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Upcoming Events

Student Lectureships will be October 6-8

Nash Street, winner of the Colgate Country Showdown, will be performing on campus Thursday evening at 8:30pm.

FHU Theatre will be presenting "10 by 10," a play directed by Josh Blanton this weekend

Briefly:

The Kentucky-Tennessee American Society for Microbiology will be meeting this Friday in Ayers Auditorium at 7:30 pm and Saturday at 8:30 am.

There will be a Health Fair this Friday in

The library will be opened extended hours next week for midterms.

Inauguration week honoring Dr. Willey will begin Monday October 13th.

Soul Food

The greatest among you will be your servant. For whoever exalts himself will be humbled, and whoever humbles himself will be exalted.

Matthew 23:11-12 NIV

Hands on a Hard Body

By Bradley Gean
Staff Writer

How far is one willing to go in order to win the prize? As Freed-Hardeman Students, this question illustrates a concept that is we are frequently reminded of by Paul's reflections in Second Timothy. It is relevant in Intramural football, Intramural Baseball, Intramural Basketball, all Lion and Lady Lion Athletic Department activities, midterms, finals, as well as many other



Alana Tucker/The Bell Tower

things throughout campus. But in relation to UPC's most recent event, "Hands on a Hard Body" it was mere fate that only one finished while many others fell "short of the glory."

As we have so quickly related this particular activity to a Christian illustration, it is important that before we go any further into the article that we explain the name of this event. Motorists, who have been on this earth very long, know "Hard Body" to be the name of a truck that was the cutting edge of its time. Sure, it wasn't a Hummer, or 5 feet off the ground to support its Hemi engine, but it was more than enough for people to spend the last thirty years competing for. Contestants in the "Hands on a Hard Body" competition placed their hands on the vehicle and kept them flat against the hood until they had outstood their competition and drove home in their brand new "Hard Body" truck. Throughout the process, contestants were required to drink water

periodically, yet were only allowed 3 minute restroom breaks once an hour. Contestants most usually left their position on the vehicle empty handed, mentally exhausted, and completely numb from, most commonly, over a week of mental warfare against their neighbors and their bodies.

That having been said, Freed-Hardeman works a little differently. The name of the event is the same, but in a world where curfews exist, bodies still have their youthfulness, and budgets are limited- exceptions must be made. So this previous Tuesday, the University Program Council offered the first 15 people to sign-up a chance to compete for: 2 tickets to the Six Flags of their choice and a 100 dollar gas card to help get them there. Knowing the terms which they had agreed to, contestants found UPC members bearing gifts of: mustard, flour, tomato juice, water hoses, ice water, blue paint, mayonnaise, and blindfolds. Each hour, with right hands firmly planted to the truck, contestants found these challenges to be accompanied by a cup of water



Alana Tucker/The Bell Tower
Contestants compete to go to Six Flags

every 15 minutes (one bathroom break all day) and bribes (such as pizza) to draw them away.

Those who should honorably be mentioned for their participation are: Josh Caraway, Stewart Sams, Drake Jenkins, Travis Young, Anthony Ashton, Bryan LeMasters, Kenny Smith, Margo Baker, Heather Fortenberry, Lillie Thompson, Kira Moore, Brandon Hall, Gregory BoDee C (finalist), and Jake Stoffregen (winner).

As disgusting as the process was, the event was a huge success for UPC—so be sure to check the calendar in fall

2009 and get ready to sign-up! After all, who wouldn't trade 9 hours of hazing for a day of fun with the Looney Toons gang in St. Louis? Until then, recommended multimedia for the curious student is "Hands on a Hard Body: A Documentary" (1997, Longview, Texas). It will change your life. Or for those who missed this particular day of sunshine, laughs, and Indiana Jones (which was shown after dark): be sure to check out the Student Life section of FHU. EDU for webisodes from the day's activities.

Doug Berky performs "no show"

By Hannah Colley
Staff Writer

"Whoa." This is one of the few words that comedian Doug Berky spoke in his "No Show" performance last Monday night. Berky plays the part of a lone spectator who stumbles in late to a show where the actor has apparently failed to appear. The entire hour consisted of this hilarious character climbing up on the stage to explore the set and props of the actor who, he insinuates, never showed up.

The audience sat in silent suspense after Dr. Cliff Thompson introduced the show.



Diego Rojas/The Bell Tower
Berky's "No Show"

Then we suddenly heard one of the back doors open as Berky tiptoed inside the auditorium, selected a seat in the middle of the audience, and maneuvered his way through the crowd to find the seat he selected. The laughter began as he moved heads in front of him (including the heads of senior Lindsey Hudson, Dr. Joe Delay, Momma Jane, and Momma Murray) to the side so that he could get a better view of the empty stage. After a while, Berky approached the stage, looked around in bewilderment, shrugged his shoulders and said, "no show."

Climbing up on the stage, Berky curiously explored the set and began experimenting with all the treasures he found. Constantly interacting and involving the audience, he dazzled all with his hilarious tricks involving balloons, juggling, a unicycle, various masks, a tuba, a harmonica, and an abundance of duct tape.

The show, which lasted approximately an hour, was highly reminiscent of Rowan Atkinson's portrayal of Mr. Bean, a character that thrives on slapstick humor and adopting the image of an 8-year-old boy in a man's body. Berky, like Mr. Bean, uses very few words, though

often says "whoa" to express his amusement at the little wonders he discovers, and he portrays the simple wide-eyed innocence of a loveable, childlike little man.

This delightful show, entertaining for children and adults alike, is a brilliant example of the exciting new productions coming our way. The theatre department is bringing us a thrilling six-show season. Dr. Thompson stated that "this year provides us a new way of seeing things"—a cornucopia of diverse skills and messages that prod us to deeper thought and emotion through this form of art.

The Freed-Hardeman theatre department, directed by Dr. Cliff Thompson, certainly rivals that of any other university of comparable size. The FHU theatre department states that "the Freed-Hardeman University Theatre program strives to provide a challenging, creative environment in which all students may enlarge their artistic potential, and to assemble a community of believer-artists dedicated to impacting their world for Christ." While being involved in the theatre department doesn't require one to be a theatre major, majoring in Theatre Performance provides many interesting opportunities for employment and job opportunities in this field that are not limited to acting.

Theatre majors are needed as critics, general managers, directors, writers, agents, announcers, acting teachers/coaches, publicists, theatre managers, and much more.

Freed-Hardeman theatre major alumni are currently broadening their horizons as theatre experts. Two recent graduates, Stephanie Wheat and Sarah Jordan, are both working for professional theatres in Cincinnati, and prospects for the current senior class are looking bright.

If you're interested in getting involved in theatre or would like to learn more about the theatre department, visit theatre.fhu.edu.



Diego Rojas/The Bell Tower
Berky explores the props of an actor who never showed up.

Students register to vote

By Laura Locke
Staff Writer

With just about a month to go until the highly anticipated November 4 election day, the Presidential election has found its place at the forefront of the Freed-Hardeman University student body's consciousness. In an effort to aid confused students and increase voter participation, the Offices of Student Life sponsored a voter registration in the Student Center from 11 am to 1 pm on Monday, September 22 through Wednesday, September 24. Students who are residents of Chester County or who presented their voter registration cards and wished to give up registration in their home county in favor of Chester County could do so by filling out a simple form and providing basic identification information. Those who missed registration in the Student Center have until October 6 to contact the county election commission, which is located in the Chester County Courthouse on Main Street across from the Freed-Hardeman campus. Early voting begins October 15 in the courthouse and concludes October 30.

Anyone registered in his or her home county who is a full time student of Freed-Hardeman is eligible for absentee (mail-in) voting. To receive an application for a mail-in ballot, students should contact their county election commission by phone, mail, or fax. An application will then be mailed to the student and must be completed and received by the commission no later than 7 days before

the election. To expedite the process by avoiding the application, students may send a fax or letter to the commission with the following information: name, address in home county, social security number, current address (for example, an FHU box), the election the student wishes to participate in (presidential), the reason for voting absentee (for example, full-time enrollment in a university outside the home county), and the student's signature. This will be processed as an application for a mail-in ballot, which will be mailed to the student during the early voting period, and must be received by mail by the commission no later than the closing of his or her home county polls on election day. In order to ensure that all materials are received on time and their votes are counted, students are encouraged to begin this process as soon as possible.

For those perhaps still undecided as to who they will vote for, Freed-Hardeman will host a mock presidential debate between Dr. Greg Massey and Dr. Stephen Morris October 27 at 7:30 pm, tentatively located in the movie theater. All students planning to vote are encouraged to attend this event, which promises to be both fun and educational.

Senator Alexander visits campus

By Tara Schonoff
Staff Writer

One of Tennessee's longest standing politicians, Lamar Alexander, was represented by one of his caseworkers from the Jackson office and a college student campaign worker in Ayers Auditorium last Wednesday afternoon. Lamar Alexander served as President of the University of Tennessee before deciding to run for governor in the 1970's. He earned voter loyalty during a famous walk across the entire state on foot. While wearing a red and black plaid shirt, he would walk as far as he could and then mark that spot with a piece of chalk and hold a campaign event in that city before moving on the next day. After his time as Governor, Alexander ran for the U.S. Senate where he continues to serve. Because of his excellent work and longstanding dedication to the state, Senator Alexander is the most popular elected official, even above Governor Bredesen. His representatives described him as a man of "conservative credentials with an independent mind" to reach across party lines and get things done. People in the capitol have named him "the most effective conservative legislator in Washington."

Senator Alexander



Photo Contributed

all legislation, the Senator tries to maintain a bipartisan spirit and "...once the election is over, work with the other side."

Caroline DeBerry is currently interning for Senator Alexander's reelection campaign and has bumper stickers with a background of the famous red and black plaid available for anyone wishing to support his efforts. There are lots of great volunteer opportunities available in a variety of time commitments for people that are looking to gain experience in the political field or to just experience some election year excitement.

For more information visit: www.AlexanderforSenate.com
Or email: caroline.deberry@students.fhu.edu

FHU students donate to LIFELINE

By Stephanie Pounders
Editor in Chief

With over 14 million blood products needed each year in the U.S., providing blood for even one area of the country is a daunting task. Even more daunting, however, is the fact that only 5% of eligible donors decide to give blood.

Freed-Hardeman students, however, pride themselves as being among those few. LIFELINE Blood Services, a non-profit organization serving local communities since 1947, came out Wednesday to take

donations for hospital patients throughout West Tennessee. Their famous mobile units have been collecting volunteer donations on-site at schools, churches, nursing homes, and other businesses and non-profit organizations interested in supporting the cause for fifty years.

Drawing about 25-26,000 units of blood each year, the local LIFELINE Blood Services supplies blood for 17 hospitals from Summerville to Savannah and all the way over to Fulton, TN. Since West Tennessee's healthcare system has become

more sophisticated and patients can receive specialized treatments locally without traveling to metropolitan areas, there has been an increase in blood usage.

LIFELINE routinely holds blood drives at most all of the local campuses, including Union, UT Martin, and Dyersburg State. While the staff at LIFELINE affirms our University's involvement to be one of the best in our area, they usually only receive 97-100 units of blood per drive. With a campus of around 2,000 students, that number seems unnecessarily low.

One of the most common reasons students don't donate is fear. Blood Coordinator John McCarley observed, "Most people are simply not educated about what to expect, but once they do donate, they usually return to donate again."

Starting with registration in the Gardner Center and taking about 45 minutes in all, the process is actually quite painless. The donation starts with a physical and confidential questionnaire about the donor which ensures the safety of the blood being donated. After this safety precaution, the donor will head to one of the two

bloodmobiles where he or she will fill out a few more papers and then be placed in a comfortable reclining chair, where the blood is actually drawn. After a 4-5 minute blood drawing, the donor is then given a snack-cake and a coke, and sent on their way.

The staff at LIFELINE tries to make the process as fun and stress-free as possible. By playing "oldies" music and dancing around the bloodmobiles, the donors feel more at ease and keep their attention on the upbeat atmosphere instead of their fears about the giving blood.

Junior student Erin Haddock wrote an article on the blood drive last year, and after her research decided to donate for her first time Wednesday. Although she looked a little nervous, she explained, "I've never given blood before, but after doing some research I saw that all the reasons to give out-weighed any fears that I had."

Anthony Ashton, another student at Freed-Hardeman, donated today for his 9th time. While he admitted he liked getting the free t-shirt he said, "LIFELINE is by far my favorite company to donate with. I've donated with several

other companies including the Red Cross, but the staff at LIFELINE are the best. The finger prick didn't even hurt."

But if a free t-shirt, snack-cake and coke isn't enough incentive to donate, McCarley laid out the real reward: the number of people you can help. On average, every 5 seconds someone needs a unit of blood and at Jackson General alone there are about 100 surgeries a day that require some sort of blood transfusion.

"On an average day we could be in crisis in a matter of hours depending on the need for blood. It's important that we receive regular donations throughout the year to keep enough blood for our local hospitals," said McCarley.

All in all, Freed-Hardeman's donation of approximately 100 pints of blood could ultimately save up to 300 lives! And since



The Bell Tower
Anthony Ashton donated for his 9th time.

LIFELINE is on campus every other month, students have to chance to give fairly often. As John McCarley stated, "If it wasn't for the communities the whole nation would be in trouble. We have to have our community members donate in order to supply the blood needed. And who knows; next time you might need it."



The Bell Tower
After her research, Erin decided to donate for the first time.

Fine Arts Week: Music Department showcases talent



Alana Tucker/The Bell Tower
The Chorale performs during chapel during fine arts week.

By Marisa Janes
Staff Janes

The recent week of chapels devoted mainly to a celebration of the Fine Arts at Freed Hardeman University, though enlightening, hardly do justice to a school housing one of Freed's greatest treasures: the music department. As the chapel programs of Wednesday, Thursday, and Friday attest to, the music department is truly accomplished. Host to a variety of activities open to majors and non-majors alike, the music department provides for more than a simple college degree—it allows students to gain and refine musical abilities

through an audition at the beginning of the fall semester. The Chorale makes a bus tour every semester, and additionally, each alternating summer the group campaigns in a foreign country, performing concerts and mission work for local congregations. This past summer of 2008, the Chorale could be found in Scotland doing just that. The University Singers is another vocal group, this one primarily composed of non-music majors. As in the Chorale, members are chosen on an audition basis. The University Singers perform frequently on campus and may take weekend trips, as well. The

Ambassadors is an a cappella group that performs gospel songs at churches, Christian high schools, and youth rallies. The music department sponsors far more than just vocal groups. With an active band program including around fifty students, several ensemble groups exist, including the Makin' Music Showband, the FHU Band (performing at Homecoming, basketball games, fall and spring concerts, and a few off-campus events), and Battery—a percussion group including bass drums, snares, quads, and cymbals that performs on campus as well as off to represent Freed-Hardeman.

In an effort to showcase the various talents of students involved in the music program, the Music Department also employs a series of performances done by students about every month known as the "Brown Bag" performance series.

Instituted six years ago, it provides a relaxed environment in which those in the audience, freely admitted, may bring their own lunch and enjoy an hour's worth of entertainment provided by one or more music students. In the month of September, Kari Bragg was featured (she was also a solo vocalist during Wednesday's chapel period), accompanied by Emily Froehlich, an adept pianist. Bragg, a senior preparing for student teaching, is also a violinist and pianist, and a finalist in a Jackson singing competition. In her Brown Bag performance, a wonderful representation of the music department's accomplishments, Bragg illustrated her knowledge and skill in choosing a song cycle to perform—a set of songs with one unifying theme, like "chapters in a story," as she confidently explained to her audience. Performing songs from Robert Schumann's "Frauenliebe und Leben, Op. 42," she sang the story of a young woman that fell in love with a man and married him, only to lose him after a brief period of marriage, children, and homestead happiness. Bragg's performance was certainly excellent, and a good portion of that might easily be attributed to the education provided here at the university.

In its entirety, the music program currently contains from three hundred to three hundred and fifty students. With its many activities, performance opportunities, and even private instruction in piano and voice, students who choose to make music their major have no better opportunity than in Freed-Hardeman University's music program.

Fine Arts Week: The Visual Arts

By: Heather Fortenberry
Assistant Editor

"How do I make a living as an artist? Marry someone with a steady job." This was advice given by Brian Bundren during the Visual Arts chapel day last

Friday, and houses various exhibits throughout the year. These exhibits give art students opportunity to gain experience displaying their artwork in a gallery and other students the chance to see what is going on in the world of modern art and design, without the pressure of needing to know a lot about art.

In the summer there is a European Photography Trip, giving students an opportunity to earn art credits, which every student will need at some point in their career here. Many students go on this trip because they want to go to Europe, but are unwilling to commit to an entire semester. Here is what Laura Newberry, a former student of the summer photography course, had to say about the trip: "I have always had a passion for photography, and I knew that it would be the perfect opportunity for inspiration and to use my creativity. Going to Europe was



Alana Tucker/The Bell Tower
Mary Harp begins a painting in her studio space.

week. Although many people think of a "starving artist" when they meet an art major, working in the art world can be extremely rewarding, and, despite popular belief, is a field in which you can be very successful.

During chapel Bundren also said, "If you are not an art major, let me encourage you to see the error of your ways." While he was only making a joke, some of you may actually be considering a degree in art. To help in your decision, Bethany Simpson told us why she decided to major in art, and what she plans to do with it in the future. "I chose to become an art major because art has always interested me and I have developed a passion for it. I am not completely sure what I am going to do with my degree, but I am considering working in art therapy, portrait photography, or possibly commission graphic design. If I had the opportunity to talk with someone thinking about becoming an art major I would first tell them to know what they want to do with it; have a plan. If you love art, do not give up. It will not be easy, but if you work hard you will be able to achieve much."

of simply thinking of creative ideas.

Junior Graphic Design major Erin Haddock said some of the best advice she was ever given was that "an art degree from FHU isn't good or bad based on our curriculum, our professors, or even available facilities. What you get out of your degree here depends on what you put into it." While being successful in the art world is largely dependent on self-motivation, Freed-Hardeman have a great visual Arts Department composed of qualified professors with various backgrounds and expertise in different mediums to help students reach their goals.

But how can someone that is not an art major be involved with the arts at FHU? For your viewing pleasure, The Troy Plunk Gallery, located in the Bulliner-Clayton Visual Arts Center, is open from 8:00 a.m. to 5:00 p.m., Monday through

one of the greatest experiences of my life...Over all it was an amazing trip; from hiking in the Alps to seeing the Eiffel Tower and the Coliseum. It is an experience that I will always remember...and I have the pictures to prove it." This trip is available every summer for about three weeks. For more information about this trip, see Barbara England.

So as you continue your time here at Freed-Hardeman and prepare to go out into the world, remember what Bundren said: "To pursue art is a lifetime journey, a lifetime commitment." Whether you are an art major, or you simply enjoy art, take advantage of the great Visual Arts Department we have at FHU.



Alana Tucker/The Bell Tower
Brian Bundren gives an artist talk during fine arts week.



Alana Tucker/The Bell Tower

under the tutelage of some of the best professors in the West Tennessee area.

Drs. Gary McKnight, Richard England, Professor Stephen Foster, and Miss Sarah Burns compose the talented faculty of the music department. McKnight teaches Music Theory, Sight Singing & Ear Training, Conducting, Music for Song Leaders, Voice, and Freshman Seminar. England teaches Music History, Music Appreciation, and all piano lessons and classes. Foster instructs the ensemble courses. Burns teaches Instrumentation & Orchestration, Form & Analysis, Music Methods & Materials (7-12), Music for Children, Development of American Music, Class Instruction in Instruments, and Voice.

McKnight additionally works as the director of the University Chorale group. This group, established in 2004, concentrates mainly on a cappella selections. The current Chorale consists of about one hundred students, ranging from finalists in the Young Artists competition to students never before involved in a singing group. Students are chosen to be part of the Chorale



Alana Tucker/The Bell Tower

Top 10 bands you've never heard of but should

By Bryson Leach
Staff Writer

If you're like me and would like to get away from the repetitive, overplayed pop music of today, here's a list of great bands that can totally boost the song count on your iPod and heighten your musical apex.

1. **Alexi Murdoch**
Album to check out: *Time without Consequence*
Songs to Download: "Orange Sky" and "All My Days"
I must admit, I'm a huge folk fan, and this guy is a headliner for me. His rhythmic guitar playing and his uniquely low-pitched voice make for a great album to relax with.

2. **The Black Keys**
Album to check out: *Attack & Release*
Songs to download: "I Got Mine" and "Your Touch"
I can't listen to these guys without wearing sunglasses and bobbin' my head. The Keys consist of two guys: a drummer, and a guitarist. The guitarist is a master of funky riffs that'll make you move your body. Think the White Stripes meets B.B. King.

3. **Jon Foreman**
Album to Check out: *Summer*
Songs to Download: "Baptize my Mind" and "House of God Forever"
Switchfoot frontman, Jon Foreman, recently recorded four albums: *Winter*, *Spring*, *Summer*, and *Fall*. He has grasped the word "indie" with his acoustic mastery and sprinkling of



stringed instruments throughout. His soulful and heartfelt words create a positive feeling for me. His stuff is wonderful to wake up to and enjoy with a cup of coffee.

4. **Family Force Five**
Album to check out: *Business Up Front/Party In The Back*
Songs to download: "Kountry Gentlemen," "Luv Addict," and "Drama Queen"

Picture this: a bunch of emo-looking guys making a hip-hop album. Their stuff is pure fun! Pulsing bass and hilarious lyrics about rednecks, girls, and being nice to your granny really keep your interest. If you aren't a huge hip-hop fan but love rock, these guys add a nice bit of head-banging to the mix, as well.

5. **Owen**
Album to check out: *At Home With Owen*
Songs to Download: "Put Your Hands On Me, My Love"

and "The Sad Waltzes of Pietro Crespi"

Owen's Mike Kinsella is one down to earth guy. His complex guitar riffs and poetic words can bring you to your knees. I've never heard someone so angry or so in love as he is in his music. After seeing Kinsella open for Copeland a couple of years back, his music has been on repeat on my iPod.

6. **Psapp** (pronounced "sap")
Album to Check Out: *The Only Thing I Ever Wanted*
Songs to Download: "Tricycle" and "Cosy in the Rocket"

A self-dubbed "toytronic" band, these guys' (and girls') claim to fame is using toys, bike parts, buckets of water, and other various objects to create the percussion and melodies of their music. If you're a Grey's fan, you'll know their work because they composed the theme for the show. They are definitely a lot

of fun to listen to—try to guess what "instruments" they are using in the songs.

7. **She and Him**
Album to check out: *Volume 1*

Songs to Download: "Sentimental Heart" and "Why Do You Let Me Stay Here?"

Remember watching Will Ferrell's Christmas movie, *Elf*, and thinking his girlfriend can really sing? Well, now you can get your hands on an entire album of her voice. Zoëy Deschanel and indie favorite, M. Ward, have paired as She and Him. Her retro, Loretta Lynn-styled sound makes for an eclectic album with "indie" written all over it.

8. **Vampire Weekend**
Album to check out: *Vampire Weekend*

Songs to Download: "M79," "A-Punk," and "Cape Cod Kwassa Kwassa"

Inspired by African popular music and western classical music, you can hear everything from tribal drums to a full string symphony in Vampire Weekend's songs. Frontman Ezra Koenig's complex lyrics make for an attention-grabbing format in each song. Vampire Weekend is a must for any music lover.

9. **Iron and Wine**
Album to Check Out: *The Shepherd's*

Dog
Songs to Download: "Naked as we Came" and "Love and Some Verses"

Iron & Wine's Sam Beam was an indie favorite almost immediately after his first home-recorded tape fell into the hands of Sub-Pop's owner. With just a guitar and a quiet, almost whispering voice, he won me over. His music can be heard in movies like *Garden State*, *In Good Company*, and the recent Oscar winner, *I'm Not There*. I can't really compare him to the likes of Nick Drake and Elliot Smith because he adds his own twist of southern flair, but if you are a Drake or Smith fan, Iron & Wine is worth a try.

10. **My Morning Jacket**
Albums to Check Out: *Evil Urges* and *Z*

Songs to Download: "One Big Holiday," "I'm Amazed," and "Golden"

These Kentucky natives caught my eye, first, with their name, and second, with their unreal talent. They look like a bunch of southern, classic-rock rejects with their long hair and rough beards, but they sound like Led Zeppelin meets Coldplay—that sounds weird, I know. These guys will really get your head banging and your body moving with their heavy guitar jams and sharp drum beats. Usually categorized as a Jam band, their fans are usually the hippy type, but I must say, those hippies really know what great music is! If you've seen the movie *Elizabethtown*, then you've heard MMJ. The soundtrack is riddled with their music.



Top 10 movies you've never seen

By Brad Kelley
Columnist

So, you think you're good with movies? You're not. I am. Having established that, I'm going to enlighten you to some greats you have never seen, but should do so immediately. Here's my list of (cue dramatic sound effects) the TOP TEN MOVIES YOU HAVE NEVER SEEN. They're listed alphabetically listed, not ranked.

Behind the Mask: The Rise of Leslie Vernon: A "mockumentary" about horror movie serial killers.

Absolutely hilarious, well performed, and it actually makes sense and breaks down the basic plot of the "horror" genre wonderfully.

Casablanca: The only "classic" on my list, an oldie but a goodie. Black and white, love story, awesome catch-phrases, good humor, and the occasional song.

Dr. Strangelove (or How I Learned to Stop Worrying and Love the Atomic Bomb): A comedy about the worries and troubles of the threat of atomic warfare during the Cold War. This film brings new meaning to the phrase "What could go wrong?"

Everything is Illuminated: Elijah Wood stars in a film about a young Jewish American man endeavoring to find the woman who saved his grandfather during World War II.

Green Street Hooligans:

A young American man who travels to London and learns about the loyalty and brutality of soccer clubs first hand.

Hard Candy: Ellen Page (of Juno) plays a young girl who spins an elaborate web to capture a predator who may have been involved in the death of a young local girl.

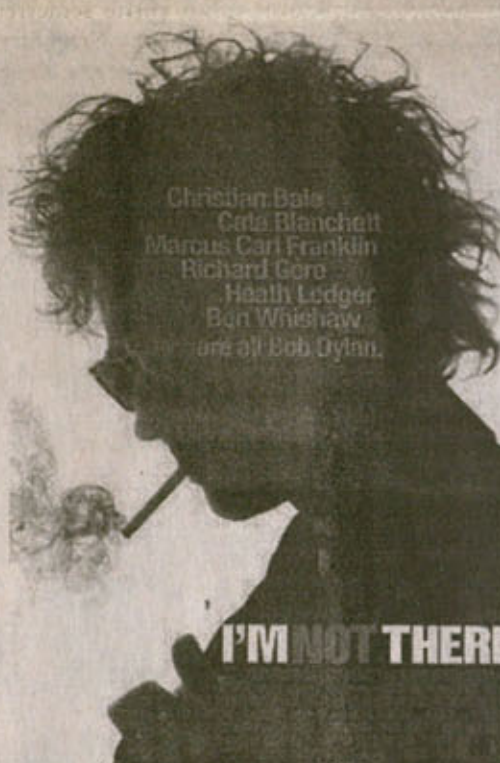
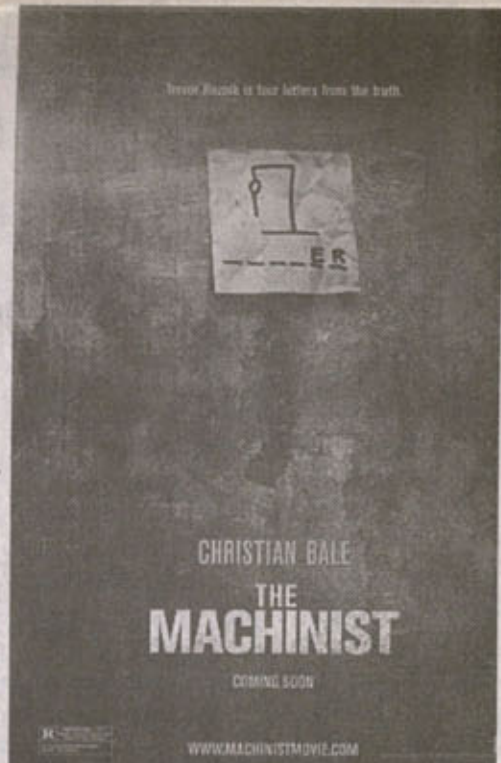
I'm Not There: A tribute to Bob Dylan played by many actors (and one actress). Visually pleasing, artistic, and a good portrayal of the continual evolution of Dylan and his career.

Lars and the Real Girl: A young man with a social communication problem endeavors to solve it in an unusual way, a way that involves a mannequin.

The Machinist: Christian Bale plays a young man who hasn't slept for a year. He is plagued

by nightmares and an untraceable assailant who accuses him of murder.

The Orphanage: A woman brings her family back to her childhood home where she opens an orphanage for handicapped children. Before long, her son starts to communicate with an invisible new friend.



Top 10 religious books you've never read

By Ben Griffith
Staff Writer

1. **Simply Christian** by N.T. Wright
This book, written by one of the most prolific Christian writers of the last century, systematically describes how Jesus is the answer to the deepest longings of human existence. It is one of the most insightful books I've ever read. As you read this book, you will find yourself underlining on almost every page. His chapter on Israel is worth the price of the entire book.

2. **The Secret Message of Jesus** by Brian McLaren
This book should come with a warning: Don't read unless you're prepared to drastically change your life to start living out Jesus's message. McLaren's zeal and enthusiasm for the Kingdom of God is contagious. You will find yourself excited about living out the good news of the Kingdom of God.

3. **The Divine Conspiracy** by Dallas Willard
Richard Foster calls this a book for the next millennium alongside the classics of

Bonhoeffer, Teresa of Avila, and perhaps even Thomas Aquinas. It serves as a long-needed plea to take discipleship seriously. This book is perhaps the most "scholarly" on the list.

4. **Celebration of the Disciplines** by Richard Foster

Many books talk about the gospel. Even more attempt to convince readers to live it. But this book gives strategies of how to live a

transformed life. Foster describes the disciplines of fasting, study, prayer, meditation, and simplicity, among others.

5. **Christ Plays in Ten Thousand Places** by Eugene Peterson
Eugene Peterson, famous for

his version of the Bible known as The Message, has also written several religious books. This book in particular is unique because it is both filled with deep insights about Christ's role in the Old Testament and, at the same time, is extremely readable.

6. **What's so Amazing about Grace** (Visual Edition) by Phillip Yancey
This is probably the most moving and inspirational book on the list. It is one that can easily be read in one sitting. Yancey's encouraging words about God's grace are reinforced with images that uplift and motivate.

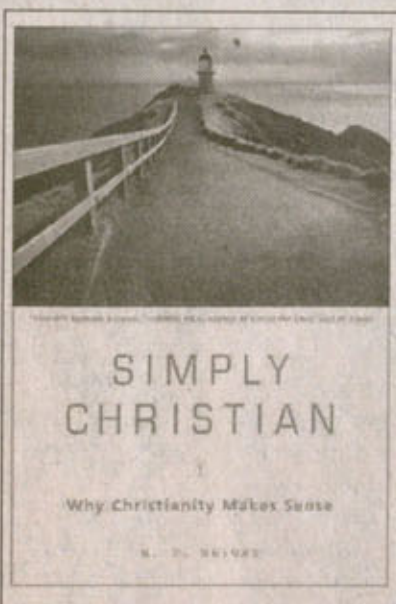
7. **The Shack** by William P. Young
This book is the only novel on the list. Young describes God in a way that will cause you to see your relationship with the

divine in a whole new light.

8. **Next Generation Leader** by Andy Stanley
Andy Stanley, the creator of one of the premiere leadership models in the United States, has written this book to develop young leaders. This book is not designed for church leaders only, but provides a model of leadership for anyone who would like to increase personal efficiency and productivity.

9. **Searching for God Knows What** by Donald Miller
Many people are familiar with Miller's *Blue Like Jazz*, but few have read his follow-up book, which argues for Christianity in the context of relationship rather than a "how-to" checklist. Miller's "Lifeboat" section is worth the price of the book.

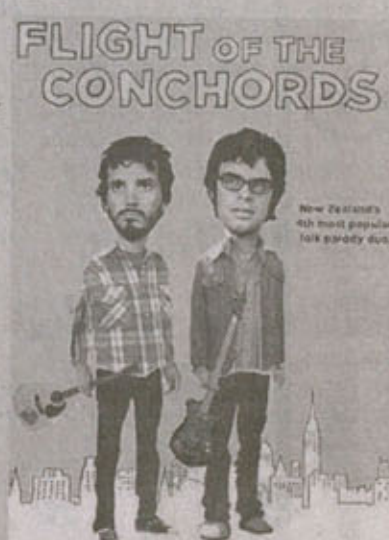
10. **Velvet Elvis** by Rob Bell
Rob Bell's first book is as original as its title. Bell addresses the entire gamut of religious issues from in a fresh, original manner. Perhaps Bell's greatest contribution is his knowledge of ancient Jewish sources.



Top 15 TV shows you've never watched

Compiled by Dewey Mason
and Kyle Taubken

1. *Firefly*
2. *Buffy the Vampire Slayer*
3. *Flight of the Conchords*
4. *Arrested Development*
5. *Freaks and Geeks*
6. *Angel*
7. *Tenacious D*
8. *The Office (British)*
9. *Extras*
10. *Spaced*
11. *Dr. Who*
12. *Curb Your Enthusiasm*
13. *Farscape*
14. *Wonderfalls*
15. *Eureka*



Politics: Political Affiliation



Tara Schonhoff
Columnist

In the days of Hellenistic Greece, the philosophy of humanism dominated religion. The pantheon of gods and goddesses were sculpted in the image of the Greeks themselves, taking their physical form and having the same emotional flaws of envy, lust, and anger. The failings of the deity and the victories of the Greek heroes often confused levels of elevation, as the men were able to rise above the gods. The Bible explicitly states that God's thoughts and actions are above those of men; however, the model of God's son as a human may tempt Christians into practicing a type of humanism. In trying to become more like Christ, Christians often attempt to

make Him like themselves.

The United States utilizes a winner-takes-all electoral system which denies any consolation prize even to those that might win 49.9% of the popular vote. Political parties present a certain label, marketing towards the largest group of people in order to get their candidates elected and make their policies. In other nations' political systems, parties appeal to specialized groups and form coalitions, allowing the most radical interests to be appeased. But because the United States does not combine parties, the parties themselves must be centrist and moderate. The Republicans and Democrats have more in common than many wish to admit, and neither is capable of the radical level of change often assured during the emotional speeches of the campaign season. Without moderation, they would lose a large portion of the party's members, get nothing passed in the legislature, and most importantly – not be reelected. The platforms the party decides on each year

are purposely ambiguous, allowing people to attach their own feelings to the issues.

The job of the parties and their chosen candidates is to petition votes from as many specialized groups as possible, to make individual appeals that assure people that the party is more than a policy label, that it has a character like theirs. Candidates manage to identify with people in this culturally diverse and vastly divided nation by appealing to the largest specialty groups and by targeting the most emotionally-based groups that would be impassioned not only to vote for the party, but to become proponents of its label and persuade others to do likewise.

The strong communalism and passionate outreach of Christians makes them a targeted voting demographic by both political parties. But this is also a power that must be safeguarded lest it dissolve from abuse. When Christians and churches attach politics to the gospel, Christ's word is compromised and His message clouded. The church's effective networking and passion for

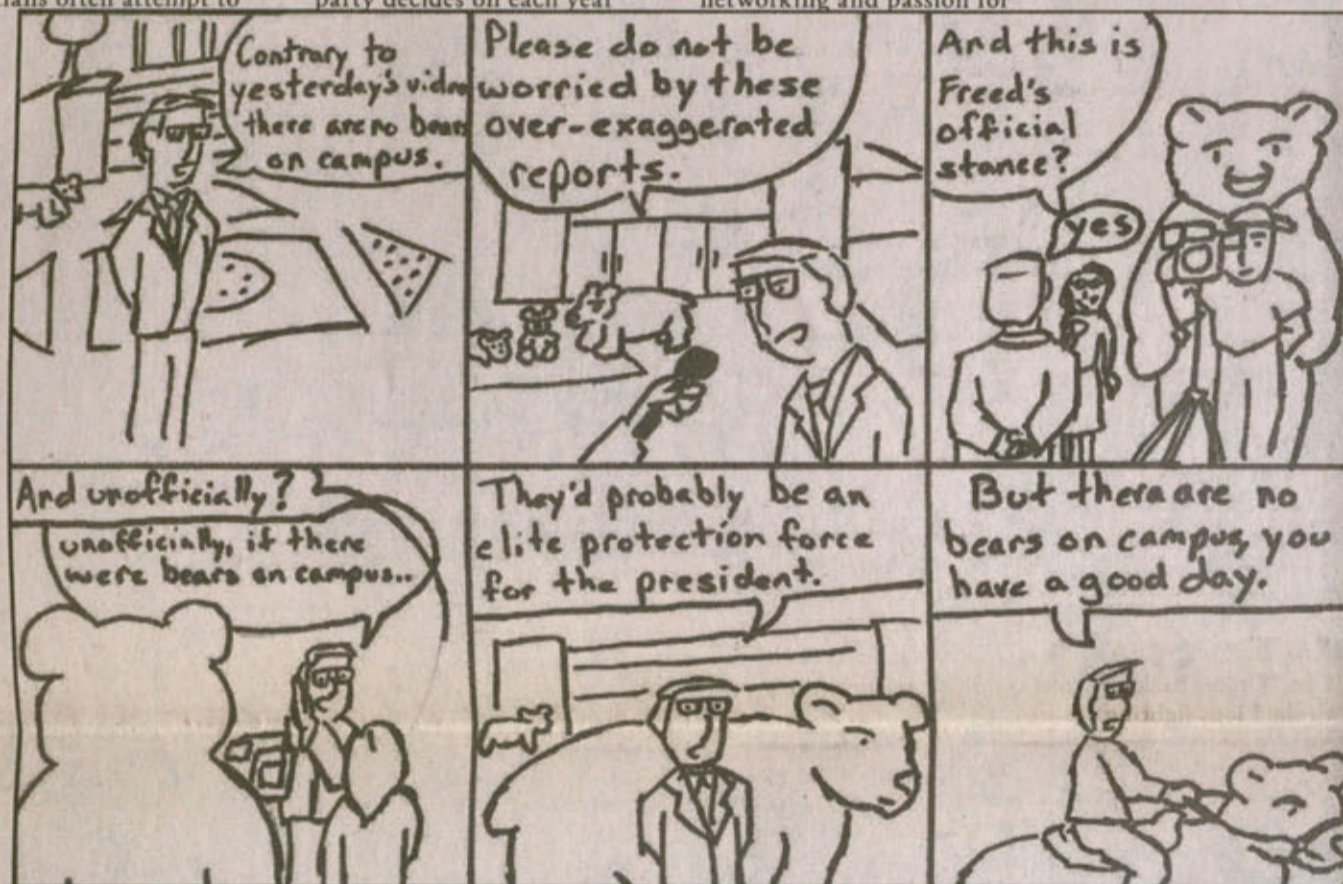
evangelism should be saved for spreading the Bible's policies only, lest incessant ranting cause society to turn their ears away permanently.

Political parties are based on a label and not a character, with moderate candidates chosen to represent the platforms decided upon by a counsel. In the thirteenth chapter of Romans, during the reign of one of the most evil emperors in the history of the world, Paul states that Christians should obey the government. Obedience to the government is commanded, but incorporating political labels into religion and presuming to know the thoughts of Christ are dangerous.

If you intend to vote, make time to watch the debates, find primary news sources, and visit the party platform sites listed below:

<http://www.gop.com/2008Platform/>

<http://www.democrats.org/part/platform.html>



Brittney Chapin
Columnist

H₂O, agua, water...the beloved beverage is one of the utmost essential nutrients to the human body. We thirst for water as if our very lives depended on it. Oh wait, they do! Without water the body can only survive for a number of days, so it's no wonder why we desire it so much. I can't help but wonder what the world would be like if we desired knowledge as much as we desire H₂O. Hmm? Everyone remembers learning about the ancient Greeks and how they thirsted for knowledge in their era. What would we say about us? What do we thirst for? Relaxation? A nap? Sweet tea? Yikes.

So what is the cause of this problem? Our laziness? Lack of desire? I cannot honestly count the number of times that I have

Her view: Spoonfed, but Dehydrated

pondered, "I wonder why _____?" and left it at that, even when it was well within my power to find the answer. According to our esteemed Learning and Memory professor, Chris Creecy, there is (in theory) no limit to the number of facts that a humans can store in their brains. Woah! What on earth have I been filling my noggin with? Gamma Tau chants, Baskin Robin's flavors, and Sawyers many nicknames? It certainly is fascinating that only a select few in our culture attempt to change the world and win the Nobel Peace Prize while the vast majority are just trying to figure out if they are smarter than a 5th grader. And, sadly, many are not.

I suppose I can't speak for anyone but myself, but I personally feel spoon-fed. All of my life I have been involved in the education system and I have had facts force-fed to me all the way through. Now, please don't misunderstand me. I'm not trying to attack America's school

system; I'm attacking my own laziness and lack of gumption. I learned what I was expected to learn, regurgitated the facts I was supposed to, and disregarded the remaining information when the tests had passed. I rarely strived to learn more or really and truly attempted to go above and beyond what was expected of me. Uh-oh... does this sound anything like you? So often we try to get the grades we need to pass our classes and get the degree we want, but how often do we try to surpass what is the bare minimum for knowledge, education and success?

This "scraping-by" method is not only applied to the educational aspect of our lives, but to other aspects as well. Most Freed-Hardeman University students can spit out the steps to salvation and their corresponding scriptures, but how many of us are truly searching the scriptures with a THIRST? Are we scraping by with a minimal interest in the words of the Bible or are we

like the Bereans in Acts 17:11 who searched the Scriptures daily to establish a speaker's validity? Perhaps we should take advantage of our youthful minds and endless resources. There are Bible professors galore to help us with our understanding of the Word, books and databases in abundance to expand our minds and countless other resources to satisfy (what should be) our ravenous craving for knowledge.

To sum up this column I think that Leonard Levinson put it best when he said, "Education; one of the few things a fellow is willing to pay for and not get." How much is a year at good ol' FHU nowadays? \$20,000? More? Even if your education here is "free" for you, trust and believe me when I say that SOMEONE somewhere is paying for it (and chances are they're paying dearly for it). Earn your education. Avoid the "scraping-by" mentality and thirst for something other than sweet tea.

Belgium: It's Greek to Me!

A milestone has been met! This semester for the Belgium group is over halfway complete, and we have experienced a variety of emotions. Excitement as we travel, exhaustion from our six and a half hour class days, frustration from being awoken by fifteen different alarms (all of which are extremely annoying!), and loneliness from missing our family and friends at home. We all have learned much more about ourselves and those around us than we ever thought possible. Learning about the cultures of different countries, however, has proved the most exciting learning experience of all.

We have all had exciting experiences, but to help us avoid some potentially embarrassing situations, the professors try to keep us as informed as possible. Before we left for our week in Greece, Dr. Johnson described what it would be like: "You all know about 3rd world countries. Well, Greece is a 2-1/2." We all had read about Paul's missionary journeys through Greece and most had watched "My Big Fat Greek Wedding" at some point. We thought we were prepared! We soon found we were lying to ourselves, but let me inform you of some interesting and unknown facts about Greece to help prepare you for a Greece trip:

Economy
Greece thrives primarily on tourism, shipping, jewelry, mining, and petroleum. Most everybody speaks at least two



Shelley Mclelland
Columnist

languages, Greek and English. Though, French, German, and Italian are taught as well. After all, the Greeks are known for their vast knowledge of languages. "Opal" They say this a lot. Do not fear. Embrace it! It actually has no meaning; they just like to say it a lot when they dance (I mean, do choreography). If ever you are feeling a little down, just let out a cheerful "Opal" and it should do the trick.

Food/Drink

Moussaka is a tasty eggplant dish and their lamb meat is delicious! However, I must warn you coffee lovers out there, a Greek menu will show two choices which are "Greek coffee" and "French coffee." Unless you would like to drink an inch of a mysterious brown sludge at the end, I recommend the French coffee. I learned the hard way. It is sweeter than regular coffee but the thought that they actually had an "extra Greek coffee" option makes me tremble. Well, maybe that was a slight exaggeration...

Next week begins our first two weeks of traveling in small groups. We are so excited and will have many more stories to share later. Opal

Italy: When in Rome

By Bailey Gilreath
Columnist

o I learn to use the Metro system. It will come in handy later.
o Get an all-day Metro ticket as opposed to single ones. It will end up costing less, plus you won't feel bad about making spontaneous trips.
o After seeing all of the touristy sights that you absolutely must see, get on the metro and get off at a stop that you know nothing about. Don't even read the name of the place, just pick a random number and get off there. We found some of my favorite places that way, from an admittedly creepy Roman China-Town, to a great, non-touristy shopping area where the prices were good and no one spoke English.
o Don't be afraid to explore. Guidebooks can be handy, but don't be glued to one. Experience Rome for yourself so you can write your own guidebook. We had some amazing gelato, and I had the best café latte of my life in little shops that we stumbled upon just a little off of the main squares.
o Experience the city at night and see Rome the way it is meant to be seen. At night the exquisite city comes alive. The bustling crowds disappear, and as corny as it sounds, magic seems to fill the air as you traverse the modern Roman roads. Accordion music

adds to the atmosphere along with the mouth-watering aromas from dozens of outdoor eateries. Childhood scenes from "Lady and the Tramp" come sweetly back to me as I wander through the warm, alluring glow of Rome at night.
o See the Trevi Fountain at night. If there is one tourist spot you must stop by on your evening stroll, make it this massive fountain that has been depicted in countless movies. Limiting yourself to only one spot, however, cuts out participating in the excitement of locals and foreigners alike that gather nightly at the enormous Spanish Steps and the overwhelming grandeur of the pillared Pantheon, looming unsuspectingly in the darkness.
o Take lots of pictures, but don't live vicariously through your camera lens. You're actually there, don't miss out.
o Break the rules and take pictures of the Sistine Chapel. It's a rush avoiding the fierce guards. Besides, you will have walked an eternity to see the masterpiece, you might as well remember it.
o At least once, ride the Metro standing up, hands free. This is one of the few behaviors that I condone that will immediately peg you as American, but the memories of competitions are worth it.
o Remember that "correct-a-mune-do" isn't an Italian word, even if you say it with an accent.

His view:

How to make use of the Great Outdoors



Brad Kelley
Columnist

You and your friends are sitting around on a Friday night after chapel. You think to yourself, "Self, what are my friends and I going to do this weekend?" and you may reply,

"Sit around Henderson and be bored." Perhaps, instead, you wonder what you can get into elsewhere in this nation. One thing that's fairly cheap, and can be done anywhere there is "outside" is to go camping. Chyeah, I said it, camping.

I went this weekend with some buds; it was great. You can wake up early on Saturday after a good night's sleep in a hammock strung between some trees the night before. You can then make some coffee and sit around the fire. Oh! and be sure to take a musician with you

and have him play guitar. Acoustic though, most trees don't come with electric outlets. If you're looking for the perfect spot, then there's Chickasaw right near here. But you want to look for something a little farther? This is Tennessee; there are tons of places to camp. We went to McMinnville this past weekend, to a farm one of my buddy's family owns. Go anywhere that has some trees around; it's not hard. Pick a good weekend, and you don't even need a tent. It only takes enough money

for food. You can cook on a fire if you've got mad skills (which we did), and obviously you're not paying for a hotel. Just get in contact with some people who own some land, or look up some campground websites; usually the only thing required is a reservation. Just don't forget the essentials: a couple of flashlights, bug spray, sleeping bags, pillow (only if you're a sissy though), some food, maybe a tent, and some friends.

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

Upcoming Games

Lady Lions VolleyBall

- Oct 6 @ Crichton 7:00 p.m.
- Oct 7 v Mid-Continent 7:00 p.m.
- Oct 14 @ Martin-Methodist 7:00 p.m.
- Oct 16 @ Lyon 7:00 p.m.

Lions Soccer

- Oct 2 v. Cumberland 7:00 p.m.
- Oct 9 v. Faulkner 7:00 p.m.
- Oct 11 @ Lyon College 4:00 p.m.
- Oct 14 v. Lambuth 7:00 p.m.

Lady Lions Soccer

- Oct 2 v. Cumberland 5:00 p.m.
- Oct 9 v. Faulkner 5:00 p.m.
- Oct 11 @ Lyon College 2:00 p.m.
- Oct 14 v. Lambuth 5:00 p.m.



College Football

The Associated Press Top 25 Poll

- 1 Oklahoma
- 2 Alabama
- 3 LSU
- 4 Missouri
- 5 Texas
- 6 Penn
- 7 Texas Tech
- 8 Brigham Young
- 9 USC
- 10 South Florida
- 11 Georgia
- 12 Florida
- 13 Auburn
- 14 Ohio State
- 15 Utah
- 16 Kansas
- 17 Boise State
- 18 Wisconsin
- 19 Vanderbilt
- 20 Virginia Tech
- 21 Oklahoma State
- 22 Fresno State
- 23 Oregon
- 24 Connecticut
- 25 Wake Forest

Lady Lions lead the conference with big win over Union

By Jacob E. Wallace
Staff Writer

The Lady Lion volleyball team is off to a red-hot start in the 2008 season. This week, with a win over the Martin Methodist Redhawks, the squad moved to 15-0 on the season. After opening the year at home against the Lambuth Lady Eagles, FHU went on a three-week stretch of twelve games—of which only

one was at the Sports Center. However, the Lady Lions were undaunted.

On September 23, they returned as the proud owners of a 12 game win streak to newly anointed Smith-Kirk Court for a four-match home stand. But waiting for them was their biggest challenge yet: the Union University Lady Bulldogs. In what was billed as

an exciting match between for the top spot in the conference, The Lady Lions did not disappoint. Due largely to the promotion by the University Program Council, the stands were filled with students clad in maroon and gold. After taking a two games to none lead, Freed-Hardeman learned first hand of Union's talent as they battled back to tie the match at two games a piece. However, in front of an energized FHU crowd, the Lady Lions pulled out the fifth game 15-5 to win the match and move into first place in the TranSouth Conference.

The FHU Lady Lions next play at home on October 7, against Mid Continent University in what is being promoted as Dig Pink Night. All fans are encouraged to wear pink and purchase additional pink items such

as t-shirts and cupcakes available at the game. All proceeds from the sales will benefit the Side Out Foundation, an organization that supports curing and helping those stricken with breast cancer.

Following that, the Ladies will enter the final stretch of their schedule, which includes twelve matches, all but two being on the road. Will the Maroon and Gold continue their impressive win streak? Will the Lady Lions finish the regular season undefeated? As the tension builds, the students of Freed-Hardeman excitedly watch and wait to see if their volleyball team can continue their dominating run.



Martha Ray sets the ball in last Tuesday's victory.

Both teams fight hard in match against rival Union

By Shannon Hargis
Sports Editor

The Freed-Hardeman Lady Lion soccer team put up a battle last Tuesday night but fell just short against Union University in a 1-0 loss. Union scored the match's only goal near the end of the first half, finding the back of the net in the 43rd minute. Lady Lion's goalkeeper, Tiffany Harris, played an outstanding game recording fourteen saves to help keep the Lady Lions within striking distance. However, Freed-Hardeman was unable to take any shots on goal

as Union's defense made things difficult for the Lady Lions. "The Lady Lions stay ahead, recording 6-5 on the season and 0-2 in the TranSouth Conference.

The Lions opened the scoring with a thrilling goal from Travis Shivers from 45 yards out in the seventh minute of play. However, just 30 seconds later, Union tied the game at 1-1. The score remained knotted at halftime. A quick goal by Union just one minute into the second half put Union back in the lead with the Lions fighting

hard to tie it up. Unfortunately, after good effort, the Lions fell 2-1 to the Bulldogs. Goalkeeper, Alexandre Girodo, recorded 12 saves for the Lions. Freed-Hardeman comes to 4-5 overall for the season and 0-2 in the TranSouth.

The Lions and Lady Lions return to action on Thursday, Oct. 2, as they host Cumberland University at 5:00 and 7:00 PM at the Josh Riley Soccer Complex. It will be a great game for all FHU students to come out and support both teams.



Alana Tucker/The Bell Tower

Senior Cassie Messina looks to take the ball in the first half of that match against Union



Alana Tucker/ The Bell Tower

The Lions Josh Oberlin throws the ball in to a fellow teammate.

Intramural softball standings

A Girls

Team	Won	Lost
XBX (P)	7	1
PKA (R)	3	1
Xi Chi	3	1
Psi Mu	3	2
Cereal Killers	3	2
PKA (W)	3	2
EP	1	3
GTO	1	4
XBX (G)	0	4
Chorale	0	4

AA Girls

Team	Won	Lost
EP	7	1
Freshmen	2	2
GTO	4	5
Faculty/ Staff	2	3
PKA	2	5

AAA Girls

Team	Won	Lost
PKA	4	1
Xi Chi	1	4

A Guys

Team	Won	Lost
PKA (R)	4	0
The Pats	6	1
EP	4	1
BCBC	4	2
XBX (P)	4	2
Xi Chi	4	3
Jehovah's Fit	4	3
XBX (G)	2	2
Chorale	3	4
The Best	2	4
GTO1	5	
PKA (W)	0	6
Citrus Ticklers	0	5

AA Guys

Team	Won	Lost
Knuckle Chil	1	0
PKA	6	1
Faculty/ Staff	5	2
EP	4	3
XBX	3	3
GTO	2	4
Freshmen	2	4
The Sprangs	2	4
Xi Chi	2	6

Softball tournaments are October 12-16th!

AAA Guys

Team	Won	Lost
Athletic Spon	3	1
PKA	3	1
XBX	0	4

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Coffee Crazy?



By Michael Watson
Coffee Connoisseur

Get the Most from Your Roast

Greetings coffee addicts! Last week I sent you on the tasteful adventure of learning how to brew exceptional coffee and then taste the grandness of your work. I hope your experimentation went well.

Now that you know how to brew good coffee and are on the path to perfecting your palate, it's a good idea to start learning about the different kinds of coffee you're drinking. It may sound a little over the top, but I promise it's not.

If you don't believe me, take a road trip this Saturday starting with a cup of Besso's coffee followed by a cup of whatever coffee you can find at a random truck stop.

Or you can save yourself the pain and take my word for it—it won't be the same by ANY comparison except color and temperature. But as ridiculous as it might sound to educate yourself on different varieties of coffee, knowing what type of coffee you're brewing, buying, or drinking can help you clue in on what to expect from its tasty performance.

The two biggest factors that determine a coffee's taste are the roast of the coffee bean and it's origin. For now, we can just stick with the effects the roasting process has on your taste buds.

Coffee roasting is the process that involves cooking green coffee beans in order to release their flavor.

The sugars, fats, and starches that are within the bean are emulsified, caramelized, and released. This creates the delicate, aromatic coffee oils that give the coffee its distinctive aroma and taste. Upon grinding and brewing the coffee, these oils can be seen at the top of French pressed coffee, presented in a reddish brown to chocolate colored froth called crema (the same thing happens in a standard drip press, but these oils are soaked up by the paper filter).

As the roasting process progresses, the bean will change color from yellow to a light "cinnamon" brown to a dark brown.

During roasting, the oils appear on the surface of the bean, making it shiny. The roast will continue to darken until it is removed from the heat source.

Now you are at the point where coffee drinkers draw the line. While it is highly controversial, the appropriate time to stop roasting and start drinking is really a matter of personal preference.

The best comparison I can make is in the way people order steak; some like it rare, some like it medium, others like it well done, and a few people will be between one of the three. Coffee roasts in much the same way. At lighter roasts, the bean will exhibit more of its "origin flavor"—the flavors created in the bean by the soil and weather conditions in the location where

it was grown (which we will talk about later). As the beans darken to a deep brown, the origin flavors of the bean are eclipsed by the flavors created by the roasting process itself. At darker roasts, the "roast flavor" is so dominant that it can overpower the flavors given by the beans origin. Coffee is usually distinguished by a light, medium, and dark roast, although Starbucks categorizes their coffee roasts based on how present the "roast flavor" is in the coffee (mild, medium, bold, and extra bold).

Since coffee roast is a matter of personal preference, it is up to you to decide which roast best suits you. You may even discover that you will crave different roasts depending on your mood. But to get you started, I've included some great examples of the different roasts. Trying these will give you some idea as to how roast affects coffee taste.

Mild: Check out a breakfast blend coffee at Wal-Mart. You'll find the coffee has a pleasantly smooth body with hints of nuts and almonds and a crisp, sweet finish that will leave your mouth with a crisp zap. If you want the best of the breakfast blends, however, look no further than Dunkin' Donuts. It's rich, smooth, and never bitter. I've never had a bad cup of Dunkin' Donuts. You can find their whole beans at Wal-Mart, but I suggest leaving the dorm early to experience this goodness. If you really want to mark the occasion, make a breakfast date out of it (remember—coffee makes college happen).

Medium: Anything that says Columbian on it at Wal-Mart is going to be close to a medium roast. Progressing from the crisp and smooth nature of lighter roasted coffees, your medium roast will have a denser body without feeling too heavy or flat. Generally speaking, the nutty tones of the coffee will begin to be replaced with notes of dark chocolate and cocoa. You may also find that these coffees will lack the acidity of lighter roasts, but the crisp finish will be replaced by heavier, lingering flavors long after the coffee is swallowed. Starbucks house blend is a great, well-balanced medium roast, but if you can find it, Starbucks Guatemala Antigua is much better. If you want to stay in Henderson, check out the Besso's blend or buy a half-pound of Tarrazu beans. Either way, pay close attention to how the chocolate flavors exhibit themselves. At times you may even find a hint of leather or orange peel in the aroma of the Tarrazu.

Bold: Somewhat sharper than the Medium roast, chocolate, spice, and smoky notes largely make up this roast's flavor, though sometimes a caramel-like sweetness can be found in some blends. The intensity of the coffee will stay long after the finish, and will be paired with an aroma that is deep, rich, and robust. I find such coffees to go great with deep conversations due to the seriousness of the coffee's intensity and the fact that coffee like this will linger on your palate much longer than lighter roasts. Because the cup can be enjoyed at a much slower pace, you will have ample time to listen, reflect, and speak if needed.

Chester County BBQ Festival

By: Adam Currence
Staff Writer

This past weekend marked the 31st Annual Chester County BBQ Festival: three days jammed full of BBQ, funnel cakes, live entertainment, and all of the mullets and flannel you could handle. This festival takes place every year and has some of the best BBQ in Chester County! Taking place in Henderson's thriving downtown, the festival invites you to spend an entire day walking around and taking in all of the sites and sounds.

Beginning in the late 70s as a fundraiser that reflected the culture and history of Chester County, the BBQ festival has grown into an event that townies and Freedies mark



Adam Currence/The Bell Tower
One of the amazing funnel cakes.

on their calendars months in advance, with good reason. This is an excellent place for

various businesses to set up booths in an effort to garner interest. Booths this year included one for face painting, the tie-dyed t-shirt lady, the spray-painted t-shirt lady, colorful cell phone covers, purses, more t-shirts, pocketknives, and other games, along with the famous BBQ and funnel cakes. There were even TWO Baptist Church booths set up.

Now for those of you with youngsters running around who did not venture out to the festival this year, never fear, for there is plenty to keep those little ones entertained. The

petting zoo was all the rage among kids, complete with sheep, goats, chickens, ducks, and other furry creatures. Right next to the petting zoo was a place where kids could ride an actual pony! There were inflatable slides, a trampoline/bungee jump contraption, a train ride around town, and the classic "throw the ball at the target so you can dunk the man in the water." Yes, on this glorious weekend

Chester County is the place to be for anyone under 10 years old. And don't worry about



Adam Currence/The Bell Tower
Next to the petting zoo was a place you could ride an actual pony!

your kid's safety because the festival is not run by convicts in orange jumpsuits; they were to be found out back in a shed.

"But what about the Barbeque?" you may ask. After all, that is what this event is all about, right? The Barbeque was obviously delicious, and if you don't believe me, you should have seen the incredibly long line for it. I mean seriously, they probably should have had an extra Barbeque stand or two open. While quizzing random townies on what they thought about the Barbeque, I received responses such as "Amazing," "Heaven sent," and "Flippin' awesome." I don't know about you, but that tells me everything

I need to hear. Fellow Freedies, if you chose to eat Gano over Chester County's world famous Barbeque, you need to re-examine your priorities. And do not give me some weak sauce excuse about Gano "being paid for already."

If you were one of the unlucky few who missed out on this year's glorious BBQ festival, there is always next year. I hope and pray you will make the smart decision to avoid the temptations of Gano's weekend menu, and choose to come out for some great Barbeque, funnel cakes, and amazing talent that is showcased throughout each day.

More than "just feeling blue"

By Kayla Carnagie
Staff Writer

An estimated 9.5% of American adults aged 18 and over are affected by depression. A special Life Lessons seminar was held on September 22 to discuss this fact along with other statistics, ways of coping with depression, signs of depression and suicide, and what the various conditions of depression really are.

The seminar was open to all interested students, but was attended mainly by freshman who are required to attend a certain number of the Life Lessons seminars for their University Foundations classes. Freshman, however, were not the only students in attendance. Upperclassmen interested in counseling or who just wanted to know more about depression and suicide and its prevention methods also attended the seminar.

Nicole Scott, Director of the University Counseling Center (UCC), was the speaker and led students in an informative and oddly humorous (she mentions that humor is sometimes the best way to discuss serious matters) discussion of depression.

Those in attendance learned the basics about depression: what the types of depression there are, the signs and symptoms

are, how and where and when to get help, and what depression can eventually lead to (suicide). According to handouts given out at the seminar, "depression is a serious condition that involves your body, mood, and thoughts."

It can affect every aspect of your life, from the way you sleep and eat to the way you think and treat others. Depression is more than "just feeling blue," it is an illness that can last for weeks or even years.

There are three main types of depression: Major depressive disorder, Dysthymic disorder, and Bipolar disorder (also known as manic-depressive illness). Major depressive disorder is more severe while dysthymic disorder is a more mild form of depression that lasts for at least two years. Bipolar disorder is the third major type of depression, which includes "dramatic mood swings, ranging from elated excitability to hopeless despondency." The "high" periods are called mania and include an elevation in mood and decreased need for sleep (among other things), while the "lows" are referred to as depression and include symptoms such as feelings of worthlessness and sleeping too much or too little.

Depression can develop from a situation or be genetic,

but no matter how someone has developed depression, there are some things to look for. Major signs and symptoms of depression, in general, to look for in yourself or in others include: persistent feelings of sadness and hopelessness; feeling guilty, worthless, and helpless; a loss of interest in hobbies and activities that were enjoyable; trouble concentrating, remembering, making decision, sleeping, or waking up too early; eating habits changing, a major weight loss or gain; restlessness, irritability, or anxiety; and thoughts of death or suicide.

The other aspect of depression that Scott covered was suicide. She asked several questions of the audience, which led to a realization that most people have, or know someone who has, struggled with depression that has led to thoughts about or attempted or successful suicide.

Suicide does not normally occur because someone wants to die, but rather due to a need for "pain" in the person's life to stop. Risk factors for suicide include a previous attempt (they



Photo Contributed

are 50% more likely to do it again), depression, substance abuse, family history of mental disorders or substance abuse, stressful situations, a loss of some kind, and exposure to someone who has died from suicide. Other warning signs can include those mentioned for depression as well as reckless behavior, perfectionism, chronic pain or anxiety, family disruptions and other situations, running away or truancy, talking of dying or wishing that would happen, and carelessness.

If you think someone may be suicidal or depressed, the UCC can help him or her, as well as you, in the situation. The UCC is free of charge for all FHU students. Male and female counselors are available by appointment, and there is an emergency counselor if necessary, available 24/7. The UCC phone number is 989-6768.

coffee cont.

Starbucks Pike Place is a great example of a bold roast (and it's always fresh, since Starbucks makes a new batch every thirty minutes). But for the college student on a budget, I recommend Folgers Black Silk.

Its smoky, deep flavor stays

smooth without the bitterness usually found in cheaper coffees. For Besso's lovers, try the Ethiopian coffee. Of all the coffee they roast and sell it's my favorite—enough said.

Extra Bold: This type of coffee will be almost completely dominated by the flavors given of the roasting process. These

types of coffees are usually roasted to the brink of overdone, straddling the fine line between robustness or burnt. Extra Bold coffees usually have a strong, blunt, deep body that is smoky, smoky, and more smoky. Occasionally, you will find an extra bold coffee that possesses earthy notes and a huge, spicy body that is sure to

get the attention of your taste buds. When shopping for this coffee, look for anything that says French Roast on it and you're good to go.

If you're feeling adventurous and exotic, check out Starbucks Sumatra. It has a deep, full flavor that can last for hours.

Homecoming Court 2008

By: Jennie Bohmier
Staff Writer

This year's homecoming theme, "Seems like Old Times," promises to bring back plenty of good memories. The FHU Student-Alumni Association (SAA), the sponsoring club for homecoming, is also, however, bringing a new tradition to the table this year: a homecoming banquet in which the homecoming court will make their debut.

While homecoming is approaching quickly, SAA has been making plans for a good while now. Just a few weeks ago, students began nominations for their prospective class representatives. Students were asked to nominate two boys and two girls from their class along

with one boy and one girl from the senior class to serve as king and queen. The following week, students had the chance to vote via email for which candidates they wanted to represent FHU. While the final results aren't out yet, this year guarantees to be an exciting homecoming with an amazing group of homecoming candidates and an exciting line-up of new activities. Jennifer Flatts, President of SAA comments, "This is going to be a huge event—I'm so pumped about it!"

Representing the freshman class: Sarah Taylor-Argo from Alamo, TN. Sarah Tucker from Clarksville, TN. Freshman Broderick Greer from Forth Worth, TX. Daniel Boyd from

McMinnville, TN.

Representing the sophomore class: Nadia Watson from Henderson, TN. Ashton Yenawine from Jackson, TN. Ray Baker from Jefferson GA. Austen Johnson from Richmond, KY.

Representing the junior class: Lara Lambert from Umtata, South Africa. Heather Hammond from Lawrenceburg, TN. Alex Edwards from Hohenwald, TN. Jeremy Jenkins from Juno, Alaska.

Representing the Senior Class: Jessica Allen from Albany, NY. Lauren Goodman from Selmer, TN. Micah Wesson from Odessa, TX. Tyler Hughes from Arab, AL. Ben Lambert, from Umtata, South Africa.

Freshmen:



Sophomores:



Juniors:



Seniors:

