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small TALK

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METHODIST UNIVERSITY

Breast CANCER



THE STUDENT VOICE OF METHODIST UNIVERSITY
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Sent By Ravens, Jonin, Kaustic Perform at Rock Shop

Alicia Secord
Staff Writer

Fayetteville has several sites for great live rock music. Every week there are at least five different shows featuring everything from metal, to goth rock, to radio-style rock.

Among these local venues is the Rock Shop, a bar on 301 just south of the market square. On Sat. Feb. 16, three rock groups, Sent By Ravens, Jonin, and Kaustic, graced the stage for an alternative rock show.

Sent by Ravens is an alternative rock band from Florence, South Carolina. Even though they have no full-length CDs out yet, they have produced several demo albums which are sold at each of their shows. They are a generic headbanger band.

Their guitarists were passable and their vocalist was decent. They tried to play a lot of new material that just wasn't well prepared. Ironically, the drummer was the best musician of the entire night.

Ashleigh Mercer, a regular at the Rock Shop, was impressed, "When the drummer took his shirt off and started playing, I was like, 'Wow, maybe there's hope for this band.'"

It might have been nice to hear some instrumental breaks rather than listen to the vocalist and

guitarists try to compete with one another. A couple drum breaks would have fit very nicely.

After over twenty minutes of senseless noise and amateur stage play, Sent by Ravens shocked everyone with their final song "Best in Me." It was amazing to hear a band which, for an entire set had sounded like Story of the Year, a 90s rock band, run through a wood chipper, turn into good musicians with an actual message. If they had played that way all night their demo might have actually been worth checking out.

Raleigh band, Jonin was by far the best of the night. This was a band that has obviously been together for several years. The guitarists knew what they were doing and they all trusted their drummer to keep the tempo. The crowd definitely enjoyed this band and most of the audience was on their feet for this group.

"Everyone just swarmed up there when they started to play," observed one audience member, Brittany Teague.

As great as they were, Jonin has a style that was popular in the mid 90s, that just isn't that popular anymore. As much as local venues love the screaming guitars and long hair, it's not the music that gets played on the radio.

Kaustic, the only Fayetteville band present on Saturday, was the

crowd favorite. While they are still a young band, they have produced one CD already and are working on another. Their musical ability could use some work, but they have a very popular style that is very marketable.

"They have a very original sound," remarked audience member Nick Badolato. "I think they are a band we'll hear on the radio sometime soon."

Kaustic had one thing that a lot of local bands don't possess: song writing ability. The melodic line was varied, the vocalist was understandable, and (most impressive) several songs actually included an instrumental break. This is one of those bands that, if they impress the right people, could easily become nationally recognized.

Overall, the show was a good one. All three bands had fans present, and the Rock Shop provided a few more fans.

Zach Rider, the vocalist for Sent by Ravens, said several

times that "Fayetteville is a great city to play in...the people are great and they always get really into the act even if they have never heard of you before."

The audience was the usual group of adoring high school fans, a couple outrageous mosh wannabes, and a lot of people that were just interested in hearing

some good bands. The success of the evening can really be attributed to them as much as to the bands that performed.

Next week: Punkstock 2008 at the Rock Shop from 8 p.m.-2 a.m. Featuring: Schmegma, Gasoline, Dead to Society, Kyle, The Shotdowns, and After 11.



Kaustic rocks out at the Rock Shop. Photo by Alicia Secord

smallTALK Staff

Editor-in-Chief Ashley Genova

News Editor Ashley Young

Photo Editor Aaron Casteel

Ad Manager Thomas Holmes

Web Editor Austin Bordeax

Photographer Matt Beitzel

Staff Writers

Daniel Lee

Lakeisha Story

Alicia Secord

Danille Levine

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

smallTALK welcomes Letters to the Editor. All letters should be delivered to the Student Media office on the second floor of Bern's Student Center or sent via e-mail to ashgenova@yahoo.com. Story suggestions should be sent to the same address.

Students are free to join smallTALK at any point in the school year. Meetings are every Monday at 4:30 p.m. in the Heritage Dining Room.

Loyalty Day Pulls Volunteers

Thomas Lee
Staff Writer

Volunteers came from near and far across Cumberland County to Methodist's Loyalty Day held in the Green and Gold Café. Loyalty Day is an annual event where funds are raised for student scholarships by requesting donations from peers and businesses.

This year's ceremony opened with a performance by "One Voice," the student-led gospel choir of Methodist. The opening speaker was Tony Chivaris, the Mayor of Fayetteville.

"Methodist University has provided quality education since 1960," Chivaris proclaimed. "One-third of the 9,500 students of Methodist use scholarships and other financial aid."

The next speaker was Danny Highsmith, a former member of the Methodist University Board of Directors. Highsmith encouraged donors to pledge and hoped to raise at least \$60,000 on the first day.

Dr. Elton Hendricks, President of Methodist, also gave a speech.

"Today is a day of loyalty and a lifetime of difference. Many of our students are dependent upon scholarships for their education."

Hendricks also declared the 2008 Loyalty Day Supporter was J. Harvey Oliver, Jr.

"Mr. Oliver was part of the original foundational committee in 1955, when Methodist was still a peach orchard and cotton field," Hendricks said.

Hendricks also explained that Oliver was not in attendance at the ceremony because Oliver's philosophy was to "do good and run."

Hendricks then read a poem by Edgar Guest on Oliver's behalf. Then Dave Brown, Owner of Saturn of Fayetteville, presented Methodist University with a \$5,000 donation.

Melissa Jameson, Director of University Relations helped in advertising and promotion of Loyalty Day.

"Loyalty Day serves as a way to raise funds for student scholarships by asking business leaders and community volunteers to go out into the community and ask for donations," said Jameson.

Lauren Cook White, Director of Annual Fund and Alumni Affairs, organized the Loyalty Day Ceremony.

"It means so much that our volunteers are willing to sacrifice their time and talk to their community peers about Methodist University and our students," White said.

"We work very closely with the Foundation Board to recruit volunteers," said Lisa Rimmert, Associate Director of Annual Fund and Alumni Affairs, "Our volunteers usually speak to five or six businesses of the community."

"I've supported Methodist University for six years," stated Tim Richardson, a member of the Board of Visitors, "Loyalty Day is a great benefit to the students and community."

Methodist community 'Thinks Pink' on Valentine's Day

Ashley Young
News Editor

Pink uniforms, pink t-shirts, pink ribbons: pink covered the gym for the women's basketball game on Valentine's Day. This game was Methodist's way of supporting national "Think Pink Week," held Feb. 8-17 by the Women's Basketball Coaches Association (WBCA) to raise awareness about breast cancer.

Breast cancer is most prevalent in women at the age of 40 or older but can be in women as young as 20.

"Think Pink" t-shirts were sold at \$10 a piece in the front of the gym, carnations, were sold by the cheerleading squad and there was a silent auction all held in order to help raise funds.

The silent auction included a basketball signed by LeBron James, with the bidding starting at \$600; a basketball signed

by State Women's Basketball Head Coach Kay Yow, with the bidding starting at \$100 and a basketball signed by Tennessee Head Coach Pat Summitt. Those that attended also had the opportunity to bid on USA South prize packs and a NIKE Air Jordan prize pack with Air Jordan sneakers.

All of the money raised went to the Kay Yow/WBCA Breast Cancer Fund.

"I think it's a good idea that they're using it as a fundraising opportunity," said Stacie Canady, junior, biology major.

The Women's Basketball team had on special "Think Pink" uniforms provided by Lee Hedgecoe, Bruce Novozinksky, Anne Uleman, Food Lion, Jan Cobb, Dawn Little, Tim and Gwen Holtsclaw, Kathy Jensen and Drake and Barry Neff. Even the Monarch mascot wore a special "Think Pink" uniform.



Three breast cancer survivors carry a banner, followed by the monarch mascot, King. Photo by Matt Bietzel.

"I like the uniforms! I think the football team needs pink uniforms!" said Allen Preston, freshman, special education major.

"I think it's wonderful and I think it's an exciting idea!" said Nicole Pett, freshman, psychology major.

The cheerleaders painted faces pink outside the gymnasium and they wore pink ribbons in their hair. A cheering section of male had their chests painted pink and many wore pink pants.

"I think it's a really good cause and my sister's on the basketball team and I think it's really awesome for everyone to pull together for a good cause," said Ellie Messer, #33 Zan Messer's sister.

At half-time the cheering section of males, along with the cheerleaders and three breast cancer survivors, all walked onto the court and formed the shape of a pink ribbon, the breast cancer symbol.

One of the participating survivors, Paula Leonard, was diagnosed Jan. 12, 2006 and did not go into remission until Dec. of 2006. Leonard is now an active member in the Breast Cancer Walk for the American Cancer Society.

Another of the participating survivors, Gwendolyn Johnson, was diagnosed Feb. 6 of 2004 and went into remission

after surgery on Feb. 26 of 2004.

LOCAL BREAST CANCER CENTER

One of the local breast care centers, Cape Fear Valley, offers "minimally invasive biopsies within 24 to 48 hours, and patients have access to the latest procedures: fine needle aspiration (FNA); core needle; stereotactic, ultrasound-guided and surgical breast biopsies."

"It's encouraging to know so many share our desire to make the healthcare process for our patients from detection to treatment. This center will provide a big boost for women's healthcare in this region," said Lynda Clark, vice president for Professional Services of Cape Fear Valley.

The Cape Fear Valley Breast Care Center Coordinator and Breast Health Navigator, Victoria Thomas, helps patients by serving as a case manager, educator and coordinator according to the Cape Fear Valley Breast Care Center pamphlet.

Thomas's various roles allow her to help her patients through their time spent in breast care. Through this, Thomas also evaluates her breast cancer patients' emotional and physical needs and establishes support services for them. Thomas also works with patients' families in order to help them learn how to best care for their family member.

A pamphlet from the American Cancer Society gave 10 tips on Mammograms:

1. Yearly mammograms are recommended starting at age 40 and continuing for as long as a woman is in good health.

2. Use a facility that specializes

in mammograms or that performs many (at least three to five) each day.

3. If you are satisfied with the facility, continue to go there each year so that your mammograms can be compared from year to year. If not, take copies of your old mammograms to a new facility so that they will have them for comparison.

4. Mammogram costs, or a percentage of them, are covered by Medicare, and Medicaid, and most private health care plans.

5. All mammogram facilities are required to send your results to you within 30 days and to contact you within five business days if there is a suspected problem.

6. Only two to four mammograms out of every 1,000 will lead to a cancer diagnosis.

7. The procedure will require you to undress to the waist, but the facility will provide a wrap for you to wear.

8. Deodorant, powder, or cream under your arms may interfere with the quality of the mammogram.

9. Only you and the technologist who positions your breasts will be present for the mammogram.

10. The entire procedure should take about 20 minutes and should include two views of each breast.

For more information call 1-800-ACS-2345 or go to: www.cancer.org. "The best defense against cancer is early detection-finding a cancer early before it has spread-gives you the best chance to do something about it. Knowing about these cancer and what you can do can save your life," said a pamphlet from the American Cancer Society.

For Females February 27 & 28 @ Weaver Hall Basement
7 p.m.-10 p.m. All Females Welcome

No Appointment Necessary
Come and Have a Good Time!

Rape Aggression Defense

Anatomy of fighting back

People learning self-defense are taught that if they cannot run away immediately, to strike their attacker at these vulnerable points, giving them enough time to escape.

Throat and windpipe



Strike with thumb and fingers held in a "V"



Strike fist downward onto attacker's nose

Nose cartilage



Drive heel of hand into nose; warning - this injury can kill



Squeeze windpipe to block attacker's breath



Shift weight to your rear foot and kick attacker's knee; bring leg back quickly and be ready to kick again



Grab attacker's head; rake thumb across eyes

Knee and shin



Rake side of your shoe along attacker's shin ...



... then drive heel into top of his foot

Groin

Knee, punch or kick testicles to cause intense pain

Strike from below, if possible, to make blow harder to block

Source: "Self-defense: Steps to survival" by Katy Melling; "Self-Defense for Women: How to stay safe and fight back" by Susan L. Peterson; "Fighting Back: Every woman's guide to survival" by Helene Crane; Graphics: Lindsay Dubois, Sun Sentinel © 2008 RCF

Opinions

Ashley Asks...

Ashley Young News Editor

If you were given unlimited time, unlimited money, and you go go anywhere in the world, what would you do over Spring Break?



"I would probably go to Europe and just travel and buy a new car and take a road trip across the United States."
-Andre Harris, freshman, communications major.



"I would go to the Bahamas because I love its exotic atmosphere."
- Ben Gray, junior, English major, religion minor.

"I would go on a cruise to Italy."
-Wylie Crisanti, lacrosse Coach.

"I would donate my money and time to a children's based charity group."
-Lois DeVico, assistant director of Student Development Operations.



"I'd go to Europe and tour and see all parts of Europe."
-Tyler Gilmour, sophomore, PGM major.



"Probably go tour Germany, Europe, and Australia."
-Shantell Dustin, junior, athletic training major, strengthening and conditioning minor.

"I would go to Barbados."
-Rashaad Pitts, freshman, business administration major.



"I would backpack Italy."
-Lydia Haig, physical education major.

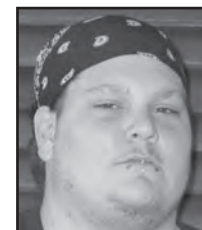


"I'd probably go somewhere hot then somewhere cold like Hawaii then Alaska."
-Deborah Gilliliand, sophomore, communications major.

"I would go to the Outer Banks and rent a cabin with some friends and basically just sit on the beach and relax for a week."
-Sara Hanson, bookstore assistant.



"Going to Florida with my friends."
-Aryn Hicks, freshman biology major.



"Probably go to Puerto Rico, Germany, and Alaska; party all the time, visit family and explore the landscape and the lifestyle. Go hunting."
-Charles Estep, sophomore, art graphic design major.

Entertainment

'Vantage Point' full of action



Secret Service Agents Holden (Richard T. Jones, left) and Thomas Barnes (Dennis Quaid, right) assist a fellow agent in Columbia Pictures' *Vantage Point*. The film is directed by Pete Travis, written by Barry L. Levy, and produced by Neal H. Moritz. In theaters Feb. 22. (Columbia Pictures/MCT)

Roger Moore
Orlando Sentinel
(MCT)

"Vantage Point," the second major popcorn movie of the New Year is, like "Cloverfield," quite the contraption. An over-plotted, gimmicky presidential-assassination thriller, its interlocking pieces have to fit just-so for it to stay coherent and ratchet up the tension.

The tricky business here is showing, from half a dozen points of view, a terrorist attempt on the life of a U.S. president (William Hurt) during an anti-terrorism summit in Spain. And it clicks. But unlike the equally gimmicky "Cloverfield," *Vantage Point* allows us time to care about what happens, about who lives and who will die.

Scenic Salamanca hurtles by at a blur as we follow a cable news network's coverage of a speech that ends with shots fired, and then explosions. Testy exchanges between a reporter (Zoe Saldana, the least convincing player in the cast) and her producer (Sigourney Weaver) suggest this network doesn't want to cover the unpleasant half of a plaza half-filled with a cheering crowd, half-filled with protesters.

"Not everyone loves us," the reporter cracks.

Pow pow BOOM boom, shots are fired, bombs go off. As the smoke clears, the clock and the film rewind to 23 minutes earlier and

we see how a veteran Secret Service agent (Dennis Quaid, with his game face on) witnessed the incident.

Tom Barnes is just back on the job after taking a bullet for his boss, and his nerves are showing. Unlike his partner (Matthew Fox), he's suspicious. He reacts to perceived threats. Pow pow BOOM boom, he picks himself up, surveys the chaos, looks at video footage, sees things we don't, yells "Oh my God," and we rewind again.

A tourist with a camcorder (Forest Whitaker, as genuine as ever) tapes it all, trying to sort out the images and confusion. He follows a chase after an armed Spaniard.

Rewind, the screen reads "23 minutes earlier," and we do it again. And again.

Director Pete Travis directs this Barry L. Levy script with one eye on the clock. It's all about tempo, with close-ups and tiny pauses in each sequence sketching in the characters. Repetition helps, as time and again we see a sea of Spaniards retreat from a stage where the president was standing. Travis takes us into the narrow streets on foot or in compact cars, chasing bad guys. The editing and stunt driving give "Vantage Point" the best car chase since *The Transporter*.

The body count and the violence rise as we meet the people behind the plot and see the lengths to which they'll go.

It's so breathless that you almost don't notice how insanely intricate this all is. If

you thought "Shooter" had a story thread that was hard to follow, you'd better take caffeine into the theater with this one. Blink and you'll miss something, a lot of something.

It's not remotely as smart as, say, "Memento," or even the similarly structured "Crash" or "Amores Perros." And the plot is more complicated than it needed to be. The breathless pace of the chases doesn't hide the odd continuity error (wrecked cars that seem to have been to the body shop between takes).

But take it in and "Vantage Point," by its finale, will have changed your vantage point as well. You'll be watching it from the edge of your seat.

VANTAGE POINT

4 stars (out of 5)

Cast: Dennis Quaid, Forest Whitaker, Matthew Fox, William Hurt, Sigourney Weaver

Director: Pete Travis

Running time: 1 hour, 27 minutes

Industry rating: PG-13 for sequences of intense violence and action, some disturbing images and brief strong language



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Sports

What's Up With Sports?

Danielle Lavine
Staff Writer

The Methodist University athletic teams are in full gear.

Lady Monarchs' Basketball

The Lady Monarchs' basketball team rallied back after a tough loss on Saturday, February 16 to Mary Baldwin College of Staunton, Virginia, to win over North Carolina Wesleyan College of Rocky Mount by a score of 63-45. The Monarchs were led by Senior Center Chelsale Hester with 14 point and 7 rebounds.

Men's Golf

The Men's Golf team opened up the season on February 19, with a win at the Johnny Palmer Memorial Golf Tournament at the Old North State Golf Club in Badin Lake, NC. Senior Nick Bova took first in the tournament with a 142 (72-70), making his fourth tournament victory in his career. Other Monarchs

who also competed were sophomore Josh Schrader placed fifth (152; 74-48), junior Matt Bova placed sixth (153; 74-79), junior Jake Pleczkowski (161; 79-82), and senior Devin Gee (167; 87-80).

Lady Monarchs' Lacrosse

The Lady Monarchs' Lacrosse team faced the Division II St. Andrews Presbyterian College of Laurinburg, NC. The Monarchs suffered a loss to the hands of the Knights by a score of 16-5. Goals for the Monarchs were made by Andrea DiStefano (2), Christina Layson (1), Chrystal Bradley (1), and Annie Ferrara (1).

Baseball

The baseball team will be hosting Capital University of Columbus, OH on February 26 at 4 PM. Come show your green and gold pride.

If you have a sports story that you would like to have investigated, please email the Sports writers at smallTalkSports@yahoo.com.



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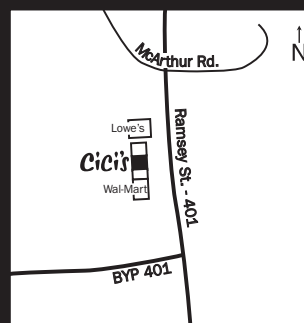
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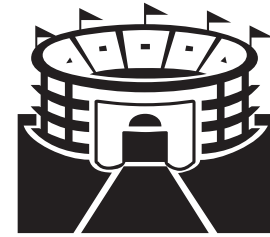


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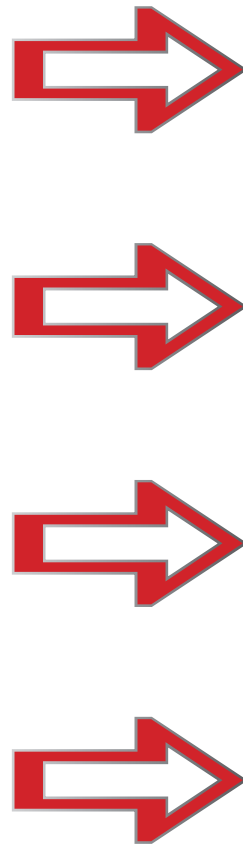


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2008 Career Connection at the Riddle Center

Thursday, March 13, 10:00 AM-2:00 PM

All students, faculty and staff are invited. All students should plan to attend this Career Fair. Dress professionally...Business Attire...Please bring at least 20 resumes...

Prior to spring break you should come in to Career Services to receive assistance on your resume preparation and to practice your interview skills.

Please do not wait until the last minute!

Career services staff are here to assist you. Do not waste this opportunity to find out what employers are looking for and to fine tune your interview skills.