



Real Steel
"The Guys"
Gears of War 3
Nurse's Notes
Hopkin's Help

Page 10
Center Spread
Page 11
Page 13
Page 12

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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 located in Chris's House or sent via e-mail to smalltalkmu@yahoo.com. Story suggestions should be sent to the same address.

Students can join smalltalk at any point in the school year. Meetings are every Tuesday at 5 p.m. in Chris's house.

Initial copies of smalltalk are free. Additional copies are 50 cents each.

New Advocacy club emerges

By Aaron Bressler
Staff Writer

Methodist University has made many improvements over the years to aid students with disabilities, such as the elevator in Trustees. However, some students believe that these efforts are not enough. Now students have banded together to form an advocacy group to further help disabled students.

The Ability's Club was founded by Ashley Young, a senior Writing major. The idea for the club started last May when Young and then Dean George Blanc "started kicking the idea around" for an official club to promote disability rights at Methodist University.

"I asked them why they didn't say something to various administrators who could make changes; their response was 'Well I'm disabled, so no one is going to listen to me'" said Young, "I wanted to change that perception"

Her first recruitment drive was during freshman orientation when she set up a booth with the other organizations. She recruited more students in September during the organizations fair. The Ability's Club wants students to believe that they can be a part of something worthwhile, disabled or not. There are no requirements to join except to have an open mind; students do not have to be disabled to join. They meet Friday in the Novel Brew corner in the library at 11 a.m.

The Club's first plan is to have at least three rain shelters built in the parking lots. These would help students waiting on rides in poor weather, especially those waiting on the local buses. Later the Ability's Club hopes to make changes to Clark Hall. Yarborough Auditorium is a very popular location, however; the doors are difficult to open for disabled students. This is especially hard for disabled students whose major requires them to be there often. They also hope to have braille and sign language started at Methodist University. Their long term goals are to have automatic doors in every building, like the ones in Trustees.

Young and the Ability's Club have already pushed for improvements, such as markings on the steps and a sidewalk for the Center for Personal Development. Young was awarded the first Disability Advocacy award by Linda Szulc. They hope

that they will be able to make Methodist University friendlier to disabled students.

"MU is such a beautiful campus and with the proper disability access I feel it can take its next steps into the future" Young said, "... I did not feel this would be possible without a club or some sort of student-run committee pushing for these things."



Ashley Young at the September Organizations fair. Photo by Anja Sakotic

Berns solves students problems

Derrick Soellner. Photo by Gabby Issac

By **Gabbie Isaac**
Staff Writer

If you ever need something, but you are not sure where to go, check out the brand new Student Solutions Center located upstairs in the Berns Student Center. Positioned beside the door leading downstairs to the cafeteria, the office is located in an accessible area that anyone can visit.

“Basically, this is an office to help facilitate any and all needs they [students] have,” Derrick Soellner, student solutions coordinator, said about the new office.

The purpose of the center is to eliminate confusion on where a student should go to seek information on a given subject. It also prevents students from bouncing around to different areas to find the answers that they are looking for.

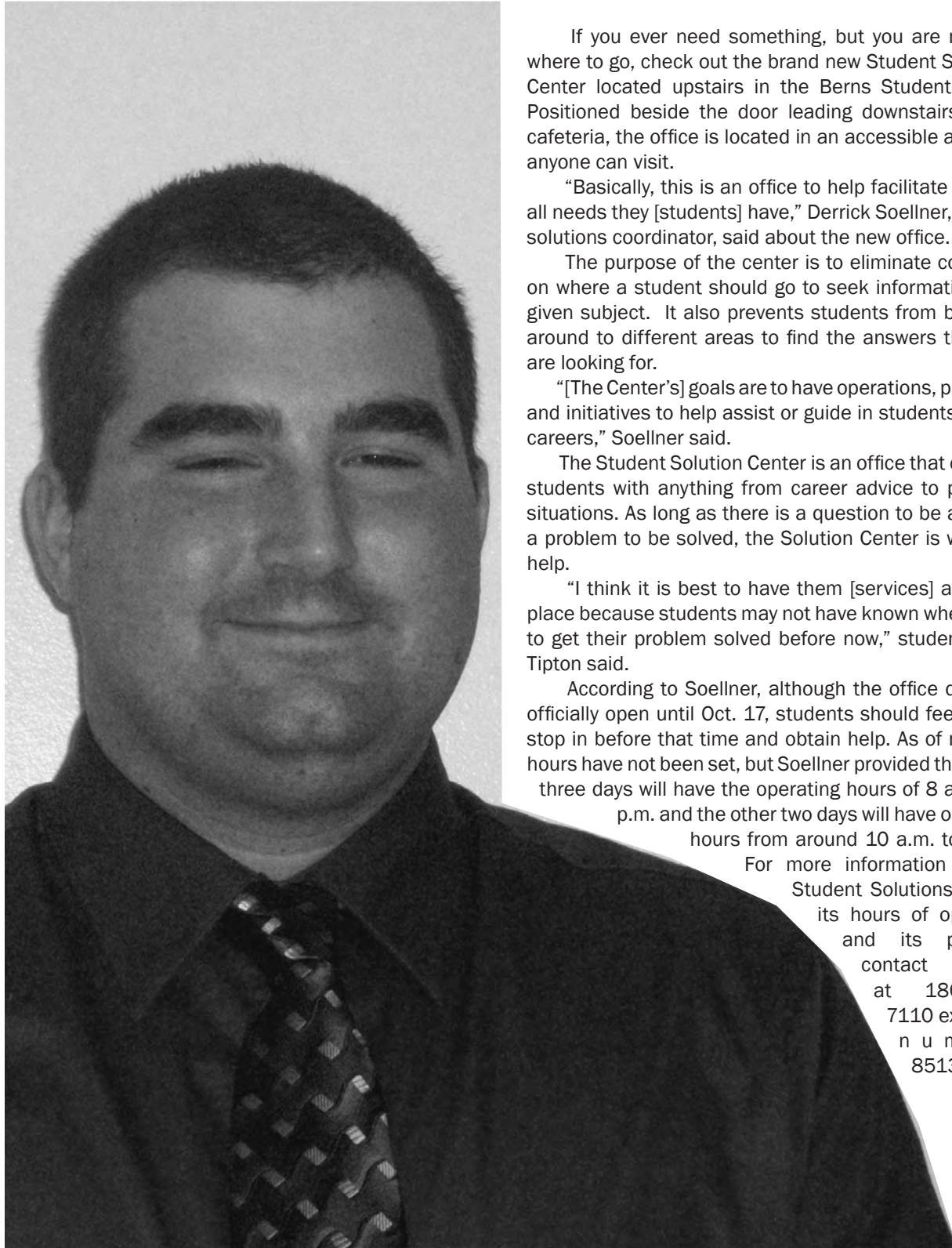
“[The Center’s] goals are to have operations, programs and initiatives to help assist or guide in students college careers,” Soellner said.

The Student Solution Center is an office that can help students with anything from career advice to personal situations. As long as there is a question to be asked or a problem to be solved, the Solution Center is willing to help.

“I think it is best to have them [services] all in one place because students may not have known where to go to get their problem solved before now,” student Taylor Tipton said.

According to Soellner, although the office does not officially open until Oct. 17, students should feel free to stop in before that time and obtain help. As of now, the hours have not been set, but Soellner provided that about three days will have the operating hours of 8 a.m. to 5 p.m. and the other two days will have operating hours from around 10 a.m. to 5 p.m.

For more information on the Student Solutions Center, its hours of operation and its purpose, contact Soellner at 1800-488-7110 extension number 8513.



Upcoming Events Around Campus

Oct. 12: Special Olympics

Soccer and Volleyball Fall Competition
9:30 am green and gold tent

Oct. 13: Hendricks Science Complex Dedication

Hendricks Science Complex
The Hendricks Science Complex will be having its dedication on October 13 at 11:30 a.m.

Oct. 14: Movie and a Meal

Berns Student Center
The Student Activities Commission or SAC will be having another “movie and a meal” night in Berns at 8 p.m.

Oct. 15: Worrier Angels 2nd Annual Battle Buddy Boogie

For Breast Cancer Patients at Womack Army Medical Center
7:30 pre-registration
8:30 Race time

Oct. 18: Career Fair

Berns Student Center

More events can be found in the SAC calendar or on the university website at www.methodist.edu.

EVENTS ON THE TOWN

Oct. 14: Royal Comedy Tour Crown Center Arena

Somorre, a female comedian, will be hitting the stage at 8 p.m. For more information, please contact 910-438-4100

Oct. 15: 4th Annual Fort Bragg Volksmarch and Festival Smith Lake

A day committed to German food and entertainment. Pre-registration will be at Leisure Travel Services in the Mini mall near Reilly and Honeycutt streets on Fort Bragg. Cost is \$5 for pre-registration and \$10 the day of the festival.

Cape Fear Botanical Gardens - Big Bug Exhibit Saturday September 24, 2011 - Saturday December 31, 2011

Cape Fear Botanical Gardens
Normal business hours in September, the Garden will be invaded. The critters headed our way are not your usual suspects, however. This swarm is friendly and larger than life. They are called Big Bugs and feature a 1,200 pound praying mantis, 25 foot long ant and eight other enormous natural sculptures. The gigantic bug sculptures, created by artist, David Rogers of Glenwood Landing, NY, are made using various combinations of whole trees found standing or fallen dead, dry branches and other forest materials.

Cape Fear Botanical Gardens - Buzz Bee Buzz

Saturday October 15, 2011 | Cape Fear Botanical Gardens
10:30 AM & 11:30 AM

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.

Methodist's First Health Fair

By Tria Detz
Staff Writer

On Wednesday, Sept. 28, 2011 Methodist University held the first health fair in the Berns Center from 10 a.m. to 2 p.m. The Health fair was sponsored by Methodist University's student health center and as well as Cumberland County. During the fair there were several tables set up for organizations such as the Carolina donor service, community intervention, rape crisis volunteers of Cumberland County, health promotion, alcoholics anonymous, Sodexo nutritionist, women's health, center for personal development, immunization program, MU's student health, Nimocks fitness, and communicable disease. They were here to educate and help with family planning, and testings for all Methodist's faculty and students.

"The health fair was very successful, very happy with the outcome." Sandy Combs said, "There might become an annual fair every year."

Throughout the fair, the free HIV/AIDS and syphilis testings were given through the Cumberland Health Department.

Phyllis McLymore from the Cumberland

Health Department said "It is a positive step for individuals. Everyone should get checked to be on the safe side."

The blood pressure screening was given by the Nursing and Physician program. The women's health table gave out free condoms and birth control.

"The students were very grateful and interested in women's health and breast help." said Martina Sconiers another member of Cumberland County Dept.

Overall it looked like the students were pleased with the information they were given.

Tiffany Parson said "I think the Health Fair was good and educational for fellow students. Great to see a lot of the faculty helping and participating."

Since the first health fair was a success it will most likely become an annual event.

Bad Teacher at Methodist

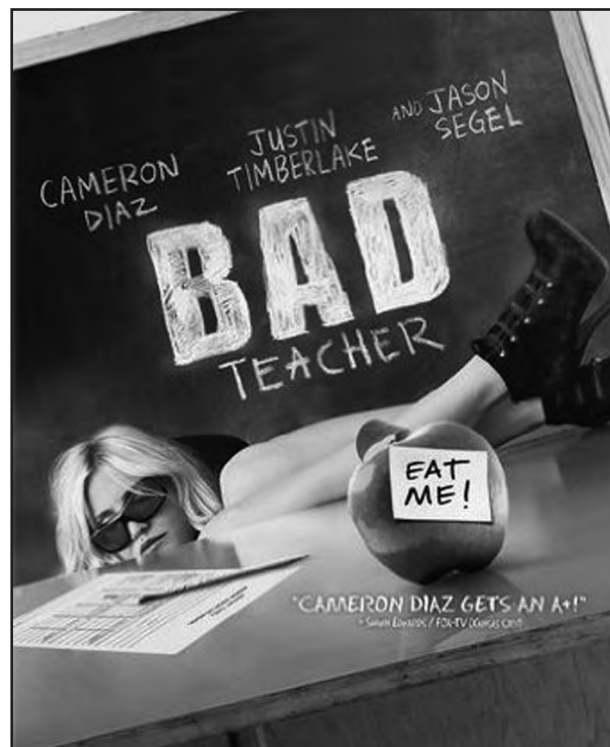
By Erika Parris
Staff Writer

On Sept. 30 Sac presented another movie and meal on the Sink Field. Bad Teacher was shown starring Cameron Diaz, who plays as Elizabeth Halsey, a Chicago middle school teacher who curses at her students, consumes obscene amounts of alcohol, smokes marijuana, and only shows movies while she sleeps through class. She tries to steal and embezzle money for a chest implant, but eventually realizes she is fine the way she is. After figuring out that teaching is not for her, she changes her profession. When the next school year begins she decides to not teach, but become a guidance counselor.

The movie and meal had a successful outcome. Students of MU came out to the field with blankets, towels, and chairs so they would be comfortable. The best part was that no one was smoking during the movie, a good thing for others. Everyone seemed like they were having a good time; there were a lot of laughs and positive comments.

Marissa Hippenmeyer said, "I like the movie and considered it stupid comedy."

"It was a good movie. I liked the location. The movie was perfect the way it is." said John Elms.



Art courtesy of Amazon.com

From sea to shining sea

By Erica Williams
Contributing Writer

Motivated by a former student's efforts to increase literacy in her native Afghanistan, Methodist University's own Dr. Spencer Davis cycled across 10 states in two months over the summer.

Beginning in Arcata, Calif. and ending in Kitty Hawk, N.C., Davis began cycling in hope of raising money through a Website to contribute to Methodist graduate Rahila Muhibi's 100 Mothers Literacy Program, to promote literacy by training Afghan women to read, and then to teach. Davis discussed his trip in Yarborough Auditorium Sept. 30, with about 65 students and faculty.

Having cycled cross-country previously, Davis began the trip in the West to avoid unfavorable winds. Davis said he paid for the trip himself, at a cost of more than \$5,000, including \$1,300 for his bicycle. Davis said he "ate like a psycho," living out of convenience stores and fast food restaurants, and sleeping in motels.

Davis biked through northern California, Nevada, Utah,

Colorado, Kansas, Missouri, Illinois, Kentucky, Virginia, and ending North Carolina.

"Two tough parts of the trip were the endurance side and the stress side," Davis said. He also shared stories about his encounter with "mutant beagle dogs" and pit bulls, and "almost getting chased by a mountain goat," while wearing a Colorado State University Ram shirt. Audience members noted this would not have happened had he been wearing a Monarch shirt.

The audience laughed when Davis said he was so lonely on Highway 50 in Nevada that he decided to stop and hold a conversation with a sheep. On video, students could hear the veteran professor call "Baaa..." in an effort to begin the talk.

It's a big country when you're pedaling across it, but it's also a small world. In need of a minor bike repair near Steamboat Springs, Colo., he visited a shop owned by a former economics student from Davis' graduate teaching at Colorado State University. On a video, the former student shouted at the camera that he'd gotten an "A" in the class.

Davis experienced one mechanical problem in Kansas which was a flat tire. When asked about wear and tear on his body he responded saying that the most important things during the trip were "rest, recovery, fuel, food, and liquids."

"On a bike you are in the middle of good and bad," Davis said. On May 30 Dr. Davis woke up to about 3-4 inches of snow in Ely, Nev., which delayed the trip a couple of days. He also mentioned that Kentucky temperatures reached as high as 105 to 110 degrees. He cut his riding short those days.

Davis filled a flask containing Pacific Ocean water at the very beginning of his trip and on the final day of his trip he poured the Pacific Ocean water into the Atlantic Ocean in Kitty Hawk, filmed by two women he'd never met.

"My trip is over but her project is still out there," Davis said, referring to Muhibi. He encouraged students to get involved and donate through the Website, globalgiving.org.



The President's Own Marine Band plays close to home

By Matt Snowberger
Staff Writer

Fayetteville State University welcomed "The President's Own," Marine concert band Tuesday, Oct. 6, to Seabrook auditorium, for a free show. The band played to a crowd of just over 250 concert goers.

The group performed ten pieces during the hour and a half long show. Three were written and composed by the group's most famous conductor John Phillip Sousa. The crowd came to its feet for several ovations but the loudest came after "Seminal Journey: A WWII Hit Parade" which featured vocals by SSgt Sara Dell'Omo.

"That piece (Seminal Journey) really brought back some memories ... both great, and kind of frightful," said James Morgan a WWII veteran and Fayetteville resident.

The show was free to the public, those interested had

the opportunity to guarantee priority seating by filling out and returning a request for tickets provided by the Fayetteville Observer. All available seats were taken as the last few tickets were given out shortly before the opening notes.

"This was just a great experience," said Sherry Evans a senior at Fayetteville state. "Honestly I just came out tonight because I knew the show was free but what they did was really special."

The group's tour will take them through seven states over the course of two months. All of the shows are free to the public.

"We love getting out into the public and out of Washington every now and again," said Dell'Omo. "The president's own" will perform up to 300 times a year for events in Washington.

Photo by Sung Kim.





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Friends of Music

American style

By Emory Jacobs
Staff Writer

A small crowd gathered in the Hensdale Chapel on Tuesday, Sept. 27. Students attending the Friends of Music faculty concert were treated to a variety of songs performed by Adjunct Professor of Music Elizabeth Winstead and Piano Instructor Dr. Scott Marosek.

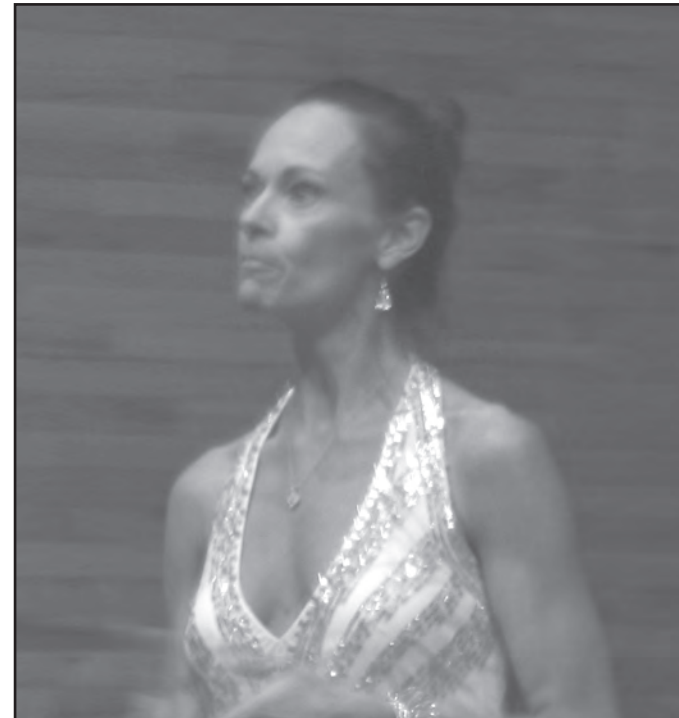
Together, the two musicians performed songs made only by American composers. The subject matter, however, was more varied; topics ranged from a monk's cat to the loneliness of death. Casey Horne, a sophomore majoring in music, claimed he enjoyed the show. "It is always entertaining to see them perform." Horne stated. "They're very animated." When asked what his favorite song was, he said his choice was "Popular" from the play Wicked.

Winstead thought things had gone smoothly. When asked how she and Dr. Marosek had come up with the idea for American-only composers, she explained that after presenting the idea to Dr. Marosek, things snowballed from there.

"[The songs] leave a lot of opportunity for acting and performance." She said.

Throughout the event, she and Dr. Marosek took advantage of those opportunities. During the song "I Hate Music", a composition made through the vantage point of a young child, Winstead would act the part. She would often express confusion, curiosity and even frustration. In many songs, Dr. Marosek could be seen moving with the tempo, his motions reflecting the mood of the piece.

After working on the concert during summer, Winstead and Marosek performed a polished concert. Many students stayed after the concert to congratulate and thank the two for their work.



Elizabeth Winstead During her performance. Photo by John Dulaney.

Going Green in Dorms

By Matt Snowberger
Staff Writer

This article was supposed to be written by Matt Snowberger.

Performance of "The Guys". Photos by Paul Wilson.



"The Guys" From New York to Methodist

**By John Donnelly,
Contributing Writer**

The Methodist University theater department opened the season with a highly acclaimed play recalling the playwright's experience ghostwriting eulogies for New York firemen killed at the World Trade Center on September 11, 2001. "The Guys" is a two-person drama based on playwright Anne Nelson's experience helping a fire captain write eulogies for eight of his men in his command killed in the attacks. The play originally opened at the Flea Theater in New York City's off-Broadway which is located a few blocks away from ground zero, with movie stars, Sigourney Weaver and Bill Murray.

Dr. Evan Bridenstine felt that putting on this play would be not only the best way to start the fall theater season, but also mark the ten year anniversary of 9/11. "It's not the type of production we would normally start with, but we felt it was important to do something to mark the anniversary of 9/11. Picking this play was an easy choice," said Bridenstine.

The Methodist production featured actors Julie Melton and Jeremiah Price-Picon. As Joan, Melton plays an editor for

a magazine in New York who is asked by her sister to help fire Captain Nick, played by Jeremiah, prepare eight eulogies for eight separate memorial services. Distraught, Nick doesn't know where to begin.

Joan has been looking for a way to contribute to the efforts of rebuilding the city both physically and emotionally from the tragedy. But she has been unsuccessful, as her gifts are more intellectual than practical. When presented with the opportunity to help Nick, she responds with enthusiasm.

In finding the words to honor his men, Nick finds catharsis and confidence to deliver each eulogy, using Joan's words, while Joan becomes more empathetic to Nick and the guys she's writing about.

Julie Melton (Joan) is a senior at Methodist and has been in several campus productions. Jeremiah (Nick) is a freshman and appeared for the first time in one of the plays directed by Dr. Bridenstine. The actors said they identified with the characters on many levels, and offered that it was an honor and a privilege to portray them.

The play started promptly at 8 p.m. Friday night, its second performance, and lasted exactly one hour and eleven minutes. It ended at 9:11 p.m..



Real Steel



Photo contributed by MCT Campus

By Colin Covert
Star Tribune (MCT Campus)

“Real Steel” is a robotic boxing story starring, and apparently created by, robots. Aimed at an audience of children and easygoing adults, it follows the conventions of combat movies with machinelike precision.

If you could run a program to mathematically scan every boxing screenplay in the history of movies and assemble a script to the exact specifications of the formula, this would be the result. It’s 10 percent lovable underdog hokum, 23 percent sentimental family drama and 67 percent rivet-popping punch-ups. The film has all the passion of the IRS tax code, yet in a bland, vanilla-yogurt way it’s sort of OK.

The film takes place a decade in the future, when gladiatorial combat sports have become so extreme that only robots can supply the overblown mayhem that audiences desire. Hugh Jackman plays Charlie, a former boxer who has moved on to managing rundown robot fighters. He buys junkers, enters them in low-rent matches, and scrambles to stay a step ahead of his bad debts. We

meet him waking up amid a scattering of beer bottles, being razed by little kids who won’t pay \$5 for a photo with his latest tin man, and matching the scrapper against a real raging bull at a downscale Texas rodeo.

Preteen boys of all ages will thrill to the sight of a Rock ‘em, Sock ‘em robot punching a charging bull in the face. And truth be told, the robot fighters (partially working models, partly computer generated imagery) are persuasive. The heavy clump of their footfalls, the play of light on their chassis, the high-speed physics of their clashes all look seamlessly realistic.

Not so convincing is the curveball that saddles Jackman with Max (Dakota Goyo), a young, rebellious son from a long-forgotten liaison. Following his old girlfriend’s death, Charlie agrees to sign away his parental rights; the boy’s aunt (Hope Davis) and her wealthy husband (James Rebhorn) want to raise him. The deadbeat dad agrees to take temporary custody of the boy while the couple take an extended European vacation.

Max, who has no love for his runaway father, makes every minute as annoying as possible, though he shares Charlie’s enthusiasm for robot fighters. On a trip to the junkyard the boy discovers Atom, an old model literally at

the bottom of the heap. Amid much squabbling, Charlie and Max upgrade the old brawler, whose faceplate sometimes suggests sentient thought. The father/son train their robot Rocky, bonding as he begins an unlikely climb toward a championship bout.

Director Shawn Levy of the “Night at the Museum” movies has a successful track record with the inanimate-objects-coming-alive premise. Here he aims to become the Michael Bay of family entertainment. His feel for robot smashdowns is solid. It’s the family drama that requires us to suspend all disbelief.

REAL STEEL

2 1/2 stars out of 5

Starring: Hugh Jackman, Dakota Goyo

Directed by: Shawn Levy

Rating: PG-13 for some violence, intense action and brief language.

Gears of War 3: The final stand

By Aaron Bressler

Graphics: 8/10



The Gears of War series has come very far in terms of graphics. The first game was muddy, had low resolution and frequently made the good guys look exactly like the guys you were trying to shoot. Gears 3, on the other hand, does a much better job. The Locust and Lambent no longer look like your teammates, which leads to a significant drop in friendly fire. The levels now feature a wide array of colors and objects, featuring the series' signature visual style. However, the game does still look somewhat monochromatic.

Design/Gameplay: 8/10



Where the game has come even further is in the quality of its design. The levels are open and varied, evenly distributing ammo and resources and giving the player more options in how to win fights. Gears 3 also does a better job of not overdoing the chest-high walls. The designers did a better job of making the scene seem more natural. The cover mechanics still have issues, however. The characters seem a bit bi-polar when it comes to cover. On the one hand, getting behind cover at anything other than an exactly 90 degree angle is an exercise in futility and mortality. On the other hand, getting your character to let go of their death-grip on the cover without doing one of the scripted actions is difficult.

The new weapons work well filling out their roles and adding some much needed variety to the combat. The best, and most subtle, of the improvements was the pacing. The action moves smoothly with peaks and lulls that keep the player from getting bored or burned out. The story breaks however seemed shoehorned in. The designers also throw a wide array of enemies at the player, but do not overwhelm you with countless variations or pointless details. The scavenger hunt was out of place however. It took too much time from an otherwise fast paced game and finding the objects was difficult since they looked like all the non-intractable objects.

Story/Characters: 6/10



For the first time since the Gears series was released, I did not hate the characters with a fiery passion. A couple of the characters are even likeable. This is also the first time I have actually cared about the villains. Previously players had a hard time assigning any

real emotion to the bad guys except occasional irritation. In Gears 3 the player is finally given a reason to care other than 'because they're bad and we said so'. The characters Baird and Dom in particular finally seem to become three dimensional figures. Ironically Marcus, the main character, has absolutely no characterization what so ever. Because of this, it is hard to understand why the player should care about rescuing his father for any other reason than it gets you to the next fight.

Multiplayer: 9/10



Gears 3 continued on its previous successes with the multiplayer. The game modes all encourage a level of cooperation and tactical thought not seen in many other games. The only issue is in the weapon balance. The shotguns seem a bit overpowered; leading players to simply charge around with the shotguns rather than do anything else. The weapons have little variety and no customization though, and suffer for it. The Horde mode is excellent; giving players defenses to build lends an interesting flavor to the usual survival game. The only flaw to this is that some levels do not lend themselves as well to this mode. The new Beast mode is an interesting take on the survival game in that you are the enemy. You pick your type of

Locust and try to take down the defenses and survivors. The flaws lie in the harsh time limit and a general lack of polish you see in the other game modes.

Replay: 9/10



Between the wide array of game modes and the long campaign length you will not run out of things to do. Even players who are easily bored will find plenty of entertainment. The bland plot line does not help but it does not hurt either. The scavenger hunt does not add much either because you probably will not find all the items without using a wiki. The long campaign, varied survival modes and tactical multiplayer offer plenty of explosions for your money.



Hopkin's help

By Darlene Hopkins
Contributing writer

The top mental health concern that students bring to the Center for Personal Development is anxiety. Anxiety is prevalent among college students for many reasons. Although college is great fun, it is also a highly stressful time. All the circumstances of life have changed for students new to college. The places they eat, sleep and rest are different. Their friends and acquaintances change. Adapting to a new way of life is a stressful experience. Students often find some anxiety develops around fitting in with other students and creating a new circle of friends. College students from freshmen to seniors, find this to be a time when love relationships are changing. Being in college often involves both the beginning and ending of love relationships. Broken hearts abound.

Academic stress is also abundant. Students are learning at a new level of difficulty that can be extreme. Lectures can be boring and students may have problems concentrating or paying attention in class, so grades fall. Evaluation is stressful for all humans. Adults have 9-5 jobs and are evaluated generally on an annual basis. Students are evaluated on a weekly basis with tests and exams. Constant evaluations can cause an enormous stress level.

Stress overload can produce an Anxiety Disorder. Some information would lead you to believe that Anxiety Disorder is always caused by stress; but this is not so. Many times events which cause stress can aggravate a condition which already exists. A tendency toward having an anxious personality is an inheritable characteristic. Most people whose anxiety is bad enough to interfere with their lives have at least one, and often several, close relatives who suffer with the same condition.

It is hard to tell the difference between living under a stress overload and having Anxiety Disorder. It really does not matter which it is because the treatment is much the same. Symptoms include: difficulty sleeping,

worrying most of the time, headaches, back aches, stomach aches, anxiety attacks which include heart pounding, trembling, and difficulty breathing. Sometimes people with anxiety or stress overload have difficulty stopping their minds from thinking and may become irritable and short tempered.

Usually it helps to just talk things through with a good listener. A close friend or family member who can listen without judging or influencing is often the best source of help. A counselor is trained to be a great listener and can teach one to relax on purpose and how to become skilled at emptying the mind and managing anxiety producing thoughts. In some cases, medication can be very helpful for the short term.

Counseling is easily available on campus and without fee. Appointments can be made at the Center for Personal Development by calling the Center at 630-7150 or by simply walking in and requesting to talk to someone. The Center for Personal Development is located in Pearce Hall. Sometimes students prefer to ask for help off campus. The University provides a program through Cape Fear Valley Health Systems which provides for three free sessions. If continuing counseling is desired, they can arrange a referral to someone who accepts the applicable insurance. The off campus source can be accessed by calling 910-829-1733 and mentioning affiliation with MU.



Photo of Darlene Hopkins by Tria Detz

Dear Ninja,
I'm doing a group project in my class that's due next week, but the people in my group won't do anything. I've tried contacting them to make a meeting day, but no one answered. I don't want to get a bad grade for not doing it, but I don't want to do all the work either. What can I do?
From,
Group Gone

Group Gone,
That is a very good question. I've dealt with this many times, since ninjas don't like to work in groups (groups make us itchy). I would bribe them with chocolate milk and various types of chicken wings, but this may lead to an eat-and-run situation involving smoke bombs, wire traps, and a turtle. There are two better options though. If they continue to avoid work, you can talk with your professor and try to move to another group. If you can't move to another group, see if you can do the project on your own, without the group getting credit.

GREAT SCOTT!

A rival ninja tried to steal our question! Our ninja interrupted the thief, but not before he stole one of the questions! If you have any information on the culprit, or a question of your own, tape your reply to a 36 inch LED high-definition TV and leave it on the roof of the Berns Student Center. You could also email us at smalltalkmu@yahoo.com, you know, if you're lame like that.



Nurse's Notes

By Sandy Combs
Contributing writer

It is now the time of year to think about flu season. The Flu vaccine is available in the Health Center in West Hall for \$20. Good hand washing and the vaccine are good ways to prevent the flu. Knowing the difference between a cold and the flu can speed recovery.

Take good care of your health by getting proper rest, good diet, and exercise. Do get that Flu shot!

Symptoms:	of a cold:	of the flu:
Chills	Mild	Higher than 100 degrees
Headache	Uncommon	Common
Body aches	Slight	Moderate to severe
Stuffy nose	Common	Sometimes
Sneezing	Yes	No
Sore throat	Common	Not common
Chest pains	Mild	Moderate to severe
Cough	Productive	Non-productive
Treatment	Antihistamines	Anti-viral medications
Prevention	Hand washing	Anti-viral medications
Complications	Sinus-ear infection	Bronchitis Pneumonia

Game of the week

Methodist University (7-1-2)

Men's Soccer

Wednesday, Oct. 12 at 3:30 p.m.
HOME

Averett College

Methodist University (13-4)

Women's Volleyball

Thursday, October 13 at 7 p.m.
HOME

Greensboro College

Men's Soccer

Women's Volleyball

Methodist University(1-3)(10/5/11)

Varsity Football

Saturday, Oct. 15 at 1 p.m.
Away

Ferrum College

Men's Soccer

Coming off a great week of athletics, the Men's Soccer team along with the Women's Volleyball team developed a collection of wins to add to their records. Although the Volleyball team has added four wins, the Men's Soccer team continues their winning streak of five games. With their last win coming in an overtime battle, the Monarchs won 3-2. Looking on to next week they will be going head-to-head with Averett College, which is currently 7-3-1. The must see game of the week goes to the Men's Soccer team for the second straight week.

Methodist University (5-6-1)(10/5/11)

Women's Soccer

Saturday, October 15 at 2 p.m.
AWAY

Christopher Newport University
Shenandoah University



Christine Ellington makes a pass to her teammates

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Jacob Hunt tries to intercept the ball. Photo by Tria Detz.



Chick-fil-A Ramsey Street is partnering with Methodist Student Activities to provide the following EXCLUSIVE events for the Monarchs!

Join us for **FREE** Chick-fil-A food and drinks and **FREE** entertainment at **EVERY** event.



Join Chick-fil-A Ramsey Street on the campus of Methodist University for Dinner and a Moovie!

Berns Upstairs

Event starts at 8:00 p.m.

September 28 ★ October 30 ★ November 9



Chick-fil-A Ramsey Street is hosting **EXCLUSIVE** after hours events for Methodist University this Fall. Only the first 200 are allowed entry.

Chick-fil-A Ramsey Street

Event starts at 10:00 p.m.

September 30 ★ December 7

4611 Ramsey Street
Fayetteville, NC 28311
910-488-1907
www.CFAramsey.com



www.Facebook.com/CFARamsey