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mtsu

SIDELINES



September 30, 2015



“IF YOU SAY ANYTHING, YOU’LL NEVER BE ANYTHING”

By Sarah Grace Taylor / News Editor
with contributions by Journey Button-Hale

Analysis

A Washington Post-Kaiser poll released over the summer reports that one in five women and one in twenty men who have been enrolled in college since 2011 have been sexually assaulted.

Additionally, the Association of American Universities released a survey on September 21, echoing the Post-Kaiser poll, finding that over 20 percent of women from 27 major universities nation-wide had been sexually assaulted.

These numbers do not reflect a sudden outbreak of sexual misconduct, but rather a steady-

ly rampant problem on campuses nationwide. So much so, that this horrific truth is described, and almost “normalized,” as the “rape culture.”

Rape should not be routine, rape should not be normal, rape should not be a culture.

Since school started in August, there have been two rapes and a sexual assault reported by MTSU students. Those are just the reported incidents.

The Post-Kaiser poll reports that only 71 percent of victims tell anyone after they have been sexually assaulted, and of that 71, only 12

percent told police or campus authorities.

This is a problem not just nationally, but on our campus.

Carolyn Jackson, a licensed clinical social worker with the MTSU counseling center, said the MTSU female students she talks to usually knew their attacker fairly well.

“The people that I’ve met, that have reported sexual assault, usually did know the person in some way, usually they were just acquaintances,” Jackson noted.

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Cover photo by Austin Lewis

Pictured: Woman (center) is Sheila Jo McBryant
Women to the right and left are students of Middle Tennessee State University.

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Note from the Editor

We are desensitized.

We read about sexual assault almost everyday. We see stories ad nauseum on our Facebook feeds and watch oversimplified dramatizations of the heinous acts on TV shows and in movies. We are bombarded with statistics. Perpetrators are given a slap on the hand and victims are dragged across the coals. Sexual assault has almost become commonplace in the frequency with which it permeates our lives, so much so we don't seem to view it as "exciting" or "interesting" anymore. We've even given the phenomenon a title: rape culture.

Rape should not be a part of any culture.

Sexual assault happens. We know this to be true; it isn't news, we aren't saying anything that hasn't been said hundreds of times before in a hundred different ways.

It's personal.

It happens across genders, religious affiliations, ethnicities and sexual orientations. It happens to family, friends, significant others and mentors alike. It happens to people.

So let's do something about it.

Get angry.

Allow yourself to be enraged and sickened by what's happening. Do something and don't let that something be simply sharing a Facebook article you didn't read in its entirety or a hash tag on Twitter. Use your voice, talk to people, make a scene. Offer solace and aid to those who need it and know that if ever you find you are the one who is in need, you are not alone.

Fight back.

Please, with everything you have in you, fight.

Meagan White
Editor in Chief

BLUE RAIDERS RECEIVING \$1.5 MILLION FROM ALABAMA GAME

BY NICK GRIESBACK // CONTRIBUTING WRITER



As the Blue Raiders arrived in Tuscaloosa, Alabama, to take on the Crimson Tide, many fans may not have understood why a team would voluntarily put themselves through the daunting task of playing University of Alabama's high-ranking football team.

Yes, players and coaches want the challenge of facing top competitors and seeing how they stack up against them. Additionally, the underdog receives more media attention for facing a national power. However, the real reason they do it is for the money.

On Sept. 12, Middle Tennessee took an early season loss to Alabama 37-10. The majority of viewers expected this outcome, but many may not know that MTSU's football program will receive a guaranteed \$1.5 million for the game.

"I usually only do one what you call guarantee games a year," said Chris Massaro, director of athletics. "We already had the Illinois scheduled, so I put in the Alabama game late."

These "pay-to-win" games are normal within the five powerhouse conferences. The matchup is mutually beneficial. A football program like Alabama pads their grueling conference schedule with a team that allows them to

out younger players and reduce the week-to-week stress. On the other side, these money games provide teams that are not part of the power five conferences a way to pay its bills and debts.

Middle Tennessee is built to make a deep run into Conference USA this year, and although adding a challenging team to the schedule physically prepares the team for success, the promised financial compensation prepares the team for the future.

"I knew this autonomous legislation that was coming down the pike a year or two ago would bring attendance pressures and was going to raise cost of scholarships," Massaro said. "I scheduled an extra money making game, so to speak, [and] with our cost rising I thought it would be smart to get our year off on the right foot."

The revenue from these games will pay for many of the expenses the athletic department has to pay this season. These costs include medical and operating costs, outstanding debts, travel expenses and all the expenses coaches use on recruiting.

The \$1.5 million that Middle Tennessee receives from Alabama is just a small part of

the \$25 million the athletic department has in its budget.

"It's a significant number obviously ... but when you put it up against \$25 million ... it helps supplement those revenues," Massaro added. "It helps, but it's not 50 percent of our budget."

The revenue will go into the expenses for this year's football team, but the money is funneled into the entire athletic department. Each team will receive part of the payment in a trickle-down effect.

"There's nothing in the budget that says football gets \$800,000 and all the other sports get \$700,000," Massaro said. "We estimate our revenue at the beginning of the year we build our budget accordingly so that every sport gets a piece of it."

This is not the only "money" matchup the Blue Raiders will have this season. MTSU will take on the University of Illinois on the road Sept. 26, which will bring in \$950 thousand. The team has also put together a deal with University of Missouri to play a home series with the first game being played in Columbia in 2016.

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According to the counselor, victims rarely report the assault to legal authorities.

"No one I have ever met with has chosen to report it [sexual assault]," said Jackson. "These young women don't want to draw attention to themselves and what happened."

"He told me 'If you say anything, you'll never be anything,'" said Sheila Jo McBryant, an MTSU student and victim of campus rape.

MTSU housed a screening in September of "The Hunting Ground," a documentary about campus rape. Annie Clark and Andrea Pino, subjects of the documentary and cofounders of End Rape on Campus, joined the film's executive producer Ruth Ann Harnisch in a panel discussion about campus rape.

Clark and Pino, both victims of rape on University of North Carolina's campus, encouraged the audience of around 400 MTSU students, faculty and alumni to advance the conversation of campus rape.

"Finally, we're saying 'rape' out loud," Clark said. "But talking about it doesn't work if we don't take control of the narrative."

The conversation surrounding college rape has to be more than saying that is happens. It has to include the detriment to victims' lives caused by sexual assault. The conversation cannot stop at the attack, because for victims, that is just the beginning.

McBryant was an 18-year-old freshman cheerleader at Eastern New Mexico University when she was raped by a college football player, Mark (the name will be used to protect the identity of the alleged assailant) in 1985. Mark had been teasing and flirting with McBryant for a while, and grew angry when she denied his advances.

One day, in McBryant's first semester on campus, Mark "swiped" all of her rings that she had set on the table at lunch. When she asked for them back, Mark told her she would have to come to his room to get them. McBryant and a friend snuck into the boys' dorm to meet Mark and retrieve her rings. When she got there, McBryant was told to go inside his room and grab her belongings.

"I could see them on the desk, it wasn't far in the room," McBryant said. "Before I could make it to the door, he had pushed out my friend, closed the door and told her that I'd be a while."

"I screamed and I could hear another guy knocking on the door, telling him to stop," McBryant said. "He never answered the door and eventually (the guy outside of the door) left."

For Mark, the immediate impact was not nearly as severe as the long-term consequences of the attack.

"When I got back to my dorm, I remember a



Twenty percent of women and 5 percent of men reported being sexually assaulted either by physical force or while incapacitated.

lot of the girls were watching Risky Business," McBryant said. "I really didn't know what had just happened.

Eventually, the reality of the attack sunk-in. Sheila could not take the pressure, knowing that Mark was still on campus, so she dropped out of college, never reporting her rape.

"I knew he was a football player and I knew how things like that go," McBryant said. "I just didn't feel comfortable saying anything."

The same Washington Post-Kaiser poll showed that 71 percent of victims tell someone that something occurred, but only 12 percent report it to the police or university.

Years later, McBryant is affected by the attack on her family life.

"To this day, we don't close doors at my house," McBryant said. "I know that this has affected how I raise my children, but hopefully they'll know what's right and not have to go through a bad relationship."

In 2012, McBryant enrolled at MTSU to pursue a degree in criminal justice and psychology. While on campus, McBryant has volunteered

through the June Anderson Center for Women and Nontraditional Students, helping people who have gone through similar events.

"I know that people heal in all different ways, but with rape you have to tell someone," McBryant said. "If you don't tell someone, they win. And you want to be a victor, not a victim."

MTSU offers on-campus counseling and other services through their website <http://www.mtsu.edu/sexual-violence/#Victim>. If you or someone you know is sexually assaulted, the university asks that you take the matter to the campus police, whether or not you choose to file charges.

McBryant also encourages victims to speak out, not just for themselves, but to prevent future attacks.

"If you stand up, if you say something, you might save the next person," McBryant said. "You can choose to tell the campus or the police, but you have got to tell someone so it doesn't happen again."

We know it happens. We know it's wrong. So what now?

At Sidelines, we're done.

We're done reading about rape and assault happening in our community, on our campus, to our friends.

So speak up.

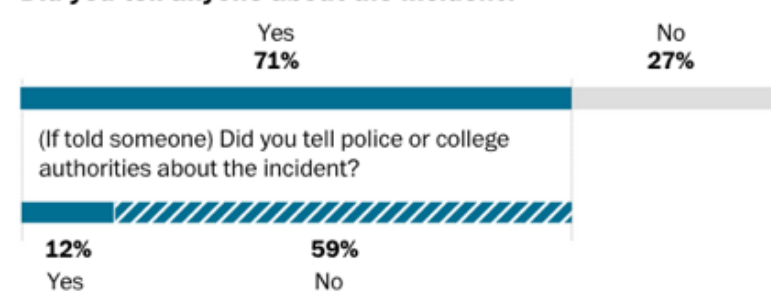
If you see someone in a situation that might be threatening, speak up. Just ask, "Are you ok?" "Do you want to do this?" "Haven't you been drinking?"

If someone comes to you, speak up. Tell them about the campus resources and encourage them to go to the police.

If it happens to you, speak out. Tell the police, get yourself help and don't let them win. Don't let yourself become a statistic, don't let the attack go unpunished. Tell police, campus counselors, a friend or an advisor.

Continued to next page

Q: Did you tell anyone about the incident?



If someone comes to you, speak up. Tell them about the campus resources and encourage them to go to the police."

"By speaking up, you're taking control of something out of your control," executive producer of "The Hunting Ground" Ruthanne Harnisch said. "By breaking the silence, you help break the trend."

Graphics provided by the Washington Post-Kaiser study. Source: This Washington Post-Kaiser Family Foundation poll was conducted by telephone Jan. 15-March 29, 2015, among a random national sample of 1,053 adults age 17 to 26 who are current or recent undergraduate students at a four-year U.S. college since 2011 and lived on or near campus. Surveys were conducted on both conventional and cellular phones. The results from the full survey have a margin of sampling error of plus or minus 3.5 percentage points. Sampling, data collection and tabulation by Social Science Research Solutions (SSRS) of Media, Pa. Full results and exact question wording and order is available at www.wapo.st/pollarchive

IMPORTANT NUMBERS

Mobile Crisis:
1-800-704-2651

University Police:
898-2424

Off-Campus Police:
911

ER at Middle Tennessee
Medical Center:
849-4100

Rutherford County
Health Department :
615-898-7785

Murfreesboro Medical Clinic:
615-867-8070

When We Make Rape a Joke, Who's the Punchline?

*by Ebony Wiggins /
Contributing Writer*

CNN, The Huffington Post, Fox and even Rolling Stone have all in some capacity latched on to the latest scandal to hit the Millennial generation: sexual assault and, more specifically, sexual assault as it occurs on college campuses.

It's a controversial topic, and it's tricky to talk about depending on what your views are. The one thing it isn't, unfortunately, is black and white. Sexual assault and rape can be quite the gray area, especially in the

justice system. It could easily be said that sexual offenses are one of the harder crimes to prove, let alone convict. In a perfect world this wouldn't be the case but, realistically, those who feel they've been violated face a challenge. As a 23-year-old college female

this is not something I'm happy to admit. Implementing justice is a concrete staple in American history and ideology. But with this specific issue, some feel it could be handled more swiftly and abruptly. Others feel it is blatantly ignored, and an immediate solution is far from clear.

What is clear is the need for Generation Y to develop a sense of personal responsibility

and obligation to what has become a statistic for the Millennials that doesn't look to be changing anytime soon.

According to the U.S. Department of Justice special report, female college students report 20 percent of rape and sexual assault victimizations to the police, while 80 percent are likely to go unreported. Whether you sympathize with the victims or feel generally indifferent about the accused, college rape and sexual assault cases are contributing to a negative image for Millennials, college-enrolled or not.

"What is clear is the need for Generation Y to develop a sense of personal responsibility and obligation to what has become a statistic for the Millennials that doesn't look to be changing anytime soon."

Which is why witticism towards such a serious statistic should not be taken lightly. It's a field day for the press when we as young people show our slight lack of concern and maturity for consequential issues.

Take the University of Tennessee student

Alexander P. Broughton, who in 2012, was hospitalized for severe intoxication after supposedly using an alcohol enema, commonly referred to as "butt-chugging." The Pi Kappa Alpha member was said to have a blood alcohol level "well over" .4.

We also have the Clemson University students in South Carolina, who gained na-

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The Voice of Natalie Donegan

by Tanner Dedmon /
Contributing writer

“I would say confident, yeah. I know my abilities. I think.”

Ask Natalie Donegan to describe herself in one word, and, understandably, she chooses “confident.” Considering her self-made success and driven attitude, it’s difficult to see her as anything else.

Donegan, 40, is a senior recording industry major with a concentration in audio production and a double minor in speech and theater.

Donegan moved to the U.S. from Cambridge, England, in 2013. After first living in Montana, Donegan and her husband relocated to Murfreesboro.

“We moved to Murfreesboro because it’s a college town and as close as I could get to Cambridge in Tennessee,” she said.

While in Britain, Donegan said she always had an interest in voiceovers after studying theater and participating in amateur dramatics at Long Road Sixth Form College in Cambridge. However, her responsibilities at the time prevented her from entering the field herself. She was hired several times to record voiceovers by different companies, but she soon questioned why she had to go through another business to reach her goal.

“Why am I being hired by someone else?”

Donegan said. “I can do that myself.”

After moving to the States, Donegan got in touch with a company that recorded voice demos for up-and-coming talents. She then started her own business, British Voice Over Natalie Donegan, and sent her demos to

“With a British voice, you pretty much just walk in and start talking, and people want to work with you.”

-Natalie Donegan

every voiceover company she could find in the Tennessee area. Her business is currently on hold as she attends MTSU to learn everything she can about the field, and she plans on reopening it upon graduating.

Over the course of her career, Donegan has worked on over 175 voiceover tracks ranging from telephone voicemails to corporate presentations to video games. She understands that it’s not a usual job.

“Everyone thinks that if you do voice work, it’s going to be something big, like Geico,” Donegan said jokingly. “People just don’t

understand that you can set something like that up from your home.”

Having a British voice definitely doesn’t hurt her chances at finding jobs in her field. Donegan said her accent has helped on more than one occasion.

“With a British voice, you pretty much just walk in and start talking, and people want to work with you,” she remarked.

Outside of voiceovers, Donegan has also worked with several radio stations such as local NPR-affiliate WMOT and Murfreesboro’s WGNS. As for further ambitions in radio, she said she believes her voice and age would fit the tone of feature stories well. She also has interests in historical arts and community events.

Donegan has been offered on-camera jobs, too, but she didn’t feel comfortable volunteering without experience in the field. To remedy this, Natalie took it upon herself to take broadcasting classes at MTSU to gain the necessary skills.

She partially attributes her success to some early influences and said she found inspiration in both her drama teacher in England and her father, whom she describes as a “very academic man.” Donegan was also impressed with several of her professors at

MTSU, saying that she has been fortunate in her classes to have helpful and supportive instructors. Dan Pfeifer, Megan Salladay, Frank Baird and Jette Halladay are just a few of the professors Donegan said she has been fond of.

Donegan’s storytelling professor Jette Halladay had only positive things to say about her experience with Natalie in class. Even after teaching for over 20 years, Halladay said that Donegan is in the top 1 percent of students she has ever had.

“You know, you’re asking someone who’s been teaching for a very long time, so there’s very few things that surprise me, but there are several things that inspire me,” Halladay said. “Her choice to be the best mom she can be, but also reach out to be successful in a career and also serve in a public way, no it doesn’t surprise me. I like to surround myself with people like her.”

Donegan had a lot to say about the experience of going to college at her age.

“When you walk in, when you’re 39, and you haven’t been in college since you were 18, it’s hard,” Donegan explained. “First of all, everybody thinks you’re the professor. It’s like ‘No, I know I look older, but I’m not.’”

Donegan stresses to go to college at an early age to take advantage of the opportunity.

“A lot of people get distracted by the activities,” Donegan said. “I wish I could do more, but you’ve got this one chance, and I kick myself in the teeth that I didn’t do four years in this when I was 20. I don’t know where I would be in my life right now if I’d done that back then ... Go to school when you’re 20.”

She also encourages those going into her field of work to push themselves and be their own salespeople.

“If someone’s going to believe in you, you’ve got to push yourself and believe in yourself,” she said.

Confident, indeed.

Follow Natalie Donegan on social media:

- WordPress: britishvoiceovertalent.wordpress.com
- Twitter: @brit_voiceover
- Facebook: facebook.com/britishvoiceovertalent

For more profiles on interesting students, 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@mtusidelines.com

tion-wide attention for a gang-themed party, where participants imitated the infamous Crips. And let’s not forget the chant that went viral, “There will never be a n— in SAE!”

And now we have rape and rape humor to add to the list of bad behavior that needs explaining.

It’s unfortunate because the actions of a few are not a fair and proper representation of what I believe to be the majority of young college students, specifically when it comes to Greek Life. The presence of fraternities and sororities on college campuses is abundant; MTSU houses over ten different Greek organizations itself. But, these organizations can sometimes be seen as hypocritical to their core values, beliefs, and creeds. To my understanding, a common purpose among Greek society is to bring students together with the intentions of developing a better sense of community, character and accountability.

Overall, Greek life should provide students with the tools to meet new people, thrive on campus and acquire the skills needed to better succeed in the real world. But, to a non-fraternity or sorority student, the campus Greek houses might only seem like a good place to drink, play beer pong and possibly get laid. Such presumptions might not be too far from reality. The stereotype of binge drinking and womanizing actions has always been apart of fraternity and sorority history and, therefore, their identity. Even in films, Greek life is largely portrayed as a lifestyle of boozing and schmoozing: “National Lampoon’s Animal House,” “Old School,” “Neighbors,” etc. The list goes on and on. But, matter-of-factly, Greek institutions offer more than the assumptions listed above, and to be fair, not all are alike.

Not every fraternity or frat brother finds it funny to publicly joke about the vulnerability of an 18-year-old freshman girl, especially when Vanderbilt University is dealing with their own rape case an hour away in Nashville. Likewise, not all sororities or sorority sisters want their members to be exclusively blonde, white, and skinny (University of Alabama Sorority, Alpha Phi, was recently criticized for the homogeneous recruitment video). It’s not fair to judge many based on the decisions of a few.

With that said, it is fair to hold Greek institutions to a higher standard, mainly because they take an oath pledging to be outstanding pillars in their campus community. In a way, fraternities and sororities could be viewed as something of a moral compass on a college campus. With that in mind, members of Greek life should take campus rape and sexual assault with utmost seriousness, instead of allowing it to be used as a joke to display on a banner.

Fraternity brothers and sorority sisters are campus leaders for some students. Personal responsibility and an obligation to create a safer campus environment should begin with those involved in Greek life. There needs to be a sense of encouragement for college people to obtain a more mature outlook on having fun, and that maturity should start with how we think of sex. Drunk and wasted is more than likely cutting sexual enjoyment in half.

Besides, a more mature attitude might be what separates anyone and everyone from a rape case or sexual assault charge, whether boy OR girl.

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

Campus Bus Routes Shift

By Aja Wilson / Contributing Writer

Changes have been made to the Raider Xpress shuttle routes, according to Parking and Transportation Services administrators.

The Parking and Transportation Services administrators regularly collect and analyze data in order to determine if any changes to the Raider Xpress system are necessary. With the data recently collected, administrators determined that a new route was necessary, and have finalized a new route system.

The previous routes were developed to accommodate ridership at its peak and properly adjust to the parking trends at the time. The changes seen in the new route were implemented to maximize the efficiency of the Raider Xpress' operation.

"Any changes made pertaining to the shuttle routes on campus are in the interest of efficiency and/or safety," said John Hall, Assistant

Manager of Parking and Transportation Services.

The new system is designed to be a more effective way for students, faculty and visitors to get around on campus, although it is subject to change depending on parking trends.

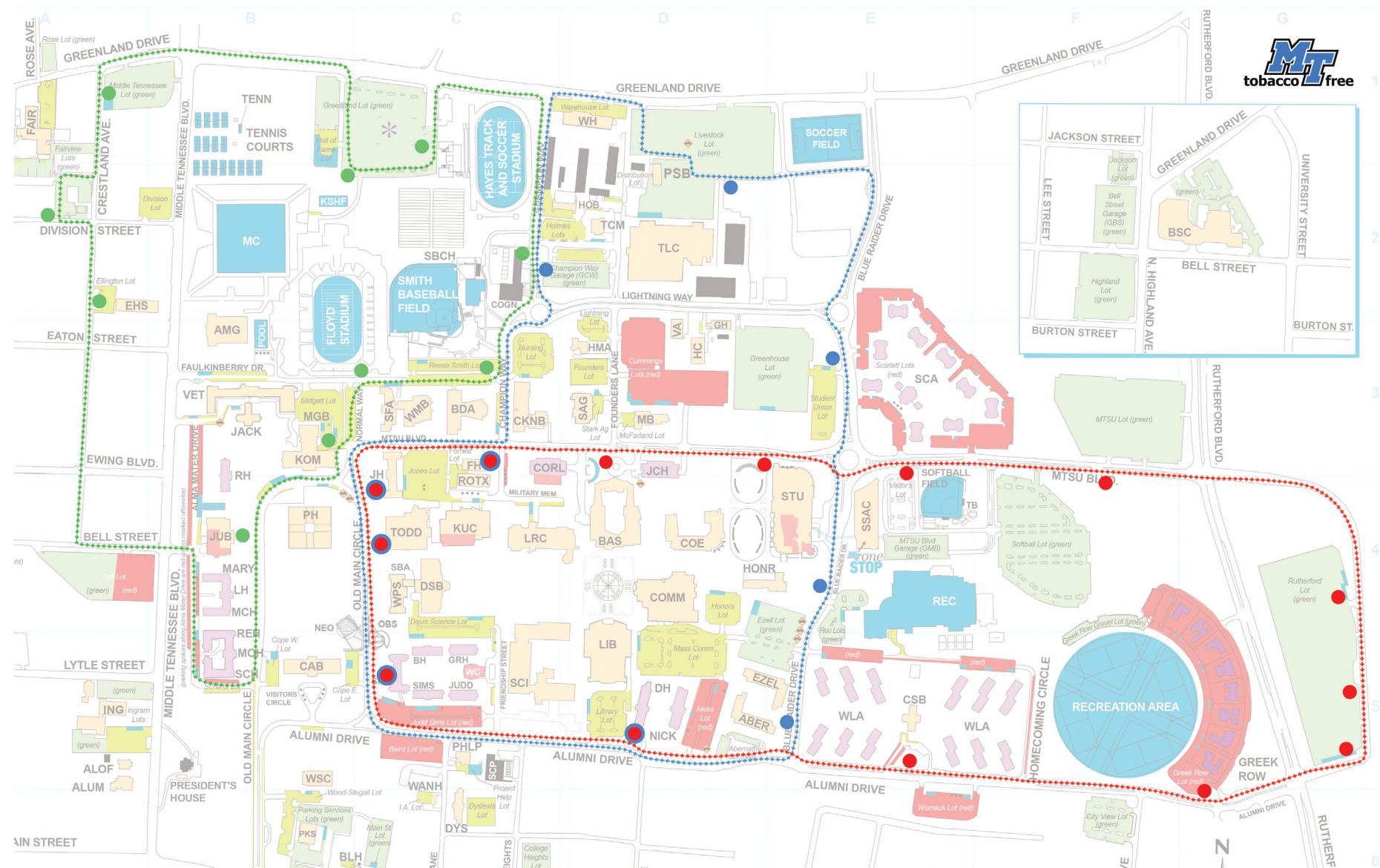
"The shuttle system is always changing. We monitor the number of riders and where people are parking to adapt to our ever-changing campus," said Parking and Transportation Services Director Tracy Read.

Any new route changes will not be permanent. Since the establishment of the campus shuttle system in 1993, numerous revisions have been made to better accommodate the needs of a changing campus community. Here is a map of the new Raider Xpress shuttle route.

"The shuttle system is always changing..."

-Tracy Read

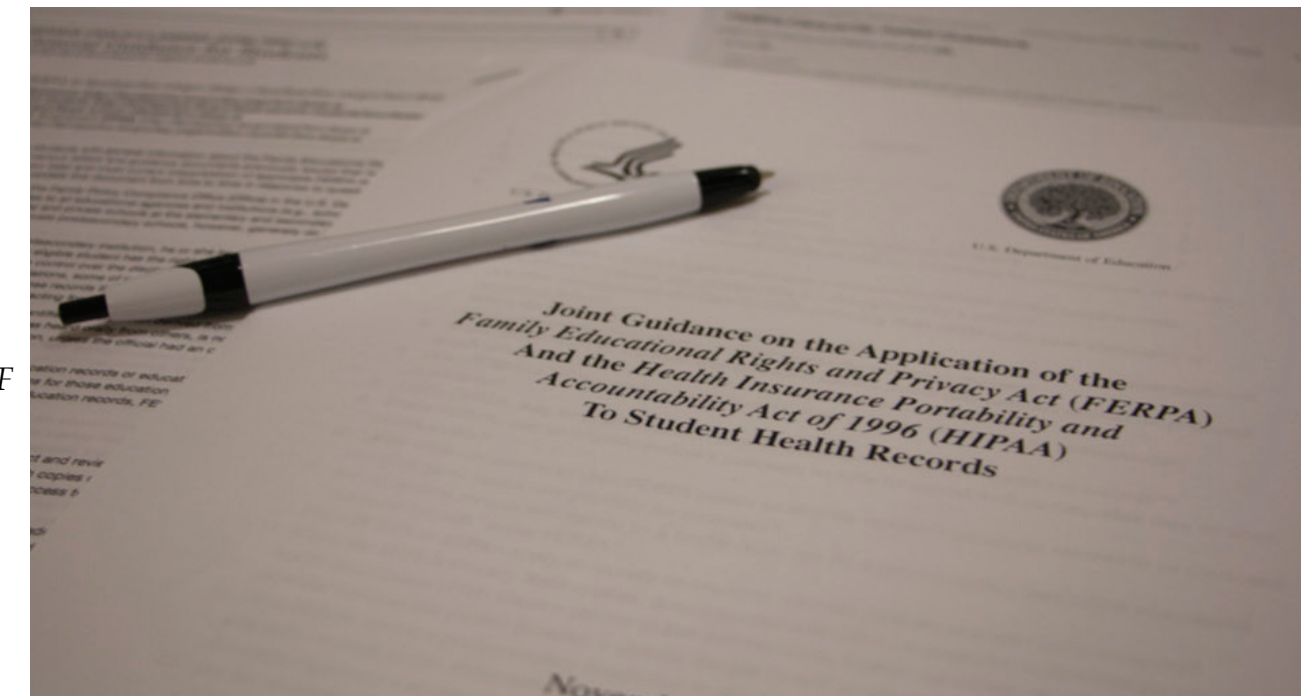
Parking & Transportation Services Director



READ THE FINE PRINT:

Where FERPA and HIPAA leave your medical records at risk

BY MEAGAN WHITE / EDITOR IN CHIEF



If you are a student and seek counseling or health services through your university, your medical records may not be protected by typical medical-privacy laws.

Students enrolled in post-secondary educational institutions should make sure they understand the basics of the Family Educational Rights and Privacy Act and the Health Insurance Portability and Accountability Act, as the education and medical laws can overlap in a confusing manner, making it unclear what is really private and what is not.

Discovering the Legal Loophole

In January of this year, a student sued the University of Oregon for mishandling her sexual-assault case where, through the campus' judicial process, three male students were found responsible for gang raping her.

In response to the litigation, the Oregon administration accessed the student's therapy records from the university counseling center and turned them over to its general counsel's office to use as part of their defense against her lawsuit. The university's actions came to light in a recent op-ed piece by Katie Rose Guest Pryal in the Chronicle of Higher Education.

Pryal is a former law professor at the University of North Carolina, Chapel Hill.

As the piece points out, the university was going to use the student's own post-rape therapy records against her.

Typically, medical privacy can be breached in a lawsuit setting only when a patient sues a health-care provider for malpractice. This makes sense because in those instances the medical records become evidence that would determine whether the provider had actually breached medical standards of care.

However, in this case, the student had not actually asserted any claim of malpractice against the University of Oregon. A senior staff therapist in the counseling unit wrote a public letter detailing the administration's actions and appeared appalled that work she believed was protected by medical privacy laws was being violated in such a way.

So why was the university able to access a student's medical records if they were protected by the HIPAA Privacy Rule?

Ironically enough, Oregon was entitled under the Family Educational Rights and Privacy Act to access and use her records against her in the lawsuit. The university was allowed to

access the therapy records of a rape victim in order to defend itself in a lawsuit that did not have anything to do with therapy malpractice.

Even though Oregon dropped its counterclaim against the student last week, the litigation brought some unsettling legal loopholes to light, loopholes that need to be closed.

Where FERPA and HIPAA Intersect

Most students know the Family Educational Rights and Privacy Act as it pertains to their academic records at a post-secondary institution, if they are familiar with it at all. FERPA considers any student 18 years of age or older who attends a post-secondary institution, whether it be a college or university, to be an "eligible student."

Essentially what FERPA does is take all rights given to parents or legal guardians and transfers them to the eligible student. The student then has the right to access his or her records, to have control over personally identifiable information from the records and file a complaint with the department, should it ever be necessary.

What people may not know is that FERPA

Continued on page 14

SUICIDE

A permanent solution to a temporary problem.

BY BENNIE HUNT /
CONTRIBUTING WRITER

This was the phrase repeated over and over again as I sat in my desk watching a "Suicide Prevention" video during my freshman year of high school. One could cut the tension in the darkened classroom with a butter knife.

For me, watching that video was especially challenging. The previous summer had been the most difficult and painful chapter in my small, but ever-expanding book of life.

Before the summer of 2009 I was like every other middle school graduate: my hormones were raging, my parents were annoying and my teeth were being forced into steel prisons. But on June 2, 2009, my thoughts took on a new and terrifying form. I decided that life was not worth living. I decided I wanted to die.

I never made a formal attempt at suicide, but I thought about it almost constantly. Instead of three months of laughter, smiles and promises of new adventures, I battled twelve weeks of tears, frowns and feelings of despair and hopelessness. Instead of driving to wonderful and exciting destinations, my family and I traveled to doctor's appointments and therapy sessions. I was a shell without a pearl; a glass half empty; a promise not

kept. I was surviving, but I wasn't living. My experiences with suicidal ideations are unfortunately not unique. Bullying seems to be growing instead of dissipating. Middle

school, a time that can be physically, emotionally and mentally challenging, seems to be the quintessential "survival of the fittest" scenario.

Mental disorders, instead of being properly cared for, are pushed under the rug of society, like an overflowing trashcan that's ignored because no one wants to deal with the stench. Ignoring the smell not only makes it worse, but it will eventually make the whole house reek. In an age when "selfies," the number of "likes" on a Facebook status or number of followers on Twitter defines who we are as people, it should be no surprise that depression and anxiety disorders are at an all time high.

According to a statistic provided by Suicide Awareness Voices of Education (SAVE), suicide is the tenth leading cause of death among all ages in the U.S., and approximately 105 Americans died by suicide every day in 2013. The statistics for the ages of 15-35, however, are far more alarming. According to the Centers for Disease Control and Prevention, suicide is the second leading cause of death among people ages 15-34, and more than 1,000 college students commit suicide on campuses annually. Since one in ten college students has attempted suicide, chances are that you or someone you know has been affected in some way by this heartbreaking trend.

But there is hope. Thanks to the efforts of colleges across the U.S., there are countless resources students can turn to in times of distress. It is, however, our duty to take advantage of those resources and to seek help when we feel helpless. For a list of websites, phone numbers and MTSU's Counseling Services information, please refer to the bottom of this article.

Though the summer of 2009 seemed endless, I did find help. Through therapy, the support of my friends and family and my faith, I found hope, guidance and com-

fort. My mother took me to the park when my depression peaked, and we would walk together during twilight. During my panic attacks my father would hold me, whispering comforting words and strength. Slowly, I began to recover and found hope and pleasure in my life once more. I still struggle with depression, but I know where I can find support.

To anyone out there struggling, not knowing how you'll get through the next day, the next hour or even the next minute, know there's hope and that it will get better. Find help anywhere and from anyone because there is always someone ready and willing to help.

To anyone who knows or suspects that someone is struggling with suicidal thoughts, be there for them as a friend, as a confidant and as a resource. Know the warning signs and act as soon as you see them

play out. Do not be the person who stuffs more garbage into the overflowing trash can.

Last month was National Suicide Prevention Awareness Month, but it shouldn't stop

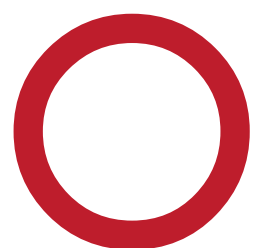
"In an age when "selfies," the number of "likes" on a Facebook status or number of followers on Twitter defines who we are as people, it should be no surprise that depression and anxiety are at an all time high."

there. Let us work together to bring mental disorders out from behind the curtain and into the spotlight.

MTSU Counseling Services can be reached at the Keathley University Center in room 329 during the week from 8 a.m. until 4:30 p.m., or at 615-898-2670. After 4:30 p.m. or on weekends and holidays, you can call Emergency Mental Health Services at 1-800-704-2651.

For more information about suicide prevention, prevalence and warning signs, please visit the following websites:

- American Foundation for Suicide Prevention: www.afsp.org
- Suicide Awareness Voices of Education: www.save.org
- Centers for Disease Control and Prevention: www.cdc.gov
- National Suicide Prevention Lifeline: www.suicidepreventiononline.org



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applies to student records at the campus health clinics, too. In terms of privacy, college medical records do not count as “real” medical records. The FERPA FAQ page states that these records “will either be education records or treatment records under FERPA, both of which are excluded from coverage under the HIPAA Privacy Rule.”

The Health Insurance Portability and Accountability Act was enacted by Congress in 1996 to improve the healthcare system’s efficiency by establishing “national standards and requirements for electronic healthcare transactions” and to protect the security of “individually identifiable health information.” Collectively, these are known as HIPAA’s Administrative Simplification provisions.

The HIPAA Privacy Rule requires covered entities to implement various safeguards to protect patient privacy and set limits and

conditions on uses and disclosures that “may be made of such information without patient authorization.” Covered entities include health plans, health care clearinghouses and health care providers who transfer health information in an electronic form, according to the U.S. Department of Health and Human Services.

University health and counseling clinics would normally be considered covered entities according to HIPAA and therefore the HIPAA Privacy Act would protect student medical records. The problem is, while FERPA does differentiate between “treatment records” and “education records,” the same disclosure rules apply to both: “A school may disclose an eligible student’s treatment records for purposes other than the student’s

treatment provided that the records are disclosed under one of FERPA’s exemptions to written consent.”

One such exemption is when a student sues the institution.

How to Protect Yourself

Whether or not anyone realized it at the time, the University of Oregon’s actions were, in fact, legal, because of the FERPA exemption. An education-law loophole allowed the administration to access medical records.

Institutions across the nation have been feeling increasing pressure to improve both their prevention and response to sexual assault. Some universities created counseling clinics for victims of assault or improved upon existing ones. Programs were fashioned or rebranded and students are encouraged to seek guidance and help through the university. But what if going through the school isn’t the safest option?

Arguably the best way for students to protect their privacy is to seek counseling outside of their post-secondary institution. They simply will not have adequate privacy protection through the school. The problem is, there’s no guarantee that students can find off-site centers that provide free services or even services at a relatively affordable cost. Additionally, most student health plans won’t pay for students who seek counselors who are not a part of the institution’s counseling center.

For these students, this means choosing between therapy they need but cannot afford at a place where they feel safe, or free on-site therapy provided by an institution they are not certain they can trust. True, the University of Oregon could be an isolated incident, and I hope this is the case, but that doesn’t change the discrepancies and holes in these policies.

What good are education laws that require frequently-asked-question sheets to clear the confusion that surrounds them?

Of what use are these privacy laws if they cannot fully protect us?

Of what use are these privacy laws if they cannot fully protect us?



80% of MTSU students Have Never driven a car while under the influence.



C-USA PROJECTIONS

BY CONNOR ULREY // ASSISTANT SPORTS EDITOR

Conference USA comes into the new 2015 season with multiple teams capable of bowl-seeking seasons. In 2014, five different C-USA teams earned bowl bids, and four of those five ended years with bowl wins. Below are projections for the top teams in C-USA.

WKU: Last Year- 8-5, 2015 to Date- 2-1, Projected Finish: 9-3

The Hilltoppers headed into the 2015 season with experience at nearly every position on the field, and are led by Brandon Doughty, a sixth-year senior, at quarterback. Doughty led FBS in passing yards (4,830), TD’s (49), and points responsible for per game (24.2) in 2014. Western Kentucky is also stacked with seven players named to award watch lists, including two WR’s named to the Biletnikoff list.

Middle Tennessee: Last Year- 6-6, 2015 to Date: 2-1, Projected Finish 9-3

The Blue Raiders came into 2015 with a new quarterback at the helm, and one of the deepest senior cores in the conference. Led by a senior at nearly every position on the field, Middle Tennessee came out strong to open the season, beating Jackson State 70-14 at home, the most points scored in an opener in school history. The difference for the Blue Raiders will be if consistency can be found, but it looks like Stockstill has his rhythm at quarterback. Two big tests for the Blue Raiders will be their remaining non-conference games. The Blue Raiders face Illinois in Champaign, and host Vanderbilt on Homecoming weekend.

Marshall: Last Year- 13-1, 2015 to Date: 2-1, Projected Finish: 8-4

The Thundering Herd come into 2015 coming off of one of the best seasons in school history. In 2014, Marshall finished 13-1, including a bowl win over NIU. The Thundering Herd’s lone loss in 2014 came at the hands of Western Kentucky, a 67-66 slugfest to close out the regular season. On offense, the Herd lost multiple position players, none more important than Rakeem Cato, who holds the NCAA record for consecutive games with a touchdown pass. With a win to start the season over Purdue, the Herd seem to be finding balance with their new starters.

Louisiana Tech: Last Year- 9-5, 2015 to Date: 1-2, Projected Finish: 7-5

The Bulldogs finished strong in 2014, defeating Illinois in the Heart of Dallas Bowl. The 2015 season is off to a rocky start for Tech, but after losing a heartbreaker to Western Kentucky the Bulldogs gave Kansas State a run for their money, falling in triple overtime 39-33. Senior running back Kenneth Dixon is the key for the Bulldog offense. Newly transferred quarterback Jeff Driskel is already nearing 1,000 yards passing on the season and has seven touchdowns. The Bulldogs have a few conference games in their upcoming schedule, and then head to Starkville to face Mississippi State.

Rice: Last Year: 8-5, 2015 to Date: 2-1, Projected Finish: 7-5

The Owls finished their 2014 campaign with a win in the Hawaii Bowl over Fresno State. To this point in 2015, Rice is 2-1 with their lone loss coming to Texas in Austin. The Owls will continue to be one of the better teams in the western division of Conference USA in 2015, and face two stiff non-conference tests over the next few weeks. With games against Baylor and Army, the Owls will be looking to finish strong in conference in hopes of securing back-to-back bowl berths.

UTEP: Last Year: 7-6, 2015 to Date: 1-2, Projected Finish: 6-6

In 2014, UTEP finished the season winning five out of seven to secure a bowl bid, and are seeking a similar result heading into conference play in 2015. The Miners knocked their toughest non-conference games out of the way in weeks one and two, losing back-to-back road games against Arkansas and Texas Tech. The Miners are a tough team at home in the Sun Bowl, but will be looking to improve their road record. Overall, UTEP has yet to find consistency at quarterback, and have used both starter Mack Leftwich and freshman Ryan Metz in all three games.

FIU: Last Year: 4-8, 2015 to Date: 2-1, Projected Finish: 6-6

Though they finished near the bottom of the standings last season, the Panthers seemed to find consistency late last season, even playing spoiler to Middle Tennessee, a team who left 2014 without a bowl bid. Thus far in 2015, Florida International is 2-1 on the year, including a big win to start the season at UCF. The Panthers hit the road for three of their next five games, and close the season with tough matchups against Marshall and Western Kentucky. The FIU offense is led by sophomore quarterback Alex McGough who through the first three games in 2015 had a 64.5 completion percentage.

School	Last Year	2015 to Date	Projection
WKU	8-5	2-1	9-3
Middle Tennessee	6-6	2-1	9-3
Marshall	13-1	2-1	8-4
Louisiana Tech	9-5	1-2	7-5
Rice	8-5	2-1	7-5
UTEP	7-6	1-2	6-6
FIU	4-8	2-1	6-6

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