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The Daily Mississippian

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SEC FOOTBALL POWER
POLL: PRESEASON

P. 6



QUARTERBACK TO BE
ANNOUNCED TODAY

P. 8

INSIDE:
THE GROVE EDITION



**LIVE AT 5
TONIGHT**
Newswatch will
continue covering
Isaac from the Coast

THE DAILY

THURSDAY, AUGUST 30, 2012 | VOL. 101, NO. 9

MISSISSIPPIAN

THE STUDENT NEWSPAPER OF THE UNIVERSITY OF MISSISSIPPI | SERVING OLE MISS AND OXFORD SINCE 1911

James Meredith book signing tonight

A book signing will be held for historic icon and Ole Miss alumnus James Meredith at Square Books.

BY ADAM GANUCHEAU
aganuchau24@gmail.com

James Meredith will be in Oxford this weekend as the 50th anniversary of his admission into Ole Miss approaches, but the purpose of his visit has nothing to do with the historic milestone.

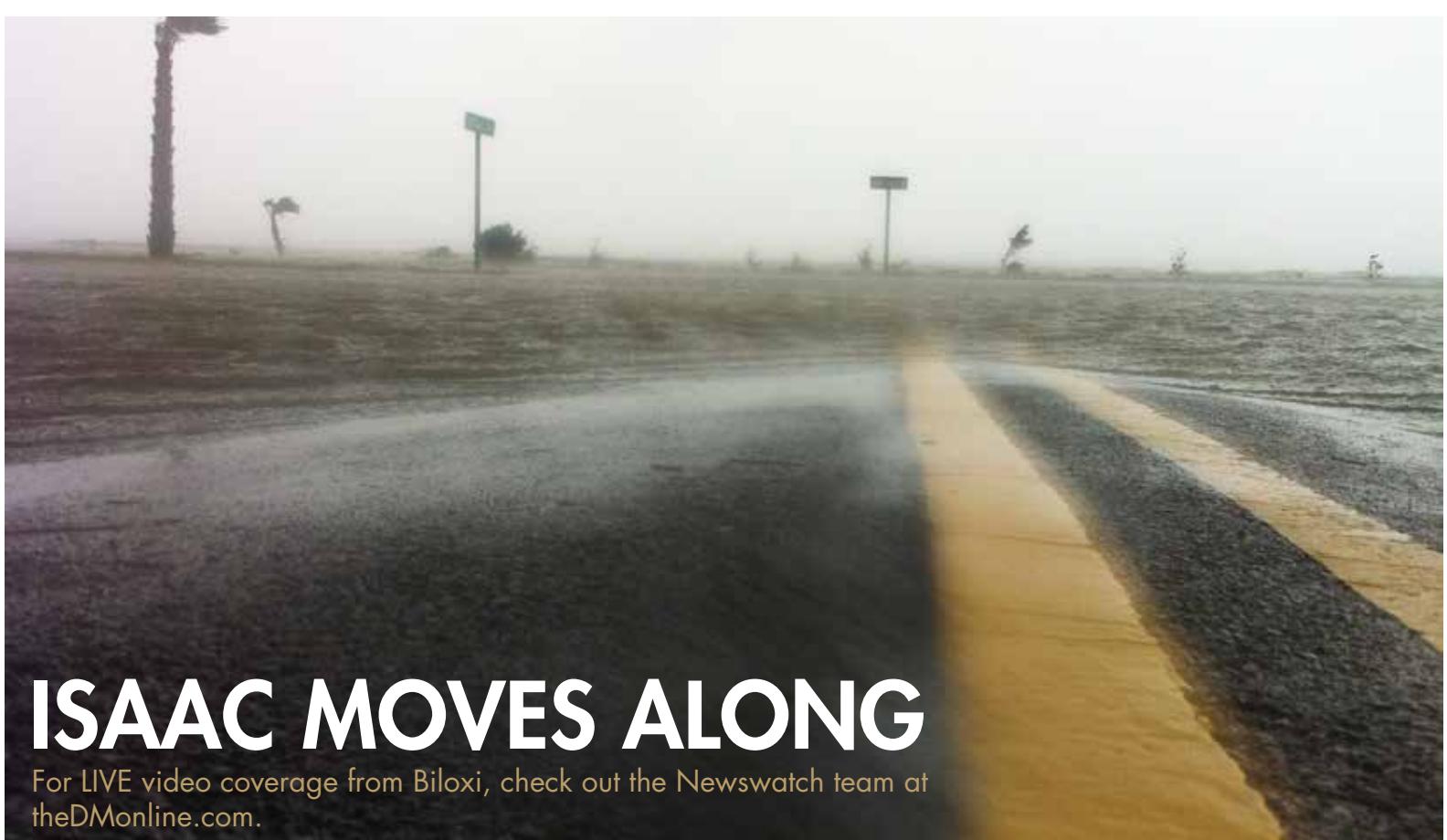
Meredith will be signing his newest book for readers at Square Books tonight at 5 p.m. His book, titled "A Mission From God: A Memoir and Challenge for America," recounts Meredith's life, including his genealogical history, a personal account of his parents, his military career, his spiritual connection to Japan, his encounters and friendships with Martin Luther King, Jr., Medgar Evers and others, the crisis surrounding the integration of Ole Miss, his encounter with the white woman who was in love with him and his career with Jesse Helms, all the while discussing his core beliefs about humanity, politics and his principles of American citizenship, according to the Square Books website.

In addition to the book signing, a brief question-and-answer session will be moderated by Ole Miss journalism professor Joseph Atkins at 5:30 p.m.

"I have interviewed Meredith multiple times," Atkins said. "I am very much looking forward to discussing the book with him and the people that come to the event."

Meredith, generally regarded as one of the most prolific graduates of Ole Miss, has five previously published books. An experienced and prolific author, Meredith is expected to draw a large crowd on the Square tonight.

In his critically acclaimed book, "Three Years in Mis-



ISAAC MOVES ALONG

For LIVE video coverage from Biloxi, check out the Newswatch team at theDMonline.com.

MARGARET ANN MORGAN | NEWSWATCH

Highway 90 is closed to traffic as water from Hurricane Isaac fills the street in Biloxi Aug. 29. The slower the storm moves, the more impact it will have as water levels rise. Hurricane Isaac is testing many of the defenses that have been implemented since Hurricane Katrina hit the area seven years ago today.

BY MARGARET ANN MORGAN
margaretmorgan221@gmail.com

BILOXI - Rain slapped like needles and wind blew apart stop signs as Isaac con-

tinued to roll into the Gulf Coast at a slow seven miles per hour yesterday morning.

The Category 1 hurricane has closed all area schools, flooded Highway 90, more

commonly known as Beach Boulevard, and, as expected, brought back memories still so raw of Hurricane Katrina, which had been the reason more preparations were tak-

en for this week's storm.

"When you know the storm's coming, you get ready for the storm," said

See ISAAC, PAGE 4

Grove aims to improve recycling on game days

Through the Green Grove program students can now be rewarded for their recycling efforts.



FILE PHOTO (RYAN DOUCET) | The Daily Mississippian

BY HOUSTON BROCK
thdmnews@gmail.com

The Office of Sustainability is getting ready to kick off its new recycling campaign for the upcoming football season. Students that volunteer to help promote the Green Grove program will be rewarded with prime seating. According to Assistant Director of Office Sustainability Anne McCauley, the Grove and Circle produced 435 tons of garbage last year. McCauley said that only four tons of that garbage was recycled, a number that she and the Sustainability Office wish to improve.

"I think we've made it really easy this year for people to participate in our game day recycling," McCauley

said.

Last year, Grovers had to take their recyclables to a tent to drop them off following the game. This year, tailgaters will also have the option to leave their bag of recyclables where their tailgates are located to be picked up by the landscaping crew.

The recycling bags will be different from the black bags set up in the trash cans. These clear bags can be found at two dispensing stations: One is in the Circle near the Confederate soldier statue, and one is in the Student Union Plaza.

Among the other trash cans in the Grove and Circle will be 300 recycling bins.

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OPINION

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COLUMN

Ann Romney's speech left something to be desired



BY LEXI THOMAN
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After getting out of class Tuesday, I settled down for a night of homework and coffee, and I started streaming C-SPAN's coverage of the Republican National Convention.

Despite my best efforts, I admit I did not pay close attention to most of the speeches (though I must say, New Jersey Gov. Chris Christie delivered quite an effective jab at President Obama). I was waiting for the main event: the address from Mitt Romney's wife and potential first lady, Ann.

Recent Gallup opinion poll results show Romney neck and neck with Obama in many issues, except for two. The first is the budget deficit. Romney leads by a solid 15 points. The second is a little more ambiguous but nevertheless proved to be an important predictor of

election success in 2008: "likability."

Results show that Obama leads Romney in this category by a large margin – 23 points.

John McCain learned the hard way four years ago not to underestimate the power of this particular opinion poll, and Romney's political campaign has taken steps to ensure that history does not repeat itself this November.

It was common knowledge that one of the main objectives of Ann Romney's speech was to push against the results of the Gallup poll, and – in short – make Mitt more "likable." Though she did succeed in portraying her husband in a softer, more relatable light, her speech left much to be desired. Let me explain.

Anyone who watched Mrs. Romney's address to the convention knows that she spent a significant amount of time talking specifically to women. In fact, I would venture to say that it seemed as if the majority of her speech was geared toward those of the fairer sex.

I was unsurprised when she

spoke to American mothers at the beginning of her address. I was, however, surprised when her speech never really deviated from the themes of family and motherhood.

As a 21-year-old female college student with plans for my future that go beyond a family and children (though I would like to have one, by the way), Mrs. Romney's speech left me thinking: "What about us? What about the young people of this country who have yet to graduate, let alone start a family? Where do we fit in to all this?"

We never really found out.

To be honest, Ann Romney's speech did a disservice to all young, ambitious American women when she talked about us only in the context of traditional gender roles.

What is more, even though she did address nontraditional families – like the single mom trying to make ends meet – she completely ignored the fact that many women in healthy relationships choose to balance motherhood and a career not because they need to, but be-

cause they want to.

To be clear, I am not arguing that Ann Romney gave a bad speech, nor am I downplaying her own achievements. Raising five boys, battling both M.S. and breast cancer and maintaining an active role in her husband's campaigns are by no means easy tasks, especially simultaneously. She fulfilled the purpose of her speech well, and she portrayed to American voters – especially women – a side to Mr. Romney that is more personable, and, yes, likable.

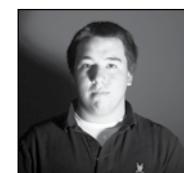
That being said, I highly doubt this speech will be remembered a year from now, even if Romney does win the election. But every time I see pictures and video of Ann Romney on stage, smiling and waving to the crowd at the RNC, two questions run across my mind:

"What about us? Where do young, unmarried, career-focused women fit into Mrs. Romney's vision for the future of the United States?"

Lexi Thoman is a senior international studies and Spanish double-major from St. Louis, Mo.

COLUMN

Guns don't kill people, people with guns kill people



BY JAY NOGAMI
jtnogami@go.olemiss.edu

Remember the familiar defense any time a person with a gun shoots another person? "Well if someone else had a gun there, this never would have become a problem. Nothing bad would have happened because some hero would have shot the man."

Well, guess what? That's not quite how it works. A perfect example is the recent shooting near the Empire State Building that occurred in New York City last week.

A disgruntled employee, who will remain nameless, shot his boss. As far as murders go, this is just one person who has it

out for another, not someone trying to perpetrate a mass killing. Hardly seems like it should have resulted in nine more people being injured, right?

Well, that's what happened when the people with guns showed up.

The NYPD officers, trained specifically for emergency situations such as these, opened fire on the man as he fled. These officers of the law managed to injure nine other people in their efforts to shoot and kill the man. So, the final tally comes up as murderer shoots one, police shoot nine.

Luckily, none of the nine innocent people were killed, but who's to say we'll be so lucky every time? When armed officers, trained specifically for the task at hand, fail, maybe it's time to rethink the same old ideas.

I believe it's a fair assumption

that most police officers have better training with their weapons than everyday citizens do. And these officers did absolutely the best that they could to stop this man who had finished what he had come to do, and it resulted in many more injuries. Do we really think that an innocent bystander who happens to witness a person with a gun will do a better job than the police?

I am comfortable saying no. Yet the go-to response for the NRA and any gun advocate is that we need MORE guns to stop these horrible things from happening. It has never made sense, and as we continue forward, we'll continue to see how their ironclad defense for gun rights does not hold up.

Do we really need to suffer more useless killings and unnecessary harm to innocent people to have a realistic debate about firearms in our society? Regard-

less of whether you side with firearm advocacy or control, we must all realize that more guns will not make everything better. As of 2007, the U.S. was already the world leader in guns per capita, as there were 90 guns in the U.S. for every 100 citizens.

Yet we don't have one of the lowest crime rates in the world, or even in the developed world. It's time to realize that guns are not safe. They may be useful to some people, and they may be part of sport, but inherently, guns are not safe things.

Admitting this small fact will go a long way toward developing a more sensible gun policy in the United States. That is, if the big gun lobbies are OK with it.

Jay Nogami is a public policy leadership sophomore from Denver, Colo. Follow him on Twitter @JayTNogami.

THE DAILY MISSISSIPPIAN

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Letters are welcome, but may be edited for clarity, space or libel.

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The Daily Mississippian welcomes all comments. Please send a letter to the editor addressed to The Daily Mississippian, 201 Bishop Hall, University, MS, 38677 or send an e-mail to dmeditor@gmail.com.

Letters should be typed, double-spaced and no longer than 300 words. Third party letters and those bearing pseudonyms, pen names or "name withheld" will not be published. Publication is limited to one letter per individual per calendar month.

Student submissions must include grade classification and major. All submissions must be turned in at least three days in advance of date of desired publication.



MISSISSIPPI
press
ASSOCIATION

MEMBER NEWSPAPER

GROVE,

continued from page 1

This is an increase of the nearly 200 bins they had last year, according to McCauley.

The game day volunteers sign up on a week by week basis. The volunteers' job is to promote recycling by covering every tent in the Grove and Circle to spread the word. Game Day Director Kay Kay Derossette also believes the increase in volunteer efforts will help them increase the amount of waste recycled.

From 2009 to 2010, the amount of waste recycled increased by two tons. They hope that increasing the number of volunteers will help them for the 2012 campaign.

"Last year we only did

one big group volunteer project," Derossette said. "This year we're getting volunteers for every game to promote and educate tailgaters."

This is important for the Sustainability Office to educate the tailgaters because they often run into problems when recycling.

"Our biggest problem is that we get a lot of food," McCauley said. "If there's food in the bag, then almost the whole bag is tossed."

McCauley said they are looking for plastic bottles and aluminum. They want to stress to Grovers that Solo Cups cannot be recycled.

The Sustainability Office has a new perk they believe will get more volunteers.

"The volunteers that work for two hours before the game will get special reserved seating at the front

of the student section," McCauley said.

They can accommodate up to 75 seats total, but McCauley said they are looking for about 50 volunteers per game. Organizations that sign up as a group also have a special perk. They will have their organization recognized during the game each week. McCauley and Derossette credit the idea of prime seating to Associate Athletics Director for Facilities and Operations Joe Swingle.

The Sustainability Office's goals will change based on the support they receive.

"We depend on volunteer support to make our success happen," McCauley said.

Anyone interested in volunteering can email greengrove@olemiss.edu. For more information visit olemiss.edu/greengrove.



FILE PHOTO | The Daily Mississippian

BOOK,

continued from page 1

(event) since it was announced," graduate student Blake Summers said. "I have always been interested in Meredith's life, growing up in Mississippi, so I'm excited to get his signature on the book all about his life."

The question-and-answer session is expected to be brief, and readers in attendance will get the chance to ask Meredith questions related to the book.

"I have been anticipating this

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NEWS

PAGE 4 | THE DAILY MISSISSIPPIAN | 30 AUGUST 2012 | NEWS

ISAAC,

continued from page 1

Martha Tripp, who is taking shelter at the Department of Veterans Affairs until Isaac completely passes through. "If you live on the Coast, you know that this is what's

expected."

Towns along the Mississippi Gulf Coast have been under curfew, most from dusk until dawn, while law enforcement and the National Guard have patrolled the communities that, despite the governor's state of emergency declarations, are still

filled with families braving the storm.

"We have a major responsibility to the homeowners," Biloxi Chief of Police John Miller said in regard to the curfew. "It's not uncommon for burglars and thieves to use that to their benefit."

Isaac, now downgraded

to a tropical storm, brought winds of up to 75 miles per hour and a storm surge that reached 12 feet high. Downed power lines and fallen limbs have been the biggest damage seen so far, which explains the more than 20,000 reported outages in the state. But there

is good news for those on the Coast as the worst has moved along.

For those north of the water, though, there will be much rain and wind in the coming days, although not as strong, as the storm is expected to weaken as it moves northwest.

2012 Ole Miss

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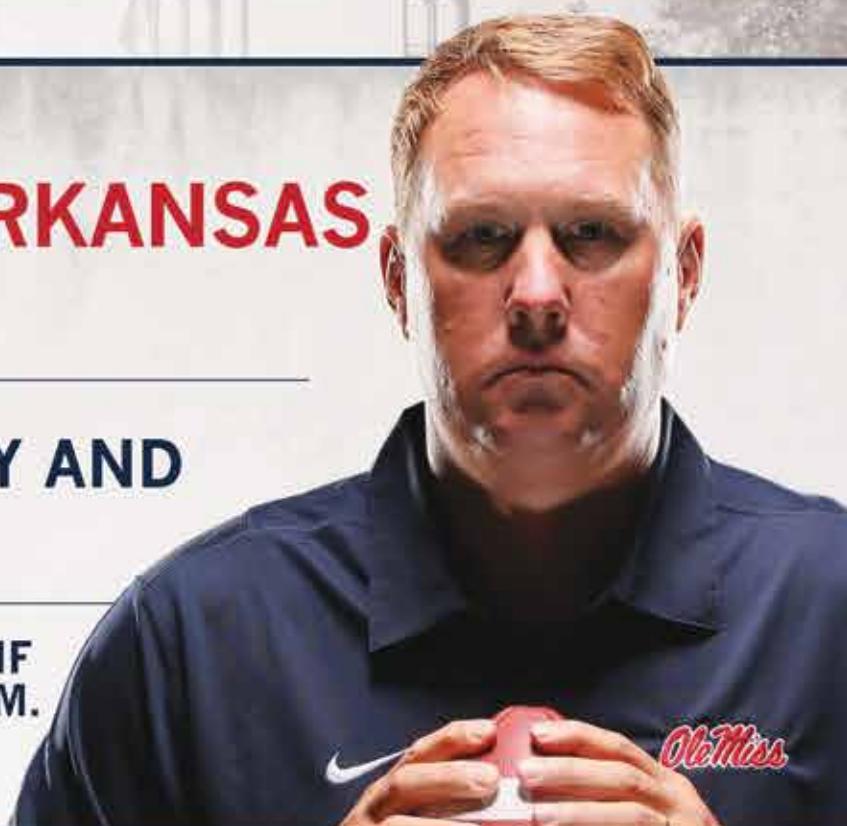


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SPORTS

PAGE 6 | THE DAILY MISSISSIPPIAN | 30 AUGUST 2012 | SPORTS

SEC Football Power Poll: Preseason

By David Collier | thedmsports@gmail.com

In this week's installment, The Daily Mississippian's sports editor David Collier will rank the 14 Southeastern Conference teams. Opponents, game times and television networks are also included for each team.

1. LSU (Last Season: 13-1, 8-0 SEC)

This week: North Texas, 6 p.m., ESPNU

4. South Carolina (Last Season: 11-2, 6-2 SEC)

This week: at Vanderbilt, tonight, 6 p.m., ESPN

5.

Arkansas (Last Season: 11-2, 6-2 SEC)

This week: Jacksonville State, 6 p.m., PPV

6.

Missouri (Last Season: 8-5, 5-4 Big 12)

This week: Southeastern Louisiana, 6 p.m., PPV

7.

Tennessee (Last Season: 5-7, 1-7 SEC)

This week: vs. NC State (Atlanta), Friday, 6:30 p.m., ESPNU

8.

Florida (Last Season: 7-6, 3-5 SEC)

This week: Bowling Green, 2:30 p.m., ESPN

9.

Auburn (Last Season: 8-5, 4-4 SEC)

This week: vs. Clemson (Atlanta), 6 p.m., ESPN

10. Mississippi State (Last Season: 7-6, 2-6 SEC)

This week: Jackson State, 6 p.m., PPV

11.

Texas A&M (Last Season: 7-6, 4-5 Big 12)

This week: vs. Louisiana Tech (PPD due to Hurricane Isaac)

12.

Vanderbilt (Last Season: 6-7, 2-6 SEC)

This week: South Carolina, tonight, 6 p.m., ESPN

13. Kentucky (Last Season: 5-7, 2-6 SEC)

This week: at Louisville, 2:30 p.m., ESPN

14.

Ole Miss (Last Season: 2-10, 0-8 SEC)

This week: Central Arkansas, 6 p.m., PPV

For the full power poll, check out theDMonline.com.

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2012 Fall Concert Guide



Proud Larry's

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AUGUST

30	Thursday	Bill Perry Trio
31	Friday	George McConnell and The Nonchalants with Tedo Stone

SEPTEMBER

4	Tuesday	Bat-Or Kalo with Zechariah Lloyd
5	Wednesday	MyNameisJohnMichael (free)
6	Thursday	Silas Reed N' Da Books
7	Friday	The Whigs with Ponderosa
8	Saturday	Adrian Dickey
12	Wednesday	MyNameisJohnMichael
13	Thursday	Rocket 88
14	Friday	Dickey Do and the Don'ts with Carter Beckworth
19	Wednesday	American Aquarium
21	Friday	Legit Jazz Sextet
26	Wednesday	The Werks
27	Thursday	The Polish Ambassador
28	Friday	The Alabama Shakes Live at the New Daisy Theatre
29	Saturday	Sanders Bohike + Sleeping Bulls Cory Branan with special guests The Polliies and Chris Milam

OCTOBER

2	Tuesday	Jackie Greene with Ruston Kelly
6	Saturday	Langhorne Slim & the Law with River City Extension
9	Tuesday	Elk Attack with New Madrid
10	Wednesday	Mike Dillon Jazz Trio (free)
11	Thursday	Charlie Mars with Adrian Dickey
16	Tuesday	The Dig with The We Share Milk
17	Wednesday	Truth & Salvage Co.
19	Friday	James McMurtry with Joe Pug
23	Tuesday	Shovels and Rope
24	Wednesday	Eliot Lipp
25	Thursday	Frontier Ruckus + Water Liars
27	Saturday	Conner Christian & Southern Gothic

NOVEMBER

5	Monday	Billy Martin (of MMW) and Wil Blades
8	Thursday	Spankalicious with Arpetrio
9	Wednesday	Space Capone
13	Tuesday	AER, The Bright Side Tour with Yonas
23	Friday	Blue Mountain
30	Friday	Mama's Love

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SEPTEMBER

7	Friday	North Mississippi Allstars and Missing Cats featuring John "Jojo" Hermann and Sherman Ewing
12	Wednesday	Tycho with The Album Leaf
13	Thursday	2 Chainz Based on a T.R.U. Story Tour
14	Friday	Welcome Rebel Party featuring Almost Famous
25	Tuesday	Lotus
26	Wednesday	Yelawolf - Slumerican Tour with special guests Rittz, Trouble Andrea, DJ Vajra
27	Thursday	Casey Donahew Band
28	Friday	Wolfgang Gartner

OCTOBER

1	Monday	VibeSquad/Opiuo Tour 2012
4	Thursday	Slightly Stupid
5	Friday	Randy Rogers Band and Josh Abbott Band
8	Tuesday	Silversun Pickups with Cloud Nothings and Atlas Genius
11	Thursday	Jerrod Niemann with Jackie Lee
12	Tuesday	Zoogma
17	Wednesday	The Lumineers
18	Friday	Beats Antique with Lynx
25	Thursday	3LAU
26	Friday	Passion Pit
30	Tuesday	Moon Taxi with Tea Leaf Green
31	Wednesday	Big Gigantic with GRIZZLY

NOVEMBER

7	Wednesday	Papadosio with Octopus Nebula
8	Thursday	Corey Smith with Adam Ezra
17	Saturday	YPO's Our Team, Our Town

SPORTS

PAGE 8 | THE DAILY MISSISSIPPIAN | 30 AUGUST 2012 | SPORTS

PRACTICE MOVES INSIDE, QB TO BE ANNOUNCED TODAY

Head coach Hugh Freeze treated his team to an indoor practice Wednesday afternoon in preparation for their opener against Central Arkansas. In Wednesday's SEC teleconference, Freeze said he will name a starting quarterback today.

BY MATT SIGLER
mcsigler@go.olemiss.edu

Three days away from the season opener against Central Arkansas, Ole Miss head coach Hugh Freeze decided to move practice indoors Wednesday afternoon to get his players out of the heat and give them a little treat.

"Just wanted to get them out of the heat a little bit," Freeze said after Wednesday's practice. "It's cooler inside, and I felt like throwing them a little bone like that would bring a little more energy to practice. It's been a long four weeks just like everybody. They're ready to play, and anything we can do to motivate them to get a

little more out of them I think is good."

Freeze said the team is starting to steadily regain their legs and should be fully recovered by kickoff Saturday.

"Things are coming back," he said. "Things are getting where they need to be. I trust (strength and conditioning coach) Paul (Jackson) a lot with that. We shortened practices this week, and tomorrow will be even shorter. I think they will be fresh and ready to go."

Freeze to name starting quarterback Thursday, Scott 'doubtful' for Saturday

During Monday's press conference, Freeze said he anticipated naming a starting quarterback by Wednesday.



PHOTOS BY JARED BURLESON | The Daily Mississippian

Head coach Hugh Freeze is expected to announce who will start at quarterback today.

However, the decision is expected to be announced Thursday after the staff gets together Wednesday night to make their final decision.

"We will get together tonight and make a decision," Freeze said in Wednesday's SEC teleconference. "It'll be announced tomorrow."

Junior running back Jeff Scott, who is day-to-day with a lower back injury is "doubtful in my opinion," according to Freeze. Scott has been battling the injury for three weeks and has been limited in practices.

"I'm not real confident Jeff

will play this Saturday as of right now," Freeze said in Wednesday's teleconference.

"We had some more tests run this morning on his lower back and just don't know exactly what is going on there. He still could play, but I'm not real confident as of today."

Freeze and his staff have also yet to make a decision on the pending suspension of senior tight end Jamal Mosley. Mosley was arrested earlier this summer, and Freeze said his staff won't make a decision until Saturday.

"He's still got some time be-

tween now and then to prove he is going to be accountable," Freeze said.

Wommack seeks improvement on defense

Defensive coordinator Dave Wommack was pleased with the progress of the Ole Miss defense after Thursday's practice but said that they don't know everything just yet.

"I think we've narrowed down some of the things we are doing on defense," Wommack said. "They're getting closer and closer. We still have some mental work to do, but they're practicing hard, and I think we are going to play extremely hard. So, we're getting there."

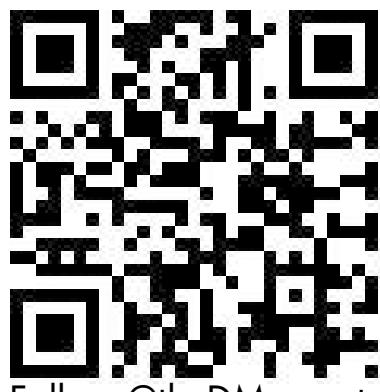
One player on the defensive side for the Rebels who has shined this camp is redshirt freshman Denzel Nkemdiche, who is currently in a battle with senior Aaron Garbutt at the stinger linebacker position. Nkemdiche said he came into camp trying to make an impact.

"I came into camp real focused and ready to get after it," he said. "With a new coaching staff and new scheme, anybody is going to be able to play right now, and we have a lot of great linebackers in the room."

Nkemdiche was redshirted last season but said he is excited about making his debut for Ole Miss on Saturday.

"I'm just trying to take it in," Nkemdiche said. "Try to play for my teammates and stay focused. I'm trying to do it for them, step up and become a leader at a young age."

For continuing coverage of Ole Miss football, follow @theDM_sports and @SigNewton_2 on Twitter.



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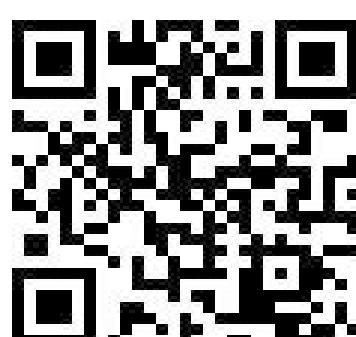
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The events on the calendar are taken from the campus calendar at OleMiss.edu and advertising venues.

If you would like an event to be featured on the calendar, email thdmfeatures@gmail.com, with the subject heading "Calendar."



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What's Inside

P.3 How to help a friend cope

P.4-5 COVER STORY:
All in a day's work

P.6 Comics and games

P.7 Healthy eating on campus

P.8 Photo Essay:
Steel Magnolias

Calendar

August-September

30 Thursday

- **On Campus:** COME TO BUSINESS Freshman Follow-up 6-7
- **Ajax:** Haywire Fiddlehead
- **The Lyric:** Justin Moore with Joey Hyde, 9 pm
- **Off Square Books:** James Meredith, 5 pm
- **Proud Larry's:** Bill Perry Trio
- **Roosters:** Duwayne Burnside (upstairs), DJ Charlie White (downstairs)

03 Monday

LABOR DAY HOLIDAY

31 Friday

- **On Campus:** COME TO BUSINESS Freshman Follow-up, con't 6-7
- **Proud Larry's:** George McConnell and The Nonchalants
- **Roosters:** Silas Reed & Da Books (upstairs), Glitch Dr. (AKA Red Eye Jedi) with DJ Witness (Lord T & Eloise) (downstairs)

04 Tuesday

- **On Campus:** Ole Miss Student Veterans of America, 12 - 1 pm Union Room 421 Ballroom
- **Proud Larry's:** Bat-Or Kalo

01 Saturday

- **On Campus:** First football game: Ole Miss vs. Central Arkansas
- **Roosters:** Cadillac Funk (upstairs), DJ Wade (downstairs)

05 Wednesday

- **On Campus:** The Growing Role of Minority Women in the Media 11 am - 12 pm, Overby Center Auditorium
- **Proud Larry's:** Southern Studies Brown Bag Lunch & Lecture Series 12 pm - 1 pm, Barnard Observatory Room 105
- **Proud Larry's:** MyNameIsJohnMichael



NewsWatch 5 p.m.
Monday through
Friday Channel 99



Make the DM part
of your morning ritual



How to help a friend with anxiety or depression



BY MEGAN MASSEY
memassey184@gmail.com

She's worried about her health. She's gone to the doctor a number of times and had multiple tests run showing that she's perfectly healthy, but she's still worried they missed something. She won't let herself sleep because she's afraid of what might happen.

He's "blue" all the time. He's frustrated with himself because he doesn't enjoy the things he used to love. He feels that his friends just don't understand. How could they? He doesn't know why he feels this way. He's trapped in his own mind and it's full of pessimism and self-loathing.

These are very different situations. Each person has different problems, but they have one thing in common – they are both experiencing symptoms of anxiety disorders and/or depression.

One of the most difficult aspects of dealing with anxiety (including generalized anxiety disorder, panic disorder, obsessive-compulsive disorder and post-traumatic stress disorder) and depression is the emotional distance and isolation the person suffering often feels.

The isolation can also be frustrating for the people closest to the person dealing with anxiety and depression. We often don't know how to help our friends or relatives even though we really want to.

If you know someone who struggles with these things, here are a few tips on helping that friend, loved one or random stranger cope.



PHOTOS BY WILL STROUTH | The Daily Mississippian

1. Offer to listen.

Sometimes the thing that helps the most is just having someone to talk to. It's really easy for someone dealing with anxiety and depression to get caught up in their own thoughts, and that's not always a safe place to be. Being able to voice concerns and fears can make those things less daunting and create relief even if it's just for a little while.

2. Encourage.

You may remember Thumper, Bambi's rabbit friend, from your childhood. Well, his rule applies here: "If you can't say something nice, don't say nothing at all." You may think your friend's fears are ridiculous, "Of course you're not having a heart attack at 20. Calm down." But odds are your friend knows that, too, and he or she has probably done enough self-scolding already. Just be kind. We live in a very sarcastic society, but now is not the time for that. Be real with your friend. Tell him/her some characteristics that you like about her. Encourage him/her to reach out to a counselor.

3. Remove the phrase...

... "Calm down" from your vocabulary. If you think that he or she has not been saying that over and over again in his or her own mind, you are mistaken. If it was that simple, "calm" would already be his state of being. Instead, offer reasons for calm: "You're young and healthy; you can go to the doctor tomorrow; we love you; etc."

4. Don't judge.

Again, you may think your friend's fears are dumb. You may think that he or she should be on medication, or you may think medication is a bad thing. There's nothing wrong with having an opinion, and there's nothing wrong with expressing that opinion in a calm, loving way. But telling your friend that he or she is being stupid or sassing or anything like that is not going to help at all. If anything, you've just created more negative things to think about which will only aggravate the situation.

5. Grace.

Give your friend some grace. He won't act like his normal self. She won't feel like going out with a lot of people all the time. He may snap easier. She may cry. Understand that your friend is simply not in a healthy state of mind and is very likely not cutting himself or herself any slack for negativity. Your friend is aware of all the ways that she is not acting like usual. She doesn't need you point that out.

Most importantly, just be a friend. Don't abandon the person. Obviously, if he or she is self-harming or talking about suicide, you need to act immediately and let someone know, like a parent or authority figure.

If you struggle with these things, I can't stress enough how important it is to reach out to others (friends, parents, counselor, etc.) and to give yourself grace. You aren't a terrible person, and you aren't crazy. You just have some things to work through, and that's okay because so does everyone else.

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ALL IN A DAY'S WORK



JESSE MULLIN

BY MARY B. SELLERS
mbsellz@gmail.com

Picture this: the first day of school. Every student, however jaded and used to the routine, manages to maintain some anxiety about it. Schedules, new professors, which buildings, what room number, what to do during a three-hour break between Sociology and Brit lit besides homework — these are the popular concerns. Imagine watching the torrents of students flood in through the Union; the winding line to Starbucks comprised of sleepy sophomores; the seemingly dozen grasping hands waiting for a bagel before 8 a.m. These sorts of scenarios are what Ole Miss' campus workers deal with each and every day.

If asked where the majority

"People," Sanders says, is the best thing about her job. It is not a stretch — Sanders seems genuinely comfortable with her settings as she uses a rag to wipe off the counters and glass, smile still steady.

of a student's time is spent on campus outside of the classroom, the automatic answer would be at one of the many food and beverage stations. These places are where the student goes to grab a quick cup of coffee or a snack in between classes, mingle with friends and

frantically catch up on the reading that should have been done a week and a half ago.

This scenario seems simple enough, but what people do not realize is that this sort of luxury takes a well-oiled machine made up of the many campus workers that Ole Miss employs.

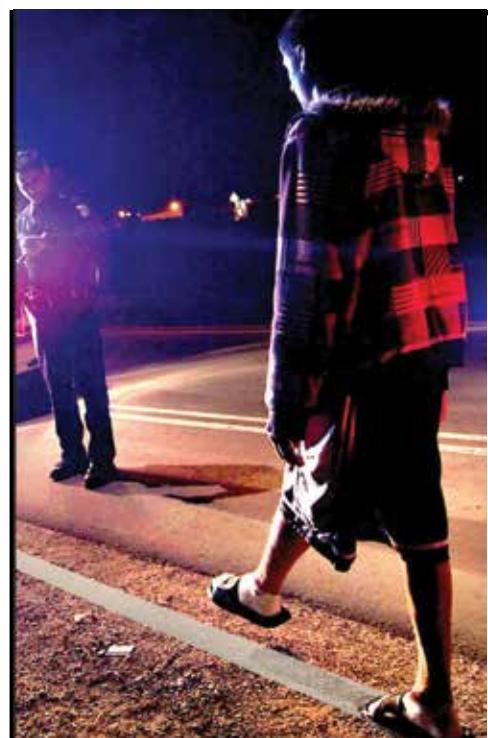
We students rarely stop to consider just how many of us there are. Especially in the first weeks of school, the campus is teeming with us. We demand food, drinks, a place to sit, a place to charge our laptops and a bevy of other necessities.

When asked how she maintains a cheerful attitude through her seven-and-a-half hour workday at the library's incredibly popular Starbucks, Helen

See WORK, PAGE 5



PHOTOS BY JARED BURLESON | The Daily Mississippian



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HELEN HARWELL

WORK,

continued from page 4

Harwell said, "I enjoy my customers and the people I work with."

It is this sort of attitude that provides buoyancy to campus employees. Harwell grins and sneaks a sidelong glance at her colleague, who then nods her head approvingly, mirroring Harwell's good-humored grin. It is obvious that Harwell is quick-witted and full of fun. She is admirably jovial at 2:30 in the afternoon, with a line of anxious and twitching students

waiting to order their ever-important grande Skinny Vanilla Latte without raising their eyes from the smart phone they grasp.

"We are always busy, but we just like to keep it light, and we play around and it kind of gets us through the day," Harwell continued.

And it must. Working five days a week on her feet is obviously trying at times, but she radiates a surprising amount of energy. She seems at ease in her environment, and her colleagues seem to run through the everyday motions seamlessly, teasing with witty barbs and rich laughter. There is ob-

viously room enough for both friendship and work here.

Before getting back to taking orders, Harwell says that coffee is her favorite thing about her job. Fitting, no doubt.

Queen Sanders, the slight and soft-spoken lady who works at Magnolia Kitchen in the Union, says, "I keep a smile on my face", which is exactly what she follows her answer with. One gets the feeling that her smiles are the kind that are plentiful no matter what kind of day it turns out to be. It is gentle, and so is she, and she gives off that very huggable vibe, which is so rare in people these days. She goes on to say

that, for the most part, the chaotic student-filled crowds do not bother her. She seems to have found a way to coexist with the masses, but maintain a calm sense of removal from all the goings-on around her. She says people are the best thing about her job. It is not a stretch – Sanders seems genuinely comfortable in her setting as she uses a rag to wipe off the counters and glass, smile still steady.

Another employee at Magnolia Kitchen, Jesse Mullin tackles the right side of the counters with enthusiasm. He looks up to show a wide, relaxed grin that is incredibly endearing.

"I get to meet a lot of new people," he said.

Mullin seems genuinely interested and at ease with the students – a mixture of amusement, curiosity and acceptance. He greets each passerby with a big smile – or maybe he merely smiles to himself, but his uncomplicated and happy approach to his work is refreshing.

"Mostly I joke around with the customers," he said, when asked what his secret is to keeping a good attitude throughout the day.

We should take a page out of their book in this natural and easy approach to life.



QUEEN SANDERS



PHOTOS BY JARED BURLESON | The Daily Mississippian

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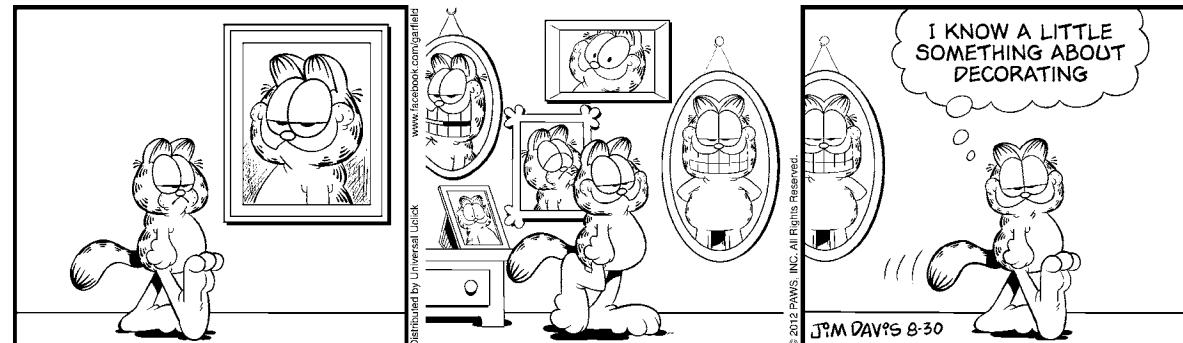
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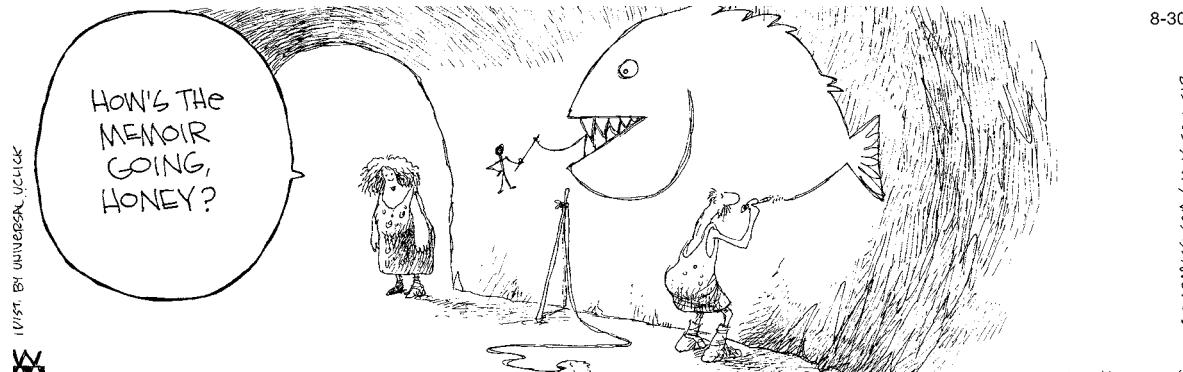
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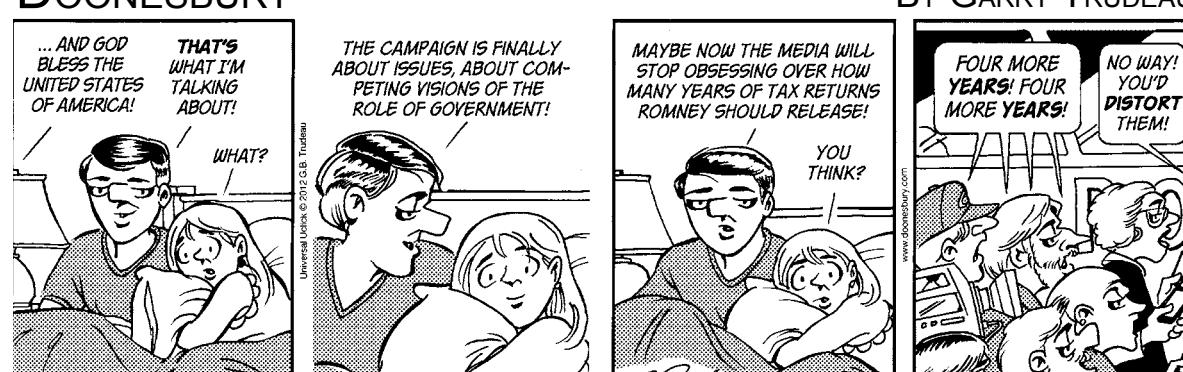
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	7				8	5		
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	5			4				

HOW TO PLAY

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8	1	6	2	5	3	9	4	7
4	2	7	6	1	9	8	5	3
2	7	9	3	4	8	5	6	1
1	3	4	5	9	6	7	8	2
5	6	8	3	1	2	7	4	3
7	8	3	9	6	5	2	1	4
9	5	1	4	3	2	6	7	8
6	4	2	8	7	1	3	9	5

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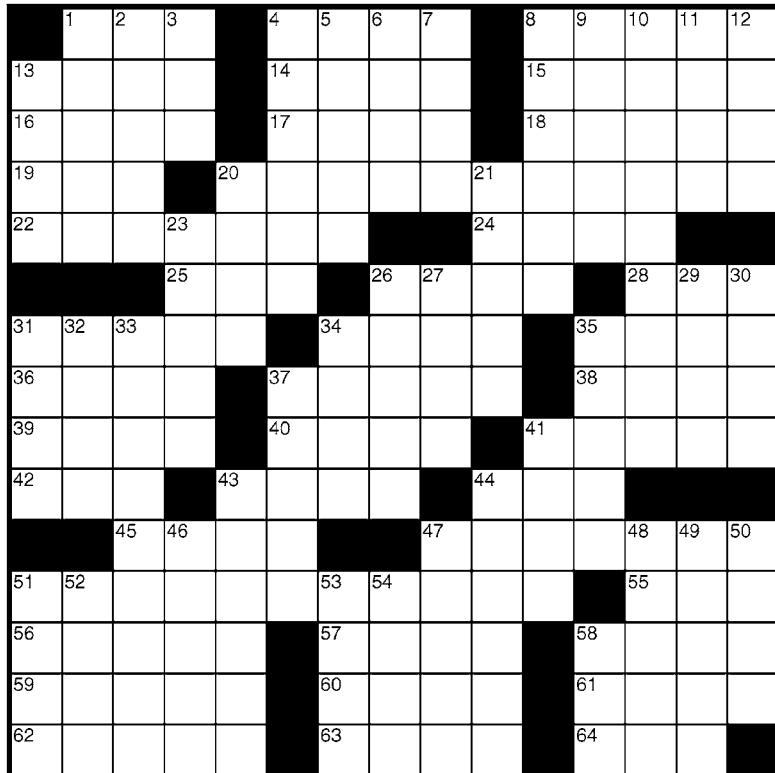
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30 Extinct bird
31 Business letter abbr.
32 Naughty kid
33 Bagpipe's home
34 Worm, maybe
35 Root for
37 "Coming soon" announcement
41 Bikini sporter
43 Measly
44 Did not pass
46 Melanges
47 Unsophisticated

48 Robin — of balladry
49 Like an old piano
50 Farm products
51 Con game
52 Article of merchandise
53 Corduroy rib
54 Helen of —
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BY KRISTEN STEPHENS
kriskros2010@gmail.com

The University of Mississippi is constantly undergoing construction or renovation. Newest renovations include additions of a Papa Johns, Pinkberry, POD Mini-Mart and POD Express to campus.

Universities such as City University of New York strive to make their campus food choices healthier, which means students have to pay more for food. Given that Ole Miss is buzzing with students concerned about their health needs and considering the food options, some wonder where they will be able to find healthy food on campus.

"You can find healthy food on campus if you're willing to actually look for it," said senior Megan Massey. "Chik-fil-a has a grilled chicken sandwich, but even their fried chicken sandwich is under 500 calories. You can get a black bean burrito at Zoca. There are definitely more unhealthy options, but it is possible to eat healthy."

Ole Miss' Officer Michael Hughes, fitness and nutrition expert, agrees the university should remember students' health consciousness when choosing new food options.

"I think we could try to make more effort to provide healthier options: fresh fruits, any kind of unprocessed foods, basically as few middlemen as possible," Hughes said. "The fresher the better."

Another issue with adding healthier food options to campus unfolds at the cash register. Some say that purchasing fresher foods for Ole Miss students and faculty would cost more than purchasing processed foods. Instead of using processed foods, Hughes suggests the university make arrangements with local farmer's markets to ensure students receive organic, fresher foods at quality prices, which university officials have considered.

"We order products from local vendors such as Turner Dairy, and we are always trying to find ways to have more local vendors to be able to serve on campus," said Jeff



Top: Toss It Up is a healthy option for students. Bottom: New 'grab and go' area offers a quick healthy fix.

frey Owens, interim marketing coordinator at Aramark.

Owens stated the new food options were chosen for the university based on months of gathered statistics.

"We conduct surveys, focus groups and market research throughout the year to help determine underserved areas of campus and brand preferences," Owens said.

However, some remain doubtful about the nutritional value of the university's food. A look at the nutritional value of Pinkberry shows most food choices obtaining no fewer than 20 grams of carbs and 15 grams of sugars per serving, with half a cup equaling one serving.

Research shows carbs and sugars taken into the

body and not immediately used for the body's energy needs store as fat and lead to weight gain. In order to get around the freshmen 15 and unhealthy food options on campus, another option for students is to purchase food for themselves.

Hughes, who has practiced healthy eating and weight training for 10 years, states that buying his own healthy food has not cost more for him.

"I think in the long run it's probably been about the same," Hughes said. "Just preparing my meals and getting an idea of what I'm eating, I think that's helped. I haven't understood a difference as far as costs."

Likewise, Massey finds eat-

ing healthy is not stressful on her budget.

"On campus I think it's normally equally as expensive to buy healthy or unhealthy food," Massey said. "If you're willing to cook, I think it's a bit of a myth that it's way more expensive to eat healthy. You just have to be willing to do your research."

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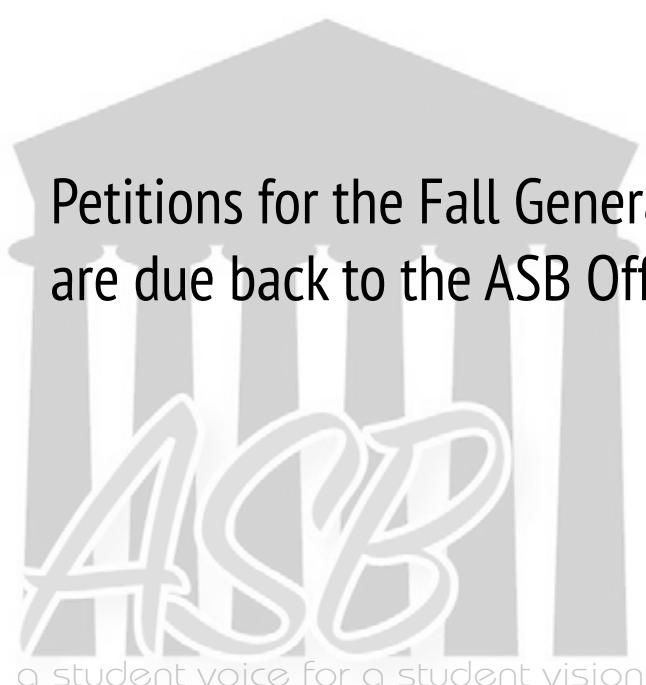
Ole Miss students and faculty shine both on and off the stage.

Photos by Phillip Waller | pcwaller@go.olemiss.edu



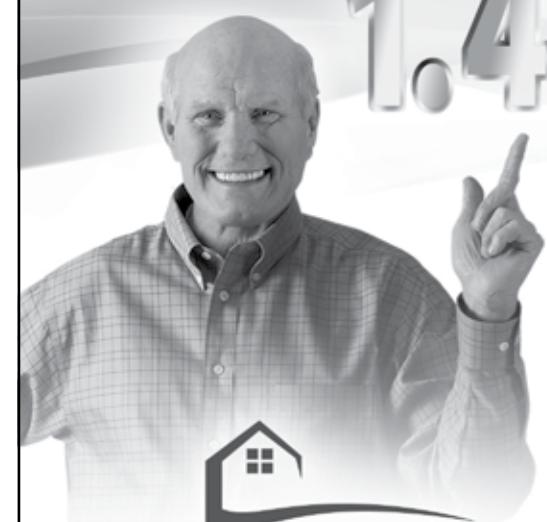
Petitions for the Fall General and Senate Elections are available in the ASB office and are due back to the ASB Office Friday Aug. 31 from 1-4pm.

Petitions are available for Homecoming Queen, Homecoming Maids, Colonel Reb, Miss Ole Miss, and Campus Favorites!



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