

MAILING

Mar. 4, '71

Ant Show

AREA NEWS MEDIA

Fayetteville Observer - Hasty

Local radio stations, WFAI, WFBS, WFLB, WFNC, WIDU

Spring Lake Times

AREA HIGH SCHOOLS

\_\_\_\_\_ Department

\_\_\_\_\_ Office

AREA COLLEGES

AREA METHODIST CHURCHES

HOMETOWN NEWSPAPER(S)

SELECTED COLLEGES

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SELECTED STATE NEWS MEDIA - 35

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STATE NEWS MEDIA

OTHER

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Mar. 3, 1971

For Sunday, if possible

Fifth Annual Juried Student Art Show

To: Frances Hasty, FAYETTEVILLE OBSERVER

Jean Hutchinson, Public Relations Office  
488-7110, Ext. 228

*Fayetteville* — Methodist College's Fifth Annual Juried Student Art Show  
*Sunday*  
begins today with a 3:00 - 5:00 p.m. reception open to the public.

Prizes will be awarded to Methodist College and Fayetteville State University students who enter works in painting, drawing and sculpture.

Prizes include: a \$75.00 cash purchase award for first place; a \$50.00 cash award for second place; a \$25.00 cash award for third place; and honorable mention awards.

Judges are local artists Thom Cory and Jack Mitchell.

After Sunday, the show will be on display in the lobby of the Fine Arts Building on campus through March 26 from 9:00 a.m. till 5:00 p.m. on weekdays.

Don Green, assistant professor of art at Methodist College, will coordinate the show.

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March 3, 1971

For release on or before Mar. 5

Invitation to art show reception

Frances Hasty, FAYETTEVILLE OBSERVER

Jean Hutchinson, Public Relations Office  
488-7110, Ext. 228

The public is invited to a reception in the Fine Arts Building lobby at Methodist College Sunday from 3:00 -- 5:00 p.m. Refreshments will be served.

At the reception prizes will be awarded to Fayetteville State University and Methodist College students participating in the Fifth Annual Juried Student Art Show.

Participants should submit works to room F135 in the Fine Arts Building before 5:00 p.m., March 5. An entry fee of \$1.00 is required.

Students may submit up to five works in painting, drawing and sculpture.

Don Green, assistant professor of art at Methodist College, is coordinating the show.

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methodist college  
fayetteville, n.c.

## NEWS

March 4, 1971

Fifth Annual Juried Student Art Show

To: Selected Area News Media

Jean Hutchinson, Public Relations Office  
488-7110, Ext. 228

FAYETTEVILLE-----Methodist College's Fifth Annual Juried Student Art Show begins Sunday, Mar. 7, with a 3:00 - 5:00 p.m. reception open to the public.

Prizes will be awarded to Methodist College and Fayetteville State University students who enter works in painting, drawing and sculpture.

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Don Green, assistant professor of art at Methodist College, will coordinate the show.

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March 4, 1971

Local Student in Karate Demonstration

28301

Jean Hutchinson, Public Relations Office  
Methodist College

To: MANVILLE NEWS

*Also to: Carteret Co. News + Journal  
for Wayne Rogers*

**CUTLINE:** CHESTER S. MAKOWSKI (right) breaks a board with a "shuto" during a Karate demonstration given at Methodist College in Fayetteville, N. C., where he is a sophomore. Makowski's parents are Mr. and Mrs. Stanisł Makowski, 1014 Roosevelt Ave., Manville, N. J. Their son is a 1969 graduate of Manville High School.

(Photo by Don Whitney)

MAILING

Mar. 8, 1971

Concern about faculty retention

AREA NEWS MEDIA

Fayetteville Observer (?)

Local radio stations, WFAI, WFBS, WFLB, WFNC, WIDU

Spring Lake Times

AREA HIGH SCHOOLS

\_\_\_\_\_ Department

\_\_\_\_\_ Office

AREA COLLEGES

AREA METHODIST CHURCHES

HOMETOWN NEWSPAPER(S)

SELECTED COLLEGES

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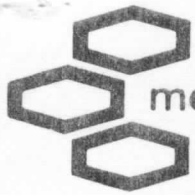
SELECTED STATE NEWS MEDIA

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STATE NEWS MEDIA

OTHER

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methodist college  
fayetteville, n.c.

March 8, 1971 To: Local media  
Students Express Concern in Meeting

Jean Hutchinson, Public Relations Office  
488-7110, Ext. 228

## NEWS

A group of concerned Methodist College students met Monday to discuss the retention of faculty and academic matters.

John Brown, president of the Methodist College Student Government Association, presided at the morning meeting which was open to all members of the college community.

The following statement has been released by Dr. Samuel J. Womack, Academic Dean of the College, with regard to the issue:

"It is unfortunate that misunderstandings have arisen in connection with Methodist College's planning for its 1971-72 academic year and its staffing of the faculty for that period. Due to a decline in student numbers it has been necessary to make a very slight reduction in the faculty for next year; this has been absorbed mostly by retirement or resignation of present faculty. In two departments it was impossible to avoid a decision to reduce the staff by one person in each. Those persons have been given advance notification in both cases in full accordance with policies and procedures stated in the Faculty Handbook.

"In the case of one instructor it involves advance notice of at least two years, since that was related directly to degree requirements set

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by the Southern Association of Colleges and Schools. Some students apparently have been given a false impression that the action in regard to the two instructors was arbitrary; whereas, in actual fact, the necessity for this action is a cause for great regret to every member of the college administration as well as to the faculty.

"It is also a matter of great regret that well-meaning students' efforts to support the interests of the instructors involved may serve to create embarrassment for those instructors. The unhappy fact of the matter is that colleges and universities cannot afford to retain faculty for whom they have no instructional needs.

"Methodist College is willing to substantiate its action with documentary evidence."

The evidence was explained by John Brown in the morning meeting which was held in Reeves Auditorium. Students responded in an orderly fashion with a question-and-answer discussion. #####

It is unfortunate that misunderstandings have arisen in connection with Methodist College's planning for its 1971-72 academic year and its staffing of the faculty for that period. Due to a decline in student numbers it has been necessary to make a very slight reduction in the faculty for next year and this has been absorbed mostly by retirement or resignation of present faculty. In two departments it was impossible to avoid a decision ~~to reduce~~ to reduce the staff by one person, each. Those persons have ~~been notified~~ <sup>been given advance notification</sup> in both cases in full accordance with policies ~~and~~ and procedures stated in the Faculty Handbook. In the case of one instructor it involves advance notice of at least two years, since that was related directly to degree requirements set by the Southern Association of Colleges and Schools. Some students apparently have been given a false impression that the action in regard to the two instructors was arbitrary, whereas in actual fact the necessity for this action is a cause for great regret to every member of the college administration as well as to the faculty. It is also a matter of great <sup>well-meaning</sup> regret that ~~student~~ <sup>well-meaning</sup> efforts to support the interests of the instructors involved may serve to create embarrassment for those ~~two~~ <sup>is</sup> instructors. The unhappy fact of the matter ~~is~~ <sup>is</sup> that colleges and ~~universities~~ universities cannot afford to retain faculty for whom they ~~cannot supply adequate teaching~~ <sup>(INSTRUCTIONAL)</sup> have no teaching needs. Methodist College is willing to ~~provide documentary evidence of the situation in~~ <sup>substantiate its action with documentary evidence.</sup> ~~which it finds itself~~

MAILING

Mar. 9, '71

Art Show Prizes

AREA NEWS MEDIA

Fayetteville Observer - *Hasty*

Local radio stations, WFAI, WFBS, WFLB, WFNC, WIDU

Spring Lake Times

AREA HIGH SCHOOLS

\_\_\_\_\_ Department

\_\_\_\_\_ Office

AREA COLLEGES

AREA METHODIST CHURCHES

HOMETOWN NEWSPAPER(S) *M. Alice Leimone - Pender Chronicle*

SELECTED COLLEGES

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SELECTED STATE NEWS MEDIA

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STATE NEWS MEDIA

OTHER

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March 9, 1971

To: FAYETTEVILLE  
OBSERVER

Students' Juried Art Show Winners Announced

Jean Hutchinson, Public Relations Office  
488-7110, Ext. 228

## NEWS

### LOCAL STUDENTS WIN PRIZES IN ART SHOW

Winners of the Methodist College Fifth Annual Juried Student Art Show were announced Sunday at a reception on campus.

Award winners are: Cathy Alkis, Methodist College student from Fayetteville, first purchase award for \$75.00, an oil painting titled "Weldschmerz"; Cathy Alkis, second prize, a steel sculpture titled "Integrated Migration"; La Ray Beale, Methodist College student from Fort Bragg, second cash award of \$50.00, an oil painting untitled; Caroline Milner, a Methodist College student from Fayetteville, third cash award of \$25.00, an oil painting titled "Appointment in Samarra."

Honorable mentions were made for Angela Vurnakes, Methodist College student from Fayetteville, an oil painting, "Stilllife #2"; Cathy Alkis, an oil painting, "Cary and Vicki"; Reginald Pickett, Fayetteville State University student, a pastel untitled portrait; Milton Hinton, Fayetteville State University student, three black and white photographs; and Alice Leimone,

-----more



Methodist College student from Burgaw, N. C., ink drawing, "The Black and White of It."

Participants in the exhibit include Methodist College and Fayetteville State University students. Approximately 25 varied works were entered.

The student show may be viewed until March 26 from 9:00 a.m. till 5:00 p.m. on weekdays in the lobby of the fine arts building.

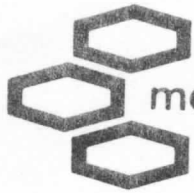
Judges for the show were Thom Cory and Jack Mitchell.

Cory is a figurative painter of "pop art" whose works were recently shown at Methodist College. A California artist, Cory has studied with several nationally known artists and has taught painting at the University of California at Los Angeles. He is now stationed at Fort Bragg.

Mitchell is a local artist who studied at the New School for Social Research in New York. He has worked for Seymore Lipton, a nationally known sculptor. He now teaches art at Terry Sanford High School.

Methodist College sponsors monthly displays on campus through the art department.

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methodist college  
fayetteville, n. c.

March 12, 1971

To: DUNN DISPATCH  
Mrs. Louise Jackson

College Edition Article and Ad

Jean Hutchinson, 488-7110, Ext. 228

Assistant Director of Public Relations

NEWS

*similar to PILOT  
AD +  
Story*

### METHODIST COLLEGE ADDS ACADEMIC INNOVATIONS

FAYETTEVILLE----The end of its first decade of instruction found Methodist College still building -- shaping academic innovations.

A two-year experiment for a "pass-fail" option in elective courses is being launched for upper-classmen at the four-year, liberal arts institution.

The pass-fail innovation, available to juniors and seniors on a trial basis for two years, enables students to take elective courses, earning semester hours toward graduation requirements without adding to their quality points in computation of grade-point averages. The concept of the program originated with the Student Academic Affairs Committee.

Two new courses in ecology have been introduced on an inter-departmental basis.

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The science department approached environmental problems from a cause-and-effect angle during first semester this year, with field trips and lab experiments which measured water and air pollution in selected Cumberland County area sites.

The sociology, political science, economics and history departments are collaborating with the philosophy and religion departments in a second-semester sequel which will approach environmental problems from the standpoint of social, ethical and religious considerations.

Another innovation to help establish Methodist College as a strong liberal arts institution is the addition of art as the fourteenth major in 1970-71.

A featured tradition of the art department is the showing of a monthly art exhibit on campus -- from traveling collections to one-man student shows in sculpture, painting, drawing and other media.

Personalized, quality instruction in studio art courses have attributed to a marked increase in popularity of art on campus.

The same individualized instruction is available in the music department and other areas, attributing to the close family-community atmosphere at Methodist College.

The student-faculty ratio in classes averages 14:1; a student is considered an individual, not number 18,746.

At Methodist College the president of the student senate may be captain of the soccer team, too. The co-editor of the yearbook may be the student government association secretary and have an overall average of 3.53 at graduation on a 4.00 scale.

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Through leadership, academic excellence, service and spiritual development, students are encouraged to develop personalities which constructively influence society.

Approximately 30 campus groups and organizations offer fellowship, community service and development of talents in the arts, sciences and athletics.

The college is a member of the Dixie Intercollegiate Athletic Conference. Its physical education department provides students a strong program of intramural sports and intercollegiate challenges in eight sports.

Methodist College has become a community where people communicate.

At Methodist College "...other students and members of the faculty and administration CARE about you as a person...you have a chance to develop your identity, to realize yourself... College is what you make it here... and people are friendly...."

Statements like the above were made to the Alumni Association's liaison committee which conferred with faculty, administration and student representatives on the campus last fall.

With only seven classes graduated, an active alumni leadership has contributed to the establishment of four chapters in Richmond, Va., Raleigh, Charlotte and Fayetteville. Plans for Winston-Salem and Washington, D. C., chapters are underway.

Since the college opened to students in 1960, it has experienced a decade of definition and progress.

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The modern campus is formed by nineteen buildings and structures, including a color-lighted fountain and pool, a chapel interiored with red oak, and a bell tower which amplifies a carillon system.

Located six miles north of Fayetteville, the campus is constructed on a series of interlocking malls and rolling woodlands adjacent to the Cape Fear River.

Four modern, air-conditioned dormitories accomodate North Carolinians, out-of-state and foreign students.

When the first 88 freshmen enrolled in 1960, there were four buildings and a few sprigs of grass on campus.

Now the physical plant has been finalized almost completely into a beautiful, distinctive campus with an administration that encourages quality education.

As academic innovations are shaped at Methodist College, today's students are helping to build traditions in a community atmosphere.

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MAILING

3-16-71

David Patrick -  
6<sup>th</sup> in Wrestling

AREA NEWS MEDIA

Fayetteville Observer - Howard Ward

Local radio stations, WFAI, WFBS, WFLB, WFNC, WIDU

Spring Lake Times

AREA HIGH SCHOOLS

\_\_\_\_\_ Department

30 + pix

\_\_\_\_\_ Office

AREA COLLEGES

AREA METHODIST CHURCHES

HOMETOWN NEWSPAPER(S) - Chesapeake, Norfolk, <sup>Pa.</sup> ~~VA~~

SELECTED COLLEGES

SELECTED STATE NEWS MEDIA

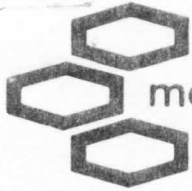
WTVR - 11

WECT - 6

WRAL - 5

STATE NEWS MEDIA

OTHER



methodist college  
fayetteville, n.c.

28301

## NEWS

March 16, 1971

To: Selected State  
Media

Methodist College Student in Wrestling  
Finals

Jean Hutchinson, Public Relations Office  
483-7110, Ext. 228

*3 hometown papers  
30 state media*

FAYETTEVILLE, N. C.-----David F. Patrick, a Methodist College freshman from Chesapeake, Va., gained a sixth place finish in the 14th National N.A.I.A. Wrestling Tournament last weekend (Thurs. - Sat., March 11 - 13) at Boone, N. C.

Patrick is a 1970 graduate of Deep Creek High School in Chesapeake, and the son of Mr. and Mrs. William N. Patrick of 3405 Douglas Road in Chesapeake.

Patrick won the District 29 wrestling championship the preceding weekend.

Coach Mason Sykes said Patrick is "the only person from Methodist College ever to win a District championship" and "the only wrestler the college has ever sent to the National Tournament."

Patrick earned the one-man Methodist team 5 points in the 134-lb. category, winning the Fayetteville college the 41st position among 98 participating institutions and approximately 400 wrestlers.

In the first match on Thursday Patrick defeated Lee Chambers, Cedarville College, 11-8.

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Craig Skeesick from Central Washington State College defeated Patrick in the second match Thursday evening.

Patrick defeated Dale King from Catawba College, 9-1, Friday. He then received a forfeit from Jim King of Appalachian State University.

Patrick was finally defeated by Mike Good of Augsburg College in a match for 5th place Saturday.

Ten different weight classes were represented in the tournament from 118 pounds to heavyweight unlimited.

Craig Skeesick from Central Washington won the National Tournament. His college gathered 53 points.

Host Appalachian State placed ninth and was the only other represented Southern school to top Methodist in team points.

Patrick was especially pleased at his accomplishment, saying "in 14 years a North Carolina school had never placed in the tournament until this year."

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X X Patrick said, "My teammates told me not to come back (from the tournament) if I didn't win."

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→ Host Appalachian State U. placed 9th  
the only other <sup>represented</sup> school <sup>Southern</sup> to top Methodist  
in team points.

March 16, 1971 To: Area Media  
National  
Methodist College Student in Wrestling  
Finals  
Jean Hutchinson, Public Relations Office  
488-7110, Ext. 228

*M.C.S.*  
*^*  
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*Radio* // In the first match on Thursday Patrick defeated Lee Chambers,  
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*State College*  
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second match Thursday evening.

Mar. 16, 1971

MAILING

Self-Defense Course

AREA NEWS MEDIA

Fayetteville Observer - Steve Thompson (3-13-71)

Local radio stations, WFAI, WFBS, WFLB, WFNC, WIDU

Spring Lake Times

AREA HIGH SCHOOLS

\_\_\_\_\_ Department

\_\_\_\_\_ Office

AREA COLLEGES

AREA METHODIST CHURCHES

HOMETOWN NEWSPAPER(S)

Nobles -  
Makowski -  
Stone -  
Rogers -

SELECTED COLLEGES

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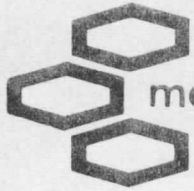
SELECTED STATE NEWS MEDIA ( )

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STATE NEWS MEDIA -

OTHER - JV

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methodist college  
fayetteville, n.c.

28301

NEWS

March 16, 1971

To: Selected State  
Media

Course in Self-Defense

Jean Hutchinson, Assistant Director of  
Public Relations -- 488-7110, Ext. 228

### METHODIST COLLEGE COEDS STUDY BRUTALITY

FAYETTEVILLE-----"Drive the finger nail of your index fingers, formed into a 'V,' into your attacker's eyes. The eyes can also be gouged out by using your thumbs at close range. "

It's the brutal art of self-defense.

Approximately 100 freshmen coeds have benefited from the latest skill study in protection available at Fayetteville's Methodist College which opened to students in 1960. The course is a combination of karate, judo and common sense.

Mrs. Sondra M. Nobles, instructor in physical education at Methodist from Chadbourn, concluded that such a course would be useful for students. She mastered self-defense techniques herself with instructions from a black belt expert in karate.

Assisting Mrs. Nobles in training the women are two students on campus, male "masters" of karate and judo.

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Wayne Rogers, a sophomore from Beaufort, N. C., has had extensive training in judo and karate and is a member of the campus Karate Club. Rogers is a second degree green belt in karate.

Chester (Chet) Makowski, a sophomore from Manville, N. J., is also skilled in using defensive throws, falls and blocks. A member of the Karate Club and a first degree green belt in karate, Makowski assists in demonstrating techniques.

The freshman course lasts eight weeks and is being taught at popular demand of coeds. Remaining eight weeks of a 16-week semester may include instruction in archery, field hockey, soccer, gymnastics or creative dance.

Mrs. Nobles has compiled for the course a handbook-guide, "Self Defense for Women," after researching her subject extensively.

Guides on psychological reactions of the attacker and the attackee are outlined for students.

Defense tactics to be mastered include control of behavior and display of courage, use of distraction, knowing physical vulnerability of the attacker and the sudden use of force.

A list of 13 major vulnerable areas of the attacker's body are cited as targets for strikes, kicks and blows.

Bursting eardrums, broken noses and spines, gouged eyes and ruptured kidneys are rules in the art of self-defense.

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Simple techniques are explained for using weapons like limbs of the body or nearby objects -- a broom, a rolled magazine, a nail file or a key -- to stab the attacker where most effective.

Coeds are encouraged to master one or two methods of defense that "come natural" to them. A frontal block and a back block, for example.

The element of surprise for defense is stressed as a means of shocking an unsuspecting intruder.

"Victims" Rogers and Makowski distress coeds by rarely being surprised. They have learned to be always on guard for the worst in classes. Students have complained that the men "aren't rough enough."

Some students assure their mastery of defense by practicing weekly with Methodist College men during evening Karate Club meetings. Many upperclass coeds join the freshmen at practice sessions. A few women reportedly are seeking membership in the Karate Club.

It's not exactly a physical fitness passtime.

Occasionally instructors are over-attacked. Extensive bruises, bleeding lips, and wrenched backs are not uncommon.

But there's satisfaction in knowing that a female 90-pounder can overthrow a male of 155 pounds.

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28301

March <sup>16</sup> 13, 1971 To: F.OBSERVER: Steve Thompson  
Selected State Media  
Course in Self-Defense & ~~selected state media~~

Jean Hutchinson, Assistant Director of Public  
Relations - 488-7110, Ext. 228

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But there's satisfaction in knowing that a female 90-pounder can overthrow a male of 155 pounds.

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CUTLINE: Instructor Sondra Nobles demonstrates a simple basic throw with karate assistant Wayne Rogers in her class on self-defense. *at Meth. Coll.*  
(Chris Drew -- photo)

CUTLINE: Carolyn Mullenax, 90-pound freshman from Rayetteville, gives Karate assistant Wayne Rogers from Beaufort an "over shoulder" throw *during*  
(Photo - Chris Drew) *her self-defense class at Meth. Coll.*

*at Meth. Coll.*  
CUTLINE: Meredith Stone, center, a freshman from Rowland, blocks karate assistant Chet Makowski's advances in a ~~Methodist College~~ self-defense class. *Wayne Rogers from Beaufort*  
(Advanced instruction involves dealing with two attackers.) *Assistant*  
approaches at left. *✓*  
(Photo - Chris Drew)

*a sophomore,*  
Makowski is from Manteo, N.C.

white - 2 degrees (0)  
green  
brown  
black

Meredith Stone  
Srest

MC COEDS STUDY BRUTALITY

"Drive the finger nail of your index fingers, formed into a 'V' into your attacker's eyes. The eyes can also be gouged out by using your thumbs at close range."

It's the brutal art of self-defense, ~~a 2 u judo + karate~~ <sup>techniques + common sense</sup>  
Approximately 100 freshmen coeds have benefited from <sup>Fayetteville's</sup>

the latest skill study in protection available at Methodist College, ~~a combination~~ <sup>of Karate, judo and common sense,</sup>

Mrs. Sondra M. Nobles, instructor in physical education <sup>from Chadburn</sup> at Methodist, <sup>concluded</sup> that such a course would be useful for students <sup>after</sup>

<sup>with instruction</sup> mastering self-defense techniques herself <sup>under the instruction of</sup> ~~she has received instruction~~ <sup>from a black belt in karate</sup> ~~karate~~ <sup>karate</sup> ~~karate~~ <sup>karate</sup>

Assisting her in training the women are two <sup>male</sup> "masters" of karate and judo <sup>students on campus</sup>

Wayne Rogers, a sophomore from Beaufort, N. C., has had extensive training in judo and karate and is a member of the Karate Club ~~at~~ <sup>at</sup> Methodist. <sup>He is a second degree in karate.</sup> <sup>green belt</sup>

Chester (Chet) Makowski, a sophomore from Manville, N. J., using is also skilled in defensive throws, falls ~~and~~ <sup>and</sup> blocks. A member of the Karate Club, <sup>and a first degree green belt in karate,</sup> Chet assists in demonstrating techniques also. <sup>is being taught at coeds.</sup> <sup>popular demand</sup>

The freshman course lasts eight weeks <sup>Remaining eight</sup> weeks of a <sup>16-week</sup> semester may ~~be spent~~ include instruction in archery, field hockey, <sup>gymnastics,</sup> soccer or creative dance.

Mrs. Nobles has compiled a handbook-guide, "Self Defense for Women," after researching her subject extensively.



*Guides on*

Psychological reactions of the attacker and the attackee are ~~xxx explained~~ <sup>given</sup> to students.)

Control of behavior and display of courage, use of distraction, physical vulnerability of the attacker and the sudden use of force are ~~explained as~~

~~defense tactics~~ *encouraged include*

A list of 13 major vulnerable points of the attacker's body are cited as targets for strikes and blows.

Bursted eardrums, ~~gouged eyes~~, broken noses and spines and ruptured kidneys are rules in the art of self-defense. , gouged eyes

Simple techniques are explained for using weapons like limbs of the body or nearby objects -- a broom, a rolled magazine, a nail file ~~or~~ a key -- to stab the ~~victim~~ *attacker where most effective.*

~~Physical stances and counters for frontal and back approaches are practiced. Defense from the ground is also taught.~~

Coeds are encouraged to master one or two methods of ~~defense~~ that come natural to them. A frontal block and a back block, for example.

*Defense from the ground is also taught.*

~~The only problem in the classes~~

The element of surprise/counter-attacks is stressed as a means of shocking the unsuspecting attacker. ~~Unfortunately for "Victims" Rogers and Makowski~~ *distress* ~~unfortunately for the~~ <sup>rarely</sup> ~~coeds~~ <sup>by</sup> ~~are rarely~~ <sup>being</sup> surprised, ~~and~~ <sup>They</sup> ~~are~~ <sup>have learned to be</sup> always on guard for the worst <sup>in</sup> ~~in~~ <sup>classes.</sup>

<sup>students</sup> Some ~~women~~ assure their mastery of defense by practicing weekly with Methodist College men during evening Karate Club meetings. Many upperclass ~~coeds~~ join the freshmen at ~~meetings~~ <sup>Karate</sup> practice sessions. A few ~~coeds~~ women are seeking membership in the Club.

It's not exactly a physical fitness passtime.

Occasionally instructors are over-attacked. Extensive bruises, bleeding lips and wrenched backs are not uncommon.

But there's satisfaction in knowing that a female 90-pounder can overthrow a male of 155 pounds.

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METHODIST COLLEGE PHOTO  
By Chris Drew

Self - Defense

CUTLINE: Instructor Sondra Nobles demonstrates a simple basic throw with karate assistant Wayne Rogers in her class on self-defense at Methodist College in Fayetteville.

METHODIST COLLEGE PHOTO  
By Chris Drew

Self - Defense

CUTLINE: Carolyn Mullenax, 90-pound freshman from Fayetteville, gives karate assistant Wayne Rogers from Beaufort an "over shoulder" throw during her self-defense class at Methodist College.

METHODIST COLLEGE PHOTO  
By Chris Drew

Self - Defense

CUTLINE: Meredith Stone, center, a freshman at Methodist College from Rowland, blocks karate assistant Chet Makowski's advances in a self-defense class. Advanced instruction involves dealing with two attackers. Assistant Wayne Rogers approaches at left.

MAILING

Mar. 17, 1971

New freshman officers

AREA NEWS MEDIA

Fayetteville Observer - Thompson

Local radio stations, WFAI, WFBS, WFLB, WFNC, WIDU

Spring Lake Times

AREA HIGH SCHOOLS

\_\_\_\_\_ Department

\_\_\_\_\_ Office

AREA COLLEGES

AREA METHODIST CHURCHES

HOMETOWN NEWSPAPER(S)

\_\_\_\_\_

SELECTED COLLEGES

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SELECTED STATE NEWS MEDIA

\_\_\_\_\_

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\_\_\_\_\_

STATE NEWS MEDIA

OTHER

\_\_\_\_\_

March 16, 1971 To: FAYETTEVILLE OBSERVER

S. G. A. Positions Filled for Second Semester

Jean Hutchinson, Public Relations Office  
488-7110, Ext. 228

New positions have been filled for second semester in the Student Government Association at Methodist College.

Carolyn Mullenax of Fayetteville has been elected freshman class senator; Alice Stuckey of Raleigh, freshman class alternate senator; Gene Dillman of Conway, sophomore class senator; Larry Nunnery of Elizabethtown, junior class alternate senator; and Ben Esquibel of Fayetteville, senior class alternate senator.

David Suggs of Raleigh was acclaimed freshman class president and Gary Lesh of Bolivia, freshman class vice-president.

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freshman class senator; Alice Stuckey of Raleigh, freshman class alternate senator;  
Larry Nunnery of Elizabethtown, junior class alternate sen.  
Gene Dillman of Conway, sophomore class senator/and Ben Esquibel of \_\_\_\_\_,  
senior class alternate senator.

David Suggs of \_\_\_\_\_ was voted freshman class  
president and Gary Lesh of Bolivia ~~was voted~~, freshman class vice-president.

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March 16, 1971

POCAHONTAS TIMES

Student elected senator

Jean Hutchinson, Assistant Director of Public  
Relations, 488-7110, Ext. 228

FAYETTEVILLE, N. C. -----Carolyn Jean Mullenax, a 1970 graduate of Pine Forest High School in Fayetteville, has been elected Student Government Association Senator of the freshman class at Methodist College here for the second semester of the 1970-71 academic year.

Miss Mullenax is the daughter of Mrs. Brooks Beard Mullenax of Fayetteville and the granddaughter of Mrs. Mary Beard of Arbovale, W. Va.

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