

The Student Voice of Methodist College

# smallTALK

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September 22, 2005

Fayetteville, North Carolina

Volume 45, Issue 2

## Cumberland Gets a Feminine Touch

Donalda Higgs  
Staff Writer

First floor north of the once all male freshman dorm, is now the residential area of 15 females including their female Resident Advisor Annie Ren.

The change is recognizable as soon as one enters the hall. The door once used as a fire escape door, at the left of the main door to the building is also being used as both exit and entrance to the hall.

Before the change was made, huge brown doors that operated on a simple "push" method were used as the continuing path to students' dorm rooms. Now a heavy steel metallic

door, for the first floor north, has replaced the brown doors. The purpose of this was said to be for security purposes, as the hall is dominated by freshman males.

"Mid July of this summer, the process to make the change was set into place," said Debbie Sonnenfeld.

Sonnenfeld, who's been employed as an Area Coordinator to the college since 2002, said that at the time she had arrived at the college, there have never been any intentions to make the hall coed. In fact the AC of Cumberland describes the change as being, "a good decision...the students re-



The newly decorated girls bathroom in Cumberland Hall. The right features the new carpet and flowers on the girls' floor. Photos by Donalda Higgs

leave the guys out of this make-over. One of the second floor bathrooms on the males' side was also redone. This includes new tiles along the walls, shower heads, as well as that of new shower curtains. Just how are the guys dealing with all of these changes? They're loving it.

Freshman Landon Driscoll comments that he "sees no problem with the change. It's better than seeing guys all of the time and it adds a little bit of diversity."

Kevin Robbins, R.A. third floor north, thinks, "it gives the guys access to living with females, and a chance to learn from the girls as well".

The freshmen females still abide by the regular hall rules of signing guests in, that of both the oppo-

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spond to the change better."

The biggest change, or at least the most glamorous change to the hall, is the females' bathroom. It is described as having a high level of femininity, with lighted vanities, colorful pictures, and other accents to give it a "home-like" atmosphere.

Dressing the floor of the hallway are area rugs that are perfectly sequenced throughout the hall. Synthetic floor plants cast beautiful spells through the area as well. The underlying carpet was replaced to give the hall side a total make over.

Don't worry, we didn't

## Dehumidifiers Bring Temporary Relief

Sarah Davenport  
Staff Writer

Coming back to a cool room after a hot day is a privilege that not all students get to experience.

The air conditioners are not up to par or working as they should. Student Life is doing everything possible to ease the discomfort of the residents.

The underlying problem with the air conditioning system is that it is forty years old. All the traditional dorms were built in 1963.

"The system is having problems extracting the humidity out of the air.

It is particularly bad in Garber, Sanford and Cumberland," says Dean of Students George Blanc.

Another problem with Garber is that it shares the same air conditioning system as Weaver. The chiller is not having problems chilling the water but propelling the cool air from Weaver to Garber.

The temperature is actually the same in the lobbies of Weaver and Garber. It's the humidity combined with the temperature that is causing the discomfort. Student Life has taken

action. For temporary relief, 24 humidifiers have been ordered. Two will be placed on each floor of Cumberland, Weaver, Garber and Sanford.

"Two were tested on the third floor of Garber and students reported that it really made a difference," Blanc said.

The dehumidifiers are only temporary. They have to be emptied by someone which causes another problem. They are also not a



Another great use for a smallTALK paper. Freshman Casey Wells tries to beat the heat in Weaver Hall. Photo by Ashley Genova

good long term solution. Methodist has contracted an air conditioning engineer to assess the situation and suggest solutions. The long term plan is to replace the whole system, but that cont. on page 3 See HUMIDITY

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## Frank DeVico Maintaining Life

**Donalda Higgs**  
Staff Writer

Heating and air-conditioning supervisor by day, heating and air-conditioning associate degree student by night. After a hard day at work, Frank DeVico heads home and takes a long and much needed nap. This isn't routine, however, three nights a week DeVico finds himself where many Methodist students do during weekdays: inside of a classroom.



Frank DeVico, Heating and Air-Conditioning Supervisor. Photo by Lindsey Hanson

Frank DeVico is one of Methodist College's most hard working, respectable maintenance workers. In fact colleagues would describe him as dependable and knowledgeable.

DeVico was born in Fort Hood, Texas, but after six months his former military family moved to Fayetteville. He started to work at Methodist in 1998, but left for a brief, personal period of two years.

He describes Methodist as being a place of excitement, challenges, but most importantly, a blessing. Jean Clayton, Vice President of Business Affairs, saw something

trusting enough in Frank to give him a job here at Methodist without much knowledge in the field. That trust years ago didn't go in vain.

Frank DeVico describes himself as "easy going, cooperative and helpful". He's a family oriented guy. He attends St. Elizabeth Ann Seaton Catholic Church on a regular basis and finds the church a place for the soul to feel uplifted.

It's not unusual for students to say thank you to Frank after their air or heating units have been fixed. On one occurrence, DeVico recalls Shauna Bunn, a delightful student who, upon fixing her air conditioning unit decided to say thank you to Frank in a slightly different way.

Instead of just words, Shauna decided to sit and have lunch with Frank, something that swelled his heart for a long time.

DeVico hopes that one day he would gain a promotion from assistant supervisor to supervisor. He says, "education, regardless of what it is, repairing a chair to open heart surgery, education is key."

## Campus Ministry Opportunities

**Matt Craig**  
Staff Writer

Methodist College. The name alone lets one know of the many religious opportunities that one has at the college. There is at least one way to fulfill your spiritual needs every Monday thru Thursday night on campus

Golfers, In His Grip, a group consisting entirely of PGM majors, is for you. It isn't one of those bible study groups where it's just about reading scripture and doing an in-depth study. It is a fellowship of people discuss a topic that is chosen by the group that matters to them and how God and religion play into that. They meet every Monday night at 8pm in the Cape Fear Commons Community building.

Tuesdays at 9 p.m. Fellowship of Christian Athletes (FCA) meets in

the basement of Weaver, also known as "The Cave." This group is not by any means just limited to athletes. FCA usually has a speaker talk to the group about their religious experience and share stories of what role God has played in their lives. This is also accompanied by music played by the FCA praise band made up of Methodist students. One thing that everyone should experience at least once is when they turn off the lights in the cave and you are surrounded by nothing but the glowing stars and the soft voices singing praise. It is a feeling like no other.

Chapel is held at 11 a.m. on Wednesdays by Rev. Benjamin Wells. This is a chance for students and faculty who don't have much extra time in their schedules to go to a regular church service.

Wednesday evenings at seven in the chapel, a Vespers service is held. This is a time for praise and worship led by the Rev. Wells and some students where Contemporary Christian Music and some traditional hymns are played. They also highlight on some small passages in the bible and try to relate how to use that in college life.

At nine on Wednesday nights in the chapel is Deeper Life. Deeper Life is a coed bible study group that picks out hot discussion topics and goes into great detail about their meanings.

Thursday evenings, smaller groups convene only for their respective genders. Girls' bible study is at 6 p.m. Thursdays in the Cape Fear Community Building and the guys' bible study is at 9 p.m. in the same building.

## Exercise and Wellness Revamped

**Sarah Davenport**  
Staff Writer

The Exercise and Wellness Department recently added new majors, minors and classes to its curriculum.

Everything added has been arranged into two charts for better understanding. The chart below shows what classes were added.

Most of the courses are self-explanatory, but there are some that need a bit of explaining.

Observation is required for many of the majors and the coaching minor. Students are expected to observe a professional on-site in the field for 40 hours. Sometimes the observation is considered to be an internship; such is the case with the coaching minor. Due to the amount of hours that are required, it is considered an internship.

"The right student in the right field sells the program," said Suzanne Robinson, Chair of the Exer-

cise and Wellness Department. If the right student is placed into the right internship, a connection is made for the future and the student might have a job after graduation.

Robinson also wants to stress that the Physical Education major, with and without the teacher licensure, is still offered. You can always find out more on-line by looking at the curriculum check sheets or by doing some research of your own!

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smallTalk is the student-run newspaper of Methodist College. It is published every other week throughout the school year. The newspaper is editorially independent of Methodist College, and any ideas and opinions expressed herein do not necessarily reflect the views and opinions of the faculty, staff and administration of Methodist College.

smallTalk welcomes Letters to the Editor. All letters should be delivered to the Student Media office on the first floor of Berns Student Center or sent via email to [smalltalkstories@hotmail.com](mailto:smalltalkstories@hotmail.com).

Major/Minor	Hours	Requirements
Cardiac Rehab (Major)	54	Observation Internship Exercise Prescription
Cardiac Rehab (Minor)	23	Observation Internship Exercise Prescription
Coaching (Minor)	23	Officiating Theory and Technique Sports Psychology Internship

The added classes to the Exercise and Wellness Program. Chart by Sarah Davenport

# R.O.T.C. Out in the Field

**Dionell Brathwaite**  
Contributing Writer

This past weekend four schools trained jointly in an effort to better prepare the future young leaders of the army for the challenges they will face.



Cadets receiving instructions for their next assignment. Photo by Lyndsey Baughn

The four schools consisting of Methodist College, Campbell University, University of North Carolina at Pembroke and Fayetteville State participated in a Field Training Exercise (FTX) at Fort. Bragg.

This training consisted of an obstacle course, hand grenade assault course, day- and night-time land navigation courses and training in leadership during different situations.

Most of this training was instructed by the MS IV's, which are senior classmates. "This FTX was designed to give cadets a feeling of what they should

encounter during the 33-day Leadership Development and Assessment Course, which they [cadets] will attend during their junior and senior

summer," said Cadet Captain Martin Rovi.

The senior MS IV's made the training as realistic as possible. While the training was physically challenging it was also mentally demanding having to make snap decisions based on constantly changing conditions.

The training weekend also gave cadets the chance to get acquainted with their peers from other schools who they will soon be working with in the future during their army careers as Second Lieutenants.

# Last Minute Paper Blues

**Barbara Beebe**  
Contributing Writer

You've gone to sporting events, you've surfed the net for hours looking for the perfect girl or boy or sneakers, or maybe you've spent the day playing pool, video games, or other non-academic pursuits. But now that ENG 101 paper is due tomorrow at 5 pm and you realize that you've spent zero hours preparing. So, with a full stomach and heavy eyelids, you tread to the library. You are suffering from the last minute paper blues.

Like most sick people, your perception is distorted. Instead of using databases (clinically approved medicine), you head straight to Google (hodgepodge of pills and elixirs). Before you know it, you've spent two hours searching for resources for a five page paper. This is inefficient and ineffective and just plain ill. This can sometimes lead to a deeper

state of blues called the last minute paper depression. Like people with the flu, who when looking for a cure on the internet then diagnose themselves as suffering from lung cancer, information-seeking without proper guidance can lead to a worsening of the condition along with anxiety and misinformation.

Now, imagine a cure that takes only 30-45 minutes of searching for those resources. With the correct information in hand, you could use the other hour to write the paper, or better yet, take a nap. When the last minute paper blues has got you down, come see the reference librarian. S/he will provide you with effective skills and information to propel you toward a healing recovery.

Got the 'I-need-5-professional-sources-blues' type II? The reference librarian can show you quick and easy

ways to get to these sources in databases that are accurate and easy to navigate. Got the 'how-many-babies-were-born-in-the-U.S.' acuteness? The reference librarian can easily point you to the book or website that has the answer. It's really that easy. Whatever last minute blues mutation you have, the librarian can cure it.

But easy doesn't mean that there aren't some caveats. First, like most blues outbreaks, these things happen in clusters. If you have the blues, you can bet that 20 other people also have them. So, the librarian may be really busy. Be patient, your number will be called. When you do see the librarian, you may want to expect an admonishment for your behavior. Like doctors who admonish smokers, the librarian's job is to assist you while encouraging more positive behaviors.

CUMBERLAND cont. from page 1

and same sex. Yet females are allowed to have male company in their rooms that reside in Cumberland before the set visitation hours.

The females don't have their own laundry room resulting in the migration over to the males' side to use the laundry facility. There were no comments on whether or not a laundry room would be added.

The clear reason for this change is the fact that Methodist has seen a vivid increase in the female population on campus for the new school year.

HUMIDITY cont. from page 1

is expensive and may take a while.

"RHA is trying to help as much as possible with the new dehumidifiers. We want the students to live in a com-

fortable environment, and air conditioning systems are only the beginning of a long line of changes that Student Development is working on," says Norma Bradshaw, President of RHA.

In the mean time, Blanc made a few suggestions as to keeping the rooms cooler.

1. To ensure the AC is working, make sure that the bottom of the unit is clear of any obstructions that might block air flow

2. Keep the doors to laundry rooms closed

3. At night, close the doors to rooms. It is easier to cool a small space.

4. If the AC is broken, report it to your RA as soon as possible.

"The good news is that the heat works great and when fall comes, we won't have this problem. We are still trying to fix it as much as possible though," says Blanc.

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# Guy Stewart At Your Service

**India McDuffie**  
Staff Writer

One of the most warm and inviting faces you will see in the Berns Center is the new Career Services Director, Garland J. Stewart better known as Guy.

If you have ever had a chance to talk to him, he would tell you he is just Guy, a man that you can speak to about just anything. Guy (the only way he likes to be addressed) has experience that expands for more than 40 years as a result oriented individual that has served in positions in the United States Military, and in the corporate arena as Assistant Manager, Director and CEO.

For all the students who are participating in work study, you have had the opportunity to personally meet Guy and become aware of his services. For

all others, let me introduce to you Guy Stewart and the office of Career Services.

Stewart has provided management and consulting to organizations that provide quality and qualified client services throughout North Carolina and Southeastern United States. The title of Director of Career Services is not a new position for Guy, he has serviced as a Director of Career Services at another educational institution.

The Office of Career Services provides career services and resources to all students and alumni from the first year of college to graduation and beyond. Some of the types of services available are one-



Guy Stewart, Director of Career Services. Photo by Lindsey Hanson

on-one counseling, group workshops, outreach services, and online assistance.

It is important that you register with the Office of Career Services to begin your career planning process. You can register on campus or use the online services by logging onto Methodist College Student Career Services website.

Career Services has Career Guides, brochures and other informational materials to assist you in learning about and using the service of the Office of Career Services.

Up and coming is the first newsletter from the Director of Career Services called "Choices." This periodical is full of tips and resources that will be helpful in your planning process. You are able to pick up this newsletter in front of the Career Service Office located on the second floor in the Berns Center next to Bookstore.

The Career Services staff will assist you in preparing and/or reviewing your resume, in designing and implementing your job search strategies, and in developing self-assessment.

Besides career coun-

seling, they can assist with career related work experience, Cooperative Education Program (COOP) and Internship Program.

Stewart has placed a challenge for each and every student and alumni to start early on their job search and use all the resources available to them here at Methodist College.

During the school year, the Career Service office and business companies will sponsor numerous workshops and seminars specifically designed to provide you with the most current information on the job market, their company, their expectations, and how you can be competitive.

It will only take a moment to start something that will last a lifetime.

Please take advantage of this free service, services like this cost hundred of dollars.

## "Trouble," "Chop-Suey," and No, "The Kids Aren't Alright"



"If you're lookin' for Trouble," look above. Michele Altomare, Melanie Gibson, and Stacy Krueger kicked off the show with a smash hit.

Below, Remille Shipman rocks the house with his rendition of "Chop-Suey" by System of a Down.



Pictured above are the winners of the lip-sync competition. In the back from left to right: Greg Dusel and Andrew Nelson performed to "Like I Love You" by Justin Timberlake, earning 2nd place. Brett Morton, Jared Corey, Eric Hayden and Ryan Breen performed to "The Kids Aren't Alright" by The Offspring, receiving 3rd place. In the front from left to right: Michele Altomare, Melanie Gibson and Stacy Krueger performed to "Trouble" from "Smokey Joe's Cafe" and were awarded 4th place. Samantha Gamble and Nikita Hackett performed to "Respect" by Aretha Franklin winning 1st place.

Photos by Duane Grooms and Whitney Slaughter

SAC hosted a fantastic evening of volleyball, billiards, and first class entertainment on Wednesday, Sept. 14. The volleyball game spiked off the evening and spirits were high. The fun continued on when Dr. Cue came to visit showing off his smooth moves. The evening finished with an entertaining lip-sync competition with Dr. Evan Bridenstine, Assistant Dean of Students Mr. William Walker, and senior Matt Seals judging.



Above Dr. Cue sets his shot, wowing the crowd with his seemingly impossible tricks.

Below, Phillip Burlingame shows off his impressive flexibility with a center split. Can we say "ouch!"



# OPINIONS

*The Student's Voice*

smallTALK

## A Voice From The Wilderness

**A voice cries out: "In the wilderness prepare the way of the Lord" Isa 40:3**

**David Santiago**  
Staff Writer

They were talking about prayer in school at a bible study my parents were attending. One woman suggested that public school should teach bible classes. My Mother had it then. She stood up and proclaimed "I have no problem teaching my son about the Bible myself, the public school system does a crapy enough job teaching all the other subjects. Why would I want that same crapy education applied to the Bible?"

That's my parents for you. They did raise me in a conservative church, not fundamentalist, but defiantly a part of the religious right wing. I just thank God my parents (although I'm not sure they realize it as much as I do) were and still are the

more (for lack a better term) "liberal" people in the church (I prefer the term "realistic"). I was not raised with notions that people such that non-Christians were subhuman and were to be looked down upon and avoided; they were just lost people in this dark world as am I. Nor was I raised to think America was some divinely ordained nation. Yes most of the forefathers were Christians, no doubt about that. But the belief that God's moral laws are civil laws and that non-Christian or Jewish faiths are un-American, were notions my parents did not give me. I remember my mother complaining about a history text book (during that time which I was homshcooled) in which most of the chapter on the cold war had little to do history and more of a comparison showing why

communism was of the devil and capitalism was biblical and that God was obviously a republican.

It's ridiculous, but that's the dogma of today's church. From Jerry Falwell to John Hagee, millions of Christians are not hearing the true story of America (or the gospel for that matter.) They hear implications that God gave the constitution to our forefathers the same way he gave the Ten Commandments to Moses, and that religious freedom really only applies to Christian denominations and maybe Jews (yes I know I'm exaggerating but I'm trying to make a point here.) Our freedom is based on the forefather's recognition that Christianity is of the heart, and that if Christ is not in ones heart, they have no reason to conform to biblical morality, because

to that end it means nothing to God as it is. You cannot legislate God's law, it must be written on our hearts. Law in society is merely a protection of what liberties we have. Ancient Israel was the only nation, in our and Jewish beliefs, that was supposed to combine God's law with civic authority, and because of the new covenant, or their disobedience, that nation still fell. So a nation that was founded on a constitution, not divine ordination, has no right to claim the same things that Israel had, no does it make us "all that." Even in the event that biblical principles were cited, these were human definition, not the words of God speaking through a human prophet.

Don't get me wrong, I love my country, it's been good to me (thus far) and I do want to see it do well. And yes, compared

to the more liberal faction, I am in essence on the conservative end of Christianity, but only as far as my own spirituality and moral compass is concerned. (sure Falwell, Hagee and Pat Robertson would say I'm still liberal in that arena, but there idiots so who cares) But I do not for one second believe that being an American automatically means being neither a Christian, nor that being a Christian means being a republican. As for the God's politics, we are talking about God almighty, creator of Heaven and Earth and all that stuff. Excuse me for giving him a little more credit than to think he is part of a post-modern political party.

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# The Love Doctors Are In

Ashley Genova Staff Writer

Darlene Hopkins Director of Counseling

Dear Doctors:

My girlfriend is a witch!! Don't get me wrong; she wouldn't be my girlfriend if she were always like that. When things are good they are very, very good. She is a beautiful, thoughtful, loving girl and she is my best friend. But when she gets mad (and that happens way too often) she is a monster. She gets all upset when I even talk to another girl. All I have to do is ask a girl in the hall about an assignment. She will give the girl a drop-dead look and when we get alone I catch it. She yells, throws things and accuses me of things I would never do and then threatens to leave me.

I really don't ever want to go through this again, but I don't want to lose her either. I believe she is the love of my life. I hope you have some advice for me.

The Witch's Boyfriend

Dear Boyfriend,

It is wonderful that you can see past your girlfriend's less likable traits to appreciate everything else about her. No relationship can be perfect, but temper tantrums like you girlfriend has are an issue that must be addressed. Jealousy is not usual in a relationship; it stems from fear of losing a loved one to another person or insecurity of not being enough for that loved one. However, your girlfriend's strong, violent reactions to jealousy are not normal.

The best way to solve a problem is communication. Explain to your girlfriend that she must communicate to you in a more respectful, calmer way. Encourage her to view her reactions from your point of view; wouldn't she be hurt if you yelled at her? Try to find out why you're talking to other girls upsets her so much, and you may find an answer to your problem.

It may be that your girlfriend has emotional problems that have nothing to do with you and counseling would be more help than anything else. Keep in mind that you have no right to be verbally abused. If there is no improvement in her behavior, it may be best for you to find some who respects you more.

Good luck, Ashley

Dear Boyfriend,

I don't know when love is true love or which couples are right for each other. I do know destructive patterns when I see them. In a relationship that works, each person is 100% responsible for the quality of the relationship.

If you are not happy with something in your relationship, it is not up to your partner to fix the problem so that you can be happy. People treat us in the ways we train them to. Even if your partner is walking you on, it is your

responsibility to get up off the floor and refuse to be a doormat. When we accept unacceptable behavior, unacceptable behavior continues. When we refuse to accept unacceptable behavior, things change.

Often we think we are faced with two options: dump the relationship or live with it. Surely we can be more creative thinkers than that! Straightforward, direct communication works. "I will not accept being yelled at or having things thrown around in my presence. I expect to talk about things calmly and rationally like adults. Call me when you are ready to communicate." You can follow a clear communication like this with a calm action such as making yourself unavailable for a while. In that way your verbal and non-verbal communication work together to make a strong statement which cannot be misunderstood. Relationships are like dances. If you refuse to

dance the old dance your partner will change her dance steps to match your new healthy ones or go and dance the same old sick dance with another partner.

Sometimes the best way out of a destructive pattern is couples counseling (The Center for Personal Development is a good place to start). Other times, it is wise to take a break from each other for a while until emotions calm down and rational negotiation can happen. Sometimes couples can recognize a destructive pattern and work through it together. However in talking to divorced couples, I hear "I wish I'd gotten out sooner" more often than I hear "I wish I'd hung in there longer." My advice to young couples is to recognize destructive patterns and change them or get out early... before making long-term commitments and certainly before marriage.

Best wishes, Darlene



## Residence Hall Association

Mondays 8 p.m.

Alumni Dining Room 3

### Upcoming Events

**King of the Hill:** Free food and great seats at the next home football game! Bring a friend to the meeting to qualify for the drawing. Games include Oct. 1 & 22 and Nov. 12.

**Powder Puff and Bonfire:** Quality entertainment and intense competition with spirit to follow on Oct. 21 at 8:30p.m. If you are interested in participating, let us know!

**October Fest 2005:** A fantastic evening of free food, friends and fun! Last year's was a blast, this year's could only be better! Come check out the fun! Date is TBD.

For more information, come to a meeting!

# Have You Donated?

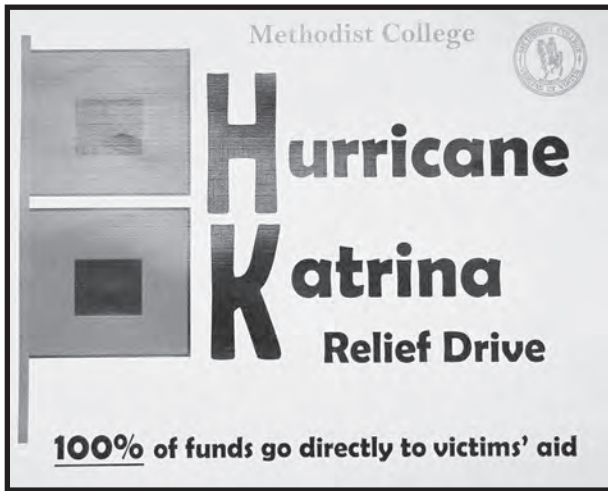
Melanie Gibson  
News Editor

Just five dollars from each student. That's all it would take. But we couldn't even do that.

Only \$2,697.80 was collected by last Friday for the hurricane relief fund sponsored by Campus Ministries. The goal was \$10,000. Campbell University's goal is \$15,000. It would be ridiculous for us to not reach ours.

The donation is to be given to UMCOR, the United Methodist Committee on Relief, where 100 percent of the proceeds will be used to help the victims of Hurricane Katrina.

Since the goal was not met, the collecting



hurricane devastated areas. Flood buckets containing cleaning supplies and tools to help clean up the damage left behind. Health kits are like first aid kits, containing medical supplies like band-aids,

alcohol swabs, and bottled water.

period will extend on through Family Weekend.

The collection is just the first step in the relief efforts that are being sponsored here on campus. Phase two begins this weekend.

Phase two includes the preparation of flood buckets, health kits, and collections of other supplies needed in the

Those who have already donated, it is much appreciated. Yet everyone's help is still needed. Please consider helping in all parts of this process, the reward is even greater than the gift.

Think about it. It's only five dollars.

# Whats Hot... Whats Not?

Donalda Higgs  
Staff Writer

Throwing your arms up with great music at a concert... hot

Throwing your arms up with great music at a concert with arm hair...not

Flagging a cute guy down just enough to get his attention, but to not look desperate...hot

Flagging a cute guy down with sweat stains... not

Eating strawberries dipped in chocolate...hot

Walking to class with chocolate at the corner of your mouth...not

Evening gowns with a little trail...hot

Evening dress shoes with a trail of toilet paper... not

Hooking up with a cute guy because your best friend thought you two would be perfect...hot

Hooking up with your best friend's guy because you thought you two would be perfect... not

## Do you agree or disagree with the court decision which declared the Pledge of Allegiance unconstitutional?



**Antwone Shuford-Sophomore**

*"I disagree, the pledge of allegiance shows who we are as a country, it shows honor & respect."*



**Craig Underwood, Senior**

*"I disagree because I think that students need to be taught to be good citizens and teaching the pledge of allegiance has a major impact at an early age."*



**Saira Mackillop, Junior**

*"I don't think that it was necessary to take it out of the schools it doesn't coerce children to belief in any certain religion. Religious beliefs are influenced by parents more than the school."*



**Diane Etheridge-5<sup>th</sup>-Year Senior**

*"I definitely disagree, even though God has not always been in the pledge of allegiance it is part of our culture & heritage. Even though a few people may not believe in God they believe in something else that helps them along everyday."*



**Dottie Earwood, Mail Room Supervisor**

*"I disagree with them taking it away, I used to look forward to saying the pledge as a kid and now they are taking all our kids' rights away."*



**Mike Bass-5<sup>th</sup>-Year Senior**

*"Disagree, because I was raised with it, it shouldn't be that big of a deal."*

# Bush in '06

Joe Aldridge  
Entertainment Editor



The years in Iraq seem to be never-ending.

President Bush had a simple plan, he is a simple man from Texas, invade the Middle East and capture Osama Bin Laden. This plan was fine with the American people. But, Pres. Bush wasn't finished there he decided to invade Iraq. Now, our troops are suck in the Middle East for what seems to be entirely too long.

The problem is that we are able to minimize the attacks with our large force present. If and when we start to pull back the enemy might use this to their advantage and begin to strike harder as our forces weaken in numbers. This will cause us to remain a standing force in the Middle East for longer than the government

predicts.

The problem with the American people is not that we are over there fighting a never-ending war. Instead, people are concerned as to how we got there in the first place. I was stationed in South Korea when the troops started to arrive in Afghanistan and Iraq. The trouble is that we claimed that Saddam Hussein had weapons of mass destruction, but we couldn't prove it. North Korea publicly announced that not only did they have the means for producing such a weapon, but did in

fact have one and they were willing to use it.

What did our government do in their infinite wisdom? They entered into negotiations with North Korea, at the same time invading a country with nothing more to go on than a rumor. Let's face it North Korea is a country with barren lands and nothing to offer the American people, Iraq on the other hand has oil.

Pres. Bush's careless actions in the past will be putting needless strain and hardship on soldiers and their families for years to come.

## Patriotism or Arrogance?

Elizabeth Vargas  
Opinions Editor

Some people may suggest that Americans are very ignorant and arrogant people but on what grounds? Is it because we have pride for our country?

When the French talk about how their country is the greatest, it is taken as pride.

When an American talks about how their country is the greatest, it is taken as arrogance.

I believe this is a prime example of the

double standard that is held against the United States by the rest of the world. People hate us because... let's face it, we are the most influential country in the world.

Hate is triggered by envy, and if nothing is said about us then we're obviously not doing something right.

I'm not trying to say our country doesn't have flaws, but making a generalization that Americans are arrogant is in itself pure ignorance.

EXPRESS YOURSELF! Would you like to share your thoughts or ideas with us? Share it with us. Send your thoughts to [eli.vargas@hotmail.com](mailto:eli.vargas@hotmail.com) your Opinions matter.

## Poetry in Motion

Elizabeth Vargas  
Opinions Editor

--Confusion--

It's a tease to my brain  
You're answers last a minute  
Then everything is the same  
I definitely feel like quitting  
Because I'm tired of these games  
But your presence is so uplifting  
And your absence brings more pain  
I know I'm naïve  
It's time to let go  
But where are you to stop me?  
This is my final cry  
-- Illusion --

## newspapers



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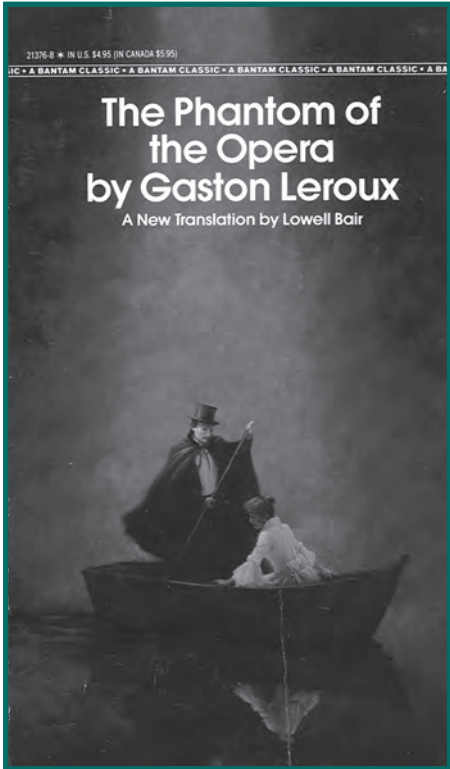




# ENTERTAINMENT



## Book Review: Phantom of the Opera



of a count. This was the beginning of Leroux's most famous work, *The Phantom of the Opera*. The book is a tale of love and mystery, innocence and evil.

Christine Daae became a great singer in the opera house of Paris. Her voice miraculously improved overnight. Her performance stole the heart of the Viscount de Changny, Raoul.

Raoul was friends with Christine as a child, and did not understand why she ignored his courting.

Could it have something to do with the mysterious male voice he heard coming from Christine's dressing room?

Raoul learned the awful truth about the voice. He claimed to be the Angel of Music, sent to Christine by her deceased father. He

had given Christine lessons for months before he let her see him. The "Phantom" was a man with a skeleton-like face he concealed beneath a mask. His home was underneath the Opera House. The Phantom claimed Christine as his own. Somehow, Raoul must save her from the grasp of the Phantom's insane genius.

This novel knocks down the genre barriers. It is a romance, but also a mystery and suspense novel.

Gaston Leroux's Background as a journalist is evident in the style of his work. Though it is a novel, *The Phantom of the Opera* reads similar to a news article. Leroux frequently cited sources and made points to explain that all the events in the book are true. Even though it sits on the "fiction" shelf, Leroux's novel is convincing enough to make a person believe in the Opera Ghost.

**Ashley Genova**  
Staff Writer

"The ghost in the Paris Opera existed." Gaston Leroux bluntly stated his opinion of the mysterious affair that involved the disappearance of a great singer and viscount, and the murder

## New York Style from

### The Big Apple

**Amber Smith**  
Staff Writer

I was fortunate enough to visit another new restaurant with my friends on Wed., 14 Sept. The Big Apple Restaurant and Sports Pub, located on Yادkin Road, is an impressive new restaurant for family and friends.

Its dining area consists of booths and tables, and the dim lighting creates an atmosphere of leisure. It also has an appealing mural-style effect on its walls, including ladies in black attire and the Statue of Liberty.

The food I had was fantastic. I had the Harlem, which is marinated chicken with bacon, Swiss cheese, and mushrooms on a bun. The taste was amazing, and sadly enough, I didn't finish it all. But they don't

serve just chicken. The Big Apple offers burgers, chicken, sandwiches, hotdogs, and steaks. An Oriental menu is also served, complete with Thai, Korean, and Chinese influences.

Prices at the restaurant can vary greatly, but I leaned toward the cheaper end of the spectrum. Appetizers are fairly inexpensive, and steaks can range all the way to \$15. The Harlem was \$5.95, and with sweet tea, tax, and tip, I only spent \$10.

The Big Apple Restaurant and Sports Pub was a great experience. It's just the right place if you're looking for a good time with a group of friends or your family. You can play a few rounds of pool, try your hand at karaoke, or just relax. It's the perfect answer for dinner and fun.

## Drama students promise hit with "Red and Blue"

**Melanie Gibson**  
News Editor

Is there an issue that you care so much about that that you would be willing to break the law for it? Beth does when campaign staffer Ivan Richards comes knocking at her door.

It's the night before a significant election when Richards comes calling, only to get swept into a whirlwind of questioning

beliefs and someone ends up roped to a chair.

The coming play project, "Red and Blue", is being written by Methodist's Dr. Evan Bridenstine, and stars students Heather Gilroy, Ian McCormick and Erin Yarborough. It is a work in progress political piece requesting audience feedback.

"It's a rare occasion you get to work on something new," comments

writer and director Bridenstine. The students cast have a strong hand in how the piece is shaped. Feedback is encouraged because the play is in the process of being rewritten.

A different approach will be taken for the performance. It will be staged reading, meaning that it will be very well rehearsed, but scripts will be in hand. "It's a way of being unique that we take this approach," says

Bridenstine, "an attempt at something new."

"Red and Blue" was written specifically with students in mind. The play's conception began this past summer and it is still in debate whether or not it is a complete work. It was chosen for its education factor as well as for the size of Methodist's casting pool.

One of the goals of the theatre department this year is to really establish

itself as an entity on campus. Bridenstine feels that this project and the coming pieces are a great way to do that.

"Red and Blue" opens on 6 Oct. and runs through the 8th with performances at 8pm all three nights at Reeves Auditorium. "It takes place mainly at a kitchen table and the floor beside it," jokes Bridenstine, and he hints that "lemonade is key."

# MOVIES



**Joe Aldridge**  
Entertainment Editor

Nicholas Cage fires up the screen in yet another blockbuster hit.

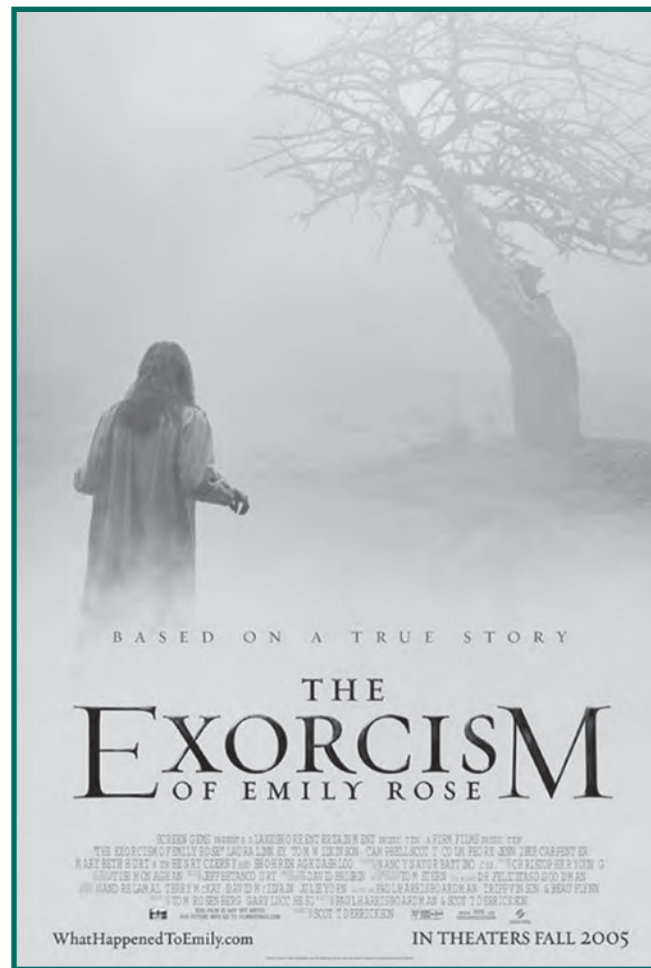
“Lord of War” is a story of a man who is just trying to find his place in the world. He soon realizes that his life is not meant to be an average one, but instead he is to become the world’s leading gun-runner.

This story is interesting because it explains how a normal person can quickly become

involved in such an illegal operation. The humor is found in the way that Cage deals with the serious situations. He dodges arrest, avoids his wife, and ignores his brother.

Although this movie is not action-packed, it will hold the attention of the audience. You quickly become curious as to how he is going to escape the FBI or better yet his wife.

This has an intelligent, witty, and fresh look at how governments are forged through the blood and banks of others. Audiences will knee to the “Lord of War.”



**Donalda Higgs**  
Staff Writer

The Exorcism of Emily Rose is a suspenseful and horrific film starring Laura Linney, Tom

Wilkinson, Campbell Scott, Colm Feore and Jenifer Carpenter. The movie is said to have sold out in its first week of its appearance. The movie is described as story explaining the Catholic Church’s attempts to cover up one of their Father’s struggles to break demonic hold of a 19 year - old college freshman of the name *Emily Rose*.

Wherein the events led to her death. Its a compelling movie told in flashbacks, with a more religious twist at the end

than horror. Graphics within the movie keeps viewers with their hands gripped tightly to the cup holders, with one knee on the floor and the other shaking with adrenalin. The movie leaves its viewers hypnotized and left to wonder, with the thought in the back of everyone’s minds that it is a true story. Its a must see movie for both Christian believers and non-Christian believers alike. Judge the ending for yourself... just another horror film, or the act of a Higher Power?

## Weekend Box Office Stats:

Rank	Title	Weekend Gross	Gross
1.	<a href="#">Just Like Heaven</a> (2005)	\$16.4M	\$16.4M
2.	<a href="#">The Exorcism of Emily Rose</a> (2005)	\$14.9M	\$51.6M
3.	<a href="#">Lord of War</a> (2005)	\$9.39M	\$9.39M
4.	<a href="#">The 40 Year Old Virgin</a> (2005)	\$5.97M	\$90.7M
5.	<a href="#">Cry_Wolf</a> (2005)	\$4.43M	\$4.43M
6.	<a href="#">Transporter 2</a> (2005)	\$4.01M	\$36.5M
7.	<a href="#">The Constant Gardener</a> (2005)	\$3.62M	\$24.3M
8.	<a href="#">Red Eye</a> (2005/I)	\$2.86M	\$55.2M
9.	<a href="#">Wedding Crashers</a> (2005)	\$2.53M	\$204M
10.	<a href="#">Marche de l'empereur, La</a> (2005)	\$2.52M	\$70.4M

## DVD of the week : Crash

**Steven Magnusen**  
Managing Editor

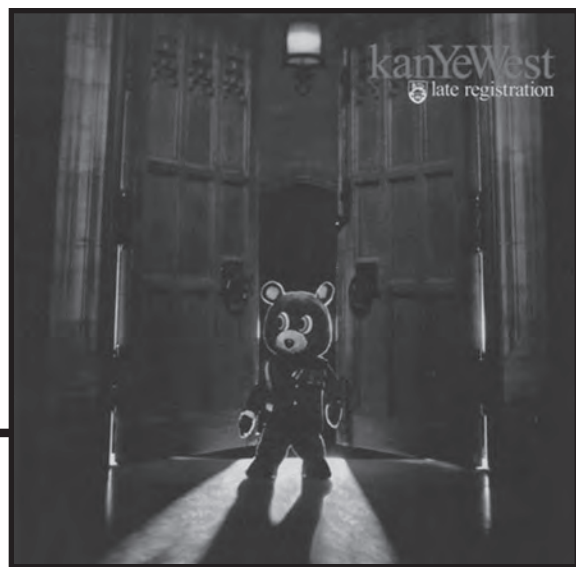
“Crash” is one of the latest bright stars to come from the independent scene. The heavy and dramatic film was one of the summer’s best and it was heartily confirmed by

many critics as a great intellectual movie.

“Crash” is this week’s DVD because it is an example of the rising quality and success of the independent film industry. Pick it up during the weekend and see why.



Rap/R&B



**Demario Campbell**  
Staff Writer

Kanye West's current album "Late Registration" proves to be on time with its listeners. Released on August 30, this album debuted on Billboards top 100 at number 1 and has held its position for three weeks. "Late Registration" consists of 21 great tracks that explain why Kanye West is currently holding his place at the top of hip-hop and R&B.

His first song released, "Gold Digger," is a cool dance song with Jamie Fox in the background sounding like the late Ray Charles. In many of the songs on this album, Kanye has featured artist from all musical backgrounds. Adam Levine from Maroon 5 is featured on "Heard 'Em Say," the second track on the album. R&B singer Brandy sings "Bring Me Down", track number 10, adding her special touch. Track number 3 "Touch the Sky" features Lupe Fiasco. Other songs feature Consequence, Camron, Pall Wall, and GLC. Track number 16, Hey Momma, praises his mother and

thanks her for his success. Like always, Kanye uses various samples from artist but his remixing is innovative and fresh to the ear. When I sampled the album, each song seemed to add more and more R&B mixing added with his consistency in hip-hop. However, his consistency didn't take away from the fact that this album is one of the best of the year. Kanye West has recently been in the spotlight for comments he made about the president during a telethon to help raise money for Hurricane Katrina victims saying "George Bush doesn't care about black people". Although his comments were offensive to many, it doesn't seem that his comments have hurt his reputation at all.

Nonetheless, Kanye West has proved again that he is distinctive and has staying power in the music industry for many years to come. "Late Registration" is an excellent album and shows how Kanye West is on time and ahead in the music industry.

Rock



**Ashley Genova**  
Staff Writer

Rascal Flatts' third CD, "Feels Like Today," continues in the footsteps of their reputation as great country artists. Love is the

theme for many of the songs, but there is a variety of songs on the CD.

"Bless the Broken Road" is a love song about break-ups that lead to true love and many people can

relate to that feeling. "Then I Did" is about leaving behind a loved one to chase a dream, and it could be personal to the group.

Several songs deal with more serious issues than romance, such as "When the Sand Runs Out." A friend's death causes a realization that life is too short to take for granted. Sarabeth is easily the most moving song on the entire CD. This tearjerker tells the story of a girl with leukemia who fears no one will take her to Prom because chemotherapy has made her bald.

Rascal Flatts appreciates their fans and wants them to know it. Track seven, "Here's to You," is a thanks to all of the dedicated fans that have made it possible for Rascal Flatts to make another CD.

"Feels Like Today" is a great CD includes the lyrics, helping it be even easier to sing along with. It will have fans of Rascal Flatts screaming for more.

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# sports



Football and Coach Feature p.12

Soccer and Volleyball p. 13

Athlete Feature p.14

## Coach Jim Sypult a Monarch Icon

*India McDuffie*  
Staff Writer

If you were to visit the office of Methodist Head Coach Jim Sypult, you would think you were in the Hall of Fame. His office is lined up with pictures of past and present team members.

When I expressed to coach that he was running out of wall space, he stated that he has more in other areas of the gym and he will never run out of space to display his guys. Sypult expressed his joy of having the opportunity to meet, teach, coach and inspire each one of those gentlemen.

Sypult has 14 seasons and counting at Methodist College. Sypult knows what it takes to build winners on and off the field. Responsibility, accountability, team play, sportsmanship and passion for the game are just some of the words used to

describe his philosophy of a winner. These philosophies are what convinced him to stay here at Methodist College, and he stated that it was just the right fit for him and expressed the comfort he felt of his original choice 14 years ago. I asked the coach about how he felt the 2005 Monarch looked on the field, and with high praise, he said "good, but only time will tell the story."

For the 2005 football season, Sypult welcomed back 125 players, which included 62 veterans, and for the first time this year, a freshman is in the starting lineup. With this team, Sypult feels he has much more depth and experience on the field. The junior varsity



Photo Courtesy of Monarchs Online

players have stepped up and shown their growth, and the program has paid off. This year Methodist College recruited fewer players by design per Sypult. This was specifically done to acquire

better athletes and students. The fewer recruits allowed Methodist College to focus on obtaining athletes that could run the long course as student athlete. In the past, the team averaged 150 players and has had up to 191 with only six coaches. With 125 players, it would allow for better management of the team and more access to the coaches for the players.

When I asked Sypult about who the primary team players are on the offense, defense and special teams that we should be watching out for, he made it clear that it takes 11 guys to play on the offensive team and nine

on the defensive team, and if all don't perform at their best, the team does not win. One difference from last year's team is that they will begin their season with the knowledge of what it takes to make it in the top five of the USA South Championship.

The 2004 Methodist Monarchs came close to winning the USA South championship, finishing in third place. The Monarchs are all champions in the eyes of Methodist College and their surrounding community, but they all hold a special place in the heart of Sypult.

All we have is time to watch the 2005 Monarchs move into the USA South Conference first place title. Monarch's third season game is Saturday, September 24 at 1 p.m at home against North Carolina Wesleyan. Go Monarchs!

## Methodist Stomps Guilford

*Remille Shipman*  
Co-Sports Editor

After opening the year with a setback against nationally-ranked Salisbury, Methodist's football team rode their two fastest horses to a victory against Guilford.

Methodist recovered from a season-opening 48-28 defeat against a Salisbury team that was ranked number 15 amongst Division III teams to defeat hated non-

conference rival Guilford College 43-26 on September 10 in Greensboro. Sophomore tailback Mike Hill and senior quarterback Chris Roncketti were the keys to Methodist's offensive success as they both combined to amass 382 of the Monarchs' 435 total yards of offense. Hill was named USA South Player of The Week for September 12 for his 181-yard, two touchdown effort, while Roncketti went 7-of-12

passing for 122 yards with one touchdown pass while adding 79 yards on 12 carries.

The Monarchs recovered from an early first-quarter Quaker field goal to rack up 20 unanswered points in the second quarter. Roncketti's 70-yard touchdown strike to junior Chuck Howard and 40-yard quarterback keeper gave the Monarchs a 13-3 lead while freshman defender Mitchell Collier recovered a Quaker fumble

22 yards for a touchdown to end the first half with a 20-3 lead. Roncketti and Hill added one rushing touchdown each in the third quarter to give the Monarchs a 33-10 lead

The Monarchs will receive the opportunity to play a home game on the 24th against local rival NC Wesleyan. The Monarchs' win over the second-year Bishops last season was extremely close, and although seniors Jeremy McSwain and Travis Jean-

Claude are well aware of the challenge that they face, they feel confident that team's overall ability will help defeat the Bishops. "They're [N.C. Wesleyan] a good team," commented McSwain, but as long as the Monarchs "bring their 'A' game," he felt the team would be successful.

Jean-Claude added that the elimination of mental mistakes will be imperative against not only the Bishops, but against the rest of the USA South as well. "As a team we need to play mistake-free football," he stated.

# Volleyball Has A Rough Start



Photo by Whitney Slaughter

Women's volleyball team get ready for an incoming serve against Greensboro College.

## Shantell Dustin

Staff Writer

The Lady Monarch volleyball team has had a rollercoaster of a season so far.

Coach Eddie Matthews' Lady Monarchs

have a current record of 6-6.

They started the season off by suffering tough losses to Ohio State-Newark (3-2) and Maryville (3-0).

They then played Johnson Bible and beat them by a score of 3-1.

The same day, they played Hanover and again suffered a tough 3-0 loss.

That first week didn't

stop the Lady Monarchs but pushed them to work harder.

Their record improved from 1-3 to 4-3 with wins over Salem (3-0), Mary Baldwin (3-1), and Sweet Briar (3-0).

This winning streak was stopped with a close but tough loss to Roanoke by a score of 3-2.

With the loss to Roanoke early in the day, the Monarch volleyball team pulled together to beat Randolph-Macon Woman's College by a score of 3-1.

Four days later, the Monarchs had their home opener against one of their toughest competitors, Greensboro.

Although the volleyball team lost their home opener 3-0, they played well and kept up

with their competitors by losing the first set by only three points and by ten points the second game.

After the match against Greensboro, the Monarchs headed off to Ferrum for their USA South Quad-Match where they lost to Christopher Newport 3-0 but won against Peace by the same margin.

The most recent matches brought their overall record to 6-6 and their USA South Conference record to 1-2.

If you want to get in on the volleyball action, you may do so by coming to support the Lady Monarchs at their next home match on September 27 against conference rival, North Carolina Wesleyan at 7:00 p.m.

## Men's Soccer Falters

### Remille Shipman

Co-Sports Editor

Back in August Methodist's men's soccer team certainly felt they would have a win on their resume.

After failing to record a victory during the first two games of the 2005 season, the Monarchs opened their 2005 home schedule on September 10 with a tough 1-0 shutout loss to visiting Eastern Mennonite during the two-day. The game was scoreless for the first 60 minutes before Eastern Mennoite's Jared Byler snuck the game's lone goal past Methodist goalkeeper Jeremy Belnap. However, Methodist had its share of opportunities as freshman Andy White missed twice on close shots in the second half and sophomore Chris McDonald and senior Kevin Gray generated excellent scoring opportunities in the final 11 minutes of the game.

The Monarchs' next game against 17th-ranked

Emory University didn't turn out to be as close in the end, however. Methodist kept up with Emory for the first two-thirds of the game before three second-half goals buried the Monarchs. In the second half, and Grigalunas added another goal in the 69th minute to put the game out of Methodist's reach.

The Monarchs' goal-scoring drought continued on September 17 when they were routed 4-0 in a road contest against St. Mary's in St. Mary's City, Maryland. The Monarchs had their opportunities once again as they outshot St. Mary's 28-19, but the play of goalkeeper Greg Kamerow held Methodist down as he recorded all 13 shots on goal that he faced. The now 0-4-1 Monarchs will next face Division II powerhouse UNC-Pembroke Thursday at the Monarch Soccerplex with hopes of repeating their upset victory over the Braves last season.

## Women's Soccer Hitting the Post

### Remille Shipman

Co-Sports Editor

The Methodist Lady Monarchs have been taking a lot of shots on goal over the last 11 days. They just haven't gone into the net.

The Lady Monarchs increased their losing streak to five games over the last two weeks with losses to non-conference opponents Mississippi College on September 10 and the University of Texas-Dallas on September 11 during the Sewanee Invitational in Sewanee, Tennessee. Last week didn't help turn around matters as the Lady Monarchs lost a 2-0 decision to local rival Greensboro College in what served as the USA South conference opener for both teams.

The Lady Monarchs have really struggled offensively during this losing streak as the team

has failed to score a goal in five games.

Methodist did receive its share of scoring chances in its 1-0 double overtime loss against a tough Mississippi College program, as the team amassed 15 shots on goal. Freshman goalkeeper Amanda Evans also gave a stellar effort as she recorded nine saves before surrendering a goal to Mississippi College's Jennifer Benson in double-overtime. However, the next day's contest against Texas-Dallas was not as close as the Lady Monarchs got behind 3-0 in the first half before Texas-Dallas' Nicole Randall added another goal in the second half to seal a 4-0 loss for Methodist.

The Lady Monarchs' hopes of breaking their scoring slump against Greensboro College on

September 15 didn't come to fruition as they dropped a 2-0 decision in Greensboro.

Methodist once again had their opportunities as they amassed 12 shots on goal, but the Pride opened the floodgates in the second half with goals by Jackie Cianfrani and Mary Sandifer to account for the 2-0 score.

Despite the Lady Monarchs' struggles so far this season, co-captain Jamie Oakes feels confident that Methodist can turn things around as long as they play as a team. "Once we start working as a team, we'll do great things. As soon as that happens, we'll bury teams," she stated. Methodist hosted Averett on September 21 and hosts Piedmont during Family Weekend.

## Powerhouse of Womens Volleyball Taylor Powers



Photo by Whitney Slaughter

Pictured above number 17 of the Methodist Womens Volleyball team Taylor Powers.

Whitney Slaughter  
Staff Writer

Taylor Powers is a freshman at Methodist College where she is a starter for the Monarchs Volleyball Team.

When asked where she is from, Taylor describes herself as an "army brat". Because of her father,

Taylor was born in Germany and has lived all over the US, Australia and now resides in Linden N.C.

Taylor's hobbies include playing volleyball and softball, shopping, surfing, firefighting, and ROTC.

She is currently a part of the volunteer fire department in West Area Station 20 in Linden. From being in the ROTC, she will either have to serve eight years in the reserves or four years active duty for the reserves. As of right now she wants to do four years of active duty.

Her dream job is to work for the FBI or CIA.

She also describes herself as an independent person.

She has many goals and knows what she has to do to reach those goals which includes working hard and staying positive.

Taylor's role models are her mother and father because they both lead her to believe that she can do anything, never quit or give up and to look for the good in everything and everyone.

Taylor's positions are middle blocker and middle hitter for the Lady Monarchs volleyball team.

She has only been playing since she was a sophomore in high school.

Taylor is one of few freshmen that start and she is also already a leader for the team.

"Taylor is always encouraging others at practice and games. She's very positive about things and always sees the upside," said teammate Lauren Holton.

## Ankle Sprains What Leads to Them?

India McDuffie  
Staff Writer

Ankle sprains plague not only athletes but also everyday students traveling from their dorms to classes.

This injury causes loss of time from the field as well as time from class.

There are different levels of ankle sprains according to Skylark Medical Clinic, Sports and Travel Medicine's website.

The first degree sprains involve stretching of the ligaments but not tears. This level is easily treated by performing **P R I C E S**, better known as Protection, Rest, Ice, Compression, Elevation and Support, which will help decrease the pain and swelling associated with the injury.

An anti-inflammatory drug may be used as well. Analgesics such as Tylenol (acetaminophen) give pain control but not anti-inflammation. Glucosamine is an herbal agent found at Wal-Mart that is slower in onset, but has anti-inflammatory effects.

The second degree sprains involve tearing of ligaments with more swelling and bruising. This level requires treatment by a physician, and the prescribed treatment will be dictated by the level of severity. Even a severe ankle sprain should be kept splinted and on crutches (even if no fracture is seen on the x-ray). The athlete injury will heal within three to eight weeks.

The third degree sprains involve severe tears of the ligament with

lose of laxity and instability.

This degree of injury especially requires treatment by a physician due to the level of pain and inability to walk. Sometimes, corticosteroid injections are administered by a physician for these chronic injuries due to the significant pain and swelling of the ankle.

The torn ligaments makes it impossible for an athlete to play in a game as it takes eight to 12 weeks to heal from this injury.

In 1997, I suffered from multiple ankle sprains that warranted only first degree treatment.

Due to these multiple first degree injuries, I advanced to a third degree without notice. As I rose on a Monday morning to get ready for work, I could not bear pressure on my ankles because of the lost of reflex ability (moving foot up and down).

This injury took months to heal due to the fact I did not seek medical care after so many injuries.

I advise you to not take any injury for granted; if you have more than two sprains within a month or two, please seek medical care to confirm no underlying damage has been done to your ligaments.

The exam given by the physician is a simple one; you can find an example at The Physician and Sports Medicine website.

I would hate to see anyone lose the use of their ankle support, but especially for athletes that has love for the outdoors.

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# Corner Worker's Corner: A Look Into Motorsports

*Jameson Jones*  
Co-Sports Editor

With the 2006 FIFA World Cup soccer tournament looming only a few months away in Germany, a new world cup of motorsport has been created to bring top notch drivers together for a world war on the racing circuit.

## Overview

The new World Cup of Motorsport, known as the A1 Grand Prix, will pit drivers from 25 countries in an unique racing format where the drivers compete for their countries instead of individual championships and earn points based on finishing order. Each team can have three drivers but only one of them can compete in each race based on participation in the weekend's practice sessions.

## Race Format

During an A1 GP race weekend, there will be two races, one being a sprint



Team USA prepares for the opening round of the World Cup of Motorsport that gets underway this weekend in Great Britain. Photo Courtesy of A1GP.com  
The main driver for the team will be GP2 hotshot Scott Speed who is said to be headed to Formula 1 as a test driver.

race of 20 to 30 minutes and the other being a feature race of 45 to 60 minutes. In the sprint race, the start will be an Indy (or rolling) start while the feature race will have a standing (or Grand Prix) start. The top 10 of each race will accumulate points for their country in the World Cup.

## Who is participating in the World Cup?

Twenty-five countries including major motorsport powerhouses such as the United States, Brazil, Canada, Germany, Great Britain, Australia and France along with motorsport newcomers in Indonesia, Russia, Pakistan, and China are

amongst the participants in the World Cup.

**Schedule:** The 2005-2006 schedule has the World Cup of Motorsport visiting rich motorsport countries such as Great Britain, Germany and the United States as well as visiting countries new to motorsports such as Indonesia, China and the

United Arab Emirates.

For more information including the 2005-2006 A1GP Schedule, please visit their website at <http://www.a1gp.com/>.

The World Cup of Motorsport kicks off this Sunday at the Brands Hatch Circuit in Great Britain for the opening round of the championship.

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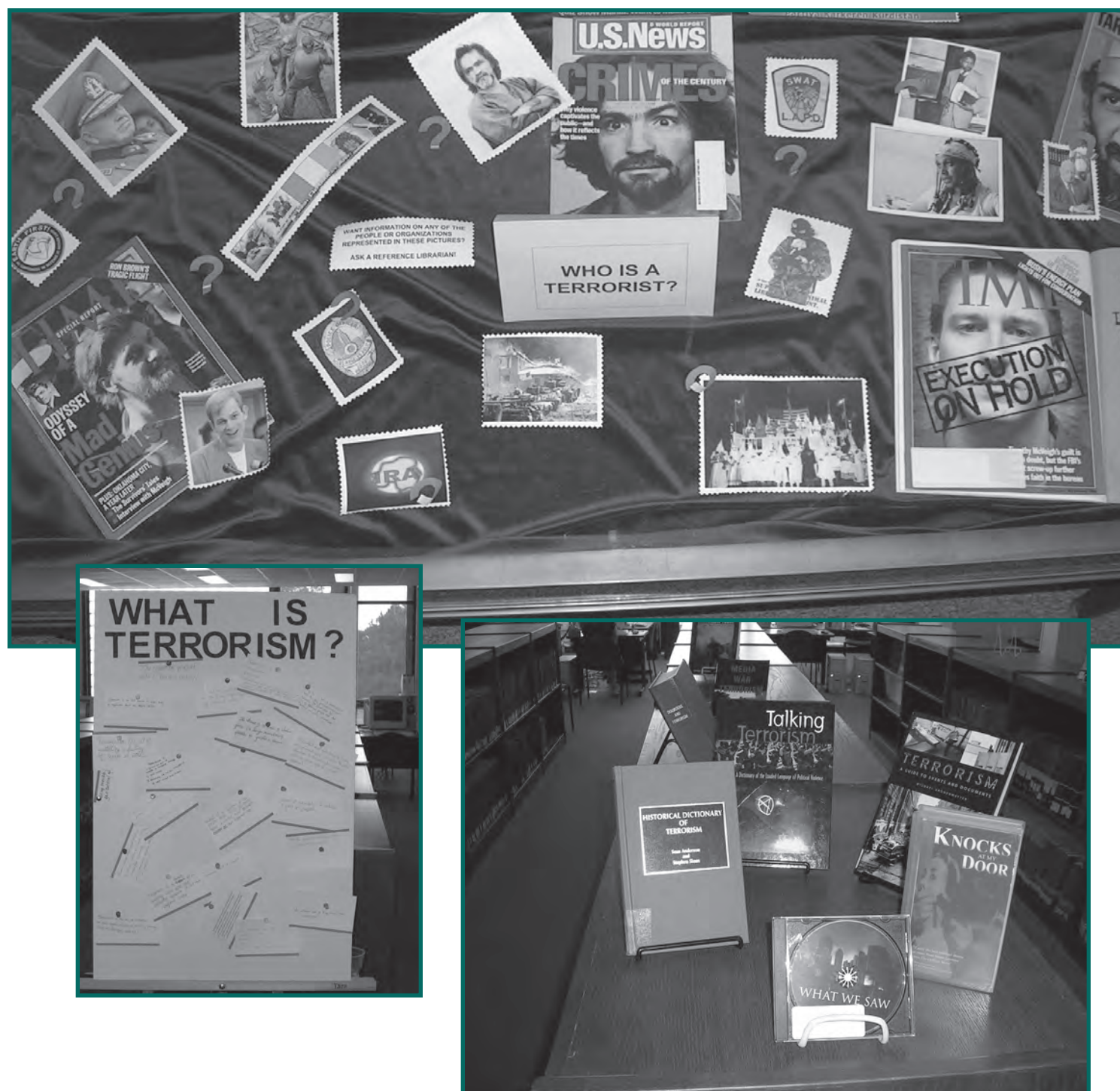


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BORDEAUX SPA

# A Look at Terrorism



Photos Courtesy of Barbra Bebee

Davis Memorial Library hosted an interactive display on terrorism. Methodist College community members took the opportunity to leave their responses to the questions: What is terrorism? Who is a terrorist? And why do people resort to terrorism? Additionally, a wide range of books, DVDs, and photos on terrorism were made available for display and check out from September 5, 2005 - September 16, 2005.