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smalltalk

The Student Voice of Methodist University



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Gabrielle Isaac
Editor-in-Chief

After chapel a few weeks ago, I was given a flyer about an event called the "Addiction Recovery Celebration." From that Wednesday until today, I have been thinking a lot about Addiction Recovery.

We all know at least one person who has been or is addicted to drugs or alcohol, and we know that their actions hurt everyone around them. Speaking from experience, it hurts to see someone that you love fall so hard for something that destroys lives.

We would like to think that addiction isn't a big deal, but we're wrong. Addiction can affect many lives, sometimes even the lives of strangers. For example, **collegedrinkingprevention.gov** states that about 3,360,000 college students between the ages of 18 and 24 admit that they drive under the influence. As someone who has had an encounter with a drunk driver, I would have to say that this affects strangers directly. You cannot be careless when it comes to other people's lives. Also, about 31 percent of four-year college students met the criteria for someone who is considered to be an

"alcohol abuser." With the amount of money that we pay to attend MU, it is crucial that you attend your classes and learn. If you are addicted to alcohol and you abuse it on a regular basis, it will become very hard to focus on earning a degree.

It is also important to remember that the addiction to alcohol and drugs are not the only addictions out there. There are many types of addictions; some good and others bad. Some people are addicted to money, sex, popularity and maybe even to one particular person (... stalkers). Others may be addicted to service, God and charity. Either way, you affect someone regardless of what you are addicted to. You can choose whether your addiction is good or bad.

After realizing all of this information, I can't help but share the thoughts of the guest speaker that spoke during that very same service. She talked about how we should hate sin, but love the sinner. We should use compassion and understanding to help our fellow man. This principle also applies to those that struggle with addiction. We should hate the addiction, but love the addict. People who have recovered from addiction probably didn't do it on their own. There are people who have stood behind

them the whole way, trying to pull them away from their habit.

For anyone who may be struggling with any type of addiction, don't wait too long. If you need help, ask for it. Approach the people you trust. Also, the Center for Personal Development that is located in Pearce Hall can help you overcome this hardship and get you back on your way to finishing or starting your college career.



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Coping

Cornelius Roberts
Contributing Writer

On Aug. 19, 2012 Methodist University's incoming freshmen waved, hugged and kissed their relatives goodbye, as they began their own adventure as college students for the very first time.

Freshmen beginning college have expectations of what college will be like, but once they arrive, those expectations fall short. Some students fear

the challenge to leave home and dread the thought of packing and going to college. No matter what expectations an incoming freshman has, they must know that every student faces enormous challenges and personal difficulties in the beginning that they never anticipated. Leaving home and coming to college can produce many emotions including sadness, vulnerability, loneliness and homesickness. These are normal feelings in transitioning into a college student. As freshmen in college, students have to regulate their freedom, make new friends, and begin a whole new life as adults.

Andrew Rodriguez and Courtney Schaefer, two MU freshmen, agreed to sit down and talk about the experience of being on their own for the first time.

Courtney Schaefer (Durham, NC)

Q: Do you like or dislike your newfound freedom?

A: "Yeah, I like it."

Q: How many times a week do you talk to your family?

A: "Every other day."

Q: Is the responsibility of doing things on your own too much to bear or really easy?

A: "It's a lot to bear. My mom had me set up my own dentist appointment today, I hate doing that."

Q: Was it easy making new friends?

A: "Yes, it was especially joining the different organizations like Alpha Delta Pi."

Q: How is your roommate?

A: "I love my roommate and she's awesome and we get along great."

Q: Do you fear losing relationships with friends back home?

A: "Yeah, I guess, because we don't talk as much anymore."

Andrew Rodriguez (Miami, FL)

Q: Do you like or dislike your newfound freedom?

A: "I like being independent and having to prioritize all my stuff academically, athletically and socially."

Q: How many times a week do you talk to your family?

A: "Five or six times a week."

Q: Is the responsibility of doing things on your own too much to bear or really easy?

A: "It's not really, really easy, but not too much to bear. It gives you a real good look how your life is going to be when you graduate."

Q: Was it easy making new friends?

A: "My roommate is one of my friends from high school, so I never really had no friends, so making friends was easy."

Q: How is your roommate?

A: "Me and my roommate are total opposites, he's very organized and I'm very dysfunctional. He likes to be clean, I'm messy and he's quiet and I'm loud."

Q: Do you fear losing relationships with friends back home?

A: "If they're really my friends they will still be my friends when I go home."

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Stepping Out of Their Comfort Zone

Marcos Munozrivera
Contributing Writer

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not the one who does not feel afraid, but he who conquers that fear." –Nelson Mandela.

As many of us know, on Aug. 13 and 14 we had the opportunity to welcome some special students to Methodist University. The fall 2012 brought with it a different taste. Different cultures, lifestyles and ideas are part of our school thanks to the international students.

There is something that we might need to recognize, and it's about how strong you need to be to leave your country, your family and your friends. These things did not impede their choice in coming to Methodist, as they wish to succeed here and use what they learn to improve conditions in their own countries. Let me introduce Jetnor Kasmi from Albania, who plans to go back to his country and give a hand to those most in need. "I am now studying Political Sciences within International Relations, and I would like to open an NGO in help of orphan and gypsy kids back home," He said.

It's interesting to know that Methodist University is filling up with different people. The international program office (IPO) has been working very hard trying to find unique students who will enrich this university's atmosphere. It is true how people say that experiences teach us, or that time is always a good eye opener; certainly, our international students will be getting out of their comfort zone and trying to adjust themselves. Qunchao Zhan a returning international student said "I think they fit in the community well. They just need time to adjust to everything; sometimes, we just need to get out of our comfort zones."

I believe that this experience will become

easier for them thanks to the encouragement our host students are willing to give. "I think it is great because it lets everyone experience different cultures. I have no problems going up to them," Di Rudolf, a freshmen student from Kentucky, said. We are here to learn, and it is more effective when both sides learn from each other; therefore, we as international students are open to get to know you in your country. Share advice, moments and memories with us.

The first step is always hard, but I am sure that time will give good results; meanwhile, let's try to open ourselves for new possibilities and ideas. "One world, one heart" could be one of our biggest goals in life, starting now. Engage our attention to new possibilities, enrich our life, and empower ourselves to succeed.

Welcome international students, make yourself at home.



Qunchao celebrates Chinese Moon festival with friends in efforts to help her feel more at home

Korean Students Compared to the Students at Methodist

So Young
Contributing Writer

When I first arrived from South Korea to Methodist University, I was excited. But every day was new, and I faced many challenges along the way.

When I first came here, many people said “Hello, how are you?” For me, this question seemed weird. When walking on the street in Korea, if I make eye contact with somebody I don’t know, I just turn my head. Even when meeting friends, we don’t ask “how are you?” We ask “where are you going” or just say hello.

So walking around MU, whenever I met someone, I wondered whether I had to say hello or not. Now, I’m comfortable enough to say “Hi” to a stranger and give a smile, instead of avoiding eye contact.

In Korea, classes I took had from 40 to 80 students. With so many students, it could be hard to discuss things. Most classes consisted of presentations from professors and students. I’m not used to discussion and debate in class.

But at MU it’s different. With fewer than 20 students in a class, students express their opinion actively and discuss the material with the professor and with each other, but the material was unfamiliar at first and I didn’t know about U.S. political issues, history and culture.

Living in the dormitory also brought new experiences for me. In Korea, there are dormitories for students, of course, but there are not as many dormitories on campus as there are here, so many students can’t live on campus. Instead, most students live in small apartments near the university or at home with their parents.

Before I came here I worried about living in a dorm and having a roommate. But a nice roommate and new friends helped me to adapt to a new environment easily, and living on campus helps students to concentrate on studies, make new friends and foster independence. So

I really like living on campus.

Student orientation at MU—the welcome rally, the family cookout and Monarch Madness—was awesome. The cheerleading, the appearance of the president riding a bicycle and the music—it was real American culture.

One of my favorite things was the family cookout: dinner with parents, students, faculty and the president! The family cookout made me feel like a member of the university and provided an opportunity for talking about school and life.

Korean students’ orientation is really different. We consider the strong connection among students very important. Students go to orientation, called Sae-Tou in Korea, and stay two or three days with seniors. During the orientation, students have fun memorizing friends’ names, playing dodge ball, watching performances, meeting the president of the university, dancing, and drinking alcohol. Students in Korea enter the university at 20 and can drink alcohol legally. As students spend time playing alcohol games all night, they break the ice and get to know each other better.

The foam parties, ice-cream parties and monarch madness were really fun. When I first heard about a foam party, it seemed childish. But as soon as I went into the bubble pool, my thinking changed. Romping around the pool covered with bubbles and lathering friends’ faces was so much fun. It gave me a chance to meet a lot of new friends and I felt like a young kid. I think these activities were really good and healthy recreation, and they gave me unforgettable memories. On the other hand, in Korea, there are a lot of cafes near the campus, so students usually go to the café to talk with friends or study.

In Seoul, the capital of Korea, a lot of universities are close together, so we can meet friends from other universities easily. Usually in the

beginning and at the end of class, many people have a meeting where boys and girls who don’t know each other and who are from different universities make appointments with their friends for meeting each other. They go to the bar and have fun.

We also take membership training, a kind of school field trip by train for students in the same major. During the journey, we cook a dinner by ourselves, take pictures, have fun with friends and sometimes meet with a professor. But it is hard to meet other friends in other majors without participating in clubs or personal effort. At MU parties, I can meet people irrespective of age, major, and grade.

One of the most impressive moments was when I registered for classes. I met professors and heard about departments and classes, and we made my schedule together.

When I registered for classes in Korea, I felt like a warrior before a battle. First, most class syllabi are on the university website, so we can see which classes are open and what they are about before registering for them. There is also a meeting for freshmen with the seniors, where we can hear their evaluations of classes and professors.

Unfortunately, it is difficult there to register for the classes I wanted. Students swarm toward the popular classes and most are filled within five minutes of the beginning of registration. When I was a freshman, I couldn’t take any of the classes I wanted. But the number of students in a class at MU is smaller than the numbers in Korea, so I have found it much easier to register.

A month has passed since I arrived at MU. Even if it was sometimes difficult, it has been a special experience to live in the U.S., studying abroad and sharing a dorm room with a friend. I am looking forward to more new experiences at MU.

Entertainment Monthly Horoscopes

Letitia Dumas
Staff Writer

Aries (March 21- April 19): This month you will be inspired emotionally and creatively, and will feel more positive about your perception. You intuitively take actions when needed, and are especially fond of home and family. There is a marvelous closeness with an older generation who might not always approve of your strongly different opinions. You are anxious with taking on an important or aggressive role within an association or relationship. You are on the go both in pursuing allies and in forming new partnerships. Be careful to be genuine when speaking about your beliefs.

Taurus (April 20- May 20): This month, your house or office may require renovation, refurbishment or expansion. You will want to create conditions that will satisfy you in every way, but to achieve this will take hard work. All of your activity will be intensely personal, subjective and egocentric. You are mostly cheerful in your approach to others, and you will be somewhat intellectual this month. It's an excellent time to take care of your health, as undesirable job pressures may lead to depression and injuries.

Leo (July 23- August 22): It may be a good time thoroughly analyze yourself. You should make an honest assessment of your figure, health, state of mind and assets. The truly intimate and personal you needs to be examined minutely, and where there is room for improvement, positive action should be taken. You may be especially busy with responsibilities and from communicating with others. You may develop a tendency to have a more pushy, self-centered or conflictive communication style. Discussions may become intense more often.

Cancer (June 21- July 22): There will soon be a time when you will truly need to stand by your beliefs and convictions. You should be wary of your immediate needs and stay alert for potential future gains. You may find it hard to ignore your impulses this month. There is a certain determination building up within you to alter not just your life or circumstances, but to practically cast yourself in a new image. You may work hard at making yourself feel secure, and you may be called to help your family. You may have to invest time and money into house repairs, re-decorating or family activities.

Gemini (May 21- June 20): You need to learn how to relate to others on a personal level. But, instead of focusing on your emotions, you should analyze your innermost thoughts, ideas and personal beliefs. There maybe some restlessness when it comes to money and spending it; you will be more inclined to want the things around you. You will become very gregarious and active in your quest for pleasure. On-the-floor activities, sports, hobbies, social events, and creative outlets should catch your interest.

Virgo (August 23- September 22): You will have an increased sense of awareness this month. You will notice your own limitations be they physical, emotional, or even financial. You may also feel confined and restricted. Forming pleasant social friendships, possibly related to activities within an organization or society, will be important. You might meet someone through those group activities and, consequently, your interests will be shared. You may tend to show off what you have, which could be an attempt to demonstrate your worth to others.

Monthly Horoscopes

Libra (September 23- October 22): This month, you will widen the vistas of your existence. You extend warmth and friendship, as well as cooperation at work. Your responsibility and authority are likable qualities now, making this an encouraging period overall for negotiations and become well liked by people of a higher position than you. However, you may feel uncertain about your physical appearance, and make it the target of your efforts. You may set out to change your style or how you approach others. In fact, you may be somewhat aggressive and have a short temper.

Sagittarius (November 22- December 21): Long-distance and foreign connections will be favored in regard to exchanges and trades. You'll travel a fair amount, and you can meet an acquaintance who shares your views, ideals and ideas. All of the activities you've been involved in over the past few weeks, such as love, your social life, and possible legal matters will carry on. You will be caught up in a whirlwind of events this month. You may feel that you're in the grip of a force beyond your control, because it will be a time for drastic changes in your material and emotional world. You will pour your efforts into involvement with groups and friends. You may also take on a leadership role within a group. Avoid allowing the ego to challenge or dictate others.

Aquarius (January 20- February 18): For you, the focus will shift to relationships. Your interactions will range from personal to professional, and you will realize that you'll need to hone your people skills to achieve success. Closer to home, you will concern yourself with the welfare of your superiors, older relatives, in-laws and, of course, parents. You will want to seek riches, but you are also sensible and pragmatic enough to find contentment with what you have. Day-to-day needs and material demands have to be met, and one must have the requisite skills to move with the times. It's an extraordinary time for promoting your ideas and viewpoints, although coming on too strong could work against you.

Scorpio (October 23- November 21): Recognition, rewards, power, and even your assets, property, and belongings are enhanced greatly. Fate is being generous, and you deserve it. A taste for the out of the ordinary is favored this month. Regular affairs simply won't seem to satisfy. Emotions and conflict from those close to you that have been brewing under the surface will erupt at this time, possibly in a very upsetting way. Activities that demand deep concentration or require solitary work are likely to go well. It can be a time when past actions grab hold of you- and this is not necessarily an awful thing!

Capricorn (December 22- January 19): Once again, you'll have to focus your attention on money matters. To add to the problem, you may have health problems nagging at you. However, pending matters may resolve for you. This is a time to stay low-key, and will be a time in which you feel grounded and stable. It will be easy to stick to a particular mission/assignment and make headway. Sincere, one-on-one interactions will appeal to you more than casual associations or group activities. You will be intent on pushing forward in your career, but conflicts with those in authority will be more likely. Some Capricorns will embark upon something that's going to change their lives forever. This will be a phase in which passion will meet challenge.

Pisces (February 19- March 20): You may be making changes in your job/profession, your relationships with colleagues, and your health. There may be some mental strain or financial difficulties for you, particularly relating to pending payments or bad debt. It will be easy to feel lost at this time, and you may rely on your imagination. It will be hard to face everyday realities. Love and lust is in the air. You will find yourself in more romantic situations without trying. Also, for the Pisces this can apply to, more appreciative and affectionate interactions with your younger siblings or children will come into play. Your experiences with personal and intimate relationships will help you do the right thing.

Men's Soccer Wins Four Straight Games

By Billy Zeoli

Contributing Writer

Methodist University's Men's soccer team has come back from their first loss of the season after four consecutive wins. Led by junior Eric McGinnis, the Monarchs move to 6-1 on the season and 1-0 in the USA South Conference after defeating conference foe Averett with a final score of 2-1 on Saturday.

The team swept their own weekend tournament (the Methodist Fall Classic), handling Sewanee University 3-1 by scoring in the first 20 seconds and netting three in the first half of their first game. McGinnis scored two goals and assisted on a third. Methodist had some work to do in their second and final game of the Fall Classic as they let up an early goal to Birmingham-Southern team. Methodist eventually settled down and tied before the end of the first half and scored two goals in the second half to accomplish a score of 3-1.

The Monarchs took this momentum on the road for a game against Virginia Wesleyan College, where they scored three goals in a row after letting up another early goal to win 3-1, once again led by McGinnis who scored two goals and assisting on a third.

Methodist then returned home to open up conference play against the Averett team. Yet again, McGinnis scored an early goal in the sixth minute from a cross. In the 21st minute, junior defender Hank Tobener found sophomore Eirik Nordseth after a give and go that led to a goal by Nordseth. Averett later scored in the 60th minute to cut the lead to 2-1, but the Monarch defense was solid and senior goalkeeper Pat Hamel stood his ground, only allowing on average one goal per game. McGinnis finished with six goals and two assists in the four-game winning streak and increased his goals to ten this season.

The team hopes to continue their streak as they host out-of-conference opponent Chowan University, whom they beat 3-0 last year. Afterwards, they will continue on the road for two straight conference games against Greensboro College and Christopher Newport University.

The Men's soccer team will play again on Oct. 6 at MU. They will be competing against Kean University at 12 p.m.



Patrick Hamel runs the ball down the field during the Methodist-Averett game.

Coaching Staff Gives Sykes Cup Award

Danielle Miranda

Contributing Writer

The annual Sykes Cup Award was presented to senior Ashlynn Chavis on Sept. 10, 2012 in the Reeves Auditorium for her exceptional performance in the 2011-2012 track season. Chavis won three NCAA Division III National Championships and four conference championships. The senior helped lead her team to the Mason Dixon Conference Championship this year as well.

The coaching staff here at Methodist chose her for the cup, named in honor of Methodist University Hall of Fame member Mason Sykes. Each recipient must maintain at least a 2.0 grade point average and be of good character.

Chavis recalls when she first found out that she had won. She said that her coach called and said, "look at the website, that is where I found the article showing that I was named the Mason Sykes Cup Winner."

She remembers what an honor it was to be selected earlier in the year. Now she finally has the Cup to go along with that recognition.

This is the last of track and field awards for this athlete, as she has since retired from the sport. Chavis looks forward to moving on to fulfill other goals.

"Give it all you can, leave it on the track and don't over think it," Chavis said.



Ashlynn Chavis runs in a meet. Chavis was named the Sykes Cup Award for her accomplishments in the 2011-2012 school year.

Q&A with Coach Roland Whiting

Rebecca sits down with new Track coach Roland Whiting.



Q:Where are you from?

A:“The Philadelphia Area.”

Q:What did running mean to you as a child/adolescent?

A: “Running was a huge outlet. If it wasn’t for running, I don’t know if I would be sitting here talking to you.”

Q:When did running become a part of your life?

A: “I was 10 or 11 and in the fourth grade. There were try-outs at my school for the Penn Relays, a huge competition at the university of Pennsylvania...I was actually absent when the coach came to recruit students. But my classmates and my teacher, Mr. Allen, mentioned my name, and the coach got in touch with me.”

Q: So your classmates knew you were fast?

A:“Yes, just from playing outside during recess.”

Q:You ran track in high school. What kind of races did you participate in?

A:“I ran anything from the 100-800m. I was also a sprinter; I ran the 55-60 m indoor, and the 100-200 m outdoor.”

Q:Were you involved in any other sports during high school?

A: “I played football, but I have always been a fan of all sports”

Q: Where did you go to college?

A:“I went to Lincoln University. It’s about 35 minutes south of Philadelphia, and my major was health and Phys. Ed. I ran track and cross country.”

Q:Where did you work before coming to Methodist?

A:“I was actually the assistant coach at Lincoln University, and then worked at Newman University as the head coach.”

Q: How do you view your position in Methodist University?

A: “I see it as a real opportunity; I think it’s exciting, and that Methodist is full of potential. I am also prideful that it is a Division III school.”

Q: The year just started, but how would you say things are going so far?

A: “Right now I am still really evaluating and learning the athletes.”

Q:Do you think running always be a part of your life?

A: “I know that running will always be a part of my life; it has been my path to success.”

Women's Volleyball Sweeps Peace U

By Christopher West
Staff Writer

It was a good Thursday night for the Women's volleyball team. This game was the first home match and the Lady Monarchs did not disappoint. They won the match in 3 sets sweeping Peace University with scores of 27-25, 25-18, 25-23.

These wins have improved the Monarch Women's volleyball team record which is currently 4-5. During the match, senior Stephanie Wood posted eight kills along with junior Risa Smith. It was an exciting match to watch and MU looks forward to a spectacular season.



The Women's volleyball team shakes hands with Peace University rivals. The lady monarchs swept all three games. They now have a team record of 4-5 for the season. Christopher West.



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Green and Gold Fridays At Chick-fil-A Ramsey Street!

Beginning Friday, September 7th, 2012, the first 100 Methodist University Monarchs wearing their Green and Gold colors at Chick-fil-A Ramsey Street will receive a complimentary breakfast entrée! This opportunity will last from 6:00 am - 10:00 am, so bring your student or faculty I.D. and start your day off right at Chick-fil-A Ramsey Street!



Tutoring At Chick-fil-A Ramsey Street!

Struggling in your classes? Have no fear, for Chick-fil-A Ramsey Street is here! Some of your fellow Methodist University Monarchs will be available to help you with your classes at Chick-fil-A Ramsey Street every Thursday in September and October from 5:00 pm - 7:00 pm.

MU Up All Night At Chick-fil-A Ramsey Street!

On Wednesday, October 3rd, Methodist University Monarchs are invited to Chick-fil-A Ramsey Street from 10:00 pm - 11:00 pm. The first 200 Monarchs to arrive will receive a complimentary entrée, so don't miss out on the fun!

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