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## Students have problems putting pieces together Counseling Center can help more than they are currently reaching

MICHAEL SHEFFIELD

*EAST TENNESSEAN*

Counselors know that putting the pieces of college life together can be quite a challenge, therefore ETSU'S Counseling Center is offering to help students find exactly where those pieces fit.

"Solving the Puzzle of Life," HDAL 2350, is a three-credit course offered each semester. "We help students find out who they are and learn grasp with their identity," says Dr. Steve Brown, director of the Counseling Center and former president of the Association of University and College Counseling Center Directors.

"They learn how to fit into relationships and effective thought control," he said. "We push students to say what is important to them so they can understand themselves."

Students learn methods for relaxation and stress relief, lifestyle choice assessments and even self-hypnosis.

The primary goal of the class is for students to better understand their lives and who they

really are, says Brown, who served as director of counseling and testing for more than 20 years at the University of Georgia prior to working at ETSU.

Although the Counseling Center offers a number of outreach programs, as well as affordable and regular hours for ETSU students, it only reaches a small portion of the campus community.

"We only reach about 3 percent of the student population," Brown says.

"We would love to treat more of the population. We can do this through expansion of our class."

The course would be useful as part of the university's core curriculum, Brown says. High school students are not sufficiently prepared to deal with the real world or the transition into college life.

"We need to give students the resources to deal with their issues," Brown said. "Everyone should take this class."

Although Brown believes this class would be beneficial to all students, some students

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## Carrying on campus

SARAH JAYNE EDMONDS

*EAST TENNESSEAN*

It has become harder for students to imagine themselves completely safe on their college campuses because of the recent school shootings across the country. The one-year anniversary of the shooting at Virginia Tech is at hand and images of the Northern Illinois shooting still fresh in our minds, students everywhere are constantly wondering how to feel safer on campus.

ETSU like other campuses has made changes to better ensure student safety. There's the GoldAlert text messaging system that alerts students on their cell phones and via e-mail if there is an emergency or school closings. GoldAlert was proven effective late January when ETSU closed due to ice and on March 13 in informing students of an unsubstantiated threat to the Academic Advisement Center.

Large decals have been placed on the doors of every building to warn students of six years imprisonment and a maximum fine of \$3,000 if a firearm is brought onto school premises. The decal also states that those who have the appropriate concealed handgun



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**Shootings on college campuses have students concerned about their safety.**

license are not excluded from those penalties. Although these are viewed as helpful and useful changes, some on the ETSU campus wonder if more guns could be a solution to the problem.

Jessica Rose Hodge, a senior general studies major, supports the idea of the right to carry concealed handguns on college campuses. "I would not be opposed to it, but I believe there should be extensive background checks, a waiting period, and psychological testing done before handing a gun to anyone," she said. Hodge also stated that she wouldn't feel that her safety would be

affected as long as those granting permits were following the regulations. "The government is not here to baby us, we have to make our own choices. It's not their job to make our choices for us." Agreeing with Hodge was Paul Jonas, a senior who has his concealed handgun permit. "After what happened at Virginia Tech, I no longer feel safe on campus," he said. "If concealed carry was permitted on campus, I would feel much safer knowing I could protect myself."

Allowing concealed carry on campus would mean any

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## Bluegrass music students get new recording lab

HOLLY BLAIR

*EAST TENNESSEAN*

Bluegrass, Old-Time Music and Country Music students will have a new recording lab to utilize in the Center for Appalachian Studies next semester thanks to proceeds from the East Tennessee State Student access fee.

While the lab is a new addition to the program, it has been a long time in the making, Director of Appalachian Studies Roberta Herrin said. "Since the building was vacated in 1999, it has been in the plans," she said. "It is a great way to celebrate and recognize the bluegrass program's 25th anniversary and it is a really exciting addition to the Bluegrass program."

"I think once the students see it and realize the lab is



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**The recording lab will be open in the fall for Appalachian music students.**

a reality they'll be really excited," she added.

The state of the art recording laboratory will enable bluegrass students to get hands on experience in a new aspect of their education and careers as

musicians. "From a musician stand point, it will be a good opportunity for to learn in a recording environment," Raymond McLain, associate professor, said. "It is hard to learn to play the guitar with out a

guitar, and it is hard to learn how to record music without a recording lab." The class is for instruction primarily, the recording lab's purpose is to educate bluegrass majors and minors to produce and record albums for their futures in the music industry.

Danny Stuart, a freshman bluegrass major, agrees that the addition will be beneficial. "We need to be able not only to learn the music but learn the production, management and marketing aspects of the industry," Stuart said. "I wanted to go to Middle Tennessee State University to their recording program, but ended up here because of scholarships. This is a great opportunity for me here now that there is a lab and I can get that experience. I will definitely be enrolling in the class." Stuart plays the standup bass, guitar, and the banjo in the bluegrass

program.

There will only be one recording class taught in the fall and the department is in pursuit of a recording lab manager to be in charge of maintenance and teach the class. "The ways to distribute music have changed the industry and we are changing and growing with it," said Randy Sanders, public relations and marketing coordinator for CASS.

Even though it is already slated for use next fall, the recording lab is still in the rough stages of construction. The cement ceiling has been installed, and the sheetrock is still in progress. The wiring is the next step in the process. Overall the project will cost between \$400,000 and \$500,000. "The expenses have been paid for by the students technology access

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