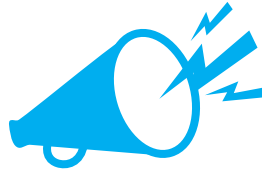


What's
inside ↗

mtsu

SIDELINES



October 28, 2015

Vol. 89, No. 2

Four Cotton Swabs and 40 Seconds:

How an MTSU student lost his father to a treatable disease and how you could prevent that from happening

by Sarah Grace Taylor // News Editor



Swabs like these are used for testing potential donor matches.

Four cotton swabs and 40 seconds could have saved the life of Elijah Steele's father.

Elijah, an MTSU senior who lost his father to a treatable disease, now advocates for a donation group that could have saved his and thousands of other lives.

The Rev. Travis E. Steele, 55, was diagnosed with Non-Hodgkin Lymphoma in the spring of 2014.

Non-Hodgkin Lymphoma (NHL) is a group of cancers of the white blood cells called lymphocytes. There are more than 30 different types of NHL that begin in the lymphocytes and spread throughout the body.

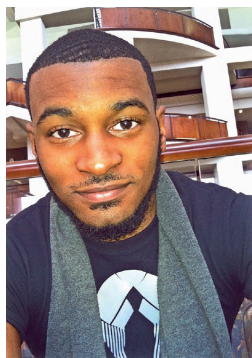
On Feb. 15, Steele lost the battle with NHL in a hospital not far from his home and family in Clarksville, Tennessee.

"I had never heard of Be the Match until then, but I was more hopeful for a match than I had ever been about anything before," Elijah

said. "I wish there was something we could have done. We prayed every day, but a match never came along."

Be the Match is a bone marrow donation organization that adds volunteers to the registry of possible donors for patients with leukemia, sickle cell anemia or blood cancers. If a volunteer matches a patient in need, they are contacted and asked to make a donation.

People ages 18-44 can join the registry by a



Elijah Steele



Elijah's father,
Rev. Travis E. Steele

simple four-swab DNA test and will remain on the registry until they are 61-years-old. Once on the registry, a volunteer may or may not be a match to a patient in need. If a match, volunteers are contacted and further tested before deciding whether or not to donate.

"Getting on the registry is such a selfless service," Elijah said. "It is a simple way to save someone's life and change their family's also."

Donors and patients are typically from similar heritage. Unfortunately, according to Be the Match, about 70 percent of patients in need of a bone marrow transplant do not have a relative who is a match. For Rev. Steele, along with an estimated 66 percent of African-Americans in need of donation, there was no match on the registry.

"People out there don't realize that these foundations and registries really save lives,"

Continue to page 4



DO YOU HAVE facial acne?

You may be a candidate for
our Clinical Research Study!

We are seeking eligible applicants for a
clinical study for a topical Facial Acne gel.

Participants must be aged 18 or older; have
facial acne and be in good general health.
They must commit to 6 clinical visits over
a period of up to 17 weeks and may receive
compensation for time and travel.

Health insurance is not necessary.

To see if you or someone you know may
qualify, please contact us at:



(615) 410-3460

1035 N Highland Avenue
Murfreesboro, TN 37130
StudiesTN@ICResearch.net

Visit us at:
www.ICResearch.net

STAFF

Editor-in-Chief Meagan White
Managing Editor Dylan Skye Aycock
News Editor Sarah Grace Taylor
Assistant News Editor Savannah Hazlewood
Lifestyles Editor Rhiannon Gilbert
Assistant Lifestyles Editor Ethan Clark
Interim Sports Editor Connor Ulrey
Multimedia Editor Grant Massey
Photography Editor Austin Lewis
Design Editor Anna Claire Farmer
Design Editor Justin Morales
Chief Videographer Darian Lindsay
Faculty Adviser Leon Allgood

LIFESTYLES

8 Tips for Staying Healthy at College / page 8

A Different Kind of Maintenance Man: The
Career of Martin Fisher / page 10

Combat Group 'Dur Demarion' transforms
Nashville's Ellington Park / page 12

COVER

Four Cotton Swabs and 40 Seconds / page 4

OPINION

On War and Conflict in Israel / page 6

SPORTS

The Art of the Two-Sport Athlete / page 13

A Look Back: Coach James "Boots"-
Donnelly / page 14

Cover photo by Meagan White // Educational Illustration

Note from the Editor

As students, we're notoriously bad about taking care of ourselves.

With intensive class schedules, demanding jobs and the ever-growing desire to maintain a vibrant social life, it's a wonder we drag ourselves from between our 100-thread count bed sheets most days.

And when we think so little of our own health, it's almost ludicrous to worry about anyone else's.

This edition, we decided to include a couple pieces which focus in on health and wellness. It's simpler than we often make it, which is why sometimes we need a gentle reminder to sleep more than a few hours and consume something other than campus chicken and over-priced caffienated beverages.

Take a break, watch some Netflix and try cooking something your grandmother would be proud of.

Take care of yourselves; take care of each other.

Meagan White
Editor in Chief

LIKE US ON FACEBOOK AND FOLLOW US ON TWITTER
AND INSTAGRAM @MTSUSIDELINES

Elijah said. "If people were more aware of [Be the Match], I really feel like the registry would be even more numerous."

Since his father's death, Elijah joined the registry and begun promoting Be the Match on MTSU's campus and in the community.

"No matter what we go through in life, there is always a bright side. You can avoid a lot of the darker days by being aware of the things that are going on in the world," Elijah

said. "Be the voice that you want to hear and next time it'll be a different message."

Though he says the cause "sells itself," Elijah believes that the root problem is a lack of awareness for the program.

"If people knew about the organization, more people would join without a second thought. I mean, had you heard of it," Elijah asked me.

I had never heard of Be the Match until I went to a Blood Assurance blood drive held on Greek Row late in March. That's where I heard of Be the Match; that's where I got in contact with Elijah.

I wasn't out to donate bone marrow, hell, I wasn't even there to give blood. I just went to get photos for Sidelines, but I was introduced to a person and a program that deserved much more recognition and certainly those forty seconds of my life.

Upon talking to the Blood Assurance/Be the Match representative at the drive, I learned about cures for diseases that I didn't even know existed.

For instance, I learned that on average, 360 people are diagnosed with some form of blood or bone marrow disease a day. Only about 30 percent of those people have a relative who can donate. The other 70 percent are in need of a random donor; that's where Be the Match comes in.

In 2014, Be the Match was able to assist in

6,300 bone marrow transplants. Wow—6,300 is quite the number when you consider only about one in every 40 donors on the register are

actually matches for a patient in need, and only one in 540 of those will actually go all the way through with a donation.

However, even with the 12.5 million donors on the registry, thousands of potential recipients like

Travis Steele die every year because they don't receive a match.

These crushing statistics and the minimal requirements from donors are why I joined Be the Match and why I suggest you do the same.

In about 10 minutes, I filled out the paperwork, swabbed my mouth and was ready to go. Within a month, I got a confirmation email telling me I was on the registry, and then nothing was asked of me again until September.

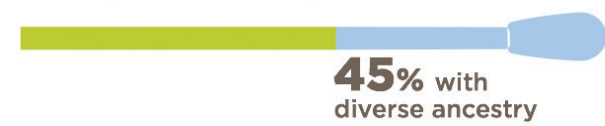
On Sept. 22, only four months after being swabbed, Be the Match contacted me to say that I was a potential match for a patient in the early stages of leukemia.

From there, I was asked to perform a 10-15 minute long medical questionnaire over the phone. During this call I was met by an extremely dedicated professional who answered every question I had about moving forward in the process.

He told me about the simplicity of the donation.

There are two options for donating marrow: A donor can participate in a minor outpatient surgery during which liquid marrow is removed from the pelvic bone, or they can give non-surgically through a peripheral blood stem cell (PBSC) donation. PBSC donors will take a series of injections of a medicine (Filgrastim) that increases cell production for five days leading up to the donation. On the donation day, the donors simply give blood through a

Grew the Be The Match Registry® by
546,000 new potential donors



"It almost seems silly not to at least join the registry. I mean, you have nothing to lose by joining and nothing to lose by donating, but those patients and families have it all on the line."
-Elijah

similar machine to those used by a standard blood drive. These machines then filter out the white blood cells from the blood for donation and return the rest to the donor's other arm.

Regardless of the medical procedure necessary, the donor is compensated fully for medical, travel and other expenses surrounding the donation.

Between the minimal medical risk, the insignificant time commitment and the complete lack of financial burden on the donor, I found it impossible to not at least try.

By the end of the year, I should be meeting and donating to a patient. Elijah will still be passionately advocating the cause. Thousands of people are still going to wait for donors—some won't even make it that long.

In less than the time it took you to read this article, you could have gone to bethematch.org and ordered your free mail-in swab kit. By the end of the semester, you could take the test, mail it back and be on the track to potentially saving a life.

So why wait?

As Elijah says, "It almost seems silly not to at least join the registry. I mean, you have nothing to lose by joining and nothing to lose by donating, but those patients and families have it all on the line."

For more news coverage, follow us at www.mtsusidelines.com, on Facebook at MTSU Sidelines and on Twitter at @MTSUSidelines.

To contact news editor Sarah Grace Taylor, email newseditor@mtsusidelines.com.

2014: YEAR AT A GLANCE

 Helped **6,300** patients receive a marrow transplant
Totalling **68,000** marrow transplants since 1987

Infographics from Be the Match.
For more information on Be the Match, to find a donation center or order an at-home swab kit, visit bethematch.org or call 1-800-MARROW-2.

ADDICTION | ANXIETY | DEPRESSION | PTSD
INTENSIVE OUTPATIENT AND RESIDENTIAL TREATMENT PROGRAMS
IN MURFREESBORO, TN

ADDICTION
is a
SHADOW
THAT CREATES
a MINDSET
of FEAR
and
DISTRUST

JourneyPure

TREATMENT FOR ADDICTION AND MENTAL HEALTH DISORDERS

DON'T STRUGGLE ALONE.
CALL AND GET THE HELP YOU NEED.

615.939.9294

JOURNEYPURE.COM

We Treat the Whole Person

Physically: We provide organic meals, daily exercise and yoga.

Mentally: Our counselors are trained in all forms of addiction as well as neuroscience. We train the brain and nervous system to self regulate. Healing underlying trauma is critical to a vibrant life in recovery.

Spiritually: Twelve-step programs are the foundation of our program, but we also introduce other avenues to connect spiritually such as dreamwork, mindfulness and meditation, creativity, drumming, nature and equine therapy.

What truly sets JourneyPure apart is our small, intimate setting.

We work with only 8 residents at once and the program takes place in a beautiful 2-story home with a nature filled courtyard.

On War and Conflict in Israel

Photo and story by Daniel Jansouzian



The Dead Sea

ISRAEL IS A PLACE THAT'S ALWAYS IN NEWS HEADLINES and controversial conversations. It's also a place of complicated politics and misconceptions.

War, sectarianism and terrorism have landed Israel in household conversations across the world. Yet, that's not the whole story.

On July 11, a group of MTSU students boarded a plane in Philadelphia headed to Tel Aviv to find the story of Israel. Each student had a different background, different major and a different reason for taking the trip, but we were all looking for the truth to the media attention.

Perhaps the first thing I noticed about Israel was how green it was. The first thing people think when they hear Middle East is desert, but Israel has trees, shrubbery and beautiful flowers. Ronny Simon, our tour guide, mentioned that agriculture is one of Israel's largest industries.

Another aspect all students noticed was how safe we felt in Israel. Before we left we were warned by friends, family and the MTSU Study Abroad office that we were not going to a safe place, however, we never felt endangered. While in Tiberias, a student pointed out that a man left his coffee and cell phone on a table at a street-side café like it was nothing. People were neighborly there.

However, Israel certainly has conflict. Today, there are land mines scattered across the area past the fence on the Israeli side. Sometimes we could hear faint muffled sounds or see smoke in the distance. It was heartbreaking to know just over that fence people are struggling for survival, and we don't even know where to begin to help them.

Perhaps this is a huge chunk of the truth for the region. The whole land is in perpetual conflict and there are no cookie cutter answers. War is never simple.

Someone recently made the comment to me that war used to be simple, people stood on opposite sides and ran at each other. While that does hold truth, I don't believe even back then it was simple. War is the biggest tragedy of humankind. However, today it has become even more complicated. It's difficult to see whose side anyone is on. Technology and media make

it even more complicated, because now everyone has a platform to share their agenda. People are terrified, but they don't know what to do because the world woke up and the bad guys don't always wear masks anymore.

Israel has been this way for thousands of years. Like Ronny told us, this piece of land is small, and it has always been caught between powerful empires and their conflicts, yet the God the Jews believe in told them this was their land. So, since the beginning the Jewish people have been caught between major world conflicts and, by being in the middle, it seems the world constantly wants to kill them. It's the same for them today.

What I learned is that although the Israeli conflict is far from over and there have been crimes committed on both sides, the most important thing is to take into account both perspectives. No matter what a person's point of view, to discount the other side is to dehumanize a group of people.

It's true Palestinians were living on the land 100 years, but so were Jews. There were acres of purchased land for Jewish people in the area to build on and make their home. This is where the Jews were coming during the time of World War II. After the war the UN declared Israel a state, the borders were expanded and the Jews had their homeland back. These are facts, however, there are many conflicts between the two groups on land, religious sites and borders, and Israel gets a lot of press for being an oppressive state.

To understand why Israel is the way it is, Ronny took us to three sites: Masada, the Temple Mount and the Jerusalem Holocaust Museum. Each told a different story of Jewish history and each gave us a different idea of why Israel takes no threat lightly and why they're there today.

Masada tells the story of a group of Jewish zealots who lived in this fortress for two years after Jerusalem fell to Rome. One night Rome finally stormed the fortress and the men knew they were going to die. Rather than be slaves of Rome, they slew their women and children, drew lights to slay each other and the last man fell on his sword, because the Jewish religion

forbids suicide. However gruesome this story is, it tells of the Jewish resilience to fight oppression and resist ever being in bondage again.

The Temple Mount is the highest point in Jerusalem and the most important religious site for Jews, Christians and Muslims. It is the place both Jewish temples were built and destroyed, and houses the third holiest Muslim site: the Dome of the Rock, where they believe Abraham was to sacrifice his son and God spared him, and the Al Asqa Mosque. This is what much of the fighting is over in Jerusalem today. After walking down to the Wailing Wall and praying with the Jews, I stood next to a student and with tears in his eyes and he said to me, "This is all they want to do," referring to the praying Jews.

It's very moving, because today the Jews have to be escorted up to the site of the Temple Mount, which is controlled by Muslims. A group of Jews were waiting to visit, but a group of Muslims screamed at them while spitting and throwing rocks. The class was shocked, but Ronny said this is common. This is not to paint a bad picture of Muslims; I met a lot of pleasant Muslims, Jews, Christians and Armenians in the Holy City. I hope to discredit reports that say the Muslims are the ones oppressed when Jews can't even go to their holy site safely and Christians are fleeing the country by the thousands because of oppression in their Muslim dominated communities.

The third site we visited was the Holocaust Museum. This was understandably the most moving of all the sites we visited and told the final story of why the Jews were there.

I don't have room to tell my whole story here. I only want to convey what I know to be true. I detest crimes against humanity, and I hate war and conflict. I am neither against the Jews or Palestinians. I am in favor of peace in the region. I pray the two groups can learn to live together, pray together and learn together, the same prayer I pray for the rest of the world.

For more campus news, follow us at www.mtsusidelines.com
Facebook at MTSU Sidelines and on Twitter at @MTSUSidelines.
Contact News Editor Sarah Grace Taylor at newseditor@mtsusidelines.com.

 **WE'RE OPEN!**
BRING ALL YOUR
(TASTE) BUDS

NOW OPEN!
COME IN TODAY!

NEW BK' LOCATION

[1524 North Rutherford Blvd., Murfreesboro, TN 37130]



DOWNLOAD OUR APP
AND START SAVING



Apple and the Apple logo are trademarks of Apple Inc., registered in the U.S. and other countries. App Store is a service mark of Apple Inc. Google Play is a trademark of Google Inc. TM & © 2015 Burger King Corporation. All Rights Reserved.

Read a general news or opinion story elsewhere on our website: www.mtsusidelines.com



Tips for staying healthy at college

BY EMILY AUSTIN /
CONTRIBUTING WRITER



Activity fliers that are free to take at the entrance to the Recreation Center.
Photo by Emily Austin

Most college students tend to live unhealthy lifestyles. We sit in classes all day, stare at a computer for hours cranking out our research papers, stuff our faces with greasy pizza and then sleep for about five hours before doing it all over again. With finals coming up soon, students are even more prone to practicing these poor health habits.

If you research anything about college health, you're likely to find a plethora of articles warning about "The Freshman 15." While this is a proven myth, college students are still at an increased risk of getting cancer and other health problems later in life, according to a 2014 study by Northwestern Medicine and Northeastern Illinois University.

Here are some tips on how you can lead a healthier lifestyle despite a busy schedule:

1. DRINK MORE WATER.

Angela Ramos, an MTSU professor who coordinates yoga, Pilates, tai chi and activity dance warns to not drink your calories.

"Most people go over their calorie intake because of drinks," Ramos said. "If you want something sugary, you can either have a dessert every once in awhile or a soda, but most people do both."

Sodas are loaded with caffeine and sugar. Cutting soft drinks out of your diet will not only decrease your sugar intake, but you may also shed a few pounds in the process.

2. GROCERY SHOP AND MEAL PREP.

"I say you'll save money if you grocery shop. That's my biggest tip," said Reginald Arthur, a junior exercise science major who works at the Rec Center. "(Meal prepping) is what's saved me for the past few years I've been in college."

To meal prep, you pick a day to prepare all of your meals and put them in containers. In the long run, it should save you money and help you cut back on your fast-food intake.

Try to stick to the outer part of the store while grocery shopping and avoid the center where all the junk food is. Plan ahead and pack plenty of fresh, healthy snacks for whenever you're hungry so you won't over-indulge yourself later on.

3. TAKE A CLASS.

MTSU offers a long list of physical education classes such as Pilates, yoga, aerobic dance, self-defense and personal conditioning. By putting a fitness class in your schedule, it guarantees you'll be active a few times a week because it's part of your grade. You'll also learn correct form, which will keep you from making mistakes that could potentially lead to injuries if you were to try the new activity on your own.

4. USE AN APP TO KEEP TRACK OF YOUR PROGRESS.

MyFitnessPal is a free app that can be downloaded iPhone and Android devices. This

app allows you to keep track of your calorie intake and how many calories you're burning throughout the day. You log how much you currently weigh, your goal weight, gender, age and how active you typically are.

This easy-to-use app will tell you how many calories you should be consuming daily to reach your desired weight by a certain date. After completing an entry each day, the app will tell you how much progress you've made.

MTDining supports MyFitnessPal and some of Aramark's food on campus is registered into the database, showing you the nutrition facts and calories.

5. USE THE REC CENTER.

Every enrolled student can use the Recreation Center for free; all you need is your student ID number. The Rec offers a weight room, cardio room, basketball court, swimming pool, fitness classes, personal trainers and information on intramurals.

"The majority of staff are exercise science majors, along with myself," Arthur said. "We are more than happy to answer your questions."

6. GET MORE SLEEP.

This is likely to be the most difficult tip to accomplish. With classes, part-time jobs and social lives, college students tend to get little sleep. According to Brown University, college students are among the most sleep-deprived

people in the country. Getting a sufficient amount of sleep may take some prioritizing.

According to Ramos, women tend to need eight hours of sleep while men need seven. However, college students need more.

7. DO MORE CARDIO.

Sitting around all day is bad for you, so move around any way you can. If you want to lose weight, you will need to work out about four to five times a week for 45 minutes to an hour.

If this can't be accomplished, fit in movement whenever you can. Some time is better than no time at all. Have a 15-minute break? Go for a walk. If you have a long break between classes, use it as an opportunity to go for a 20-minute run at the Rec Center.

8. MAKE GOOD HABITS AND STAY POSITIVE.

"Always be positive about working out," suggested William Mack, a senior animal science major.

"Don't look at it as a task," Arthur added. "It's important if you're goal-oriented. It's very good to implement a goal with exercise, because if it continues, it makes you get into the habit of coming in and just going with the routine that allows you to reach your goals."

For more health tips and news, follow us at www.mtsusidelines.com, on Facebook at MTSU Sidelines and on Twitter at @Sidelines_Life.

To contact Lifestyles Editor Rhiannon Gilbert, email: lifestyles@mtsusidelines.com.

Continue to next page

At Absolute Auto Center we offer Quality Pre-Owned Vehicles at Discount Prices.
We also offer Financing on all of our loans for qualified buyers.

Everyone is Approved!

ATTENTION STUDENTS!
Absolute Auto Center is Now Hiring Auto Sales representatives!
No Experience Needed, We Will Train You! Flexible, 5 work days!

Absolute Auto Center is family owned and operated, and an enjoyable working environment.

We have several part-time positions available. No experience is necessary.

Stop by and fill out an application or drop off your resume or email it to absolutetomboro@gmail.com.

We look forward to meeting you!

Regards,
The friendly staff of ABSOLUTE AUTO SALES!



415 SE Broad St.
Murfreesboro, TN 37130
(615) 217-6767
absoluteautocentertn.com

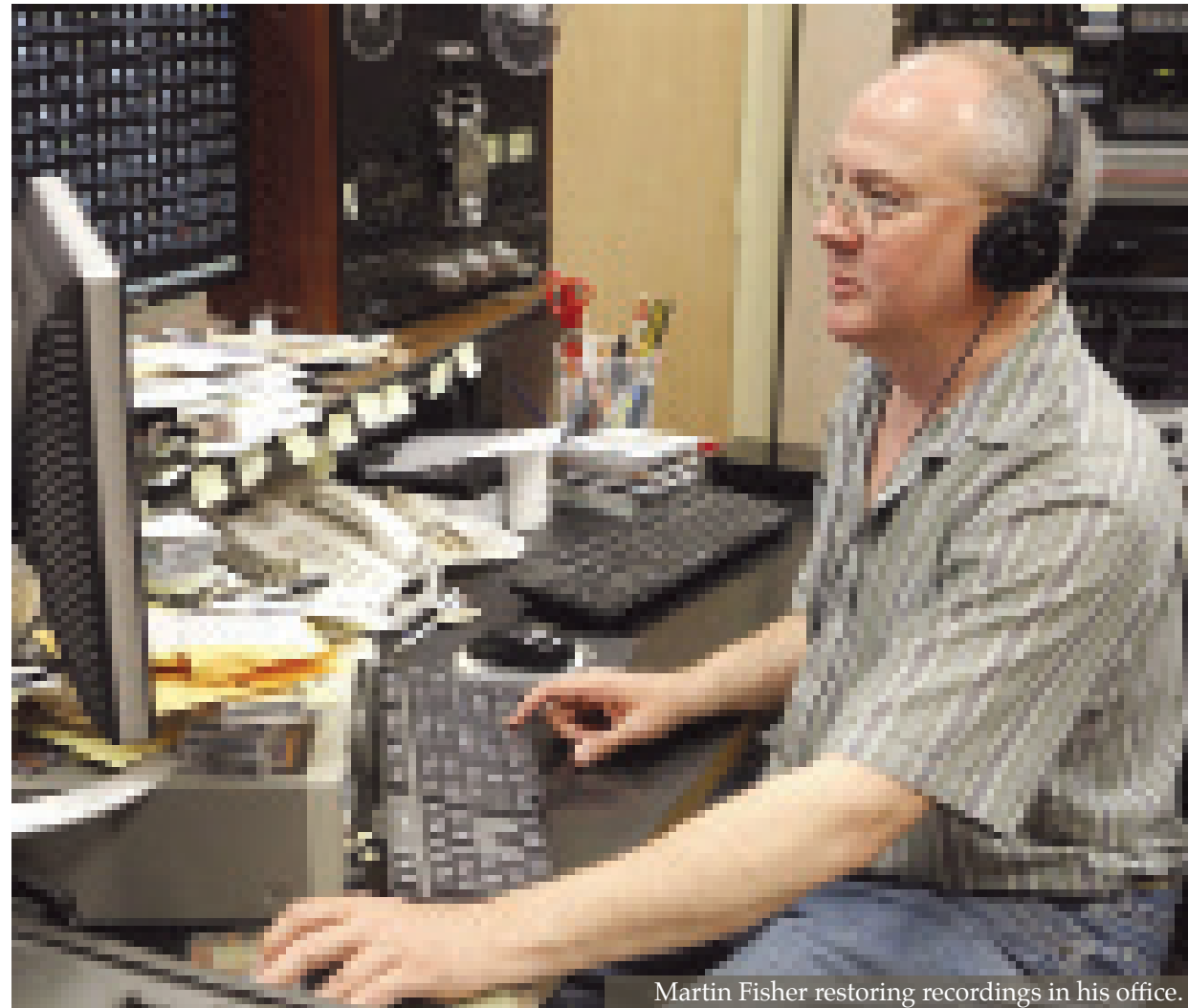


MAKE THE RIGHT CHOICE
80% of MTSU students
Have Never driven a car while
under the influence.



This material was developed through a project funded by the Tennessee Governor's Highway Safety Office.

A Different Kind of Maintenance Man: The Career of Martin Fisher



Martin Fisher restoring recordings in his office.

story and photo by Daniel Baumli

Middle Tennessee State University's Center for Popular Music is home to an enormous body of music and related materials that can be used by students and authors for research and studying. An integral piece of the center's work is the restoration of sound recordings in all forms of media. The man responsible for restoring these sound recordings is Curator of Recorded Media Collection, Martin Fisher.

"I try to get the best sound that I possibly can, and then go from there," Martin said.

Martin grew up in the small town of Parsons, Tennessee. When he was 2 years old he developed a hernia and required surgery at a hospital in Jackson, Tenn. While he was there, his grandmother got him a blue and white General Electric record player, along with a few Cricket 78 records. This solidified his love of records, and he became an avid collector of records of all genres of music ranging from folk to jazz to rock 'n' roll. His love for records spanned beyond just the music -- he soon became fascinated with the physical copies themselves.

Martin, a religious man, tends to see the nuts and bolts of things rather than just its finished product. It goes without saying that he prefers a physical copy rather than digital be it music, film or a book. His workstation is admittedly cluttered with a combination of tapes, records, papers and various tools and equipment he uses to restore and edit the recordings that come into the Center. Despite this, he has no problem locating anything he needs for the job at hand.

"Collections come in, they're counted in the back and if there is any

kind of maintenance, like physical cleaning, or repackaging, getting grunge off of tapes, I'll do it. I'll take care of that," Martin said about the recordings he restores, which includes tapes, vinyl records and even digital recordings.

In high school, Martin became involved with his school's automated radio station. At the University of Tennessee at Martin, he switched his focus from radio production to television production, earning his Bachelors of Science in broadcast communications.

Martin took an internship after college at News Channel 5 in Nashville and was offered a position in production shortly after his internship. During his 18 years at Channel 5, he ran studio cameras, gathered news electronically and just about anything else needed from him for production in the audio and tape division.

Martin applied for a position in MTSU's Center for Popular music and was hired in September 2005 after multiple friends and acquaintances referred him, telling him he belonged there. It would certainly seem they were right, seeing that 10 years later, Martin is still passionately working in the CPM.

"I've really enjoyed working here," Martin said with a gentle smile. "I hope to make this a career ender right here."

For more features on interesting people, follow us at www.mtsusidelines.com, on Facebook at MTSU Sidelines and on Twitter/Instagram at @Sidelines_Life.

To contact Lifestyles editor Rhiannon Gilbert email lifestyles@mtsusidelines.com

Imagine...

a career where the professional rewards are measured by the lives you touch.

Now Hiring!

LabCorp is seeking an experienced Lab Manager I and Specimen Accessioners to join our team in Nashville, TN.

Lab Manager I

This position normally requires a B.A./B.S. degree in related field with five to seven years of experience. This exempt position exercises managerial responsibility at a level as indicated by the job title and commensurate with the indicated salary grade. This is a multi-discipline position which can be assigned throughout the company as appropriate.

Specimen Accessioners

This position requires a high school diploma or equivalent with one to two years of experience. Data entry experience is strongly preferred. Passing score on data entry (minimum of 3000 kph with 5% error rate) and visual comparison assessments (score of 38 or higher) is required.

Learn more about our amazing opportunities and apply online at www.jobs.labcorp.com/Passion and apply to job ID: 49807, 47906, 49809, 41535, 49810 and 50038 for Specimen Accessioners. Job ID: 49811 for the Lab Manager I position.

www.labcorpcareers.com
*Connect to something amazing



LabCorp is an Equal Opportunity Employer. As an EOE/AA employer, the organization will not discriminate in its employment practices due to an applicant's race, color, religion, sex, national origin, and veteran or disability status.



JOIN US ON WEDNESDAYS FROM 5-8pm
COLLEGE NIGHT



try a gelati

WHO: YOU!
WHAT: Italian ice & frozen custard
WHEN: 5-8pm every Wednesday
WHERE: 2018 Medical Center Pkwy
WHY: amazing discount w/ ID



Imagine Yourself at Verizon...



College is full of firsts. But so is life after school. It's time for that next first.

An exciting career awaits you!

There are plenty of choices for you. Internships/co-op programs, rotational leadership development programs, and entry-level roles.

Come visit us at the following events to discuss your next steps:

- 10/29 MTSU Fall Career Fair Murphy Center from 1pm-4pm
- 11/10 Information Table Student Union from 10am-12pm
- 11/11 Information Table KUC from 10am-12pm
- 11/12 Information Session Student Union from 10am-12pm
- 11/12 Intern Interest Meeting ILAS Room N2718 from 3pm-4pm

Start your journey at www.verizon.com/hiremtsu

Verizon is an equal opportunity and affirmative action employer M/F/D/Disability/Vet

CONNECT WITH US:



Combat group ‘Dur Demarion’ transforms Nashville’s Elmington Park

By Etta Petersen | Contributing writer

ACH SUNDAY AT NOON, a group of combatants take over Nashville’s Elmington Park and battles until sundown. These fighters are part of a combat group called Dur Demarion.

Dur Demarion is a faction within the national fighting organization Belegarth. Belegarth shouldn’t be confused with LARPing. Although both involve fighting and roleplaying, LARPing involves the use of magic and spells during battle, while Belegarth does not.

Yvonne Agostinho, who also goes by her character name, Ora, is Dur Demarion’s lore-master, or historian. She got her daughter involved with the organization as soon as she was born.

“The instant she was released from the hospital I asked my husband, ‘Want to go to the field?’ Agostinho said. “We showed her off.”

Despite the serious atmosphere on the battlefield, the sidelines are lined with children and spectators enjoying the scene. The fighters welcome anyone interested, whether it’s just to chat or to swing a sword.

“You should definitely come out and learn,” said Maylon Hill, who has been involved with Dur Demarion for 16 years. On the field, Hill plays a Belegarthian Knight named Zwolf.

“It’s a great outlet,” Hill said. “It’s the best stress relief I’ve ever had.”

Dur Demarion welcomes all ages to come out to join the battle.

“It’s great for young people,” Agostinho said. “They aren’t sitting inside rolling dice at a table. They’re outside getting fresh air.”

Member Caroline Garrett even said she

owes her life to Dur Demarion because she was helped out of an abusive relationship by a fellow fighter.

Dur Demarion is such a unique organization that it can sometimes be met with some confusion.

“We get a bad rep from people who don’t understand,” Agostinho said. “They just see a bunch of people hitting each other with sticks.”

If anyone is interested in understanding Dur Demarion’s fighting techniques, they are welcome to come out to the park on Sundays to try out the gear.

“We have tons of loaner equipment,” said Nathan Larkin, a three-year fighter who also goes by his character name Vander. “As long as you swing a weapon once, you’ll want to come back.”

And one need not worry about safety on the field. Each piece of equipment involved with Dur Demarion has specific guidelines it must meet before someone is allowed to use it

on the battleground.

“It doesn’t matter how pretty your sword is,” Larkin said. “I’m not going to let you hit me with something that’s not safe.”

It’s also recommended that those interested wait to invest in equipment for their character, as clothing and weapons can run anywhere from \$20 to \$100.

“When I buy personal-made stuff, I have to consider it a dress outfit,” Larkin said.

Dur Demarion meets from noon until dark. The organization is free and all are welcome, whether it be to watch, talk or de-stress by smacking someone with a sword.

The group’s one requirement: Come with an open mind.

For more community events: follow us at www.mtsusidelines.com, on Facebook at MTSU Sidelines and on Twitter at @Sidelines_Life
Contact: Lifestyles Editor Rhiannon Gilbert
email: lifestyles@mtsusidelines.com



Dur Demarion engages in combat | Photo by Etta Peterson

The Art of the Two-Sport Athlete

BY CALEB LUKETIC | STAFF WRITER

JIM BROWN, MICHAEL JORDAN AND BO JACKSON are just a few of the greatest athletes of all time. What’s the one thing they have in common? They were all two-sport athletes. It’s rare to find an athlete who competes in multiple sports past the high school level. At MTSU there’s one athlete in particular who shares the same commonality with the names above. Brent Stockstill is the starting quarterback for the Blue Raider football team and a pitcher for the Blue Raider baseball team.

“I started playing multiple sports around the age of four or five,” Stockstill said. “I think soccer was the first one. It was soccer, gymnastics, baseball and football, and that’s how I think all kids should be nowadays.”

I think it’s going away from [kids playing multiple sports],” Stockstill continued. “I think that everybody should play every sport as long as they can.”

University of California, Los Angeles, recently conducted a study comparing its athletes to students who played sports in high school but did not receive a scholarship to play in college. The study found its athletes began specializing in one sport no earlier than 15.4 years of age. The students who had not received a college scholarship began specializing in one sport before the age of 14.

“I think one of the toughest things nowadays is the Amateur Athletic Union and the travel ball teams. I think you get some tough coaches,” Stockstill said about early specialization in a single sport among kids. “I know in the school systems, often times one coach doesn’t want you to do both because they are being selfish over their kids.”

Parents sometimes pressure children into specializing in one particular sport, but the UCLA study disproves the theory that most parents have.

“It was just because I love sports. I think that each sport helps the other one because you’re always staying in shape, you’re always competing, you’re learning how to win and you’re learning how to compete,” Stockstill said about why he has continued



The MTSU Blue Raiders defeated the Charlotte 49ers on Saturday, September 19, at the Johnny “Red” Floyd Stadium in Murfreesboro, TN (MTSU Sidelines/Meagan White).

to play more than one sport. “And I think it’s a love for the game that makes you want to play as many sports as you can.”

The amount of two-sport athletes significantly drops from the high school level to the college ranks, with each level having its own unique set of challenges.

“I think at the high school level it is a lot easier because the sports aren’t so much year-round. Once football season was over you got a little time off before baseball season,” Stockstill said. “But in college I think it’s more from a leadership and a team [standpoint], not so much a physical standpoint. You got to have the trust of your guys. But the most difficult thing is keeping your body ready for each individual sport.”

Parents often tend to squash their kids’ desire to play more than one sport in the hopes that the dedication will earn them a scholarship.

“As parents and as coaches, they should be willing to let their kids play it all because I think it’s proven that the more sports kids play, the better it is,” Stockstill said, saying that being able to compete at the collegiate level in two sports takes unique talent, unique ability and an uncanny sense of time management.

Stockstill has all of these characteristics and then some, and that is why he remains one of the few athletes preserving the lost art form.

For more Blue Raider sports, follow us at www.mtsusidelines.com Facebook at MTSU Sidelines and on Twitter at @Sidelines_Sport.





Statue of Coach James "Boots" Donnelly | Photo by Austin Lewis

A Look Back: Coach James "Boots" Donnelly

BY CALEB LUKETIC | STAFF WRITER

MIDDLE TENNESSEE'S FOOTBALL PROGRAM has evolved into a legitimate Division I program, in large part because of the coaches who spent the better part of two decades building the program up to what it is today.

The Blue Raiders played their first football game in 1911, but the program wasn't Division I until 1952 when they joined the Ohio Valley Conference (OVC). The Ohio Valley Conference was classified, and still is, as Division I-AA, equivalent to current-day Division I FCS.

In 1979, Middle Tennessee hired James "Boots" Donnelly to take over the coaching reins from Ben Hurt after he resigned in November of 1978.

"The reason I came to Middle Tennessee was I felt like we could move the program forward and I felt we could go 1A," Donnelly said in an interview with Sidelines. "In the process of dreaming that, we were fortunate that we got a president in Dr. James Walker."

Donnelly credits much of his success in advancing the football program to former MTSU president James Walker, who believed Coach Donnelly could take the team to a Division I-A

program.

"Without Dr. Walker, I don't know where we'd be," he said.

Donnelly struggled to amass wins in his first two seasons in 1979 and 1980, finishing a combined 3-17. The 1980 Blue Raider team, however, was able to scratch their way to a 6-5 season,

"THEY (THE FANS) HAVE TO BE TRUE SUPPORTERS!"
-DONNELLY

setting a foundation for the next 11 seasons.

In just his fourth season at Middle Tennessee, Donnelly was able to lead his team to an 8-3 season and a third place finish in the Ohio Valley

Conference. Over the next three seasons, Middle Tennessee would have its first two 11 win seasons under Donnelly, and in 1985 would win its first OVC Championship since 1965.

"When you got group of strong willed players that like to play together and have a great camaraderie together, you can play," Donnelly said. "[The coaches] weren't coaching at Middle [Tennessee] to move to a higher program, they were coaching in order to win games for Middle Tennessee. I was extremely fortunate to have quality coaches."

After 1985, Donnelly was able to lead the Blue Raiders to three more conference championships and 10 more winning seasons, which landed him a spot in the Blue Raider Hall of Fame in 1993 and the College Football Hall of Fame in 2013. On October 3, a statue in his honor was unveiled on the MTSU campus before the Blue Raiders' homecoming game against Vanderbilt.

"The first thing you got to always remember when dealing with any accolade, there is no such thing, particularly in a football program, that comes to an individual, it is always a team award," Donnelly said. "It was individuals who made your program what it was or is."

Continue to next page

"The wall [of coaches and players names] is the most important thing, my statue is secondary to any of that. When you walk out to that wall and see all those names, that's what our program was all about. It wasn't about an individual, it wasn't about me, it was about the team and the players. That's what made it so special to me."

Coach Donnelly said he believes MTSU has the potential to further their football program, but doing so requires maintaining a good coaching staff and recruiting high level talent. But there's something else the program needs.

"The number one thing that Middle Tennessee has to do, and has not been able to do up until this point," Donnelly said. They weren't able to do it when I was there, and they haven't done it yet ... You have got to fill that stadium up with your supporters."

"Not supporters who say, 'Well, we will cheer for Middle if Tennessee isn't on TV at the same time, or if Tennessee isn't at home this week,'" he explained. "As people continue to move into Rutherford County, they have to become Blue Raider supporters. [We] have to stack the stadium with people."

The support the team receives is vital, and that's what brings a program to life. Donnelly said the relationship between the fans in Floyd Stadium and the athletes on the field must be strong in order to be a successful program.

"What's important is to put a product out there on the field that everybody is excited about, recruit like crazy, keep your coaching staff intact and just win football games," he said. "All of that is hard to do if you're not filling up the stadium because players feed off of the crowd."

Donnelly talked about what the school and the program can do to bring more people to games at Floyd, and what it'll take to get to that "Tennessee level."

"I don't think you advertise, I don't think you have gimmicks, I don't think you have artificial means to get them to support," he said. "They (the fans) have to be true supporters."

"People are going to eventually come, it may not be in my lifetime, but people will come to support Middle Tennessee," Coach Donnelly said confidently. "Now that we are able to play Alabama, Indiana, and all these Division 1 schools, things have changed."

Donnelly spoke highly of the ideals of the team, and what it can do as a program. He said Middle Tennessee will never financially compete with University of Tennessee and similar universities, but it's not just the money that makes a team.

"What makes your team is your players, what makes your team is your character, what makes your team is your coaching staff," Donnelly said. "If everybody pulls together, you always got a chance, but if you have individuals who expect something more than is really out there, then you're not gonna have a team."

For more sports articles, follow us at www.mtsusidelines.com, on Facebook at MTSU Sidelines and on Twitter/Instagram at @Sidelines_Sport. To contact Interim Sports Editor Conner Ulrey, email sports@mtsusidelines.com

Happy Hour Every Day!
2-5 p.m.

2962 S. Rutherford Blvd.

10% OFF WITH MTSU STUDENT ID

FREE CHEESE DIP
With the purchase of any entree

\$1 TACO TUESDAYS
Tuesdays and Saturdays

TRIVIA
Tuesdays and Saturdays

MARGARITA WEDNESDAYS!

LIVE MUSIC
Every Thursday
\$5 domestic pitcher all day

DOWNLOAD
The SBOT App.
Get Free Stuff!

USAC

Your Gateway to the World

#wherewillyougo

Discover where you'll study abroad at usac.unr.edu.

NASHVILLE'S BEST PLACE TO PARTY



**VOTED BEST PLACE TO DANCE
11 YEARS IN A ROW**

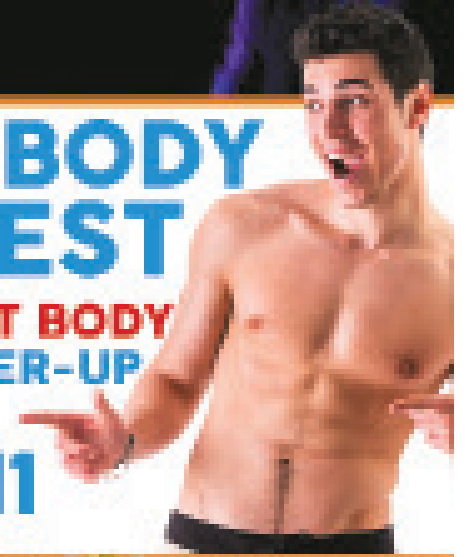


COLLEGE NIGHT

EVERY WEDNESDAY
FREE ENTRY
WITH YOUR STUDENT ID
BEFORE 11PM

STUDENT BODY CONTEST

\$100 BEST STUDENT BODY
\$50 RUNNER-UP
WED NOV 11



**THE PLAY MATES:
THE ART OF FEMALE ILLUSION PERFECTED**

