



# smallTALK

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THE STUDENT VOICE OF METHODIST UNIVERSITY

What are we talking about?

Board of Visitors Golf Tournament ... 2

Woman-less Beauty Pageant ... 3

Campus Crime Brief ... 4

Your Friendly Campus Ninja ... 7

crossTALK ... 8

Sudoku ...10

Scoreboard ...12

## Trustees to be renovated for disability access

*Ashley Young  
News Editor*

Through letters to the editor in smallTALK from disabled students and events on campus like Handicap Awareness Day, students voiced their concerns about the lack of handicap accessibility in the Trustees Building. Finally, changes are on the horizon for the aged building, which houses many of the humanities departments.

"A lot of people were made aware of how hard it is to get around campus in a wheelchair," said Randy Smith, director of Veteran Services.

Smith was an essential planner and organizer of last semester's Handicap Awareness Day.

Handicap Awareness Day, sponsored by Chi Delta Chi Veterans/Family Members Honor Society, raised enough money to send one of their members to North Carolina State University (NCSU) to a grant writing seminar. The club is working on a grant proposal requesting money for a ramp on the side of Trustees facing the parking lot and Clark Hall.

The proposed changes were approved by the faculty and by President M. Elton Hendricks.

Within a year, the Methodist University administration plans to construct the proposed ramp. The ramp will go from the door down to the road, eliminating the steps at the sidewalk. There will also be handi-

cap accessible doors and extended awnings above the doors to protect students from rain while waiting for the door to open.

The Trustees Building was constructed long before laws requiring handicap accessibility. As the need for accessibility grew, buildings like Trustees were not required to change due to grandfather clauses in handicap access laws. The cost of renovations is high, so it was often overlooked.

"Recent estimates of adding an elevator to Trustees surpassed \$200,000," said Dean George Blanc, Vice President for Student Development and Services, "but Trustees mandated change."

In contrast, the proposed renovations are estimated at \$25,000. The costs will come out of this year's university budget and Gene Clayton, Vice President for Business Affairs, has been asked to determine what other changes can be made and what their costs will be.

Currently there are steps at the back entrance of the Trustees Building which makes access from the parking lot impossible for many of the disabled. Instead, those with handicaps must travel around the building and around the Reeves Auditorium to reach sidewalks that are not barred by steps. Then a student reaches heavy doors on both the outside and within the lobby. Both of these problems would be remedied with the proposed renovation.



These steps by the parking lot have been a point of contention in recent years. Disabled students must go around the building to the other side to reach sidewalks without steps. Photo by Erik Alegria.

## Students outraged by FSU program proposal

*Aryn Hicks  
Entertainment Editor*

After a recent article in the Fayetteville Observer, students and faculty members in the Methodist Environmental and Occupational Management program were in an uproar.

The Sept. 25 issue of the Fayetteville Observer featured an article that introduced an academic proposal at Fayetteville State University. FSU Chancellor James Anderson discussed his plans to travel to Washington, D.C. with the BRAC (Base Re-Alignment Committee) Task Force. He hopes to meet with Secretary of State Hillary Clinton to discuss plans to create a military center. The center would teach students about the military contracting business and include a global training program for disaster response training.

Anderson elaborated on plans to receive government funding to construct a 3-D simulator. Like the simulator at Methodist, the center would teach students to

*continued page 3  
ENM PROGRAM*

## smallTALK

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

smallTALK welcomes Letters to the Editor. All letters should be delivered to the Student Media office on the first floor of Bern's Student Center or sent via e-mail to [smalltalkmu@yahoo.com](mailto:smalltalkmu@yahoo.com). Story suggestions should be sent to the same address.

Students are free to join smallTALK at any point in the school year. Meetings are every Monday at 4 p.m. in the Cape Fear Commons common room.

Initial copies of smallTALK are free. Additional copies are 25 cents.

# Board of Visitors hosts golf tournament



Holly Shupe speaks to Coach Tom Inczauskis at the tournament.  
Photo by Skyler Champ.

*Alicia Secord*  
**Editor-in-Chief**

In today's economy, funds are hard to come by. Methodist University's Board of Visitors, however, found success with their walking golf tournament, held Sept. 23.

"This is the best tournament in Cumberland County," said Krista Lee, assistant director of development. "The student caddies are ambassadors for the university."

The tournament was held on the university golf course and had a special

twist. Each team was made up of four players, with one professional golf management student on each team. Each of the players also had a freshman or sophomore student caddy.

The winning team consisted of Louis Cox, from Holt Oil Company; Robert Hines, of the United Way; and Charlie Speegle, a former Board of Trustees member. Josh Peight was the student member of the team.

According to Lee, funds from the tournament will fund other Board of Visitors events.

# Students march in Fayetteville's Parade of Nations

*Alicia Secord*  
**Editor-in-Chief**

Every year, the streets of Downtown Fayetteville fill with the flags and music of the International Folk Festival. The citizens of Fayetteville celebrated their heritage with a parade, food vendors, and cultural dance performances.

Methodist students performed in the parade early Saturday morning. The students also volunteered to set up and break down the two-day festival.

Though few students attended the Parade of Nations, many attended the cultural events and sampled food dishes over the rest of the weekend.



Above : Coumba Mbodji marches in traditional Senegalese dress and carries the flag of her nation.

Right: Methodist international students marched as a group bearing flags from their home nations.

Photo by Alicia Secord.



# Upcoming *Around* Campus

**Oct. 12-13**

Fall Break

After mid-terms, many students will leave campus for a much needed break. Come back recharged and refreshed for the last half of the semester.

*Go Home!*

**Oct. 16-17, Fri. 4 p.m., Sat. 8 a.m.**

Homecoming 2009: "Strike up the Band"

Homecoming events for students and alumni will be held Friday and Saturday. There will be a pep rally Friday evening and the football and men's soccer teams will play Saturday afternoon. Festivities for students and alumni will be held both on and off campus.

*Methodist University and Fayetteville*

**Oct. 17, 8 p.m.**

North Carolina Symphony Concert

The symphony will perform Mozart's "Eine kleine Nachtmusik," Schumann's "Konzertstück for Four Horns," Beethoven's "Contradances," and Brahms's "Serenade No. 2 in A Major."

*Reeves Auditorium*

**Oct. 23, 8 p.m.**

Fayetteville Symphony Concert

The concert will feature Soloist Jian Ding on the cello. The symphony will perform Mendelssohn's "Italian Symphony," and Rossini's "The Barber of Seville Overture."

*Reeves Auditorium*

**Oct. 27, 7:30 p.m.**

Fayetteville Symphonic Band Concert

The band features Methodist University faculty and staff, as well as members of the Fayetteville and Fort Bragg communities.

*Reeves Auditorium*

*smallTALK reports the events that do not appear in the SAC 2009 semester calendar. More events can be found in the SAC calendar or on the university website.*

# Events

## On the Town

### Oct. 8, 9 a.m.

Fall into Work Job Fair  
Over 100 employers are expected to attend the five-hour job fair, sponsored by the Cumberland Workforce Development Center. Dress professionally, and remember to bring resumes and pens.  
*Crown Expo Center*

### Oct. 10, 9 a.m.

2009 Start! Sandhills Heartwalk  
A celebration sponsored by the American Heart Association to promote physical activity and heart healthy living in a fun, family- and dog-friendly environment.  
*Festival Park, Downtown Fayetteville*

### Oct. 15, 5 p.m.

Fayetteville After Five  
This month, the outdoor concert series, sponsored by the Fayetteville Arts Council, will feature Satisfaction, a Rolling Stones tribute band.  
*Festival Park, Downtown Fayetteville*

### Oct. 15-24, 8:30 p.m.

Historic Hauntings: Ghastly Ghost Tour  
Take a haunted hayride through downtown Fayetteville, and enjoy ghostly reenactments of Fayetteville's most infamous haunted locations. The tour will conclude with a trip through the Cross Creek Cemetery.  
*Liberty Point, Fayetteville*

### Oct. 24, 10 a.m.

Ole Mills Day and Chili Cook-off  
Celebrate the history of Hope Mills with crafts, homemade fudge, kids' rides, music, storytelling, a costume contest, and Chili Cook-off 2009. First prize in either the Hot or Mild categories of the Chili Cook-off will win \$100.  
*Municipal Park, Hope Mills*

*There are many more events happening around Fayetteville for all interests. The Fayetteville Visitors' Bureau lists a community calendar which can be found at [www.visitfayettevillenc.com](http://www.visitfayettevillenc.com)*

## ENM PROGRAM: Military center at FSU may have implications for MU's funding

*continued from page 1*

respond to hazardous situations, such as biochemical spills and terrorist attacks, without leaving the safety of a controlled room. The simulator uses software that allows users to walk through realistic, 3-D cities, similar to those seen on Google Earth.

Anderson described the program in the article, but gave readers the impression that the technology being proposed by Anderson was not available anywhere in the area. Methodist has a similar program implemented for different purpose.

"I was quite surprised by the press release," said Assistant Director for the Southeast Center for Environmental Excellence Amanda Briggs. "It's practically a duplication of our existing program."

Methodist's Environmental and Occupational Management major, or ENM, is an interdisciplinary program that applies law and business to handling environmental and occupational safety regulations. This includes securing areas in cases of disaster.

Methodist received a grant from the government in 2008 to construct the 3-D simulator. Students create scenarios, to practice skills needed to manage disasters.

ENM students were upset by this article because they felt the FSU chancellor did not do adequate research about the programs and resources offered less than 5 miles down the road.

The article made it seem as if FSU is replicating the entire ENM program; however, the two programs are quite different from one another. The Methodist program does not deal with military contracting. The article also talks about the technology as if it were new to the Fayetteville area, which it is not.

Melinda Roberts, a senior ENM major, was displeased with the article because she felt it publicized a copy program of one that is

scarcely recognized at Methodist.

"Most students and faculty aren't even aware of our existence here," said Roberts.

Carla Rainari, director of the Southeast Center for Environmental Excellence, understands the students' frustration. Rainari thought the article gave FSU publicity for a proposal imitates an existing program at Methodist.

Rainari also mentioned that past mishaps in media coverage of the ENM program, such as wrongly crediting other MU programs for the creation of the simulator, have made ENM students sensitive to media coverage.

"Students spent a long time to help develop the simulations," said Rainari. "They have an ownership to the program."

The ENM program is a successful program at Methodist, and it does not discourage FSU from having a military training program with similar technology on its campus. However, the students and faculty are dismayed in the manner in which the facts were reported in the article.

## Finding the feminine mystique

For the third year in a row, Methodist students competed for a crown. The pageant participants sought to be the most beautiful and most admired woman on campus. The twist? There were no women in this pageant.

The winner, Ralph Chew, performed as Medea, the outspoken grandmother from Tyler Perry's popular movies. Chew won \$100 for his performance. John "Sasha" Camuso took second, and Josh "Bootsy" came in third.



Above: Comedian Loni Love hosted the pageant. Photo by Aaron Casteel.

Right: 2009 Miss Methodist Michelle Simmons draws questions for participants in the interview round. 2008 Miss Womanless Travis "Bonqueisha" Fulp asked the questions. Photo by Lakeisha Story



Right: Ralph Chew won the pageant as Medea, a character from the popular Tyler Perry movies.

Below: Jeremy York introduces himself as Jenny Dong, Hay Street hooker.

Photos by Lakeisha Story.





Never leave personal items unattended. This is the easiest way for someone to steal your credit cards and identification.

Photo by Eric Alegria.

## Eleven simple ways to prevent identity theft

*Gene Trainor*

*McClatchy Newspapers (MCT)*

College students can take several steps to stop identity theft:

1. Campus computers and Wi-Fi hot spots aren't always secure. Use encryption (i.e. anti-keylogging software, or password protection) to scramble communications over the network.

2. Change passwords frequently. Keep your anti-virus and anti-spyware software up-to-date with the latest releases. If you use your laptop around campus, always take it with you to ensure that your hard drive isn't compromised.

3. Reveal little personal information on social-networking sites, especially family name, address, phone numbers and date of birth.

4. Don't carry your Social Security number with you. If your college uses Social Security numbers for student IDs, request that the college generate a random number instead.

5. Buy a cross-cut shredder and properly dispose of all personal and financial materials. Credit card offers, bank statements and tax documents should be shredded or stored in a secure spot. A dorm room is usually not a secure spot.

6. If you shop online look for "https" in

the URL. Check with sites' privacy policies so you know what they may be doing with your personal information, or whether they've attached cookies to your computer, enabling them to track your viewing and usage patterns.

7. Routinely review your credit report. Under a federal law, you have the right to receive a free copy of your credit report once every 12 months from each of the three nationwide credit reporting companies. To request your free annual report under that law, visit [www.annualcreditreport.com](http://www.annualcreditreport.com).

8. If you use peer-to-peer file sharing programs, be sure to configure the files securely so personal information is not accessible to others.

9. Physically remove the hard drive before you throw out that old computer. Erasing data just enables the computer to write over that space again; it doesn't eliminate the original bits and bytes.

10. Never check "remember me" to log into Web sites. The harder you make it for hackers to follow your trail into an online store or bank account, the better.

11. Make photocopies of your driver's license, credit cards, insurance cards, all of it, front and back. Should your wallet be lost or stolen, you won't be left wondering what was taken, and you can quickly notify the appropriate agencies about a theft.



## Campus Crime Brief

### *Sept. 9 - Criminal Assault*

Fayetteville Police Officer, Brian Gainey said that the case was "under investigation." However, Chief James Phillips said that "no charges are being pursued."

### *Sept. 24 - Debit Card Fraud*

A stolen debit card was used to make a transaction. Campus police are working with other agencies to track down the source of the transaction.

### *Sept. 13 - Break-Ins in Berns Center*

The smallTALK office, Mane Spot desk, and Magda Baggett's office were vandalized, but nothing was stolen. Campus police are reviewing the video footage from the night to determine a suspect.

### *Sept. 3 - Drug Paraphernalia Discovered*

Campus police discovered drug paraphernalia in Sanford Hall. There was no drugs and the owner of the contraband was not known.

### *Sept. 28 - Larceny*

The passport of an international student was stolen from a dorm room. The student notified the appropriate authorities right away, but must wait to receive a new passport.

### *Sept. 10 - Larceny*

A wallet was stolen from the Green and Gold Cafe.

### *Sept. 4 - Larceny*

AV equipment was stolen from a dorm room.

### *Sept. 3 - Larceny*

A cellular telephone was stolen from the Green and Gold Cafe.

### *Sept. 14 - Larceny*

An I-pod was stolen from Garber Hall.

### *Sept. 8, 10, 13, 14, 26 - Medical Assistance*

Emergency Medical Services were called eight times this month. Four people were taken to the hospital by ambulance, the other four refused transport.

### *Sept. 24 - Disturbance at Kangaroo Gas Station*

Methodist students and the attendant of the Kangaroo gas station across the street had a verbal confrontation. Fayetteville police called the campus police who assisted with the altercation.

### *Sept. 11, 15, 21, 23 - Non-injury Collisions*

None of the five, low-speed, traffic collisions resulted in injuries.

### *Sept. 3, 13, 19, 25 - Fire Alarm Activations*

Six fire alarms were activated. None of the alarms were due to fire. Many were activated by cooking fumes.

### *Sept. 2 - Motorist Assists*

A bad day for motorists, four people needed help with a dead battery.

# 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 Commons
Thursday	8:00 p.m.	Men's Bible Study	Parsonage
Sunday	7:00 p.m.	Soup Talk	Chapel
	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

<b>Sacrament of Holy Communion</b>			
Offered 1 <sup>st</sup> Wednesday following the conclusion of Chapel Service			
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

# Defining a dress code

Jean Patteson  
The Orlando Sentinel (MCT)

What exactly is the difference between formal, semiformal and informal dress?

There was a time when the difference between the three was clear-cut. But the "anything-goes" attitude toward dress codes that prevails today has blurred the edges. These basic guidelines should see you appropriately attired for today's dressier events:

**Formal** - A tuxedo, white shirt and bow tie for men; a long dress, cocktail dress or dressy separates for women.

**Semiformal** - A dark suit for men; a cocktail dress or dressy separates for women. For daytime semiformal events, a suit is appropriate for men; a short dress or dressy suit for women.

**Informal** - A suit, or a dark blazer and dress pants, for men; a short dress, dressy suit or pantsuit for women.

Note: Informal is NOT the same as casual, which means jeans, khakis, T-shirts, capri pants, sundresses and similar. Casual clothing is not appropriate.

However, there's no denying that trendy jeans teamed with a smart jacket or sexy top and dressy shoes is the "new informal." But we are not talking washing-the-car jeans, as casual occasions.

Keep in mind that the above definitions are open to interpretation. For example, for a trendier formal look, men may team their tux with a black shirt or regular necktie. For a semiformal evening look, women may choose dressy pantsuits. Or, for an informal look, capri pants could work, provided they were in a dressy fabric and were worn with a chic jacket and heels.

Whatever the dress code, however, it's always better to be slightly overdressed than underdressed.

A recent Career Services fashion show applied these categories to the workplace. Students modeled acceptable and unacceptable dress in a fifteen minute runway show.

Women are encouraged to wear dresses or dress pants and blouse. Avoid bare shoulders or midriffs, and be sure that any dress or skirt is at least knee length. Closed toed shoes are usually the best footwear solution.

Men should wear at least an oxford and tie with dress pants. Some occasions (such as a meeting or interview) warrant a suit. Either option should be paired with a true dress shoe, not tennis shoes or boots.



Above: Taron Stubbs straightens his suit coat. Suits are acceptable for informal and semiformal situations, including most workplaces.

Below: Arianna Bannerman models casual wear. Her ensemble, of sweatpants and sweatshirt, is an example of inappropriate dress for the workplace.

Photos by Alicia Secord.



# Absurd or eye-catching?

Campus art leaves students scratching their heads

Deanna Piacente  
Staff writer

What do a shiny Gumby-like structure, industrial sculptures of a DNA double helix and a pi symbol, and a majestic, but undersized lion have in common?

They're all works of art that can be found around campus. But what do they mean, and why are there?

All of the sculptures were donated to the university by members of the community.

All of the statues other than the lion were designed and

created by David McCune, founder and president of McCune Technologies/Fayetteville Steel.

"I see my art as a combination of curvilinear and angular shapes that will hopefully provoke the observer," McCune told smallTalk. "It's the inspiration that moves forward to the action."

McCune takes pride in making sculptures that are "completely original" and "one-of-a-kind." However, the tall, gleaming steel sculpture in front of the Reeves auditorium makes the beaten, cracked pavilion look even worse by comparison.

Although Methodist may be proud to display fine works of art, students are having trouble finding a point in the modern steel sculptures.

"Have we ever explained what these things mean to our institution?" said Jarrel McRae, a senior. "It's meaningless to a student just walking by if they don't know why the abstract things are there. They are hard to respect."

McRae isn't the only confused student on campus. When asked what they thought of the sculptures around campus, five students responded, "What sculptures?"

Those who knew what I meant by sculptures often referred to the pi symbol and DNA helix (or "swirly tornado thing") in front of the science building. These sculptures are at least relevant to their location. However, they are not very creative. The money donated for those could have been better spent on renovations to the old wing of the science building. Most of the classes in the science building do not have wireless internet access, and the furniture in many of the rooms is beginning to show its age.

Many people are not even aware of the newest addition to our sculptural art. If you happen to be walking into the Riddle Center and take a glance toward the bushes to your right, you'll see what could have been a centerpiece for our campus. A bronzed lion, dwarfish, but proud nonetheless, was nonchalantly placed by the bushes like a spare trash receptacle.

"The lion would be great if they put it in a more visible place," said Zebulon Russell, a freshman. "Our campus needs to show school spirit, and things like that would help."

Methodist offers an art major with a concentration in ceramic sculptures, but student art is not visible around campus. The concept of a lion sculpture has a lot of potential, and would make a lot more sense to students, especially if it were a student who created it. Right now, the lion is the wrong size, and in the wrong location. The most attention I've seen it receive was a student "riding" on its back, making our majestic mascot look like a silly little joke.



Clockwise from upper left :  
Pi symbol outside Keith Allison Hall, donated by David McCune.  
DNA, outside the old science building, donated by David McCune.  
Lion statue, outside Riddle Stadium, donated by Bill Billings.  
Abstract Art, outside Reeves Auditorium, donated by David McCune.

Photo by Sung Kim.  
Graphic by Skyler Champ and Erik Alegria.

## Thoughts from the Editor:

Students should get involved in community

*Alicia Secord*

Walking down Hay Street during the Fourth Friday celebration a week ago, I enjoyed the usual sights and sounds of the monthly event, which is sponsored by the Fayetteville Arts Council. Vendors and civic groups lined the street, performers traveled up and down the cobblestone walkway, and members of the Fayetteville community visited local businesses.

Several professors and students are regular attendees, however, for the most part, Methodist has very little involvement. Similarly, the only Methodist students seen at Saturday's Parade of Nations were the students in the parade.

I have found that by supporting the community by shopping at local business and attending community events students can make contacts within the area which are useful in many ways.

Foremost, making connections with the community can help you find job opportunities. Employers will begin to recognize your face at community events and you may find opportunities to network.

Our news editor recently found that making contacts in her hometown opened doors in other businesses that would have otherwise been closed to her.

Many students cite lack of transportation as a reason not to get involved in off-campus activities. Students seem not to realize that Methodist is a stopping point for a city bus. The bus that services Methodist also stops at Walmart and various stops in Downtown Fayetteville.

The events sponsored by the Fayetteville Arts Council are important because they expose Fayetteville residents to local businesses. Regular customers are more likely to be looked kindly upon by business owners. Also, by purchasing merchandise from local vendors, you are supporting the local economy, which opens job opportunities to everyone.

# Questionable Queries of a Campus Ninja

Dear Ninja,  
I am worried about the upcoming midterms and wondered how does a ninja study for them?  
From,  
Frazzled about French

Dear Frazzled,  
Ninjas are extremely intelligent and have a photographic memory. All of them do, as it is a requirement listed on the application to become one. We rarely study, because after a glance we remember everything which is a very handy skill when infiltrating a high security pagoda or remembering a girlfriends birthday.

For all you normal mortals out there I would suggest not waiting until the day before the test to study. Start a few days or a week before and study an hour or two daily. If you have to go for an all night cram session take a ten minute break every half hour to relax your brain and allow better retention of material.

Dear Campus Ninja,  
I love to read and in my free time can often be found at the reading nooks fast adrift in another world. I have noticed lately though that at most of the reading nooks I feel an ominous presence, one that pierces my soul with an icy chill every now and then and overwhelms my conscious mind with a torrent of blood lust.

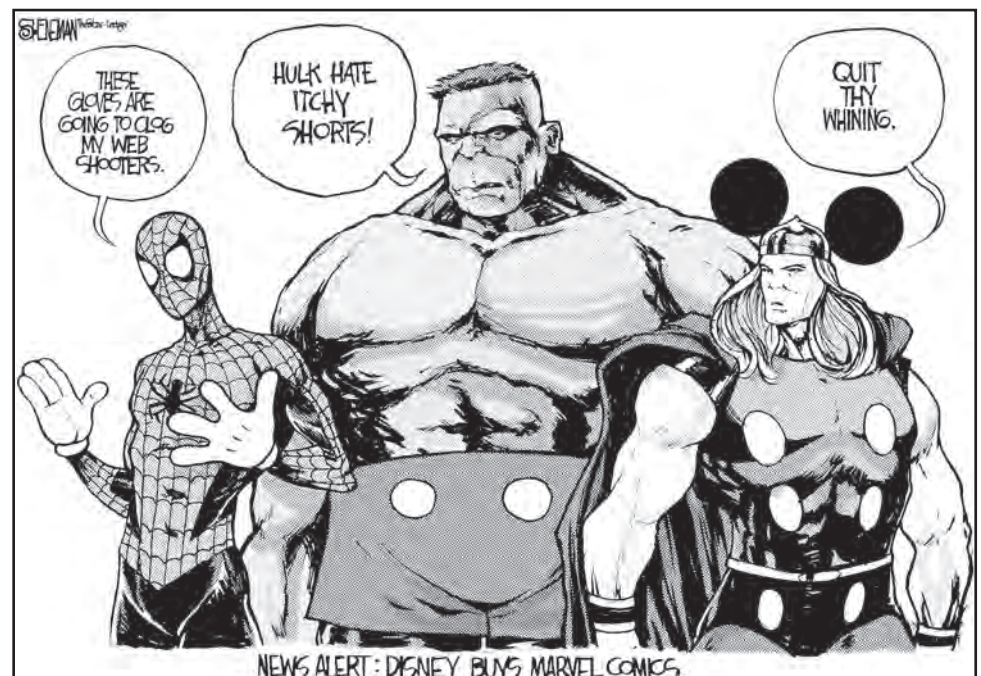
That's when it hit me. A ninja must be reading there along with me. So I am curious do ninja hang out at the reading nooks?  
From,  
Near death by the Nooks

Dear Near Death,  
Ah yes, we ninja like the reading nooks very much. We hang out, hang through, hang in, and generally just kind of hang on top of the reading nooks quite often.  
Most ninjas enjoy fantasy novels or comic books to

laugh at how puny the human mind makes their "powerful" heroes out to be. Like regular people, though, ninjas are interested in just about every kind of book you can think of.

Reading in general is a good hobby for ninja and human alike, because it helps keep the mind sharp and the imagination fresh. Which both of these things, the weight of the world would easily to crush the hopes of many.

*If you would like to query the ninja, send your question to [smalltalkmu@yahoo.com](mailto:smalltalkmu@yahoo.com)*



Cartoon by Don Wright. (MCT)

## Dedeaux's Java Shop

*Coffee House & Internet Cafe*

5391 Ramsey Street Ste. 102  
Fayetteville, NC 28311

(Across from Methodist University)

**910-482-8518**

**Bring in this ad and receive a 10% Discount!**

# crossTALK with Aryn and Jessie

## *Little White Lies vs. Total Honesty*

### White lies spare feelings and save relationships

*Jessie Heath*



Is it wrong to tell “little white lies”? I’ve done it and I bet you have too.

Our parents teach us a very simple rule: do not lie. But there are circumstances and occasions when a little white lie is better than the brutally honest truth.

Little white lies can be used to protect ourselves and those around us. Our parents told them to us as children: “Eat your broccoli. It will make you strong.” Yes, broccoli holds a certain nutritional value, but just because you eat three pieces of it doesn’t mean you will suddenly be able to lift 300 pounds.

When your friend calls and asks if she can come over, nobody wants to say, “No, I’d rather be alone than around you right now.”

So instead you tell her you are doing homework and she should wait until you can give her your full attention. You are not completely blowing off your friend, and you are getting the alone-time you need.

When your brother’s girlfriend asks your opinion on a dress that you don’t particularly like, how many times do you tell her she looks good because you know that’s what she wants to hear? You’re boosting her self-esteem by telling her what she wants to hear and saving yourself from fifteen minutes of, “Did it really look that bad on me?”

Little white lies are also used to smooth the edges of a rough situation. When a wife asks her husband if her butt looks fat in her brand-new jeans, more often than not the answer will be, “No.” Of course, the husband has the option to say yes, but the result will be a three hour argument over whether or not he still finds his wife attractive even though she’s put on a few pounds.

It’s better to just smooth the edges over and tell her no than waste time and energy trying to convey a point-of-view that will never be understood. Sometimes, honesty needs to be laced with common sense.

Little white lies don’t hurt anyone. They save us from hurt. If we commit ourselves to being brutally honest every time somebody asks us a question, we run the risk of causing deep and irrefutable damage to our relationships. No harm, no foul.



### The color of the lie does not make it acceptable

*Aryn Hicks*

Why do some people find it necessary to tell any sort of lie?

In the long run, you have to constantly think about lying, and then think harder to preserve the lies. Instead, people should tell the truth, no matter how brutal or hurtful the truth may be. It is better for both yourself and those around you.

White lies are still lies. There is no way around it. Little white lies are a form of deception used to protect yourself when you lack the integrity to be up front with others. Telling your best friend that a dress does not make her look fat, when you really are thinking that she should not wear it because it makes her look like a pregnant manatee, is lying. All you are doing is falsely boosting your friend’s ego for a short time, until someone else tells her the more realistic, hurtful truth. Then you are labeled as the “bad guy” and “liar.” There is only one way to avoid this: by telling the truth.

Little lies often become bigger and more complex. To cover up the first lie, another is created. Why not avoid the emotional strain of trying to cover up the lies, and just tell the truth?

The person being lied to should appreciate the time that you spend telling the truth, rather than wasting time being lied to, then finding out the actual truth. People have more respect for those who show the courage to tell the whole truth. Sure, you may be disliked for a short time for not telling someone what they wanted to hear, but in the end, you maintain that person’s respect.

If you tell your girlfriend/boyfriend that you are going to the movie, you don’t want them to later find out that you and your ex went to a movie. Try explaining yourself out of that situation.

Telling the whole truth is always the best option. The consequences for those who are honest up front are less severe than that for those who try to sugar coat their stories and have the truth discovered in the end.

Lying may save you the argument and headache for the time being. But by being completely honest, you prevent future conflicts on the same issue and maintain your integrity and respect. Honesty may hurt, but ignorance to the truth can destroy.

## *Ashley Asks*

*Ashley Young*

Bookbags are essential to taking classes, and they seem to come in every form. It could be a bookbag that is big and bulky on the front side and flat on the back side, one that is square or circular, a bag which hooks across one shoulder or a bookbag on wheels that can be pulled along.

Once a decision is made about what kind of bookbag to use, it is important to pack the bag properly, avoid carrying too much weight, and distribute the weight evenly.

The Consumer Product Safety Commission (CPSC) reports that approximately 7,277 visits to the emergency room occur each year in relation to injuries from book-

bags. In a study conducted in 2002, researchers found that the heavier a bookbag was, the greater the force exerted on the body. Heavy bookbags, especially ones that are worn improperly, can lead to slipped spinal discs, posture misalignments, and restricted movements in the neck, shoulders, and back.

It is essential for children and young adults to use bookbags properly. Improper use can stress the lower back and shoulders and cause disc herniation or osteoarthritis later in life.

Backpack Safety America/International and the Better Health Channel offer several suggestions for backpack use: Make sure bookbags do not slip on back and that the weight of the bag is distributed evenly. Do not carry more

## *Does your backpack weigh too much?*

than 10-15% of your body weight. Choose comfort and proper fit over style and good looks. Use bags with padded shoulder-straps to put less strain on your shoulders and neck. If the bag comes with waist-straps use them, because they will help to further balance weight. Face your bookbag when lifting it, bend down at the knees and lift the bag using you legs, and put the bag on carefully, one shoulder at a time.

Students were invited to weigh their backpacks Tuesday in the Berns Student Center. Eleven students participated. The average weight of the bags was 12.75 pounds.



# Know the difference between a cold and the flu

	COLD	SWINE FLU
Fever	- Fever is rare with a cold.	- Fever is usually present with the flu in up to 80% of all cases.
Cough	- A hacking, productive (mucus-producing) cough is often present with a cold.	- A nonproductive cough is usually present with the flu.
Aches	- Slight body aches and pains can be a part of a cold.	- Severe aches and pains are common with the flu.
Stuffy Nose	- Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	- Stuffy nose is not commonly present with the flu.
Chills	- Chills are uncommon with a cold.	- 60% of the people who have the flu experience the chills.
Tiredness	- Tiredness is fairly mild with a cold.	- Tiredness is moderate to severe with the flu.
Sneezing	- Sneezing is commonly present with a cold.	- Sneezing is not common with the flu.
Sudden Symptoms	- Cold symptoms tend to develop over a few days.	- The flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.
Headache	- A headache is fairly uncommon with a cold.	- Sore throat is not commonly present with the flu.
Sore Throat	- Sore throat is commonly present with a cold.	- Chest discomfort is often severe with the flu.
Chest Discomfort	- Chest discomfort is mild to moderate with a cold.	



... do you?

Students can find blank post cards around campus. Illustrate the card with a secret and drop it off at the university post office before Nov. 9. smallTALK will print the five most moving cards in the Nov. 23 issue.

## 16 Kinds of Pizza, Pasta, Salad & Dessert!



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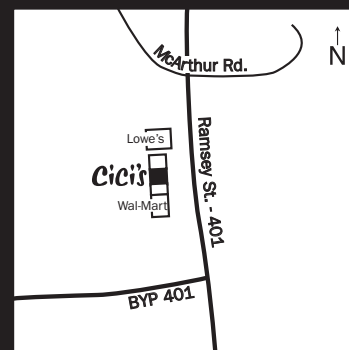
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# Shin Megami Tensei: Devil Survivor

A tactical RPG worth playing

Austin Bordeaux  
Staff Writer

Shin Megami Tensei: Devil Survivor is a tactical role playing game with a combat system containing elements of turn-based and real time play. Each unit on the map consists of up to 3 individual fighters.

When combat begins, the game switches to a three-on-three turn based fight when players can use attack skills. Various skills can also be used outside of combat to heal/revive, buff, or debuff.

This hybrid system is fairly well balanced and adds complexity to an otherwise bland RPG. Skills are acquired by killing enemies with the desired skill. This system adds a layer of strategy to the game because killing enemies with non-assigned units does not allow you to acquire skills.

Finally, there is a rewards system that takes place at the end of every three-on-three fight. Efficient enemy slaying is rewarded with extra funds, and the ability to give demons new skills. It's a fair system that is well integrated into the game and provides an alternative to grinding (fighting many battles to level up or gain skills).

The micromanagement between battles consists of equipping skills, swapping party members, purchasing



demons at auctions, and fusing the demons together to create new ones. Each of the four non-player characters (NPC) is flanked by two demons that can be purchased and customized through the game's auction and fusion systems. The game allows for a wide variety of party setups depending on the players' intended strategy.

The fusion process involves merging two demons together, inheriting a portion of their stats and a selection of skills. Since demons cannot change their skills like humans, fusion becomes an important system for keeping the most powerful abilities passed on from demon-to-demon as the game progresses.

Despite the games drawbacks and the difficulty of some of the final battles, the game is enjoyable and worth the time to play.

Overall, I gave this game a 6 out of 10.

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4	2	9	3	7	1	5	6	8
7	3	6	5	9	8	2	4	1
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# Rehab to kick off Homecoming celebration

*Felicia Aycock*  
Staff Writer

The Methodist campus is buzzing with excitement as Homecoming quickly approaches.

On Oct. 16 in the Nimocks Fitness Center at 8 p.m., MU Homecoming weekend will start off with an on-campus concert. Methodist students will have the opportunity to experience the Southern rock sounds of Rehab, an Atlanta-based band.

Many students are familiar with the band's recent single, "Bartender (Sitting at a Bar)."

The group Rehab was originally formed in the late 1990s, but after a break-up, they regrouped with new members. The band now consists of former members Danny "Boone" Alexander and Danny "Steakknife" Campbell, along with new members: Guitarists Mike Hartnett and Foz, Bassist Hano Leathers, Drummer Chris Hood, Vocalist Demun Jones, and Disc Jockey Chris Crisis.

Rehab has worked with many other artists. The band has

performed with musicians like Cee-Lo, Goodie Mob, and Cody Chestnutt. Select members in the band have worked with performers such as World Soul, Soybase, Ying-Yang Twins, Lil' John, and Bonecrusher.

They have released four albums since 1999. "Graffiti the World" was released twice after the band switched labels.

The 2008 release of "Graffiti the World" features mixes by producer Billy Hume, as well as remakes of their old classics and some new tracks. The Oct. 16 concert will feature music from this album.



Rehab, an Atlanta-based, Southern rock band. Photo courtesy of Universal Records.

# MONARCH SCOREBOARD GAME RESULTS

Football		
Date	Opponent	Result
9-26	Emory & Henry College	L 28-3

Men's Soccer		
Date	Opponent	Result
9-19	Marietta College	W 1-0
9-23	Guilford College	L 3-0
9-29	Randolph College	W 2-0

Women's Soccer		
Date	Opponent	Result
9-19	Agnes Scott College	W 3-1
9-20	Spelman College	W 3-0
9-26	Shenandoah University	L 2-0
9-27	Mary Baldwin College	W 8-0

Volleyball		
Date	Opponent	Result
9-19	Shenandoah University	W 3-0
9-19	Averett University	L 0-3
9-20	Christopher Newport University	L 3-0
9-20	Ferrum College	W 3-1
9-23	Meredith College	W 3-2
9-26	Mary Baldwin College	W 3-0
9-26	Peace College	L 3-2
9-30	North Carolina Wesleyan College	L 3-1

## HOME GAMES

Football		
Date	Opponent	Time
10-17	Shenandoah University	1:00 p.m.

Men's Soccer		
Date	Opponent	Time
10-07	Averett University	4:00 p.m.
10-17	Greensboro College	3:30 p.m.
10-24	Ferrum College	3:30 p.m.

Women's Soccer		
Date	Opponent	Time
10-24	Meredith College	1:30 p.m.
10-25	Peace College	2:00 p.m.

Volleyball		
Date	Opponent	Time
10-13	Greensboro College	7:00 p.m.

# Freeze Frame:

## Men's Soccer and Women's Volleyball



Goalkeeper Kyle Beach, a sophomore, kicks the ball away from the net in the home game against Guilford College on Sept. 23. The Monarchs lost the game 0-3. Photo by Sung Kim.



Kristen Robinson sets the ball in the Sept. 23 match against Meredith College. The match was close, but in the end, Methodist won 3-2. Photo by Sung Kim.