see them united in marriage. The song "We've Only Just Begun" says to the couple and their guests their life together starts that day and will continue to grow forever.

Couples usually obtain their wedding music from local music shops or wedding coordinators. Many couples find borrowing sheet music from friends less expensive and less troublesome. Either way, wedding music shows the couple's favorite pieces that set the mood for their important day.



Wedding flowers add natural beauty to a special ceremony.

## Shopping for the perfect diamond

by Beth Cole  
Staff reporter

The diamond solitaire symbolizes unending love between two people. However, the ring is often an heirloom as well. Jewelers advise diamond buyers to consider the diamond's value. Diamond values are based upon the all-important "four C's" — carat weight, color, cut and clarity.

There are 142 carats in one ounce and 100 points in one carat. Naturally, the prices increase depending on the weight of the stone.

Color means how much the diamond deviates from being truly colorless or

white. Better quality diamonds appear less milky or white.

Recently, the trend in the shape of the stone has become the marquis, or diamond shape. However, there are also round, oval, pear and square cuts as well.

The number of stones, size, arrangement, color or any irregularities in the setting determines the clarity of the diamond.

How much should one spend for the solitaire? That depends upon what the couple decides. As a guideline, one or two months' salary, which would not adversely affect one's budget, should guarantee a diamond of lasting beauty and quality. After all, unlike a car, refrigerator or VCR, a diamond is forever.

## Flowers add a 'scentsible' touch to any wedding

by Beth Cole  
Staff reporter

According to Esther Murley, owner of Henderson Florist on Main Street, 'tis the season for weddings, and as usual, the florists stand ready to assist the bride-to-be. No wedding is complete without flowers, greenery or candelabras.

Smaller weddings have made a comeback. That means the cost of flowers and floral equipment typically ranges from \$200 to \$400, Murley said.

More and more brides are choosing silk flowers for themselves and their bridesmaids, Murley added. A silk bouquet may later be arranged into a nice, permanent keepsake reminder of the wedding.

Roses have always been a favorite flower in most weddings. Other spring flowers used include gerber daisies, gladiolas and gardenias. Recently, people have begun to use fewer carnations because of their association with funerals. Nearly all flowers can be matched to any color desired and pastel colors are prevalent in the spring and summer.

Bouquet styles differ depending on the

wishes of each bride. However, the Princess Diana-type bouquet is chosen many times. This type features a cascade of flowers in the front. Other bouquets often used feature fan bouquets, bouquets on a Bible and flowers in a basket.

Florists provide "floral equipment" for a ceremony, including 7-branch to 24-branch candelabras and the ever-popular unity candle. These pieces are used with or without greenery or flowers intertwined.

The recent trends involve using more flowers in the bride's hair. Baby's breath, (perhaps a wedding symbol itself), is frequently worn by brides and maids in many styles.

Boutineers for the groom and groomsman are chosen from the bride's bouquet. Usually, the boutineers are roses, Murley said.

Costs for wedding flowers and equipment range from \$200 to \$2000. Florists like Esther Murley are willing to accommodate everyone, whatever the ceremony's budget.

From simple to elaborate, there are many styles and arrangements to suit everyone.

## Makin' Music and Brasher's... The tradition continues...



### Happy 10th Anniversary to Makin' Music

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## Huey Lewis and News give a show-stopper in Memphis

by Robert Wagner  
Editorial assistant

Hello, sports fans — I love ya'. Speaking of Sports fans, there were more than 11,000 of 'em who loved Huey Lewis and the News when the band appeared recently in Memphis on tour in support of its current double-platinum lp "Fore."

Adjectives really do not do justice to any descriptions of the sheer energy Huey Lewis and the News generated in their March 18 appearance at the Mid-South Coliseum. In a two-hour-plus live set, which included a final encore jam

with Robert Cray (named "Bluesman of the Year" at a December ceremony in Memphis), Memphian Donald "Duck" Dunn (Booker T and the MG's and the Blues Brothers' Band) and rock 'n roll legend and Hall of Famer Carl "Blue Suede Shoes" Perkins, Lewis and the News played all of your favorite tunes from their breakthrough lp "Sports," plus all but one tune from "Fore."

Lewis proved himself to be an excellent showman who related very well with his audience, telling stories and calling for no fewer than eight encores himself.

The Tower of Power Horns appeared

with Lewis as they regularly do on albums. The horn section itself proved to have its own show in the background and made the News just 100 percent better.

Personally, being there at the show was like actually taking part in the group's videos — from the opening, "Jacob's Ladder" to the show-stopping tunes: "The Power of Love," "Hip to be Square" and "I Want a New Drug." It was easily one of the best performances I'd ever seen, and that's without even mentioning the opening act, The Robert Cray Band, who gave an excellent 40-minute set in its own right, performing its current

Top 40 hit, "Smoking Gun."

Turning to other music news quickly, expect new lps from Heart — "Bad Animals" in April — and also something new from Tom Petty.

Boston has finally announced tentative tour plans for June, and Bryan Adams kicks off his "marathon" world tour on May 7 in Biloxi, Miss.

In closing, I do wanna' agree with one R.N.G. that Bo Diddley does deserve a place in the Rock 'n Roll Hall of Fame (even it it's gonna' be in Cleveland) beside the King, Elvis Presley, and the Father, Chuck Berry.

## Communication Day to address ethics in mass media, law

On April 16, the Department of Communication invites all students and guests to attend Communication Day. This event, focusing on the topic of "Ethics: Image vs. Reality," is the first day-long presentation designed to give students special insight into the world of mass media ethics.

The department's faculty have planned Communication Day to better prepare students interested in television, radio, public relations, organizational, advertising and legal careers for ethical problems the Christian businessman or woman might encounter.

For this first Communication Day, alumni of Freed-Hardeman College have been invited to discuss various ethical dilemmas. Alumni were chosen specifically to be able to relate to today's F-HC student.

A committee of communication students is working with faculty members Lora DeFore and Dr. Hank McDaniel to plan this event. This committee's representatives are Pete Baker, Kim Bonnell, Micah Brinkley, Tim Dills and Celine Holder.

The day's program begins with the chapel session in which Lowell Pugh, an attorney from Dallas, will address ethics in the legal profession.

A luncheon in Pruett Banquet Hall follows at 11:30. Pugh will speak at the luncheon on the topic of "Does the Good Guy Always Win?" Students who want to attend this luncheon should contact the Department of Communication at 989-6632 before April 9.

A panel discussion group will discuss Ethics in Media at 1:15 in Room 102 BCWE. This panel consists of the following alumni: Jan Elkins, news anchor from Shreveport, La.; David England, public information director at David Lipscomb; Michelle Gossett, creative director at WZEZ Radio in Nashville; and Phil Randolph, news reporter and air personality at WSM-FM in Nashville.

A second panel will discuss "Ethics of Personal Responsibility: Dealing with Those Who are Unethical" at 3 p.m. in Room 102 BCWE. Panelists serving during this presentation include Tim Hall, minister from Johnson City; Deanna Kimbrell, a marketing specialist from Hendersonville; and John Overton, assistant district attorney from Memphis. Lisa Robinson, marketing specialist from Nashville, is a tentative participant on this panel.

A reception for communication majors and minors and guests begins at 4:30 p.m. A buffet dinner follows at 5 p.m. in

Pruett Banquet Hall. At 6 p.m., Jan Elkins will discuss "Broadcast Ethics: The Story Behind the Story." Those who would like to attend this dinner should also call the Department of Communication before April 9 to make reservations.

Anyone with an interest in ethics or mass media is encouraged to attend these sessions and meet these alumni who have brought recognition to themselves through their professionalism and accomplishments.

## Test your Rock 'n Roll knowledge

by Roy Neal Grissom  
Trivia Master

Okay, you squares! For some reason some of you people seem to think that this writer isn't with it. Well, let me tell you somethin', daddy! For your information, I am hep! Like, I mean, I am really beat, you dig? And just to show you cats how real gone I am, I'm blowin' these trivia teasers at ya! And like, if any of you yuppies, whose idea of bad is Michael J. Fox, can answer all of them, like, I'll eat my bongos, man!

1. Who is Ernest Evans?
2. Who was the original lead singer of the Drifters?
3. On what date did American Bandstand make its network debut on ABC?
4. On whose show did that Presley guy make his network debut?
5. What motion picture soundtrack fea-

tured Bill Haley's "Rock Around the Clock" and made it a hit?

6. What is the birthplace of the Everly Brothers? (Now there's a pair of bad dudes!)

7. Whose back-up group was called the Blue Caps?

8. Who sang "Two Faces Have I?"

9. The Crickets were the back-up band to what legend?

10. The Beatles originally had five members. Four were John Lennon, Paul McCartney, George Harrison, and Pete Best. Who was the fifth?

The Bell Tower congratulates Erl Morrell-Stinson, who won the Constitutional trivia quiz. It seems odd that a foreign student won a test of knowledge about our country's historical document, doesn't it?

## Five campaigns spread gospel during spring break

by Kelly Lancaster  
Staff reporter

On Monday, Dr. Earl Edwards told the chapel audience that the 1987 spring break campaign efforts appeared to be the most successful in F-HC's history.

Through the years, the F-HC campaign program has made a powerful impact on people in different regions of the United States.

This year students traveled to St. Louis, Mo.; Titusville, Fla.; Toccoa, Ga.; Memphis and Carbon Hill, Ala., to spread the word.

St. Louis, Mo.

For the 11th consecutive year, Norman Hogan directed Operation HELP, Help Everyone Live in Peace, to the Southside congregation in St. Louis. Twenty-four students went door-to-door trying to organize Bible studies in the homes and invited people to the meeting that week. They practiced the theme "Helping Hands" while they spread the gospel. Hogan said the campaign was a success, offering the opportunity to interview more than 3,000 people.

Titusville, Fla.

Dr. Earl Edwards led a group of stu-

dents to Titusville for a meeting and some door-knocking. They tried to take a campaign there last year, but it did not work out. The group's main objectives were to encourage study in homes, invite everyone to the meeting, and encourage people to enroll in a Bible correspondence course.

Toccoa, Ga.

Dr. J. Walker Whittle, along with 12 students, traveled to Toccoa in northeast Georgia. Although groups have taken campaigns to Georgia for 10-15 years, they have never traveled to Toccoa.

Memphis

For the first year, Dr. Roy Sharp took about 12 students to work with the Coleman Avenue congregation in Memphis. The group went door-to-door trying to reach people through Bible study and film strips.

Carbon Hill, Ala.

Fifteen students went to Carbon Hill to help the West Walker congregation. They went door-knocking and encouraged people to begin Bible studies in the homes. Winford Claiborne preached at a gospel meeting during the week.

## Most people fail to get enough sleep, researcher says

by Lynn Lovelace  
Staff reporter

How many of us wake in the morning grumbling, "I didn't get enough sleep." This attitude is common, especially among college students. While our roommates may be able to study until 2 a.m. and wake up at 7 a.m. feeling refreshed, we may need to get to bed by 11 p.m. to make it through the next day.

The exact amount of sleep each person needs appears to be hereditary and largely unchangeable. Trying to get by on five hours of sleep when you need nine hours is like trying to fit a size 10 foot into a size 6 shoe.

A recent study conducted by the National Center for Health Statistics reported that Americans over the age of 20 get less and less sleep as the years go by. College students stay up later to study, and the yuppies stay up later to get ahead.

Danielle Wagner, M.D., assistant professor of neurology at The New York Hospital-Cornell Medicine Center, Sleep-Wake Disorders Center in New York City, says she believes most people do not get enough sleep.

"Unfortunately we have taught ourselves to tolerate a mild level of daytime sleepiness," Wagner said.

Where did Wagner get this idea? I

don't know a single college student who stays up until 2 a.m. during the week then sleeps until 2 p.m. Saturday. Do you?

If you think you're getting enough sleep, but you are still tired, it may be the quality of your sleep is poor. If you snore, your oxygen supply is actually cut off for short amounts of time. Other disruptions, such as noise (your roommate's snoring), temperature changes and delayed reactions to stimulants (caffeine, sugar) can also disturb your sleep.

Exercising before bedtime disrupts your sleep by raising your body tempera-

ture at a time when it would normally lower. Tension (studying for a test) emotional stress (boy/girlfriend trouble), long thought to cause insomnia, are now believed to interfere with actual sleep as well.

If you get only two or three hours a night and survive on caffeine, it is inevitable that you will be tired and run-down during the day. Avoid caffeine and exercise before bed, and get six to eight hours of sleep a night, and your nights should be more restful and your days more productive.

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## Pitching helps Lions baseball take off with strong start

by Kelly Lancaster  
Staff reporter

The Freed-Hardeman College baseball team has taken off with a strong win record during the first part of its season.

The Lions recently pulled in wins against Rust College, LeMoyne-Owen and Bethel College, but were defeated by Northwest Missouri State.

The team consists of young men from different parts of the Southeast. Here is a

list of the players, their positions, and their hometowns. John Cary, pitcher, Union City; Jeff Chambers, pitcher, Athens, Ala.; Nash Fares, pitcher, Paris; Clay Hobbs, outfield, Ft. Pierce, Fla.; Stacy Horton, pitcher, Guys; Bruce Jones, outfield, Dexter, Mo.; Doug Kinnard, catcher, Columbia; Jeff Lawson, outfield, Boaz, Ala.; Mike Logan, pitcher, Hamilton, Ala.; Steve Logan, infield, Hamilton, Ala.; Tab Loveless, infield, Centerville; Phil Melton, infield, Henderson; Ernesto Ramos, pitcher,

Centerville; David Stofel, infield, Columbia; Kerry Sweeney, catcher, Memphis; Keith Talkington, infield, Dexter, Mo.; Philip Walters, outfield, Troy, Ala.; Marc Wilcox, catcher, New Smyrna, Fla.; Marty Young, pitcher-infield, Corinth, Miss.

Seven players returned from last year's team. They are Clay Hobbs, Stacy Horton, Jeff Lawson, Mike Logan, Randal Stamps, Philip Walters and Marty Young. Coach Hoyt Kirk, coaching baseball for his first time after being assistant coach, says he expects these players to add a lot of production and leadership. He expects the seniors to add a lot of excitement this year as well, Kirk added.

The team is playing virtually the same schedule as it has in previous years. Kirk predicted the team's toughest competition to come from the following colleges: Top-rated David Lipscomb, Belmont, Christian Brothers, Trevecca and Cumberland.

In comparison to last year's team, Kirk says this year's team can finish with a better than .500 record if it plays to its ability. The team has improved its strength with better depth and pitching. Kirk says the key to the season is how well the team's pitching and catching works together. The team has the ability to have its first winning season in a long time, he added. "As long as they play hard, I have no complaints."

## Free Enterprise Day honors progress in business fields

by Stacy Moffitt  
Staff reporter

Freed-Hardeman College's Department of Business sponsored its annual Free Enterprise Day on March 23. Business faculty spend a great deal of time planning this event for its majors and other students.

At 8:30 a.m. alumna Judy McKenzie, a certified public accountant in neighboring Jackson, spoke about "The Common Problems Faced by Small Business and how to Avoid These Problems." She will be teaching in F-HC's Department of Business next fall, when Mike Brown begins work on his doctorate.

The second speaker, Harold Gregory, a businessman, discussed "The Importance of Training Your Employees." He specializes in the training workers and formerly worked at Gulf And Western. Gregory lives in Portland.

Chapel speaker Horace Burks advised students to make the most of their opportunities. Burks has transformed a family-owned business in Cookeville into an eight-company enterprise. He also addressed students at the evening banquet. Burks is the newest member of the board of trustees at Freed-Hardeman. He is the president of Fixtur World Inc.

The day's fourth speaker, alumnus John Dedmon from Milan, spoke on "The Advantage and the Disadvantage of a Family Business." He works at the Milan Box Co., one of the largest manufacturers of wooden boxes in the country.

Alumnus Keith McDonald, a resident of Bartlett, presented the final session during Free Enterprise Day. McDonald owns an insurance business and is past president of the Bartlett Chamber of Commerce.

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