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SPECIAL

FRESHMEN

ISSUE



**Welcome, new
Monarchs!**

Welcome to Methodist University

*From Dr. M. Elton Hendricks
President of Methodist University*

It gives me great pleasure to welcome new students and their families to our campus.

I hope that you will quickly become a part of this campus that lives, shares, worships, and learns together. Through this sharing we all have an

opportunity to be better, wiser, stronger, and more productive that we would be alone. Please know that any member of the Methodist University family is welcome in my office. If you ever want to talk, please come to see me.

I look forward to seeing you around campus and hope that you will join us in making Methodist University a great community.



Exciting opportunities for the Class of 2013 *MU offers much for those who take advantage*

*Delmas S. Crisp
Vice President for Academic Affairs
Dean of the University*

I am delighted to welcome you to Methodist's orientation, and I hope that you, the Class of 2013, are as excited as I am to be here.

I am at Methodist because of the exciting and challenging opportunities being created here as the school transforms from a mid-sized liberal arts college to a growing university. Another reason I am here is that I embrace the school's

liberal arts education, outstanding academic programs, core values, and relationship to the Methodist Church. I assure you that you will receive a quality education

from an array of strong academic programs and extra- and co-curricular activities.

I encourage you to take advantage of all that MU offers -- from meeting with your advisors and professors to working with the professional staff throughout the University. We are all here to help you succeed!

Methodist University is alive with a vibrant spirit which, I hope, excites you. Two years ago, we opened our new, state-of-the-art science building and our new, state-of-the-art fitness center. This year, we will dedicate our new Art Building and football locker rooms and break ground on additional facilities for our Physician Assistant graduate program. We also offer some new academic programs, demonstrating how successfully students, faculty, staff, and administrators work together to provide you with superior opportunities.

Welcome to Methodist University, North Carolina's newest university! I urge you to stay focused during your freshman year so you can build a strong foundation for your next four years at Methodist!

Student Development's End Game: *Transforming your goals and ambitions into reality*

*George Blanc
Vice President of Student Life
Dean of Students*

Welcome to Methodist University!

On behalf of the Student Development and Services Team I would like to extend a warm welcome to our university community. You and your families have made a great choice in choosing Methodist University to help you achieve your personal, academic, and personal goals.

Without trying to sound like a airline commercial; we all understand and appreciate that you could have chosen another college or university instead of coming to Methodist, and we, in Student Development, and throughout the university are planning to work very very hard to ensure that you and your family continue to feel like you have made the right choice all the way through graduation.

We are also mindful that, for most of you, choosing to come to Methodist also involved choosing to make a significant financial commitment, one that may be with you for years to come. So now what we have to do is to make sure that you and your families get an appropriate return on your investment, and that return can be simply defined as having the opportunity to grow academically, morally, and socially; to develop yourself as a well rounded, ethical, confident, and capable individual that is fully capable of turning his or her goals into reality. The End Game: TRANSFORMING YOUR GOALS AND AMBITIONS INTO REALITY

In Student Development and Services our "End Game" is support your development when you are outside of the classroom. We will help you to develop socially,

ethically, physically, and morally. We will provide programs and activities that will challenge and develop you as a student leader, as a member of a student community, intramural athlete, and as a citizen of the world. We will take you places and teach you to do things that you never thought that you could do: skydiving, scuba diving, whitewater rafting, sailing and much much more.

In short, we will expand your horizons beyond any limit that you ever imagined possible, but to make all of this possible you've got to get up, put your cell phone on mute, turn off your "X-Box 360", get out of your room, comeback on campus and Show up and we will show you "What's Up."

Have A Problem? If you have issues, concerns, suggestions or just want to hang out a bit, during the semester, I want to be available to all of you. You can make an appointment for anytime that I am available, but I recommend that you take advantage of what we call "Dean Time" I will be available, in my office, on a walk-in basis, Mondays, Tuesdays, and Wednesdays from 4PM to 5PM. But you can get with me anytime that you see me on campus, day or night.

Again, let me say how happy we all are that you chose Methodist University and please know that we are committed to your success.





government, the armed services, sports, entertainment, and the arts has led to Kappa Sigma's continued growth.

On Nov. 16, 2007, the legacy continued at Methodist University. Pi Mu Chapter of the kappa sigma Fraternity focuses on the four cornerstones of our great fraternity, FELLOWSHIP, LEADERSHIP, SCHOLARSHIP, and SERVICE.

More men join Kappa Sigma every year than any college fraternity in North America, making Kappa Sigma the most preferred fraternity. Become a Most Wanted Man!!

Jarrel L. McRae, President, Kappa Sigma Fraternity, Pi Mu Chapter
910 920 7652
jarrelmcr@gmail.com

Kappa Sigma is Number One, Second to None! Since our founding at the University of Virginia on Dec. 10, 1869, Kappa Sigma has initiated more than 247,000 men on college campuses throughout the United States and Canada.

Our proud history of producing campus leaders who go on to succeed in business,

Alpha Delta Pi Sorority

Theta Epsilon Chapter
Methodist University



ΑΔΠ Welcomes You to Methodist University!!!

Alpha Delta Pi is the oldest secret society for college women in the world and was founded on May 15, 1851. Alpha Delta Pi was established at Wesleyan College in Macon, Georgia, the first college chartered to grant degrees to women in the world. Alpha Delta Pi's story is a remarkable one and it all began with a young girl's dream. Alpha Delta Pi's open motto is...

WE LIVE FOR EACH OTHER.

We feel that this motto expresses the true meaning of sisterhood. Alpha Delta Pi also has a mantra which is "Come Home to Alpha Delta Pi." This is our mantra because we truly feel that as a part of this sisterhood you are a part of a large family away from home. Alpha Delta Pi was established on the principles of scholarship, leadership, sisterhood, and service. Since 1979, Alpha Delta Pi's national philanthropy has been The Ronald McDonald House. The Ronald McDonald Houses across the country help keep families with seriously ill children together when they need it most by offering them a comfortable, temporary residence in proximity to a medical facility. Alpha Delta Pi

chapters around North America provide both financial and physical assistance through activities to support this worthwhile philanthropy. We are privileged to have our own chapter of Alpha Delta Pi here at Methodist. Our chapter has MANY fun and exciting activities planned for the Fall 2009 - Spring 2010 school year. A few of these activities include a Lion's Share Challenge, sisterhood sleepover, trips to the Ronald McDonald House, Greek mixers, and many more exciting events! I encourage you all to take advantage of all of the wonderful opportunities the Greek system has to offer. I also encourage you to consider making Alpha Delta Pi your... Home Away From Home!!

WE LIVE FOR EACH OTHER!

Respectfully,

Jessalyn Lykins
Chapter President

thetaepsilonadpiperes@gmail.com
Please do not hesitate to contact me if you have any questions, comments or concerns.

Important Dates to Remember

Tabling August 12th 2009 through August 14th 2009	Alpha Delta Pi Recruitment Week August 31st 2009 through September 4th 2009	Info/Philanthropy Night September 1st 8:30pm-10pm Alumni Dining Room
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If you would like more information about ΑΔΠ please feel free to email me (thetaepsilonadpiperes@gmail.com) or you can refer to the national Alpha Delta Pi website at <http://www.alphadeltapi.org>.

We look forward to meeting you!!!



Gentlemen, it is that time of year again. School's back in, and everyone's excited. We at Omega Xi are even more excited to see you and want to get you involved with Greek Life. Sit back and let us tell you about us, what we do, and what we offer you. Omega Xi is a local fraternity looking to grow over the next several years, but let's look at the history first.

Beginning- Founded in 2006, on diversity and community service

Problems Conquered- Dwindling numbers, acceptance from national Greek Life

Present- Still hold the same principles, more organized, and growing. This semester we doubled our membership and look to continue to grow.

Future- We will stay founded in what we believe with the hope of reaching a higher status in the Greek community

What is Omega Xi? Omega Xi is a social fraternity dedicated to serving the community through charities, fundraisers, and campus activities. An example is Save Second Base, where we made shirts and sold them, along with shaving our heads, to raise money for breast cancer awareness. We participated in Show You Care Day, held fundraisers through a pool tournament, and worked alongside ADPi and Kappa Sigma in their charity work. Some of our campus activities include things like making sure that some Omega Xi members are present at every major campus event.

What can Omega Xi do for me? Along with what you give to Omega Xi are many things that being a member of Omega Xi allows you to do. We offer brotherhood, networking, honor, party, and a sense of something greater than your self. Brotherhood is one of the most important reasons people join fraternities. We will go to any lengths for a brother. Networking goes along with brotherhood, so alumni of Omega Xi are always willing to help a brother in need. Honor produces a sense of integrity, privilege, and reputation. We also throw some of the best parties on campus, while also keeping it respectful. Finally, being greater than one's self is felt because members are pieces of a whole, which every person wants.

Great! Where do I sign up? It's not difficult, but it's not for the faint of heart. We are proposing ideals in membership and brotherhood. We ask that through your membership you will be loyal to the fraternity and your brothers and not put either in a bad light. You will have a bond with your brothers, not only while you are here, but throughout your lifetime.

This is only the beginning for Omega Xi. We have a HUGE semester ahead of us, but for more info you'll just have to come check us out.

Want to know more? Contact us.

Nick Owen
President of Omega Xi
nowen@student.methodist.edu

HUGE POSTER SALE

art • music • film • photography • vintage • humor



At
Methodist University

For One Day Only!

Tuesday, August 18

Outside the Berns Student Union

Rain Location:

Inside the Berns Student Union

8am - 5pm

Sponsored by the Office of Student Activities



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Posters and More for Your Decor

2009 Fall Orientation Schedule

Catch The Monarch Spirit

Student Track

Friday, August 14, 2009

7:00 a.m. – 4:30 p.m. IDs and vehicle Registration Berns Student Center

7:00 a.m. – 7:00 p.m. Green and Gold Café Open

8:00 a.m. – 5:00 p.m. All Campus Offices Are Open

8:00 a.m. – 1:00 p.m. Move in to Residence Halls

10:00 a.m. – 11:30 a.m. English Placement Exam Trustees 325

Required of all transfer students and any student transferring English credit through dual enrollment in high school.

1:00 p.m. – 2:00 p.m. Spanish Placement Exam Trustees 109

All freshmen and transfer students who have taken previous secondary or college level Spanish classes, will need to take this exam. Spanish Heritage Speakers are not typically permitted to take 100 or 200 level classes.

2 p.m. – 3:30 p.m. Commuter Student Check-In Berns Student Center

4:00 p.m. – 4:45 p.m. Welcome Ceremony and MU Pep Rally Reeves Auditorium

5 p.m. – 7:00 p.m. Family Cookout/Meet Academic Advisors The Quad

8:00 p.m. – 9:30 p.m. Meetings/Social in the Residence Halls Lobby of Your Residence Hall

Saturday, August 15, 2009

7:00 a.m. – 7:00 p.m. Green and Gold Café Open

8:00 a.m. – 8:30 a.m. PGA Golf Mgmt. Parents/Students Meeting Reeves Auditorium

8 a.m. – 4:30 p.m. IDs and Vehicle Registration Berns Student Center

8:30 a.m. – 9:45 a.m. Breakfast for Students Green and Gold Café

10:00 a.m. – 12:00 p.m. University Fair Nimocks Fitness Center

1:45 p.m. – 2:30 p.m. SD&S Concurrent Session (1)

See the back of your name tag for your group assignment. You are to complete this rotation with your group today and on Sunday afternoon.

Reality Check (Gold Team) Clark Auditorium

Fun and Healthy Choices (Green Team) Science Building, Room 222

Career Lift Off (King Team) Allison Hall

Scoop Session (Pride Team) Trustees Building

2:45 p.m. – 3:30 p.m. SD&S Concurrent Session (2) (Students)

Reality Check (Green Team) Clark Auditorium

Fun and Healthy Choices (Gold Team) Science Building, Room 222

Career Lift Off (Pride Team) Allison Hall

Scoop Session (King Team) Trustees Building

6:00 p.m. – 8:00 p.m. Dinner on your own

8:15 p.m. – 9:30 p.m. Family Fun with Mentalist Craig Karges Reeves Auditorium

10:00 p.m. Monarch Madness (Students ONLY) Berns Student Center
Think Fast Game Show, Mega Monarch Bingo, Wax Hands, Caricature Artist, Rock Wall, Human Hamster Balls, Life-size Twister, Obstacle Course and MUCH, MUCH, MORE

Sunday, August 16, 2009

7:00 a.m. – 7:00 p.m. Green and Gold Café Open

10:00 a.m. -10:45 a.m. SGA Leadership Meeting Science Auditorium, Room 222

All freshmen interested in serving as leaders in the Student Government Association are invited to attend this interest meeting with the president of the Student Government Association.

11:00 a.m. - 12:00 p.m. Chapel Hensdale Chapel

2:00 p.m. – 2:45 p.m. SD&S Concurrent Session

Reality Check (Pride Team) Clark Auditorium

Fun and Healthy Choices (King Team) Science Building, Room 222

Career Lift Off (Gold Team) Allison Hall

Scoop Session (Green Team) Trustees Building

3:00 p.m. – 3:45 p.m. SD&S Concurrent Session

Reality Check (King Team) Clark Auditorium

Fun and Healthy Choices (Pride Team) Science Building, Room 222

Career Lift Off (Green Team) Allison Hall

Scoop Session (Gold Team) Trustees Building

6:00 p.m. – 8:00 p.m. Freshmen Induction Banquet Riddle Center

9:00 p.m. Monarch Madness With Magician Daniel Martin Berns Student Center

Monday, August 17, 2009

7:00 a.m. – 7:00 p.m. Green and Café Open

9 a.m. – 10:30 a.m. English Placement Exam Stout Hall Board Room

10:00 a.m. – 11:00 a.m. PGA Golf Mgmt. Student Meeting Reeves Auditorium

11:00 a.m. – 12:00 p.m. Spanish Placement Exam Trustees 109

12:30 p.m. -1:00 p.m. Making The Grade Reeves Auditorium

The Dean of Methodist University, Dr. Delmas Crisp, will speak to all new students.

1:00 p.m. – 5:00 p.m. Individual Advising Meetings

See the back of your name tag for your specific location and time.

8 p.m. Monarch Madness: Hypnotist Larry Volz Berns Student Center

Parent Track

Saturday, August 15, 2009

7:00 a.m. – 7:00 p.m. Green and Gold Café Open

8:00 a.m. – 8:30 a.m. PGA Golf Mgmt. Parents/Students Meeting Reeves Auditorium

8:30 a.m. – 9:00 a.m. PGA Parents Meeting Reeves Auditorium

9:00 a.m. - 9:45 a.m. Breakfast for Parents President's Home

10:00 a.m. – 12:00 p.m. University Fair Nimocks Fitness Center

1:45 p.m. – 2:30 p.m. President and Academic Dean Reeves Auditorium

2:45 p.m. – 3:30 p.m. MU Academics 101 Reeves Auditorium

3:45 p.m. 4:30 p.m. Substance Abuse in Univ. Environment Reeves Auditorium

Dean George Blanc talks candidly about Methodist University policies and procedures.

6:00 p.m. – 8:00 p.m. Dinner on your own

8:15 p.m. - 9:30 p.m. Family Fun with Mentalist Craig Karges Reeves Auditorium

Sunday, August 16, 2009

7:00 a.m. – 7:00 p.m. Green and Gold Café Open

11:00 a.m. - 12:00 p.m. Chapel Hensdale Chapel

1:30 p.m. Parents Depart Campus

MU construction boom continues

Art, athletics, recreation grow



A four-year expansion boom at Methodist University continued in 2009 with a renovated football field house, a new art building and intramural field.

The renovations to the football field house (shown above) drastically improve the old football locker room, adding a second story and increasing the facility to 8,631 square feet of space. As well as a new 150-locker room, the project adds five coaches offices, an academic area with study tables, a recruit visitation area with flat screen televisions, a weight room, a reception area and a patio.

“Our student-athletes deserve the best and we are pleased the university has made the commitment to provide this facility to take our program to the next level,” said Bob McEvoy, director of Athletics.

Across campus, the William F. Bethune Center for Visual Arts is taking shape near Reeves Auditorium. The project broke ground in April and should be finished by January. The 8,844-square-foot building will house Methodist University’s Fine Arts Department and will include a printmaking studio, painting studio, graphic design lab, photography lab, digital photo studio, six classrooms and an exhibition gallery. The David McCune International Art Gallery,

named after one of the major donors to the building, will be used to house student show as well as works from local, regional, national and international artists.

“Past civilizations are revealed by capturing history through art,” McCune said at the groundbreaking ceremony. “The artists of today have a like responsibility and purpose. Our new complex will be a useful tool as the students complete their journey at Methodist University.”

Across from the art building lies Coach Sink Field, named after the late Mike Sinkovitz, who died after a car accident shortly before the field was completed. Coach Sink, as he was known, was the director of Recreation and Intramurals at MU and visualized and built the new intramural field. Sinkovitz worked at Methodist for almost 20 years.

The two-acre field will help expand MU’s intramural programs while providing a dedicated space for intramural sports, which previously shared fields with athletic programs. The field recently acquired several finishing touches with a backstop and metal bleachers.

In the last four years, the university has also acquired King’s Grant Golf Course, built Nimocks Fitness Center and the Science Annex.

WeDesireMore.Com

“QUEEN ANNE’S LACE” By Gayle Dean — Edited By Timothy E. Parker

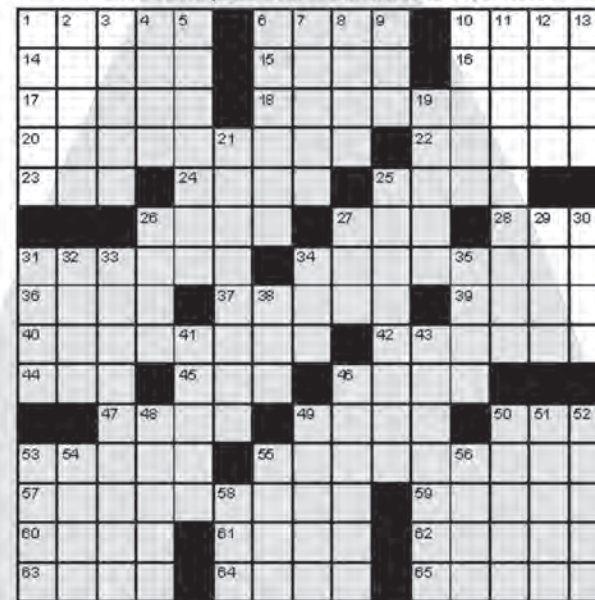
ACROSS

- 1 They're not what they seem to be
- 6 Brewing grain
- 10 Johnny's money?
- 14 Martinique volcano
- 15 Decorative pitcher
- 16 Cognizant of
- 17 Jung's inner self
- 18 ---'s locker
- 20 ---'s cow
- 22 Make rhapsodic
- 23 Tend the kids
- 24 Type of grease
- 25 It's a lock when pinned
- 26 Tiny colonizers
- 27 A bill
- 28 In error
- 31 More bombastic
- 34 ---'s mother
- 36 Hedgepodge
- 37 Escort of a sort
- 39 Established ceremony
- 40 ---'s number
- 42 Like some cars and apartments
- 44 Equine loser
- 45 Muumuu go-with
- 46 Polo participant
- 47 Ointments
- 49 Synthesizer inventor
- 50 Whole amount
- 53 Colored marble
- 55 ___'s code
- 57 ___'s revenge
- 59 Wheels of fortune?
- 60 Good way to have it
- 61 Lacking spirit
- 62 Site of thousands of flowers
- 63 River through Opole
- 64 Type of club
- 65 Parts of some chairs

DOWN

- 1 Sends junk mail online
- 2 French artist Matisse
- 3 Inclined to one side
- 4 Steno reminder
- 5 Ocean channel
- 6 Chest decorations
- 7 Informed
- 8 Conscript
- 9 Rugby score
- 10 Becomes less friendly
- 11 Capital near Chesapeake Bay
- 12 Printer's direction
- 13 Water the garden
- 19 Informal attire
- 21 Thrusts out
- 25 Valued inherited possession
- 26 In awe
- 27 Word indexers often ignore
- 29 Wine and dine
- 30 Bedrock fellow
- 31 Homebuyer's need
- 32 Menlo Park name
- 33 Albuquerque's river
- 34 Doctor of sci-fi
- 35 Salver
- 38 Hindu title
- 41 "The Zoo Story" playwright
- 43 Steeps
- 46 Scented hair ointment
- 48 Complete
- 49 1950s first lady
- 50 Mead study site
- 51 Dangerous sub
- 52 Producers of sunbows
- 53 Short rounds?
- 54 Dare into doing
- 55 Pitch the horsehide
- 56 Streamlet
- 58 Veer suddenly

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A new & relevant church plant in Hope Mills. Just 15 minutes from campus!



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How to speak Housing: A Residence Life Dictionary

Bulletin Boards: Sometimes the decorated boards that you see in residence halls are just for fun, but other times they contain valuable information. The RA staff changes the bulletin boards on a monthly basis and uses them to beautify your community and to provide information. Please be courteous and refrain from tearing them down.

Director of Housing and Residence Life: A professional live-in staff member who's responsible for the overall function of residential life, otherwise known as on-campus housing. She is the direct supervisor of the RC staff. Her department is part of the Student Development and Services Division and she reports directly to the Vice President for Student Services and Development.

Door Decorations: "Door Decs" are the decorations you'll find on your room door. Most contain at least your name and room number, however, they might also contain your birthday, hometown, or major. The RA staff prepares these for you before you arrive to welcome you into the community and help you learn your neighbors' names.

First Year Experience Director: The "FYE Director" is a professional live-in staff member who's responsible for the overall function of the First Year Experience Program in Pearce Hall. She reports directly to the Director for Housing and Residence Life.

Hall Council: Each residence hall has an elected president, vice president, treasurer, secretary and public relations chairperson that make up its Hall Council. Floor representatives are nominated by students living on their respective floors. The Hall Council serves to keep the RC informed on issues with the facility, programming, or any other community concerns. Hall Council is a function of the Residence Hall Association.

Housing and Residence Life Office: This office is located on the second floor of the Bern's Student Center. The Director of Housing and Residence Life and the Residence Hall Association work out of this office. Be advised, if you have a question about your specific hall, the best person to ask is your RC. The RC's



office is located in his or her hall, with the exception of Pearce and West Halls. You may find these two RCs in either Cumberland or Weaver Halls.

Lobby Worker: A student worker who mans the guest sign-in table in the lobby of the traditional residence halls, answers general questions and communicates with the Resident Assistant on duty. These students generally get paid to do homework!

Resident Assistant: The "RA" is a student leader who provides programming, builds community and serves as the first line of contact for the residential student. Each building has one RA on duty each night of the week. The RA reports directly to his or her Residential Coordinator.

Residential Coordinator: The "RC" is a professional live-in staff member who's responsible for the overall function of one or more of the nine residence halls. RCs are the direct supervisor of the RAs and

lobby workers. The RC has at least a bachelor's degree but may have a master's degree as well. There are six RCs and they report directly to the Director of Housing and Residence Life.

Residential Coordinator's Office Hours: Like your professors, RCs hold office hours each week. These office hours are posted on the RC's door and do not change on a weekly basis. Your RC will be more than happy to meet with you during office hours, or set up an appointment at another time.

Visitation Violation: Getting caught with a guest outside of visitation hours, or not properly signing in a guest in a traditional residence hall.

Work Order System: Computerized system in which residents can place work orders for their rooms and halls. Work Orders are sent electronically directly to maintenance and followed up on by the RA staff.

Help prevent the flu!

Please visit the Student Health Center in West Hall or call ext. 7164 for more information.

- Wash your hands often, or use alcohol-based hand cleaner.

- Get plenty of rest and eat right.

- Avoid touching your face, eyes, nose and mouth.

- Cover your mouth when you cough or sneeze. Use your arm, not your hand, to cover your mouth if you don't have a tissue.

- Avoid close contact with sick people.

- Report health concerns to the Student Health Center.

Flu symptoms include:
Fever, especially 100.4+
Cough

Sore throat

Runny or stuffy nose

And may include:

Body aches

Headache

Fatigue

Chills

Diarrhea

Vomiting

Evolution of the Monarch: From crown to mane

It's good to be a Monarch, but it's great to be King. Sure, every king is a monarch, but at Methodist University there's only one King, the fun and furry mascot of MU.

However, King as you know him today is relatively new. Back in the early 1960s, students of then-named Methodist College chose the school's first mascot, a Monarch. The mascot was created after the school began participating in intercollegiate athletics.

The original Monarch was meant to be a ruler of countries rather than the king of the jungle. In a 1963 or 1964 picture of the first mascot, who was portrayed by Jerry Marcus, the Monarch shows no resemblance to today's lion. Marcus is shown wearing a cloak, crown and sash, along with a white long-sleeved shirt, white pants, tall dark socks and sneakers.

Somewhere along the way, someone must have decided the school needed something a bit fiercer on the sidelines of sporting events. There are few records documenting the switch, but MU Historian Bill Billings says that the mascot became a lion sometime in the early 1970s.

Head Cheer/Dance Coach and Director of MU Spirit Programs Melissa Hay says that the Monarch lion has gone through about three costume variations over the decades. The most recent look for the mascot was introduced about three years ago, replacing a mascot suit that had been in use since about 1998. At the same time, the mascot got a new identity, "King." Previously, the mascot had just been called the Monarch.

"The name was announced at Homecoming," Hay said. "There was a contest to name him. The winning name was submitted by Assistant Football Coach Carl Funerburk."

Since 2007, King has been brought to life by then-freshman Andre Harris, who is returning to the job this year. Last summer, Harris became the first MU

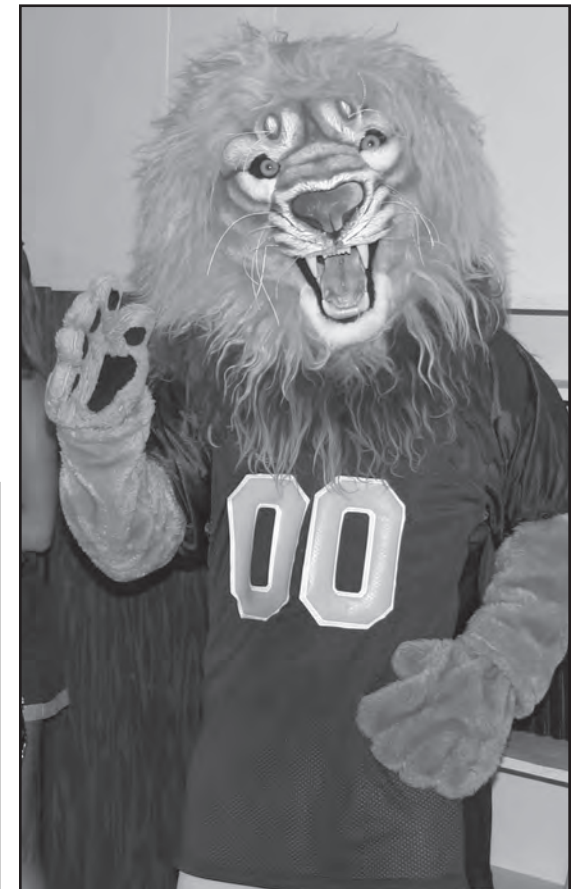
mascot to attend the National Cheerleading Association's special mascot camp in Myrtle Beach, S.C.

"King won the Most Collegiate Mascot completion," Hay said. "The award represents how the overall character of the mascot ties in with your school spirit. It's an indicator of how well the mascot represents the school and the student body."

Students will continue to see a lot of King on campus this year, at sporting events, pep rallies and everywhere else. He's even on Facebook, as King Mascot.

"We really have done a lot with the idea of giving King an identity and making him a symbol of our campus."

In early 1963, the Board of Trustees approved a program of intercollegiate athletics for Methodist



Above right, King. Top left, an older lion Monarch mascot. Bottom left, the original Monarch mascot.

College. In 1963-64, the college began intercollegiate competition in basketball and bowling. Sometime in the spring of 1963, the students chose a Monarch (king) as their mascot.

There are more than 70 clubs on campus you can join

Go to http://www.methodist.edu/student_life/clubs.htm for more information

Accounting Club
Alpha Chi (Honor Scholastic Society)
Alpha Phi Sigma (Criminal Justice Honor Society)
Alpha Psi Omega (Theatre Honorary Fraternity)
Alpha Sigma Lambda (National Honor Society for Adult Learners in Continuing Education)
American College of Healthcare Executives
Athletic Training Association, Student
Beta Beta Beta (Science Honor Society)
Carillon (Student Annual)
Chamber Music Ensemble
Chi Delta Chi (Veterans/Family Members Honor Society)
Co-ed Bible Study
Computer Science & Mathematics Club
Concert Choir
Crime Stoppers
Criminal Justice Association
Debate Team
Delta Mu Delta (Business Honor Society)

Democratic Party
Fellowship of Christian Athletes
Golf Association, Methodist University
Gospel Choir (One Voice)
Guitar Ensemble
Health Occupations Society
Hockey Club
In His Grip
International Business Club
International Club
Iota Tau Alpha (Athletic Training Honor Society)
Jazz Ensemble
Kappa Delta Pi (Education Honor Society)
Kappa Sigma Fraternity
Lector Club
Linguasphere (Modern Languages Club)
Marketing Club
Men's Bible Study
Men's Lacrosse Club
Model United Nations
National Assoc. of Teachers of Singing
Novelties Club (English)
Omicron Delta Kappa

Orchestra
Outdoor Adventure Club
Peer Counseling
Pep Band
Phi Alpha (National Social Work Honor Society)
Phi Alpha Gamma
Phi Alpha Theta (National History Honor Society)
Phi Sigma Iota (Modern Languages Honor Society)
Physician Assistant Club (Dr. Harvey Estes Student Society)
Pi Sigma Alpha (National Political Science Honor Society)
Playmakers, Monarch
Professional Tennis Management Association
Psi Chi (National Psychology Honor Society)
Psychology Club
Republican Party
Residence Hall Association
Resort Management Club

ROTC - Raider Team
RUSH Campus Ministry
Show Choir (Synergy)
Sigma Omega Chi (National Sociology Honor Society)
Sigma Tau Delta (National English Honor Society)
Small Talk (Student Newspaper)
Social Work Club
Sport Management Club
Student Activities Committee
Student-Athlete Advisory Committee
Student Chapter of the Council for Exceptional Children
Student Education Association
Student Government Association
Student Music Educators National Conference
Students in Free Enterprise
Symphonic Band
Tapestry (Art & Literary Annual)
Vocal Ensemble (Methodist University Chorale)
Women's Bible Study

Every student needs a family

*International Program seeks
host families for rewarding
experience and shared culture*

Maggie Cartwright has traveled the world. She has lived in many countries and has been drawn to help students wherever she goes. Why? Because in each country she has found students to be just as curious about her culture as she is about their cultures. So when Magda Baggett approached Maggie last year about becoming a host family to an international student studying at Methodist University, she jumped at the chance.

This year, Methodist University's International Programs Office is asking for more host families. The world is all around us at Methodist University, with over 70 students from more than 30 countries. Just like American students, many of the international students are away from home for the first time. The difference is that many do not get the chance to go home for the weekend or for holidays. Some do not have the chance to go home for their entire 4-year program. Having someone-- a family-- reach out to them can mean so

much. A host family is not financially responsible for the student. They are simply asked to share their family and culture with a student. Activities with a student can be as simple as calling to check up on them, inviting them to bike the Cape Fear River trail, take a trip to the mall or join the family for pizza and a movie.

As a mother and missionary for Manna Church, Maggie's life is very busy. But being a host family for a college student allowed her to offer support and mentor a student without having to give all of her time. As a host family, she invited students to her home for a movie, took them to church and picnics. She was also able to match five other students to host families and has plans to help more this year!

The students Maggie hosted were happy to have someone to reach out to



while studying in a place so far from home. They appreciated receiving invitations to family gatherings and opportunities to travel. Students also appreciated that the host families did not expect them to say yes to every invitation. When faced with difficult choices, students are able to talk to their host family and seek advice.

Maggie enjoyed sharing her family with a student. Many evenings were spent talking about different cultures, sharing food and laughing at new experiences. Her family was able to share in the student's life and he in theirs. It was an opportunity to have an impact in

a young person's life and know that no matter what he does or who he becomes, he will always take the experience with him.

If you are interested in being a host family for an international student at Methodist University, please contact Jana Moore, assistant director of International Programs, at jmoore@methodist.edu or 910-630-7432 for more information and an application.



Get between the covers!

Developing a culture of reading

METHODIST UNIVERSITY'S QUALITY ENHANCEMENT PLAN

Study Abroad summer program takes students on English pilgrimage

*Ever wanted to see Stonehenge?
The Tower of London?
Real Medieval Castles?
Anglo-Saxon Burial Mounds?
Westminster Abbey?
Canterbury Cathedral?
London, Stratford, or Edinburgh?*

Then come on the Study Abroad: England Pilgrimage to Great Britain this Summer!

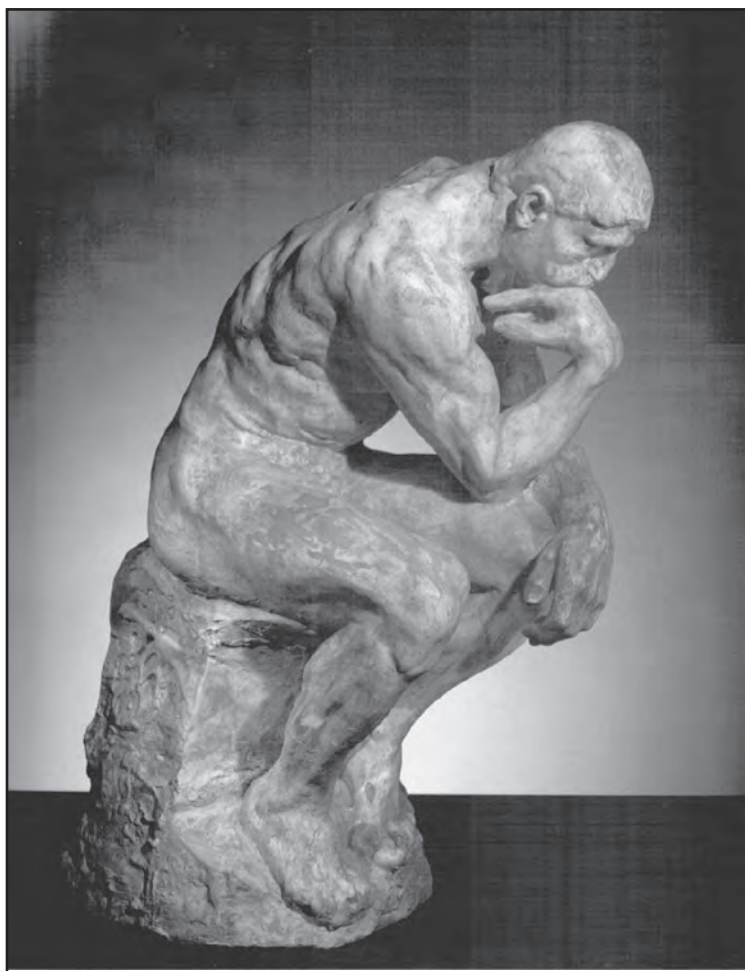
Professor Leverett of Methodist University and Professor Adams of Azusa Pacific University will lead students from both universities on an intellectual and spiritual pilgrimage through the literature of the Eng-

lish Middle Ages while they make a literal pilgrimage through the major sites of England's Christian heritage. By traveling from one pilgrimage site to another, students will trace the steps of medieval English pilgrims. Their intellectual knowledge of history and literature will be enlivened by their experiential knowledge.

The program gives 6 credit hours, including GE and Elective credits.

For more information, contact Dr. Emily Leverett at eleverett@methodist.edu or X7453 or stop by Trustees 333.

Pictured at right, Westminster Abby.



Don't just think about it!
Let us help you do some
problem solving.

**New Location - Davis Memorial Library,
Downstairs**

**Contact: Quincy Malloy, the new director
of Testing and Tutoring, 630-7151**

Can you avoid the dreaded Freshman 15?

Andrew G. Jameson, PhD
*Coordinator of Exercise Science &
 Cardiac Rehabilitation*

I have lost count of how many students have expressed either a fear of the Freshman 15 or attributed their weight gain to this phenomenon. What is the Freshman 15? Is it some bug that one catches when starting college, is it something they put in the cafeteria food, or is it something that YOU can control?

In short, there are two categories of people: those that believe they control their own destiny and those that believe that it is out of their control. Can you guess which group is more likely to gain weight in their freshman year?

The Freshman 15 is a term that is used within the United States and Canada which isn't literal but implies that within your first year of college you may gain weight. Is this going to happen to everyone? Of course not. Some people will lose weight due to the stresses of college life, such as a new environment, maybe sharing a room with a stranger, new classes, large course loads, or pressure from parents and peers. But, in our media dominated society, that group is not a concern.

The group that we seem to be more concerned about is those people that gain weight, in reality it's more like the Freshman 5-10. But why does this happen? If it didn't happen in your junior and senior year

of high school, why would it happen at a college or university? Come on, you are all educated people, reflected by virtue of being accepted into university. Think about your lifestyle at home and high school against that of what is going to be on campus and at a university!

You will eat at the cafeteria and be unable to decide what to choose, but that's okay, it's all you can eat so you go for it. You work late into the night, munching on high-calorie snacks and takeouts. You may indulge in alcohol, but you shouldn't. Not only because you are not of age, but do you realize that 1 gram of alcohol, just enough to barely moisten your lips, is 7 calories?

A lot of your food and snack choices are laden with empty calories. But you say: it will not happen to me because I run a mile each morning! That one mile only burns 100 calories, and a Gatorade or Coke has more calories than you expended. There is also no magic pill, as they would make you believe on TV infomercials, only a simple principal of balancing calories ingested versus calories expended.

Want to know more about how to maintain a healthy weight despite the stressors of college life? Take WEL 218. Not only will it fulfill the Wellness



Core requirement, you will learn valuable tools for developing and maintaining a healthy lifestyle. Good luck, and remember, YOU are in CONTROL.

Long Distance Love is possible, but takes work

Having looked forward to starting college for years, the new life away from home is about to begin. Who would start the transition feeling enthusiastic and excited and very, very sad? Only someone who leaving behind the love of their life. If this is you, get ready. You are in for a challenge. What you need is a plan for making the most of a long distance relationship. Following are ideas for such a plan, based on a book by Stephen Blake.

Make a plan together for being happy apart. -- Even though you will miss each other, love is supposed to make you happy not miserable. Plan for you and your love to be happy together and happy apart. Of course, you will feel lonely and your hearts will ache for each other. At the same time you can encourage each other to make the most of their lives during the absence.

Plan to get involved and stay busy. -- New student orientation is the time to look around for student organizations and activities you want to get involved in. Your classes will be demanding, but

no one can study 24/7. When you are bored you will be lonely, so plan not to be bored. Visit any activity that looks interesting. Reach out and make new friends. Soon you will have somewhere to go and someone to talk to whenever the misery starts to over take you. Help your love to think through how they can also find interesting, entertaining things to do instead of moping around.

Discuss your expectations about behavior with casual friends. -- If you don't intend to sit home and mope, you must be realistic. Each of you will meet interesting, attractive people who have the potential of becoming lovers. How are you going to deal with that? Will you agree that casual dates with other people are okay? Or will you expect each other to refrain from being alone with someone of the opposite sex? If you go out with someone, does your love want to know about it, or prefer not to know? It is important to express your thoughts on this subject to each other and come to an agreement before your departure. Without a clear understanding you run

the risk of confusion and hurt feelings.

Make plans for visits and phone contact. -- One of the most positive things the two of you can do while anticipating the upcoming absence is to plan your next time together. You can talk about how you will use that time to enjoy each other's company and repeat some of the experiences which made you fall in love in the first place.

While you are planning, make a plan for phone contact, too. Long distance calls can be expensive and most college students are on a budget. Many couples have found that daily short calls are more satisfying than infrequent long calls. In a short call you can catch each other up on your current life and reassure each other of your love. Having that happen once a day is a good way to keep the relationship strong. When you are both feeling strained or worried about the relationship, a long call can lead to arguments and you want to avoid telephone arguments entirely, if at all possible. A certain look, or touch, or kiss has the power to reduce stress and get the con-

versation moving in a productive, problem solving direction. Under strain and without nonverbal communication and touch a telephone often gets stuck in a painful exchange. Hanging up after a fight and dealing with the feelings alone is an experience you want to avoid.

Remember that love can win over distance. -- Many wonderful relationships have survived long separations. Believe in yourself and in your love. Remember the person you were when your love fell for you? Chances are that you were pleasant and fun to be around. Your task will be to stay in contact with the person you really are and not let that person get lost in heart ache. Get busy, enjoy your life and have faith in the power of love. If you ever need to talk this or any other situation over with a trained consultant, consider a visit to Methodist University Center for Personal Development.

For more information on adjusting to college life, please feel free to call the Center for Personal Development at 630-7150 or visit us in Pearce Hall.

Find salvation from Roommate Hell

Students have a long list of things to pack before they move into their dorm room, but along with the pillows, clothes and special mementos, students also need to remember their communication skills. Organizer bins and separate closet space helps, but communication is the real key to living with another person in a small space. Roommates can bring different living styles and habits with them. Neatness habits, study habits, music preferences, room temperature, sleeping hours and invited and uninvited guests are just a few ways roommates get on each other's nerves. To help you avoid "Roommate Hell," here are a few tips from the staff at the Center for Personal Development.

Talk it over from the beginning -- Start with a conversation about all the differences between you. Keep it casual but honest. Say to your roommate, "Tell me all the things that other people do that drive you crazy and I will tell you my list. Then we can try to help each other stay sane." If you start talking about such things early, you establish a habit of talking honestly and openly. Later disagreements, when they arise, will be easier to talk through.

Set limits -- One of the biggest roommate mistakes people make is letting themselves get walked on. If you start off by putting up with unacceptable behavior, you can bet it will escalate. Human beings try and get by with whatever they can. When your roommate bothers you (notice we said when, not if) start by calmly, kindly, but firmly saying "I really don't like this. Can we talk about it?" This way you train your roommate to respect you. Don't speak up and you will train your roommate to take advantage of you.

Listen to another view point. Keep an open mind and value diversity. -- People are different in their values and preferences. Differences bring variety and interest. You can hold onto and cherish your own values and still respect other people and their right to be different.

Don't communicate about everything. Stay out of your roommate's business. -- Roommates usually have parents and, like you, are usually tired of them running their lives. Don't take over where their parents left off. Unless your roommate's choices create a health or safety issue or compromise the quality of your life, the best practice is to mind your own business. Don't fall into a trap of giving advice or managing another person's affairs. If you are the advice giver or manager and things turn out well, they will probably take credit for it themselves anyway. If your advice or management doesn't work out, you can bet you will get the credit for that!

There are exceptions. One way a roommate's behavior can compromise the quality of your life at MU is through the possession of alcohol, drugs, or associated paraphernalia. Roommates are **both** held responsible for contraband in a room. Don't let someone else's bad habits threaten your college career. Talk it over with them as soon as you notice it. If the situation doesn't change, get help.

When you name a problem, also name a possible solution. -- This keeps your conversation solution-oriented and not problem-oriented. Hear the difference between these two approaches about music: "Will you shut down that awful noise!?" and, "I really don't enjoy that style of music. Do you suppose we could find a style we both like and agree to play that when we are both in the room?" Suggesting solutions keeps you both working toward liking living together rather than hating it.

If the problem is minor and your solution doesn't work, you may decide to just live with it or let it go. If it is not minor after you have made several suggestions and haven't gotten anywhere, you will probably want to talk to your Resident Advisor (RA) about resolving the problem. In this case, it is a good idea to tell your roommate something like, "I hope and expect that we can work this out between us, but if we can't, let's talk to the RA about it." If you bring in the RA without expressing the intent first, chances are you will create animosity and tension which might be harder to resolve later.

Communicate your need for help early. -- Following the suggestions above will result in an enjoyable or at least livable roommate situation, MOST of the time. When you have tried and tried and it gets worse not better, it is time to get help. Don't just let things deteriorate while you become more and more miserable. There are several options available. First, talk it over with your RA, who is a student with experience with roommates and is trained to help you. If the problem still can't be resolved, take it to your Area Coordinator or Resident Director. These adults live in the Residence Hall system, have seen it all before and know how to help. Moving to another room may be your best option. If it is best, a move can usually be arranged. Let them in on the problem before it drives you crazy. The Residence Life staff care about you and want your experience at MU to be top notch. Let them help.

For more information on adjusting to college life, please feel free to call the Center for Personal Development at 630-7150 or visit us in Pearce Hall.

Your Local Area Network

Building a Campus Wide Web of Friends

First year students are most successful when they have a network of good friends at college and plenty of enjoyable social activities. Building a network of friends is not easy, but it's important. Much of what you learned about developing friendships in high school will apply here, yet your Methodist University experience will be different in many ways. What follows is an adaptation of writer Carol Weinberg's tips for making the most of your college experience.

Take advantage of opportunities to meet a wide variety of people. -- Meeting new people starts with orientation. Make a point of attending and get involved to make connections right away. The college continues to offer such opportunities through the programs of Student Activities and Campus Recreation. There are many other well-publicized events going on throughout the year and sponsored by Student Activities, Intermural Programs, Residence Hall Association, Campus Ministry and a long list of other activities and organizations. Pay attention to flyers and e-mails.

Check out many options for involvement. -- Aside from those events and activities, there are many student organizations here who plan their own. These organizations do everything from going on outdoor adventures together to doing community service work. Check out lots of different options. Keep an open mind. Go to things that only barely interest you. You never know who you might meet or how much you might enjoy it. With some experience you will soon know which activities to commit to. Don't take on too much or get over involved. But do resolve to try something new every semester. College is all about new experiences.

Be the one who says hello first. -- Some students can walk up to anybody and start a conversation. For others, this is hard to do. People who are naturally outgoing get labeled as friendly. Unfortunately, people who are not naturally outgoing get labeled as unfriendly. Don't let that label stick to you. Work at it and learn to start up a conversation with a stranger. Here is how: Lis-

ten to the what outgoing people say when they start conversations and memorize some opening lines. Focus on questions to ask to get people talking. Once you have someone talking to you, the ball is rolling. All you have to do is listen. Almost everybody loves to talk when they have an attentive audience. Listen and they will think you are a very interesting person! Practice builds confidence.

Hold on to your values but be open to new ideas. -- College offers you a chance to try out new ideas and new behaviors. Don't abandon what you know is right for you. Use good sense. Having fun doesn't need to cost your health or your grades. Some students drink or smoke too much and some neglect their sleep and studies for fun. But there is no need to do so. Most students at MU have adventures and enjoy new things and experiences without sacrificing what is important to them. Watch those around you and stick with the WINNERS.

Be selective about those you get close to. -- It is quite often great fun to enjoy a friendship with someone totally different from you. When it comes to getting close to people, though, it is best to be selective. Take your time. Pay attention. Is this going to be the kind of relationship or friendship where you do all the giving? Is this person trustworthy? Is it possible to be both serious and fun with this person? Consider all this before you decide to be emotionally or physically intimate. Sometimes, students want so much to have a special friend that they settle for less than they deserve. Shop around. Take your time. You are worth it.

Balance is key. -- College life when people experience new things and expand their limits as well as an education and prepare for a career. Pay attention to balance in your life and you will be one of the winners.

For more information on adjusting to college life, please feel free to call the Center for Personal Development at 630-7150 or visit us in Pearce Hall.

First-generation college students

Succeeding is easier if you take advantage of MU's many resources

Taron Stubbs

Being a first-generation college student is like setting off to explore a strange world, one your family and friends haven't been to before. You face the same challenges as any freshman-- but sometimes you feel you are struggling alone, without the family knowledge and support other students have access to.

I know, because I am a first-generation college student, who will graduate this December with a degree in Business Administration. I am writing this to all the new first-generation students, to tell you that you are not alone. Everybody here at Methodist University wants to see you succeed, and they are willing to help. After you realize that, it gets a little bit easier.

When I was in high school, most people in my area weren't talking about college. I came from a small town, where everybody I saw knew me, or my relatives, so I decided coming to a small school like Methodist would be beneficial. When I got here, there were still a lot of cultural differences and new things to get used to. For instance, you could be sharing space in a dorm room with someone you don't know, maybe even somebody from across the world.

The differences weren't always so obvious. I came from a place where not everybody was talking about succeeding, and now here at Methodist, I'm in a place where everybody's talking about succeeding. Back home, you could

“Everybody here at Methodist University wants to see you succeed, and they are willing to help. After you realize that, it gets a little bit easier.”

-Taron Stubbs

Stubbs is pictured at right.

just watch ESPN and play PlayStation all day long. Nothing wrong with ESPN or PlayStation, but now I watch CNN and Fox News, too, so I know what my professors are talking about when they talk about current events.

I had to adapt to college life and the school system, figure out who to talk to, when and how to talk to them. For example, learning who to call to get help with a housing issue. I learned I was able to trust people and rely on them.

I learned through failure, to a certain extent. Some things would have been a whole lot easier if I'd just asked for help in the beginning. I went through an entire summer once worrying about money before I called the Financial Aid office.

One good phone call, and the lady sent me a form to fill out to automatically receive my money.

As I learned more about who to contact in certain situations and used more of the resources available to me, I realized I'd had a support network all along in the faculty, staff and employees of Methodist. I created a bond with these people, based on trust and the good advice they gave me. Now, if I have a problem, I know I can go sit in the Dean of Student's office and feel that I will get help. I know I can go to the Business Office, discuss my budget, and be completely honest because I won't be cheated. Now, when I walk into those offices, they know me by my name.

From one first-generation student to another, I'd like to tell you that here at MU you can do anything you put your mind to. I'd also like to give you some advice. Find good, positive people and stay around them and become friends. You never know, that person in the back of the class might be the new CEO of a Fortune 500 company some day.

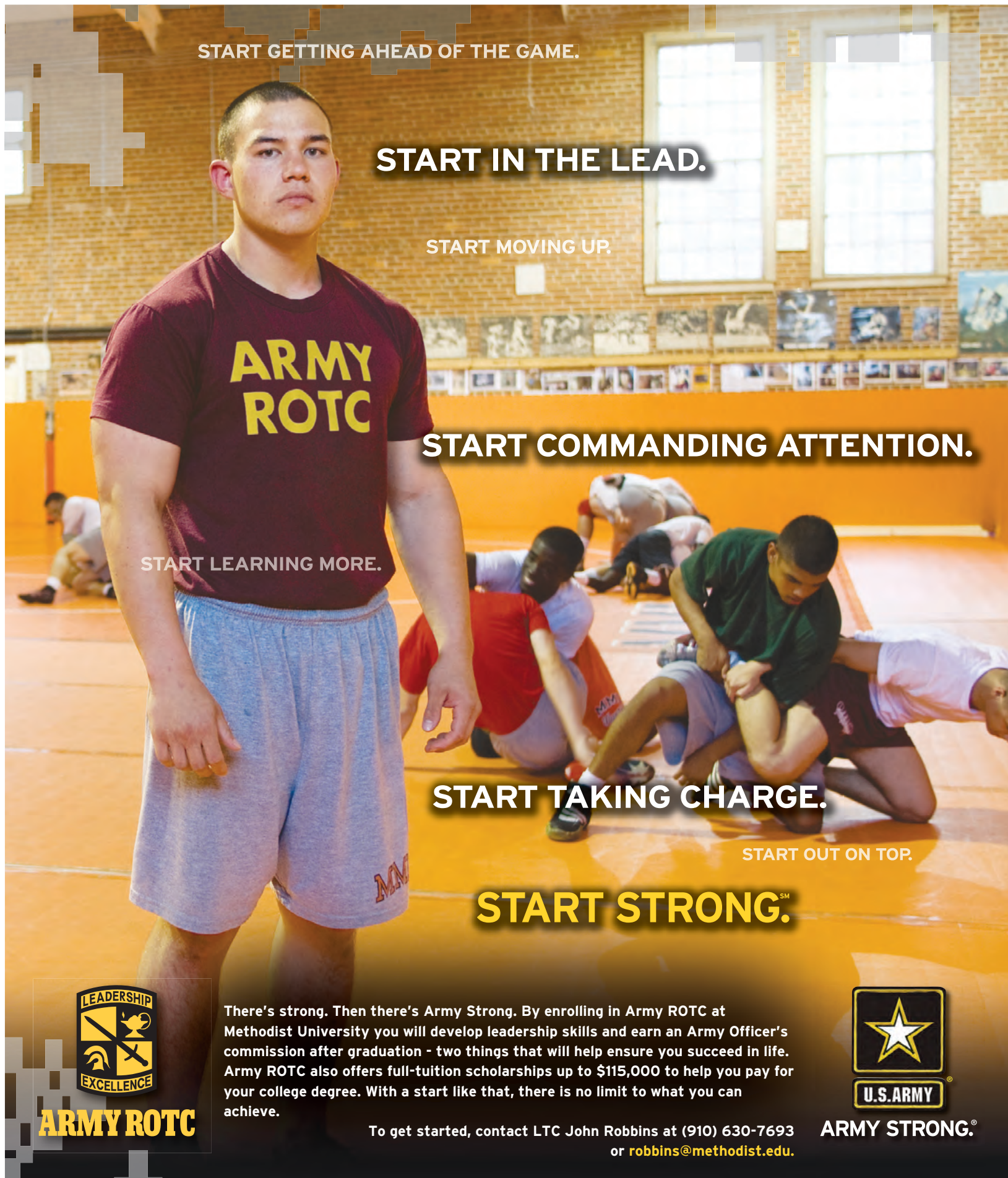


Also, participate in clubs and organizations. Be active, be involved, and share your ideas. If there is something you think should be done here at MU, don't be quiet about it. Get in contact with your teachers, open up so they can see where you're coming from.

When you go back to your community, realize that you can be a role model and get other people excited about going to a college or university and graduating. Just because you're the first doesn't mean you have to be the last. Because I've told them about my experiences, my younger cousins are asking me about college, and my younger sister has been talking about going. She's only in the 8th grade.

Lastly, whether you're at home or at school, keep your goals clear in your mind. Know what you want to do in life and how you want to do it. Once you have that strongly in yourself, there's no one that can come between that.

I am always happy to help another student, so please feel free to come up to me and talk if you need support and don't know where to turn.



START GETTING AHEAD OF THE GAME.

START IN THE LEAD.

START MOVING UP.

START COMMANDING ATTENTION.

START LEARNING MORE.

START TAKING CHARGE.

START OUT ON TOP.

START STRONG.™



There's strong. Then there's Army Strong. By enrolling in Army ROTC at Methodist University you will develop leadership skills and earn an Army Officer's commission after graduation - two things that will help ensure you succeed in life. Army ROTC also offers full-tuition scholarships up to \$115,000 to help you pay for your college degree. With a start like that, there is no limit to what you can achieve.

To get started, contact LTC John Robbins at (910) 630-7693 or robbins@methodist.edu.



ARMY STRONG.®

Leadership Starts Here!
 Contact MU Army ROTC today and ask about our
 4-year, Full Tuition Scholarship!

Campus Ministry Calendar fall 2009

Mission



The mission of Campus Ministry at Methodist University is to offer the love and acceptance of Jesus Christ to all persons by planting the seeds of faith and providing a nurturing spiritual environment for the seeds to grow and develop. Each person will be encouraged to reach his or her potential through participation in diverse styles of worship, Biblical study, music, community service, pursuit of justice and leadership. Every person is challenged to pursue faith freely with open hearts, open minds, and open doors.

Weekly Events

Wednesday	11:00 a.m.	Interdenominational Campus Worship Service	Chapel
Wednesday	8:00 p.m.	Women's Bible Study (DOGS)	West
Thursday	8:00 p.m.	Men's Bible Study	Commons
Sunday	7:00 p.m.	Soup Talk	Parsonage
	9:00 p.m.	Catholic Mass	Chapel
Monday	6:00 p.m.	One Voice Practice	Chapel
Monday	8:00 p.m.	In His Grip	Commons
Monday	9:00 p.m.	Praise and Worship Band Practice	Chapel
Tuesday	8:00 p.m.	Fellowship of Christian Athletics	Alumni

Special Worship Opportunities

Sacrament of Holy Communion
Offered 1st Wednesday following the conclusion of Chapel Service

Wednesday, August 12	Faculty Worship	9:00 a.m.	Chapel
Sunday, August 16	Orientation	11:00 a.m.	Chapel
Monday, November 23	Community Thanksgiving Service and One Voice Concert	7:00 p.m.	Chapel
Sunday, December 6	Moravian Love Feast	7:00 p.m.	Chapel
Saturday, December 19	Baccalaureate	10:30 a.m.	Reeves



Join
Student
Media

FIRST MEETING:
SATURDAY, AUG. 22 AT 9 A.M.
IN THE HERITAGE DINING ROOM
(ON THE FIRST FLOOR OF THE BERNS)

X Δ X
Chi Delta Chi
Veterans' Honor Society

1st Fall meeting
August 24th
Yarborough Auditorium
Clark Hall 11 AM

**Open to Veterans, Active Duty, National Guard,
Reserve, ROTC, Family Members, and others
who support the goal of the Society.**
Minimum 3.0 GPA Required

Delta Mu Delta honors business students



Pam Strickland
Chair of Business Programs

The Delta Mu Delta National Business Honor Society is the only honor society for business students. Delta Mu Delta was founded as a national organization in 1913 and officially accepted by the Association of College Honor Societies in 1963. The society recognizes business students for outstanding academic achievement.

The Greek letters that make up the society's name stand for *Dia Mathessos Dynamis*, which is the society's motto and translates: Through Knowledge, Power. The society's goal is to recognize and cultivate the power to manage creatively for social and economic good.

Admittance into the Delta Mu Delta Honor Society is by invitation only. Each semester, the Eta Sigma Chapter of Delta Mu Delta at Methodist University selects business students that fulfill several requirements. Students must demonstrate academic excellence and good moral character. Membership in Delta Mu Delta is a lifetime recognition, and the invitation to join is the highest national recognition a business student can earn.

The Eta Sigma chapter at Methodist University has been repeatedly recognized for its exceptional growth, administration, development and visibility. For example, the Eta Sigma Chapter was awarded the Jablonsky Award in 2006, awarded Star Chapter status four years in a row and Methodist University students have been awarded \$100 and \$1,000 scholarships for each of the last four years.

The Eta Sigma Chapter challenges all business students to seek the honor of lifetime recognition for outstanding academic achievement. Becoming a member of Delta Mu Delta is an honor which rewards earnest, intelligent purpose and achievement. This should be the goal of every person pursuing a degree in business administration. For more information visit the DMD website at <http://www.dmd-ntl.org/>

Make vacation your profession

Byron Lowe
Resort Management, Class of 2010

Our society is in a constant state of growth, moving at a rapid pace. With this growth the opportunities of career options have grown to enormous numbers. So, why not make vacation your permanent job? I assure you this is a very possible scenario, speaking from my experience in the Resort Management department.

The great philosopher Confucius once said, "Choose a job you love, and you will never work a day in your life."

This means that the travel, resort, and hospitality industries are growing at a rapid pace. Many countries are opening their borders to trade, business, and travel. In fact, travel and tourism are billion dollar industries; and still growing!

From career choices in resort and club management to real estate, marketing, and more, job opportunities are vast and varied. Think back to your favorite vacation, perhaps at a beach resort or Disney World. Now, think about your favorite activity, perhaps playing golf or the relaxing in the spa. Imagine this as your work environment.

The chance to meet new people every day, get involved in creative activities, or even play a role in the valuable memory of someone's life. I personally have achieved all of these, through a valuable internship at a successful resort. Throughout this amazing internship, I had the support and assistance of my professors in the Resort Management department.

The concentration in Resort Management at Methodist University provides students with the tools necessary to pursue careers in the resort and club management. Students gain experience in hospitality, including involvement in the management and marketing functions, planning for real estate development, administration of personnel, and convention management.

The concentration prepares student to enter the work force with a competitive edge. With the help of qualified professors, professional speakers, industry specific field trips, mentoring opportunities, experience building internships, and nationally recognized certifications and associations, students are given every opportunity to succeed.

Students studying Resort Management may

METHODIST UNIVERSITY
CRB
Center for Resort Business



Students majoring in resort management have internship opportunities at premier resorts.

Human Resource Management in the Hospitality Industry, Hospitality Sales and Marketing, Resort Development and Management, Contemporary Club Management, and Introduction to Hospitality. Having these certifications and memberships can improve your resume and provide valuable contacts, which can assist you in pursuing your career of choice.

Methodist's Resort Management program is also the host of a student chapter of the CMAA club. The club is designed for students to come together to show their interest in clubs, resorts, and leisure real estate. Club members participate in golf outings, community service projects, events hosting, field trips to top destination resorts, and attendance at industry conferences around the nation.

With all these wonderful opportunities, why settle for boring? Join us at the Resort Department here at Methodist University, and take your first step to a rewarding career path!

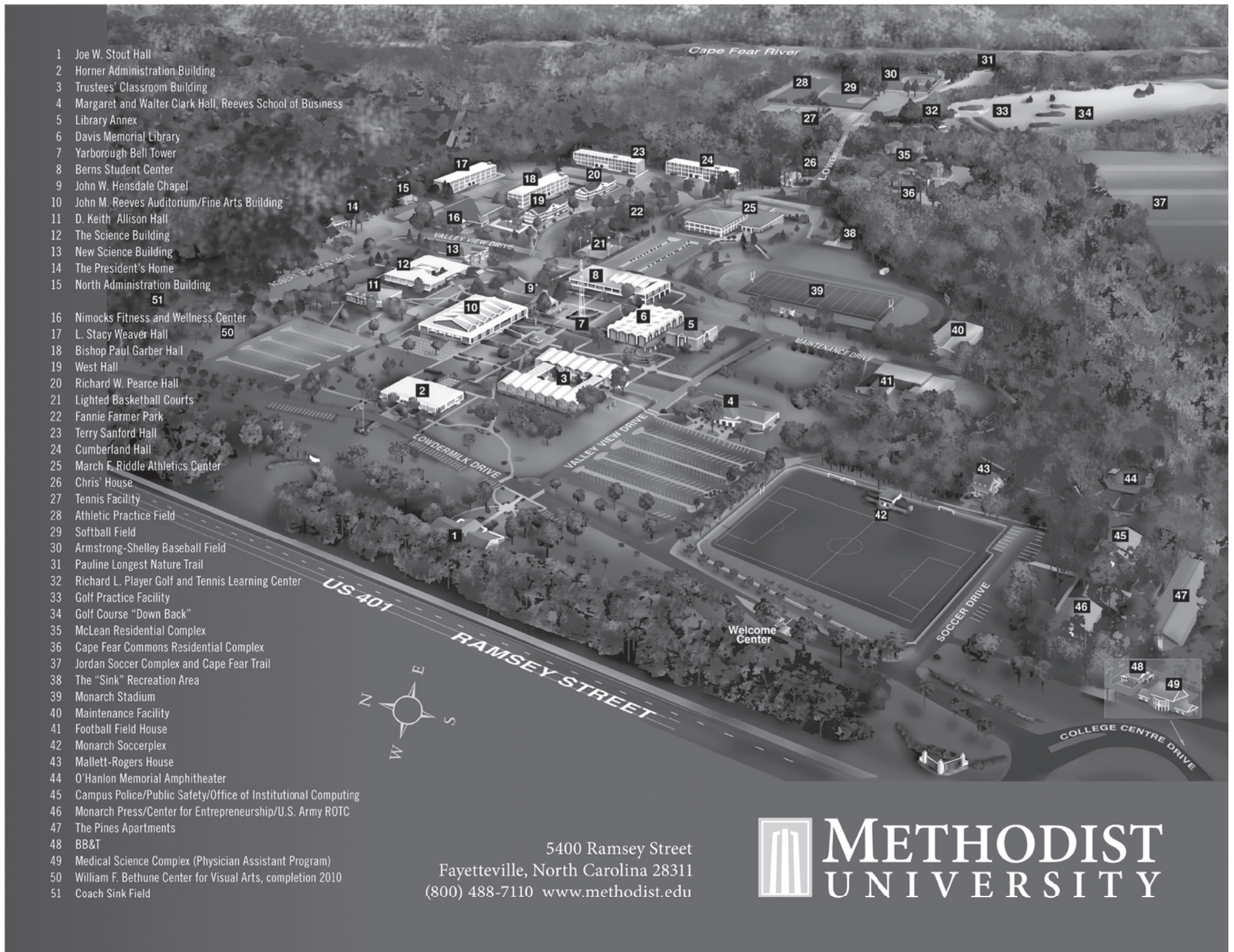


To fund club activities, these resort management students sell raffle tickets.

become involved with various clubs, such as Club Manager's Association of America (CMAA), American Hotel and Lodging Association (AH&LA), Hospitality Sales and Marketing Association International (HSMIAI), and National Restaurant Association Educational Foundation (NRAEF) and are eligible for several certifications, such as Managing Hospitality Human Resources, International

Where am I?

A guide to getting around campus



- 1 Joe W. Stout Hall
- 2 Horner Administration Building
- 3 Trustees' Classroom Building
- 4 Margaret and Walter Clark Hall, Reeves School of Business
- 5 Library Annex
- 6 Davis Memorial Library
- 7 Yarborough Bell Tower
- 8 Berns Student Center
- 9 John W. Hensdale Chapel
- 10 John M. Reeves Auditorium/Fine Arts Building
- 11 D. Keith Allison Hall
- 12 The Science Building
- 13 New Science Building
- 14 The President's Home
- 15 North Administration Building
- 51
- 16 Nimocks Fitness and Wellness Center
- 17 L. Stacy Weaver Hall
- 18 Bishop Paul Garber Hall
- 19 West Hall
- 20 Richard W. Pearce Hall
- 21 Lighted Basketball Courts
- 22 Fannie Farmer Park
- 23 Terry Sanford Hall
- 24 Cumberland Hall
- 25 March F. Riddle Athletics Center
- 26 Chris' House
- 27 Tennis Facility
- 28 Athletic Practice Field
- 29 Softball Field
- 30 Armstrong-Shelley Baseball Field
- 31 Pauline Longest Nature Trail
- 32 Richard L. Player Golf and Tennis Learning Center
- 33 Golf Practice Facility
- 34 Golf Course "Down Back"
- 35 McLean Residential Complex
- 36 Cape Fear Commons Residential Complex
- 37 Jordan Soccer Complex and Cape Fear Trail
- 38 The "Sink" Recreation Area
- 39 Monarch Stadium
- 40 Maintenance Facility
- 41 Football Field House
- 42 Monarch Soccerplex
- 43 Mallett-Rogers House
- 44 O'Hanlon Memorial Amphitheater
- 45 Campus Police/Public Safety/Office of Institutional Computing
- 46 Monarch Press/Center for Entrepreneurship/U.S. Army ROTC
- 47 The Pines Apartments
- 48 BB&T
- 49 Medical Science Complex (Physician Assistant Program)
- 50 William F. Bethune Center for Visual Arts, completion 2010
- 51 Coach Sink Field

5400 Ramsey Street
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 **METHODIST**
UNIVERSITY

Physician Assistant program at Methodist plans expansion

E. Ronald Foster, MA, MPAS, PA-C
PA Program Program Director

On behalf of the Methodist University Physician Assistant (PA) Program, I would like to welcome the undergraduate Class of 2012 and their families to Methodist University. As one of three graduate programs at Methodist University, and one of five PA programs in the state of NC, our Physician Assistant studies are geared toward preparing individuals who will be health care professionals licensed to practice medicine with physician supervision.

Physician assistants provide services such as:

- taking medical histories
- diagnosing common illnesses
- performing physical examinations
- ordering and interpreting lab tests
- setting fractures
- assisting and or perform minor surgery
- counseling patients

Physician Assistants are extremely beneficial in providing primary care as well as medical care in specialty fields. A commitment to caring is the foundation of the physician assistant program at Methodist University.

Established in 1996, the mission of the Methodist University Physician Assistant Program was and continues to alleviate the shortage of primary care providers, which has been especially acute in the counties of southeastern North Carolina. As with many areas in the country, there continues to

be a critical need for additional healthcare providers in the state.

In 2007, the NC Institute of Medicine recommended physician assistant schools increase their enrollment by 30 percent. Currently, our facilities are capable of holding the max of 34 students per year. In response to the recommendation, our program will need to expand our enrollment from 34 students a year to 45. In order to expand, however, Methodist needs to construct two buildings—a 7,000-square foot Medical Lecture Hall and a 3,800-square foot Human Anatomy Laboratory, at a project cost of \$2.5 million.

The Medical Lecture Hall will encompass a 150-seat lecture auditorium along with four break out rooms that will be useful not only for PA students, but for special lectures and continuing medical education programs in Cumberland County.

The human anatomy lab will accommodate up to 50 students, 14 cadavers, and provide showers and locker space for all students. The MU PA Program is one of the only PA programs in the state to consistently offer a human anatomy lab. This portion of our curriculum is a critical component of the first semester PA experience.

The Gross Anatomy course is designed to provide a working knowledge of human anatomy, an understanding of physiology, disease processes, diagnostic radiology, surgical and traumatic conditions, and inter-



Physician's assistants are found in many specialties, including surgery.

ventional therapy. This opportunity is an invaluable and irreplaceable experience that lays a strong foundation for the program and its outstanding success.

Plans are to locate the lab and lecture hall adjacent to the current PA facility (located just outside the entrance to our main campus, next to BB&T bank) and construction for both of these facilities will hopefully begin in the summer of 2009.

There is no question that the Methodist Physician Assistant Program is an important part of healthcare in North Carolina. The program has been extremely successful, both in the quality of its graduates and in its ability to retain them in NC. The overall pass rate for graduates of the program in the last five years is 95 percent compared to the national average of 90 percent. Our undergraduate Biology and Chemistry departments have no doubt successfully contributed to producing some of the top students and graduates within our program.

As a result, I encourage those of you striving for a career in the healthcare field to research our program by contacting our PA graduate admissions office at 630-7615 or by speaking with the advisors in either of the Biology or Chemistry departments.

On behalf of our program, I wish you best of luck in your academic endeavors, and am certain Methodist University will contribute to your future success.

Why do I have to take this class?

The term “general education” refers to the general skills and knowledge that students are expected to acquire in college. The courses that most directly deliver this general education are the courses in the “core.”

At Methodist University we actually have six cores, depending on what kind of degree a student is seeking. However, each core operates the same way: in each, a student must take a certain number of courses in a certain number of general areas. For example, students seeking a Bachelor of Arts degree must take one course in the Fine Arts department, three courses in the Mathematical and Natural Sciences departments, four courses in Social Sciences, and so forth.

Students sometimes complain about taking general education/core courses. A student majoring in biology, for example, may be planning on becoming a physician's assistant, and he or she may resent having to “waste time” taking courses that don't seem to have anything to do with that career. Why not take another 400-level biology course instead of a 200-level English class? Wouldn't that provide better career preparation?

Yes and no. Taking more biology and less general education might indeed provide better preparation for a physician's assistant. However, studies show that most college graduates will have multiple careers over the course of their working lives. A student may start out as a physician's assistant, but that student almost certainly will not continue in that profession throughout his or her working life - or even half of it! This is where general education comes in.

As Steven Bowen, president of the Association of General and Liberal Studies, states, “The education that makes graduates successful in moving from one career to another is largely their general education.”

While taking core courses, students become better readers, writers, thinkers, and speakers, and they also develop a variety of analytical skills. These are the abilities that help students make successful transitions from one career to the next throughout their lives.

“Having a major is handy for getting that first job, but one's long-term success is ... more dependent on a good general education,” Bowen concludes.

And professional success isn't all there is to it. The Methodist University faculty also wants graduates to be well prepared for family and community life, civic participation, and leisure time. Again, it is the general education/core courses that prepare students in these ways.

As Bowen puts it, “An effective General Education prepares graduates also for success in their families, their communities, and their individual lives beyond work.”

Hopefully this article has answered the question, “Why do I have to take that class?” The answer is that a student's general education is as important, in the long run, as a student's major.

Because general education is so important, the Methodist University faculty has decided to review its general education program. Over the next couple of years, the faculty will engage in a series of discussions about the goals and content of the current program, as well as about ways to make it more meaningful to students. Students interested in participating in these discussions are strongly encouraged to contact Professor Emily Wright, chair of the General Education Committee.



At Methodist, physician's assistant students are trained to take detailed histories and diagnose common ailments.

Seven days a week of programming

Methodist University is open seven days a week. That means there is something happening on campus every day!

Every day, there is something happening on the MU campus, even on the weekends. There are sporting events, art projects, fitness classes, and movies. There's something for everyone, no matter what your preference. You can pursue an old hobby or discover a new one, while meeting new friends and enjoying some down time from studying.

Students have many options for enjoying their free time right here on campus. At the University Fair, held on Aug. 18, students will be invited to pick up a free semester calendar. This calendar, an excerpt of which is shown below, will display all upcoming events and keep you in the loop. The semester is full of exciting events and activities to keep everyone on their toes.

Check out this example of a typical week:

- Sunday - Salsa Dancing Lessons
- Monday - Munchie Movie Mondays

- Tuesday - Paint till you faint, SAC events, FCA events
- Wednesday - Monarch Madness, Free Bowling
- Thursdays - Paint till you faint, Theme nights
- Fridays - Movie and a Meal, Late night events
- Saturday - Athletic sporting events, Adventure trips

Also, for those eligible for work-study, there are many opportunities to get paid to play. Just ask Doris Jackson (910-630-7022 djackson@methodist.edu) or Kenny Tien (910-630-7366 or ktien@methodist.edu) for more information.

2009 august

sunday	monday	tuesday	wednesday	thursday	friday	saturday
Freshman Orientation Freshman Induction Banquet 16	Flag Football Sign-ups at Nimocks 17	FIRST DAY OF CLASSES Poster Sales Green & Gold Cafe SAC Meeting 9pm FCA 8pm 18	Chapel Service 11am Welcome Back Jam 7pm - 12am 19		 20	 21
Salsa 7 - 9pm Catholic Mass 9pm 23	Munchie Movie Monday 8pm In His Grip Bible Study 8pm 24	Paint 'til You Faint 7 - 9pm SAC Meeting 9pm FCA 8pm Resume Writing Workshop 25	Chapel Service 11am Bowling 3 - 5pm Campus-wide Capture the Flag 8pm Women's Bible Study 8pm 26	Paint 'til You Faint 7 - 9pm Flag Football Captain's Meeting Greek Council Men's Bible Study 8pm 27	Movie on the Football Field 28	29
Salsa 7 - 9pm Catholic Mass 9pm GO GREEK WEEK 30	Greek Cookout 11am Munchie Movie Monday 8pm In His Grip Bible Study 8pm 31					

Methodist prepares students for leadership

Andrew Ziegler, Ph.D.
Director of the Tally Center for Leadership Development

Today's university students are tomorrow's leaders. That means you! So, what can you do to develop your leadership potential? How will you get the skills and capabilities needed for the challenges of the future?

One avenue open to all Methodist University students is to enroll in courses in the Leadership Studies Program, which is part of the Lura S. Tally Center for Leadership Development.

Hundreds of students pursuing careers in business, science, government, medicine, and other professions have benefited greatly from the Leadership Studies Program since its inception in 1995. These students understood that leadership skills are an important part of any career. They loved the opportunities provided through our leadership courses and activities, and they proudly included their leadership training on resumes and job applications.

Employers are willing to pay top salaries to graduates with confidence and initiative, to people who can solve problems and make decisions, work with teams, plan and execute complex projects, communicate well, and take charge of others.

In today's competitive job market, these leadership qualities are often far more important than one's major. Colleges and universities today must provide both academic education and practical skills training.

Students can pursue a minor in general Leadership Studies or in our new Church Leadership Minor,

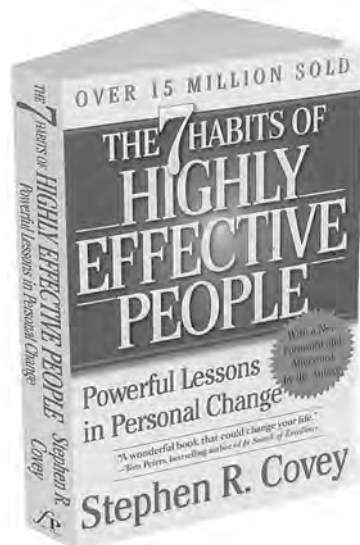
which provides specific preparation for those interested in full or part-time ministry careers. Students can also simply take one or two leadership courses as electives to improve skills and competitiveness.

You can begin your preparation for leadership right now. This fall, the Leadership Studies Program will be offering LSS 300, Principles of Leadership, and LSS 340, Contemporary Issues in Leadership. With no prerequisites, both courses are open to all students, including freshmen. Check with your advisor or in the online class schedule for class days and times.

For information, contact Dr. Andrew Ziegler (910-630-7488 or aziegler@methodist.edu) or Dr. Bill Watt, (910-630-7191 or bwatt@methodist.edu). You can also learn about the Tally Center at our website: <http://www.methodist.edu/tallycenter/index.htm>

Don't miss this opportunity! Get a head start on your future today!

Seven Habits at Methodist



Students enrolled in the LSS 300 Principles of Leadership course use the nationally acclaimed "7 Habits of Highly Effective People" curriculum. MU is licensed by the Franklin Covey organization to deliver this proprietary material, and students receive from them a certificate widely respected throughout corporate America.



New degree program focuses on international relations

Andrew Ziegler, Ph.D.
Professor of Political Science

Students can choose a degree concentration in the exciting field of International Relations beginning fall semester 2009. Given the significance of international issues and the increasing number of career opportunities in this area, students would do well to consider this new program.

Virtually no sector of American life is immune from international influences. The study of International Relations historically concentrated on the geopolitics of war and diplomacy among nation states. Recently, the field has broadened its focus to incorporate environmental issues, cooperative interstate behavior, globalization, hunger and poverty, as well as the work of international bodies like the United Nations and the World Bank.

Of course, the study of conflict and war remain crucial to this field of study, due to the increasing

threat posed by international terrorist groups like Hezbollah and al Qaeda, as well as the growing power in China and India.

Students who graduate with this concentration are poised to enter the Foreign Service or the intelligence community. They may also join a nongovernmental organization, an international corporation, or begin graduate study. This concentration is ideal for students anticipating a military career.

The study of International Relations is offered at Methodist University as a concentration within the Political Science major. Students can pursue this concentration with either a Bachelor of Arts or a Bachelor of Science. Requirements include 24 semester hours of Political Science foundation courses and 18 semester hours focused on International Relations.

For information, students can contact Dr. Ziegler at 630-7488 or aziegler@methodist.edu.



Health Services: There in sickness and in health

Health Services, located in West Hall, provides healthcare, insurance information and wellness education to students. Students may see the registered nurse and receive over-the-counter medication for free or see the physician assistant for a fee. The office also sponsors several educational programs throughout the year.

All full-time day students should be aware that the College has a mandatory student insurance program that is included in their tuition. This insurance is intended to act as a secondary policy to supplement their primary policy. If the student doesn't have insurance, then it will act as the primary. However, there are limitations to it, and it should be reviewed very carefully to avoid accumulating unnecessary medical bills.

Parents should contact their insurance company to ensure that their child's needs are met while away at school. It is also very important that parents explain to their child how their insurance works before they begin school. Students must have their insurance cards with them at all times in the event they need to be seen at a medical facility off campus.

In addition, the state of North Carolina sets specific guidelines for student immunizations. All day students registered for five or more credit hours must have three DTP/aP (Diphtheria, Tetanus, Pertussis) or Td (Tetanus, Diphtheria) doses; one DTP/aP booster must have been within the past 10 years; Two measles

(Rubeola), 1 Mumps, 1 Rubella (MMR is the preferred vaccine) and Polio vaccine if under 18 years. It is also strongly recommended that students have the meningitis vaccine.

If the shots aren't up to date or incomplete, warning letters, phone calls and emails will be sent out. If the student's information is not brought up to date, they will ultimately be asked to leave until it is.



Nurse Sandy Combs

Hours of Operation

Student Insurance: 8 am-5 pm Mon-Fri

Nurse: 8 am-5 pm Mon, Wed, and Fri;
8 am-1 pm Tues and Fri.

Physician Assistant: to be announced
Women's Wellness (with Physician Assistant): 5 pm-8 pm Tues.

Finding Immunization Records

North Carolina does not maintain a central registry of all immunization records; however, here are some tips for tracking down your child's previous shots:

- Check with all of your previous healthcare providers, including visits to the local health department or neighborhood clinic.
- Look through old files as immunization records are often tucked away in a baby book or included in school or camp history forms.
- Check with schools or child care programs your child attended to see if they have a record of immunizations required for entrance.
- Don't forget about any vaccines that were required for college or job entrance.

For tips on finding immunization records from other states visit www.cdc.gov/vaccines/programs/iis/contacts-state-iis.htm. It is important to save any information you discover in writing, including the vaccine name, date given, and provider or clinic name. Any local health department or your immunization provider can provide you with a blank lifetime immunization record card.

Calling all Future Social Workers, Public Servants, and Educators!

If your goal is to make a difference for others you might make a great Peer Educator/Counselor.

Peer Educators/Counselors educate and promote individual and community wellness by presenting outreach projects on campus.

We have openings for student employees, interns, and volunteers.

Pick up an application at The Center for Personal Development in Pearce Hall or call us at 910-630-7150 and request an application by email.

Join Student Media



**Training Day:
Saturday,
Aug. 22, 9a.m.
in the Heritage
Dining Room
(1st floor Berns)**

SPORTS WRITERS NEEDED

Lots of free food and fun! (bring socks)

Alumni mentors help students make the most of their degrees



An alumni mentor is available to help you as you journey through the next four years at Methodist.

Mentors are Methodist University alumni who can share tips on how they successfully completed their degree programs and used them to achieve career and life goals. They are eager to see you become fellow alumni, and they are willing to help you out with advice over the phone, by e-mail, or on Facebook!

A mentor can do the following:

1) Have conversations with you about your career goals (we'll try to match you to an alum who is working in your field of interest), and about your lifetime goals.

2) Tell you how they built their careers with their Methodist University degrees.

3) Tell you about important things to consider if you are thinking about graduate school.

4) Review your resume, cover letter, or other networking correspondence and provide

real-world feedback.

5) Introduce you to others who work in the field in which you are interested. They can offer you guidance on the networking process.

6) Conduct a mock job interview with you for practice.

7) A mentor can provide guidance to you on the job search process – where to look for jobs, how to find an internship, etc. – and encourage you throughout the job/internship search process, or even provide you with an internship or job!

These are just some of the ways a Methodist University alumni mentor can help

you. So how do you find a mentor? It's easy! Contact the Office of Career Services at dsingleton@methodist.edu or 630-7334, or stop by Career Services on the first floor of Berns today. Or contact the Office of Alumni Affairs at alumnioffice@methodist.edu or 630-7200, or stop by Alumni Affairs in the Horner Administration Building on campus. Fill out the form to the right and one of these offices with match you up with a mentor.



Mentee Information Form

(Please note: only Section I & II are required, plus signature)

Section I – Contact Information

Name: _____

Phone Number: _____

E-mail Address: _____

Section II – Academic Information

Academic Major/s: _____

Date of Graduation: _____

Section III – Mentoring Priorities

Career Fields of Great Interest: _____

Career Fields of Interest: _____

Career Fields of Some Interest: _____

Goals for Mentoring Relationship: _____

Learn about fields/jobs obtained with degree in major: _____

Receive resume feedback?: _____

Discover how others used MU degree to build a successful career: _____

Practice interviewing skills: _____

Prepare to conduct an effective and informed job search: _____

Learn what employers seek in candidates: _____

Make contacts in an organization that interests me: _____

Learn how to make the most of my MU education: _____

By signing below, I agree to release the above information to a mentor of Methodist University's choosing. I understand that the mentoring relationship is intended to promote my academic, moral, and physical well-being and success at the University.

_____ Name

_____ date

Please return form to the Methodist University Office of Career Services

Sports

Monarch athletes have brawn and brains



Quarterback Erik Teague was named a Methodist Scholar Athlete in 2008. Teague played in every game during the 2008 season and will be returning to play in his senior year.

Sept. 1 – Men's Soccer vs. Lynchburg 4 pm
 Sept. 2 – Volleyball vs. Randolph 7 pm
 Sept. 4 – Volleyball vs. Mt. Aloysius 7 pm
 Sept. 5 – Volleyball vs. Mt. Aloysius 7 pm
 Sept. 9 – Volleyball vs. Salem 7 pm
 Sept. 12 – Cross Country's Hot Summer Day 5K 8 am
 Sept. 12 – Men's Soccer vs. Emory 10 am
 Sept. 12 – Football vs. Guilford 1 pm
 Sept. 12 – Women's Soccer vs. Roanoke 2 pm

The Methodist Athletic Department is proud to sponsor 19 NCAA Division III sports. The students who choose to participate in athletics here are playing for the love of the game and do not receive an athletic scholarship.

There is something special about watching a football game or a softball game knowing everyone is truly "going pro in something other than sports."

To encourage this spirit, Methodist University awards Methodist Scholar Athlete to the student with the highest grade point average on every team. Students are encouraged to work out their bodies and minds.

During the fall, the Methodist football, men's soccer, women's soccer, volleyball and cross country teams will all be competing. With winter comes men's and women's basketball along with indoor track while baseball, softball, women's lacrosse and outdoor track start up in the spring. The men's and women's tennis teams along with our nationally-ranked men's and women's golf teams all compete in both the fall and spring. The cheerleading and dance teams support Methodist athletics year round.

The Methodist University mascot is a Monarch. While occasionally mistaken for a butterfly, the Monarch symbol is a lion, the king of the jungle. Our mascot goes by the name of "King," and can be seen at many campus and community events.

Most of Methodist's sports teams are members of the USA South Athletic Conference. The conference features 13 institutions, five in Virginia, five in North Carolina, two in Georgia and one in Tennessee. The two Georgia institutions, Agnes Scott College and LaGrange College, are lacrosse-only members and Maryville College of Tennessee is a football-only member.

Averett University, Christopher Newport University, Ferrum College, Greensboro College, Mary Baldwin College, Meredith College, N.C. Wesleyan College and Shenandoah University make up the rest of the conference. Some of the Monarchs' biggest rivals come out of the USA South. The winner of each USA South Tournament advances to the NCAA Tournament, making the competition fierce.

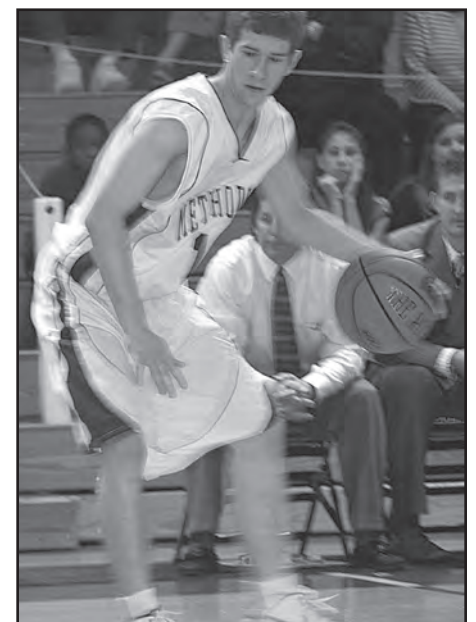
During the 2008-09 year, five track and field student-athletes received 11 All-American honors while the men's golf team finished third amongst all NCAA Division III competition and the women's golf team won their 12th straight National Championship.

There are plenty of athletic events that take place on campus and students receive free admission to each and every one! Whether you wear the green and gold as a student-athlete or as the number one fan, Methodist athletics has a place for you! Home events start in September. To the right is a list of upcoming home events.



Above: Jordan Grady was the 2008 Methodist Scholar athlete for volleyball. She was also selected as a USA South Academic All-Conference Nominee.

Below: A.B. Lehmann played on the Methodist basketball team for four years. He was named Methodist Senior Scholar Athlete and USA South Academic All-Conference honoree in 2009.



New free books every morning!

The free book bookshelf, located in the hall between T- 211 and T-342, offers books to every member of the MU community. Every morning, new books are added to the shelf, so stop by on your way to class and pick up a book for your reading pleasure.

Each book is labeled with a bookcrossing identification number. Bookcrossing.com is an international "catch and release" book program. The program allows you to write a review about the book for future readers.

Last semester over 500 books were registered with bookcrossing, and most of the books were released to the free book bookshelf.

BOOKCROSSING.COM

If you have books to donate, please give them to Mrs. Alexander in T-334 so she can register them

bookcrossing:

n. the practice of leaving a book in a public place to be picked up and read by others, who then do likewise.

(added to the Concise Oxford Dictionary, August 2004)



Welcome from the Office of Career Services

Dear New Monarchs,

Welcome and welcome back to the Methodist University family! The Office of Career Services, a division of Student Development and Services is here to help you obtain your career goals. The Methodist University Office of Career Services is a member of the National Association of Colleges and Employers and is in compliance with the professional standards www.NACE.org.

To ensure that we provide excellent service to our students, we have extended our office hours from 8 a.m. to 7 p.m. We have career development events planned for you such as Resume Writing & Critiques, What Not to Wear: Dress for Success, Government 101 and many more. So make The Office of Career Services one of your first stops on "Your Race to Success"! We look forward to working with you!

Office of Career Services



In the fall of 2008, students were invited to a special career fair at Methodist hosted by the United States Army Special Operations Command.

The Mane Spot is the information booth on the second floor of the Berns Student Center. It is open Monday through Friday from 8 a.m. until 11 p.m.

Students can check out pool sticks, ping pong paddles, and balls for either table. Someone will be there to answer any questions you might have about classes, dining or where to find something on campus. Stop by the Mane Spot to get your questions answered

The Mane Spot will be staffed by student workers. If you are eligible for student work and would like to work in a fun, enjoyable atmosphere, contact Doris Jackson (910 630 7022) for more information.

The MANE Spot



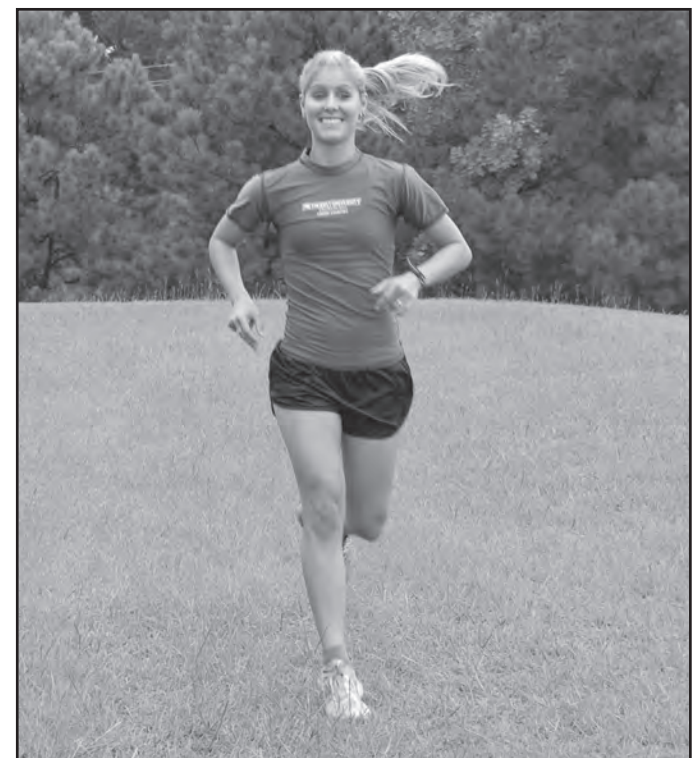
Interested in Running TRACK & FIELD or CROSS COUNTRY?

All Methodist students are invited to join the teams. Just contact MU Director of Track & Field and Cross Country Duane Ross for information about running with us.

Cross Country practice will begin on August 17 at 8am in room 213 of the Riddle Center.

Track & Field practice will begin September 1st.

Contact Coach Ross
for more details:
PH: 910-630-7336
Fax: 910-630-7676
dross@methodist.edu



Need a Job? Get the TESL Certificate!

With thousands of ESL teaching jobs being advertised each month, there is no better time than now to prepare for teaching English overseas. MU offers a TESL Certificate and an ESL add-on license, and the next class, Intercultural Communication, will begin on Aug. 18, MU at Night, Term II. For further questions contact:

**Jan Turner, TESL Coordinator & ESL Instructor,
630-7361, jturner@methodist.edu,
<http://www.methodist.edu/fl/academicprograms.htm>**

Looking for a job that won't interfere with classes?

MU alum seeks live-in (spacious quarters with separate entrance and private bathroom) or live-out **babysitter/mother's helper**. Should have childcare experience, reliable transportation, good driving record, and be non-smoker. Hours vary, but usually Wed.-Fri. 3 to 7PM or Midnight, plus some weekend hours. Hourly pay depends on live-in or live-out status. Please send a letter of interest, work history, and three references to **Angela** at westintheeast@aol.com.



Need Money?

Don't Qualify for work study?



Apply to be a Methodist University Phonathon Caller!

Build your resume and gain valuable work experience while making money!

Work Hours are Monday-Thursday Evenings & Sunday Afternoons.

Contact Lauren Wike at lwike@methodist.edu
or at 630-7167 to apply!

Applications are available in the Development & Alumni Affairs Office,
Horner Building.

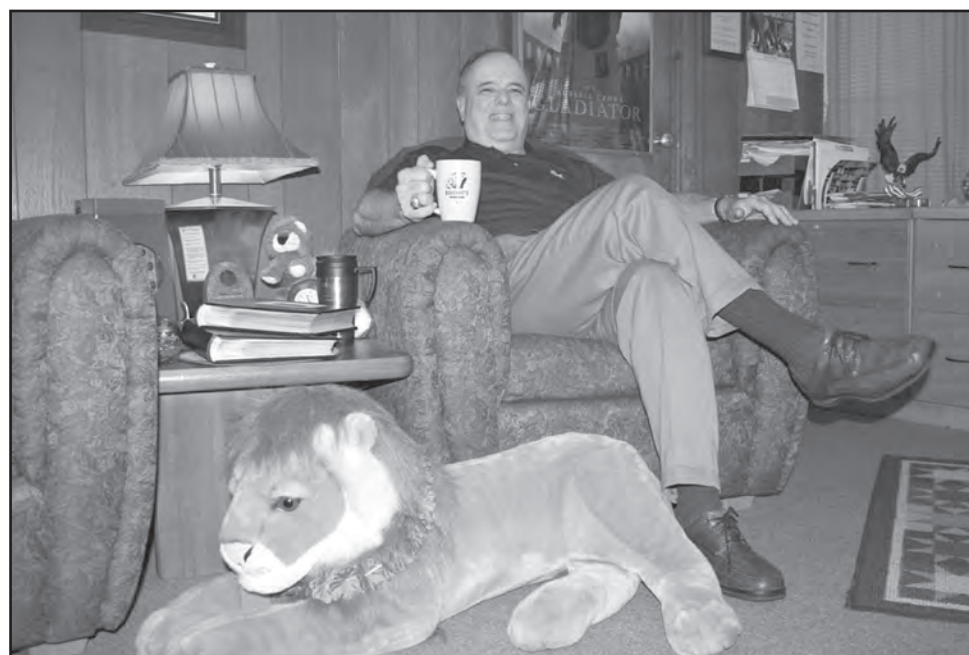
***Students must have completed at least
one semester at Methodist to be eligible***



EARN \$8/HOUR!



DEAN TIME



*Come sit with The Dean of
Students and tell him your
Issues or Concerns.*

*Mondays, Tuesdays, and
Wednesdays from 2-3 p.m.
in Berns Student Center,
room # 3.*

No Appointment Required.

Meal Plan Change Form (Fall 2009)

All non-apartment resident dorm students are required to carry a meal plan. Freshmen can only choose from the Carte Blanche Plan or the Green and Gold Meal Plan. Meal Plans are Non-Transferable. Monarch Dollars do not carry over to the next semester and are non refundable. ID Cards are required for all transactions. The weekly meal count for all resident Meal Plans resets every Friday morning.

Please fill out this form and return it to Dining Services in the Green and Gold Café.

First Name _____ MI _____ Last Name _____

Student ID Number _____ Phone _____

Dorm _____ Room _____

Signature _____ Date _____

Please select a Meal Plan Option

Carte Blanche Meal Plan

This plan features unlimited access to the Green & Gold Cafe, plus \$125.00 Monarch Dollars. The student determines the number of meals eaten per week. There is no need to worry about meals running out before the semester. This plan is the best value. During dining hall hours, the meal plan allows recipients unlimited servings of any food item offered that day. The student can treat a guest to a meal in the cafeteria by using Monarch Dollars.

Green and Gold Meal Plan

Features limited access of fourteen (14) meals per week in the Green & Gold Cafe, plus \$250.00 Monarch Dollars per semester. Your student ID card acts as your meal card. This plan is more flexible in that the student has more spending dollars in the Lion's Den if he or she misses a meal in the cafeteria.

Monarch Meal Plan

This plan features limited access of ten (10) meals per week in the Green & Gold Cafe, plus \$500.00 Monarch Dollars per semester. The \$500.00 is set up on your ID card and can be used at any of the food venues on campus. This plan is available to upper classmen only. It is designed for the students who have a more demanding schedule and off campus internships that take them away from the traditional dining hours.

Students will be assigned to the Green and Gold Meal Plan unless specified. Students have two (2) weeks to change their meal plan options. Make your changes at the Dining Services Office no later than August 28, 2009. If you have any questions, please feel free to contact the Dining Services Office at 910 488-2104

Why go trayless?



Students found new uses for the dining trays during a recent snow day.

Sodexo Campus Dining has implemented trayless dining with much success on several campuses across the country. Trayless dining is recommended for all dining locations, and has recently been implemented at Methodist University, as the practice can help protect our valuable natural resources. Trayless dining helps minimize waste and reduces water and energy usage, to create a more sustainable food service operation.

There are many benefits to going trayless in our dining operations. Fewer dishes and trays mean reduced electricity, water, and chemical usage. Less detergents, solid waste, and grease go down the drain, all of which are harmful to our local community's water supply. Trayless dining can substantially diminish food waste by encouraging guests to take only the amount of food they can carry, thus preventing them from taking more than they can eat. This quality can also provide an overall positive impact on student health, as it discourages overeating and requires guests to get up and walk to get more food. Also, this initiative will be cost effective for both the company and the customer. The reduced water, sewer, and detergent costs as well as the eliminated cost of tray replacement will be beneficial to all.

Sodexo is committed to helping people make sustainable choices about their health, our communities, and the planet we must collaborate to protect. Trayless dining can help protect our natural resources and can contribute to the health of dining customers. In the push to "go green," the Green and Gold can now contribute.

Dining services offers many choices of food and location

Coming to college proves to be a major change in most students' lives. One of the more significant changes is no longer having home cooking. This means that students can no longer raid the refrigerator in the middle of the night or sit down at dinners with the family to discuss the days' events. No college dining hall will ever rival mom's peach cobbler; however, the dining service system and its employees go to great lengths to provide students with an enjoyable meal and atmosphere. Methodist University Dining Services provide five convenient locations: The Green & Gold Café, The Lions Den, Café ala Cart (located in the Trustees building), Chris' House Grab & Go, and Freshens (located in the Nimocks Fitness and Wellness Center).

Special Steak Nights, theme nights, and other special events all serve to enhance meals at Methodist University. The Green & Gold Cafe also proves to be a great social center. Purchase of the meal plan entitles

the individual student to eat in the Green & Gold Cafe from orientation through graduation, excluding specified holiday periods. The Café has several stations to provide a variety of choices:

Flash in the Pan - Meals are prepared "Just in Time" right before your eyes! A chef individually prepares items such as stir-fry, sizzling salads, fajitas and more.

Center of the Plate - Soul warming, stick-to-your ribs cooking such as macaroni and cheese, lasagna and fried chicken served with a creative and gourmet flair.

Hot off the Grille - The grill serves casual grill favorites such as cheeseburgers and chicken sandwiches.

Tossed Around Pizza - Classic favorites such as hand tossed pizzas served right out of the oven.

The Deli Case - Enjoy mouth watering sandwiches made-to-order on a variety of breads.

Tastechanger Bar - An exciting bar that offers a change of pace in the menu including nacho and baked potato bars.

Farmers Market - Our Salad Bar is hearty enough to make it a meal with an assortment of crisp greens, crunchy vegetables, seasonal fresh fruit and savory dressings. We also feature a variety of organic items.



On the Rise Bakeshop - Top-off your meal with an assortment of fresh baked cookies, cakes, puddings and much more. Remember, stressed turned around is desserts, and nothing turns a hard day around faster than a treat from our Dessert showcase.

In addition to the great food, we offer monthly promotions to break the everyday monotony of the dining hall. Each month a promotional calendar will be posted in the dining hall, dorms and on the dining web page.

Theme nights include a special menu with music, prizes and decorations. This year, promotions will include Special Holiday Meals, Oktoberfest, and Celerate.

On the upper level of the Berns Center, we have the Lion's Den. Inside of the Lion's Den we feature Grill 155, Subconnection, and Seattle's Best Coffee. We offer everything from gourmet hamburgers to made-to-order deli sandwiches.

Café a la Cart, is located on the lower level of the Trustees building. We offers gourmet salads and sandwiches; fresh baked muffins, cookies and pastries; bottled beverages, and Starbucks gourmet coffee.

Freshens Smoothie Bar, located in the Nimocks Fitness and Wellness Center, offers custom blended smoothies containing Fat Free Dairy, Tropical Fruit Juice, Orange and

Low Calorie Smoothies.

Dining Services is glad to accommodate students who cannot attend a meal due to illness so long as a note of verification is secured from a member of the Student Life staff.

Carte Blanche Meal Plan - This plan features unlimited access to the Green & Gold Cafe, plus \$125.00 Monarch Dollars per semester. The student determines the number of meals eaten per week. There is no need to worry about meals running out before the semester. This plan is the best value. During dining hall hours, the meal plan allows recipients unlimited servings of any food item offered that day. The student can treat a guest to a meal in the cafeteria by using Monarch Dollars.

Green and Gold Meal Plan - Features limited access of fourteen (14) meals per week in the Green & Gold Cafe, plus \$250.00 Monarch Dollars per semester. Your student ID card acts as your meal card. This plan is the most flexible in that the student can get a meal in the Lion's Den if he or she misses a meal in the cafeteria.

Monarch Meal Plan - This plan features limited access of ten (10) meals per week in the Green & Gold Cafe, plus \$500.00 Monarch Dollars per semester. The \$500.00 can be used at any of the food venues on campus. This plan is available to upper

classmen only. It is designed for those students who have a more demanding schedule and off campus internships that take them away from the traditional dining hours.

Apartment Dwellers Meal Plans (for those living in Cape Fear Commons, McLean Residential Complex, or The Pines apartments) - Apartment dwellers receive a complimentary \$100.00 in Declining Balance Dollars per semester as part of their apartment package.

The following optional meal plans are available to students residing in Cape Fear Commons, Creekside, or The Pines apartments and commuters.

Monarch Dollars and A Meal Plan - This plan allows the student to eat any five (5) meals a week in the Green & Gold Cafe and use the \$125.00 Monarch Dollars per semester at any of our dining facilities on campus.

\$500.00 Declining Balance - This is a declining balance account that can be used at any of

our five food locations on campus, tax free. Declining Balance or DCB can be added in any amount desired at any time during the semester. See the MU business office to add Declining Balance Dollars.

What's the difference between Monarch Dollars and Declining Balance Dollars?

Monarch Dollars are dollars that are attached in your traditional meal plan. Carte Blanche, Green and Gold 14 Meal Plan, or the Monarch Meal 10 Plan, in increments of \$125, \$250, and \$500 respectively. Monarch Dollars are included in the cost of your meal plan. You may spend these dollars at any of the dining facilities on campus. Monarch Dollars expire at the end of the semester and do not transfer from semester to semester.

Declining Balance Dollars or DCB are dollars that you add voluntarily to your student ID card. This works just like a debit card and can be used at any of our dining facilities on campus. Unspent DCB dollars do transfer from the Fall Semester to the Spring Semester and are non-refundable. However, they do expire at the end of the Spring Semester and do not transfer from year to year. Students residing in the apartment units receive a complimentary \$100 DCB per semester.



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Creamy.
Peachy.
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