THE BELL TOWER

VOLUME 7, NUMBER

Happy

Valentine's Day!

Editorial

Subliminal

sounds

motivate

positively.

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tapes' smooth

STUDENT PUBLICATION OF

FREED-HARDEMAN COLLEGE

FEBRUARY 12, 1988

Mr. & Miss F-HC nominees reflect on growth

by Kim Glisson
and Tammi Mullins
Staff reporters

Every year the students on campus select the men and women whom they feel best represent the spirit of Freed-Hardeman College. The nominees this year are Mitzi Fields, Julie Gann, Kristie Glass, Leanne Heffington, Mike Gerlach, Paul Rogers and John Wheeler.

Mitzi Fields

Mitzi Fields is from Jasper, Ala., and is majoring in elementary and early childhood education with an endorsement in special education. She has been involved in many activities on campus, including Sonshine Singers for four years, SNEA, has served as president of Totalife and women's vice president for two years in Tri-Zeta, a member of PKA for two years, A-Team, Dactylology Club, Student-Alumni Association for three years, performed in the musical "Mikado," and has participated in Makin' Music three years.

In her spare time, Fields said she enjoys relaxing and doing cross-stitch and spending time with David Baker. Fields said her fondest memories were "those made on Sonshine Singers trips. I have established lasting friendships through my experiences with the group. Spending time with my roommates holds a special place in my heart, but the times spent with David are the fondest of all."

Fields said her attitude toward beliefs of others has changed since attending F-HC. She feels she is more open-minded and understanding toward differing views of Christianity. "I have learned to think independently and develop my own convictions in life."

The title Miss F-HC represents to Fields "a person who has shown a Christ-like spirit, has been involved in activities and organizations of the school, and has been a friend to all those around her. She is a representative of the school's friendly atmosphere and promotion of a Christian's life!"

Julie Gann

Julie Gann is from Franklin and is majoring in agricultural business. She has been involved in many activities at F-HC, including Griffins, has served as a treasurer for Totalife, junior women's SGA representative and vice president of SGA her junior year, has been a member of Free Enterprise team and a member of Phi Kappa Alpha.



F-HC students nominated the following students as candidates for Mr. and Miss F-HC: (front, from left) Kristie Glass, Mitzi Fields, Leanne Heffington and Julie Gann. (Back, from left) Mike Gerlach, Paul Rogers and John Wheeler.

In Gann's spare time she said she enjoys reading, playing softball and volleyball and riding horses. Her fondest memories at F-HC are working with SGA, Totalife, Griffins and PKA's club meetings and activities.

"I have a more positive attitude and stronger Christian faith," Gann said of the F-HC influence. She would like to be remembered as "someone who worked hard, was dependable and friendly."

The title of Miss F-HC represents to Gann something special. "It's a great honor. When you look back at the ones before whom you looked up to, you just wonder if you really belong there. It is a privilege to even be nominated."

Kristie Glass

Kristie Glass is a finance major from Covington. She has been involved in many activities, including being Sigma Rho's treasurer and women's vice president, a member of SAA, Impact, A-Team as a group leader, Totalife, SAM, Lady Lion's Volleyball, intramurals (softball, volleyball and basketball) and Who's Who.

Glass' hobbies consist of water skiing, softball, volleyball, watching movies, playing Pictionary, and playing cards

"My spiritual life has been strengthened, and also I have become more accepting of other people that aren't just like me because we come in contact with and become friends with so many types of people that have different clothes, languages, backgrounds and customs." She said she would like to remembered as a "friendly, happy person that could make other people smile."

Leanne Heffington

Leanne Heffington is from Birmingham, Ala., and is majoring in office management. While at F-HC, she has been involved in many activities including being a sophomore and senior attendant on homecoming court, Makin' Music coordinator, Interface director, Student Alumni associate, Honors associate, a member of Delta Mu Delta and Collegiate Secretaries International, Who's Who, vice president of Totalife, Makin' Music host/hostess manager, Interface leader, freshman and sophomore women's

Please see FHC, Page 3.

Reminiscing on former valentines gives insightful meaning to song lyrics.

Senior memories

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Notice to students regarding academic probation You will be placed on academic probation if your cumulative grade-point average is below 1.4 with 12 to 33 semester hours attempted; below 1.6 with 34-66 hours attempted; below 1.8 with 67-99 hours attempted; or below 2.0 with 100 or more hours attempted. This policy begins June 1, 1988.

Reminiscing on old valentines during the spin cycle

by Tim Dills

Reminiscent senior

It stopped raining long enough recently for me to walk across campus without an umbrella. As I passed the bookstore, I remembered Valentine's Day will ar-

I remember Valentine's Day in grammar school when everybody brought everybody else a cute little card with the Flintstones or Tom & Jerry on the front. Then we passed them out in front of the chalkboard while the teacher handed out little candy hearts. Valentine's Day would be this way forever.

Forever never lasted past the fourth grade. I find myself in mid-February 1988 contemplating the fragile relationships between male and female through the eyes of an F-HC senior.

As I continue through the Commons, I recall being at the laundromat the other day and as my shirts hit the spin cycle, I spotted a pole with two names scratched in.

separate ways.

As I loaded the dryer full of my jeans, I thought went wrong? For one Bob Dylan summed it up when here. he wrote, "She takes just like a woman, but she breaks like a little girl."

For another John Hiatt said it best: "I'd take it back, but time won't let me. No, time just takes you further away."

For yet another Bradford and Gordy wrote: "Your lovin' gave me a thrill but your lovin' don't pay my bills. Give me money -- that's what I want."

And yet even now after the good times and the heartbreak, when I see some of those from the past, it reminds me of a Dan Fogelberg lyric, "Seeing you again was the sweetest torture I may ever know."

One belongs to a friend who left Henderson sev- I pass the lion on the way to the Student Center eral years ago, and the other to the young lady he in- thinking about the future and what it may hold. I am a tended to spend the rest of his life with. I always senior at F-HC, the Mid-South marriage factory, and I thought they seemed well-matched, yet the en- am not making plans for a June wedding, as some gagement ring was returned and both went their are. I recall ribbing a roommate a few years ago when he graduated without an engagement. Last August, I attended his wedding to a lovely Christian lady from another college. Somehow knowing this, I don't feel about the few relationships I have found myself in pressed to find a wife within three months or face a from time to time. Valentines from yesterday. What lonely existence. I'll just enjoy the time I have left

> I grab a chair near the large-screen TV in the Student Center as I gaze at the list of my Top 10 computer matches. Who are some of these young ladies? I think I know her. Oh, great she's engaged. No, not her! What does a computer know anyway? I fold the paper in half and place it on top of my Bible.

> (And just in case you are wondering, I prefer Flintstones valentines and green candy hearts.)

> As a crowd gathers to watch "Days of Our Lives." the ceiling drips on my computer match printout. Where's my umbrella when I really need it?

Subliminal tapes prove helpful for positive changes

by Kendra Bonnell Editor

More and more, people are wanting to improve themselves quickly and easily with a minimum amount of struggle. Whether it be to develop more self-confidence, make more money, lose weight, become more successful, improve memory, stop worrying, control emotions, improve grades, or learn to relax, many are discovering it is possible to change their lives with the use of subliminal tapes.

The effectiveness of subliminal tapes lies in the fact that they reach the subconscious mind, which is the seat of all memories, knowledge and emotions. The tapes contain suggestions masked in music or environmental sounds, which directly influence the subconscious.

The words are subliminally embedded in music in such a way that you don't consciously perceive them, however, be assured that the careful-

ments designed to obtain specific results are recorded on the tape and are being clearly presented to the subconscious each time the tape is played. This in turn has a powerful effect on conscious actions, thoughts, habits and behaviors.

Dozens of stores use messages subliminally recorded in their background music to curtail shoplifting. TIME magazine reported that through the use of subliminal messages one East Coast chain reduced thefts amounting to a savings of \$600,000 in a nine-month period. Although some consider subliminal tapes to be no more than a quick-fix or a portable shrink, I believe they are helpful and do work for most people.

The tapes are inexpensive and convenient to use. Even if they do no more than motivate someone to improve in an area he or she is lacking. they can serve a useful purpose.

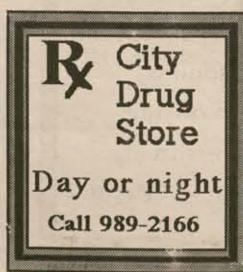
All of us have our own little quirks that get us going. Usually willpower alone isn't enough; it takes somely selected words, phrases and state- thing extra. Some can watch a Rocky

movie and be inspired to start working out again. Others can talk to a successful friend and be impelled to try harder at their given task. In much the same way, subliminal tapes are all some need to motivate themselves to really improve

A question of ethics comes to mind when I contemplate this subject. Say, for instance, you are listening to a subliminal tape on weight loss and there is someone else in the room, and the embedded message affects not only you but the other person as well. The other person might not need to lose weight but would still be affected and would have no control over it. Is that right? Is that fair to him?

You might argue that the tapes work only if you want them to work for you, but who knows the boundaries of the subconscious? It's something to think about and be cautious about when playing the tapes.

Subliminal tapes are good and are very popular. Many will testify to their effectiveness. Thanks to modern research, we are able to have a tool that will help influence positive behavior in



Dahhling, you look spectacular!

Editor Kendra Bonnell

Assistant Editors Anna Eubanks, Michelle Gilliland Photographers Richard Dobbins, Trey Vaughn

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FHC

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FEBRUARY 12, 1988

In Heffington's spare time she said likes to spend time with her friends, sew and cross-stitch

Her favorite memories at F-HC are Rotel parties in the dorm, pranks with and on good friends, rooming with two of her sisters, and praying with special friends.

"I was looking forward to coming and making those 'lifetime friendships that I had heard so much about, but not until now do I really realize the extent of love and closeness that they were talking about." Heffington said she wants people to remember her as a servant to them, to F-HC and most of all to Christ.

Heffington said she feels being named "Miss F-HC" is one of the greatest honors on campus. "I looked to others who were awarded this honor as the ideal, model student displaying the qualities and characteristics that our school prides itself on and that we try to portray to others."

After graduation, Heffington plans to return to Birmingham and work for a large corporation in the field of office management.

Each of the four ladies nominated advised her peers to study hard, get involved in different organizations, enjoy friendships, and especially take advantage of the spiritual growth that can take place through service to oth-

The Freed-Hardeman student body nominated three men for the title of Mr. F-HC. The nominees are Mike Gerlach, Paul Rogers and John Wheeler.

Mike Gerlach

Gerlach, a sports and fitness management major, has been active in Sigma Rho social club, Pi Epsilon, and S.A.M. He has participated in the modeling group, Classics, and works on the intramurals staff. In his spare ******************

time he enjoys weightlifting. He said his plans include graduating and living one day at a time.

Gerlach said his fondest memories of his years at Freed-Hardeman are "all the crazy things I've done with the boys on Benson's third floor. It's really hard to single one activity' out because they all stick out in my mind. Plus, I don't want to incriminate myself or others."

Gerlach said his attitude toward life has changed since coming to F-HC in that before he came he had little sense of direction. "Now that I'm about to graduate, I realize that this life is secondary," he said.

He said after he leaves Freed-Hardeman he wants to be remembered as a guy who always has a smile on his face "and no one knows why."

Gerlach stated his advice to those behind him at F-HC: "Don't dwell on little things because life is too short to waste on things you can't change," he said. He also advised others to make and secure lifelong relation-

Gerlach said the title Mr. F-HC symbolizes to him one of the highest achievements one can receive at Freed-Hardeman. "Even if I'm not selected as Mr. F-HC, it is awesome just to be nominated by my peers," he

Paul Rogers

Paul Rogers, a finance major, has served as Makin' Music house manager and as coordinator. He has participated on the Emory Business Team and the Free Enterprise Team. He has been a member of the Student Government Association for three years and served as vice president for one year. He has served as president of the Society for Advancement of Management and as student director of Ambassadors and of the A-Team.

He is a member of Delta Mu Delta Business Honor Society and has been named among the Outstanding Young Men of America and Who's Who in American Colleges and Uni-

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versities. Rogers has been a member of Tri-Zeta social club and is a Philomathean. He is also student coordinator of the Student Center renovation project.

In his spare time, Rogers says he enjoys playing and officiating basketball and spending time with friends.

Rogers' plans to work in the business world, earn his M.B.A., and then own his own business or work as a business consultant.

Rogers said his fondest memories at F-HC are "all the great friends I've gotten to know and love in these four years." He said his attitude has changed since coming to Freed-Hardeman in that he is more positive about life and enjoys being around people more

After leaving F-HC, Rogers said he hopes to be remembered as "a hard worker who cared about the people around me, as one who was trying to be the best I can be as a Christian."

Rogers advised those who won't be graduating this year to "learn all you can, make all the friends you can, and take advantage of all your opportuni-

Rogers said the title Mr. F-HC expressed "means that person is one of the most fortunate people in the world because of his opportunities to enjoy F-HC and all the great people here."

John Wheeler

John Wheeler, a finance major, has been involved in Delta Mu Delta, Alpha Chi, the Judo Club and Phi Kappa Alpha social club. He has also been named to the national Dean's

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In his spare time Wheeler said he enjoys weightlifting, running, outdoor sports and Tae Kwan Do. He said he also enjoys spending time with Julie

After leaving Freed-Hardeman College, Wheeler plans to attend Vanderbilt University and earn a Masters Degree in Business Administration.

Wheeler said his fondest memory is "knowing that the friends I made at F-HC will last a lifetime."

He said his attitude toward life has changed since he first came to Freed-Hardeman.

"Instead of judging people by their outward appearance I've learned to accept people as they are and not try to change them," he added.

Asked how he would like to be remembered after leaving F-HC, Wheeler said, "I would like to be remembered as someone who went out of his way to help people."

Wheeler offered advice to those he'll leave behind at Freed-Hardeman. "Learn to accept people as they are and don't judge people before your really get to know them.

Wheeler said he thinks the title of Mr. F-HC represents "a great honor to know that you have been accepted by your peers."

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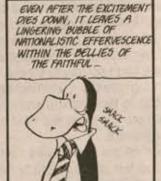




































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