

Monday February 4, 2013

Vol. 52  
Issue 9

# smalltalk

The Student Voice of Methodist University



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## smalltalk

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If you would like to submit any articles or pictures, please email them to *smalltalk* at [smalltalk@student.methodist.edu](mailto:smalltalk@student.methodist.edu) or to our yearbook, the *Carillon*, at [carillon@student.methodist.edu](mailto:carillon@student.methodist.edu)! Please send us your work!

Follow us on Twitter  
@smalltalk\_mu for live updates!

## Gab's Gab: Doll Up Your Personality

Gabrielle Isaac  
*Editor-in-Chief*

Valeria Lukyanova and Justin Jedlica are known for their uncanny resemblance to the Barbie and Ken dolls. They've spent the last few years of their lives undergoing surgeries in order to become a life-sized version of the coveted dolls.

There is absolutely no problem with hitting the gym and eating healthy foods. Some people let their physical appearance push them overboard. In my opinion, you should try your best to take care of yourself. However, you shouldn't try to make yourself into something that you aren't. You were made into yourself for a reason.

We live in a world where television and other forms of media tend to glorify sexual appearance. Plastic surgery and eating disorders have been some of the effects that television and the media have projected onto society. Remember though, I also think that, at the end of the day, your choices are your own.

Many people have eating disorders such as Bulimia and Anorexia. These disorders are largely associated with peer pressure and low self-esteem. The definition of beautiful changes from person to person and is often defined by the media. Young men and women see pictures of slender models and muscular athletes and feel that they have to look like them to be appreciated and accepted by society.

Plastic surgery can be used for reconstruction from birth defects and accidents that can leave someone otherwise unrecognizable. So, despite

its negative connotations, plastic surgery has some good to it. However, most people have begun to misuse cosmetic surgery for nose jobs and bodily enhancements.

It is important to remember that there is more to someone than their physical appearance. Personality plays a big role in the development of a person.

A pretty face is nothing without a sparkling personality and a piece of intelligence. It's always important to be yourself. I know that it is cliché to say that your inner beauty should shine through your outer beauty. On the latter, you shouldn't try to be different. Being yourself may cause you to be different and a bit strange, but it shouldn't be forced.

In summation, be yourself. In my opinion, God made you who you are for a reason. Your physical appearance should not be the most prominent aspect of your life if it means causing yourself harm or making you change your entire life in a bad way.



## Adopt Me!

Jack Russell/Rat Terrier mix re-homing to mature adult home with no children under the age of 10 or any other animals in the family. Male, neutered, tri-color and up to date on all of his shots. Small re-homing fee to serious inquiries only. Background check and references to be determined by owners of animal. Name is Rascal and he's loving, energetic and needs a forever home. He's been with us since the age of 1 and he's now 12. Thank you for looking and call Debbie if interested at (360)-528-7765.

# Volunteers Help Community On MLK Day

Danielle Miranda

Contributing Writer

The Martin Luther King, Jr. Challenge Day of Service brought students together from local colleges and universities to make a difference in our community on January 21st.

Students from Methodist University, Fayetteville State University, Fayetteville Technical Community College and University North Carolina at Pembroke volunteered their time at several locations including; Fresh Touch Ministries, Salvation Army Family Store, Boys and Girls Club, Dorothy Spainhour Center and the Cape Fear Botanical Gardens.

The day began with breakfast, which included items donated by several local businesses. Then students and faculty sign-up for the different volunteer events. Buses were on hand to take volunteers to each different service location.

Bob Fox, a garden guide at Cape Fear Botanical Gardens, noted that volunteers provided about 200 hundred man-hours of labor with close to 50 students participating in the cleanup. The extra assistance that was received will allow garden volunteers to concentrate on other areas of the garden in the coming weeks.

Participants used this as an opportunity to feel connected to the community that they live. Dr. Kelly Walter Carney, Professor of English at Methodist University says, "It can be hard to feel connected to the community, especially when you are not military."

Freshman Taylor Cross, originally from Chicago, saw a sign in her dorm and decided that it would be, a great experience to give back to the community. It turned out to be a beautiful day in addition to a great experience.

Lots of volunteers came out to give back to the community, while celebrating the life and accomplishments of Martin Luther King Jr. on his day of remembrance.



Chance Meachum

Students and volunteers worked at various locations on MLK day.

## MU Ally Program Supports Students

Sharonda Pugh

Director of Multicultural Affairs

The MU Ally Program is a new initiative designed to provide a highly visible safe space for personal support on campus for students, staff and faculty who may experience prejudice, marginalization or discrimination. This new program is in its implementation stage this semester and it is collaboration between the Office of Multicultural Affairs and Student Development and Services.

The MU Ally Program is a program that is open to the entire campus and will provide training and meaningful dialogue in several areas related to culture and diversity (i.e.- ability, class, sexual orientation, race, religion). After completing training, members of the Methodist community will be given a symbol to be placed in their work areas or rooms to denote their role as an Ally and their willingness to be considered a safe space for members of the Methodist University community.

While the initial informational meetings have already taken place, questions about the program can be directed to the Director of the Office Multicultural Affairs, Sharonda Pugh, by calling 910.630.7458 or emailing spugh@methodist.edu

### Coming up!

Feb. 4: Spring Convocations\*  
Reeves Auditorium, 11 a.m.

Feb. 4: *Step Afrika!* Performance\*  
Reeves Auditorium, 8 p.m.

Feb. 6: Miss Methodist 2013 Pageant\*  
Reeves Auditorium, 7 p.m.

Feb. 12: Loyalty Day  
Campus Wide, Various Times

Feb. 15: Army Ground Forces Band  
Chamber Ensemble\*  
Hensdale Chapel, 7:30 p.m.

Feb. 16: Pink Zone: Play 4Kay  
Basketball Game\*  
March F. Riddle Center, 2 p.m.

Feb. 16: Junior Voice Recital  
Featuring Courney Pearson and  
Ravon Sheppard\*  
Hensdale Chapel, 7 p.m.



# News Release

FOR IMMEDIATE RELEASE

Jan. 18, 2013

Animal Control

Contact: Dr. John Lauby, Director

Telephone: 910-321-6857

E-mail: [jlauby@co.cumberland.nc.us](mailto:jlauby@co.cumberland.nc.us)

## **SUSPECTED CASE OF RABIES IN CUMBERLAND COUNTY**

FAYETTEVILLE – This afternoon the State Public Health Lab in Raleigh reported an “unsatisfactory result” of rabies in Cumberland County. For public safety reasons, it is being treated as a positive case although test results were inconclusive.

A dead raccoon was picked up on Wednesday, Jan. 16, by Animal Control behind the Family Dollar on Andrews Road. The animal was sent to the State Lab for testing. The raccoon appeared to have been dead for approximately two days. The caller notified Animal Control that feral cats in the area were eating the dead raccoon. Traps have been set in the area in an attempt to catch the feral cats. Residents in the vicinity should remain alert for sick or abnormal acting wildlife. Officials will be in the vicinity to alert residents of the incident.

This is the first case of rabies in the county this year.

**All pet owners are urged to check the vaccination status of their pets. If pets are not vaccinated or are due for a booster shot, they should be taken to a local veterinarian for rabies vaccination immediately.**

The first sign of rabies in animals is a change in behavior. Animals may become aggressive, attacking for no reason, or they may become very quiet. Wild animals can lose their fear of people and act tame. Rabid animals may walk in a circle, drag a leg or fall over. Some cannot swallow, so they are not able to eat or drink and often drool. Animals usually die within a week after first becoming ill.

Avoiding wild animals and keeping your distance from stray dogs and cats is the first step in preventing an animal bite. Any pet which appears to have been in a fight while outside should be handled very cautiously and seen by a veterinarian.

If you are bitten or scratched by an animal:

- Immediately wash the wound under running water for at least 10 minutes with lots of soap. Seek medical attention/advice.
- Call Animal Control at 321-6852 Monday-Friday 8 a.m. to 5:30 p.m. Call the Sheriff's Office at 323-1500 after 5 p.m., weekends and holidays.
- Go to the emergency room.

# Dzanic Says Vancouver Is Full Of Adventure

Dzenana Dzanic  
*Contributing Writer*

There is nothing more exciting than seeing your expectations twist and turn like crazy when you see something new to you and to your world. I have been living and studying in Vancouver, Canada for the past three months and all I can really say is: Wow!

As an international student at MU, I thought I already went through all the possible cultural shocks there are when I came to the US. Also, I believed that in Canada there is nothing new that can surprise me anymore after living in the US for two years. I stereotyped Canada by believing it is an “extension” of the US culture, tradition, economy, worldview and everything. I am glad I lived to see how wrong I was.

Vancouver is a cosmopolitan city surrounded by the beautiful Pacific ocean and rivers and mountains crowded with people from all over the world. The great combination of civilization and nature is what this city’s most valuable treasure is. To my greatest surprise, my plane landed in a very sunny place with 25 degrees Celsius in August. That was my first expectation falling apart. Not all of Canada is freezing cold. When it was, November and I still did not wear my gloves and scarf.

Furthermore, I did not have any idea how diverse Vancouver is, especially when it comes to Asian population. That was another new experience for me since I have never been to Asia and had no idea how life might look like over there. To be honest, I did not even know how to differentiate people from China, Korea, Japan, Hong Kong, etc. Well, the greater Vancouver area allowed me to see that too, so I learned a lot about Asian cultures, as much as I did about the Canadian culture. I also found an amazing Bosnian family living close to Vancouver who introduced me to people from all over Balkans. I ate Bosnian food and had a chance to buy things from back home. Priceless!

The greatest surprise of all was the mentality of the people in Canada. I have to say that I have never met so many people in one place who are so open-minded and so well educated. I had an opportunity to speak about some very detailed issues going on in my country with people here, when most people elsewhere did not even know where (and what?) my country is. My school, Langara College, is a small community college, which turned out to be an advantage for me. I met more people, made friends more easily and I got to know my teachers better which would be much more difficult if I went to University of British Columbia for example, which is a gigantic school in Vancouver with tens of thousands of students. I found the Canadian schooling system to be different from the American system as well. I noticed that the material was more international and worldwide oriented as opposed to most of my classes at MU.

The greatest thanks for such an amazing experience I had here I have to give to my host family. They broke every single stereotype about host families. Without any exaggeration, I believe that I would not be nearly as satisfied with my study abroad experience if it weren’t for my host family. Since day one, I did not have that constant feeling of being a stranger and a guest in the house that we usually have. I literally felt like I was at home. Everything I wanted and needed was there for me, and most importantly of all, I always had someone to give me advice or just to be there and listen to me. I now know I have made friends for life.

Another great thing about Vancouver is that it is so close to everything. A couple of times my host family took me to Seattle, WA for the weekend. Other times, we would go for a bike ride along the ocean coast or we would go hiking in the mountains. Vancouver itself has a lot to offer. No wonder British Columbia government’s slogan says: “British Columbia – the best place on Earth.” I leave that to you to come and see for yourself.

I cannot express the gratitude I feel to Methodist University, especially to the Honors Program, for giving me an opportunity to expand my education, experiences and worldview in such an amazing way like studying abroad.



Dzenana Dzanic bike rides along the coast of Vancouver.

*Contributing Photo*

# Highlights

## Miss Methodist Preview

Volume 52, Issue 9  
February 4, 2013

Marcos Munoz-Rivera  
Staff Writer

There are 19 contestants and only one will win the title of Miss Methodist 2013 on Feb. 6, 2013 in Reeves Auditorium at Methodist University.

Assisting in the selection of the university's most "poised and energetic" young women and making the decision that will change the course of one winner's college life will be the job of the judges.

"I can't get into the details of who the [five] judges are due to confidentiality factors," Doris Munoz said.

This is the seventh pageant since it first started in 2007. Undoubtedly, the winner will hold a prestigious title that will send her a step closer to her career goals. This experience will allow each contestant to blossom and strengthen their character.

The judging process is based on four categories: talent, formal wear, personal interview and overall impression.

"We are expecting the best talent to be outstanding," Munoz said. Talents such as singing or dancing with pets or comedy sketches are some of the talents our contestants will perform. Certainly, the winner must be outstanding, and her spirit should make an impression that lights any room.

According to Munoz physical, appearance is not the deciding factor of this pageant.

"This is not a typical pageant. We are looking for character; someone that would be able to represent our university as a spokesperson at different events and act as the face of the student's body in board meetings," Munoz said.

The truth is, inner light should shine bright enough that it penetrates the surface. The competition will help showcase inner beauty to the university and allow the judges to decide who has the biggest heart to engage, enrich, and empower the university community.

Kelsey Magnine, Miss Methodist 2012, is ready to transfer the crown with happiness. Many of her goals were accomplished this past year during her reign.

"It is definitely going to be tough to give up my crown, but I know that any one of those beautiful nineteen girls will wear it proudly," Magnine said.

Moreover, Kelsey says goodbye with the satisfaction of seeing this opportunity as a "life changing" experience.

"This past year has been life changing, and it was such a blessing to be able to set out on this journey. I can't thank the university enough for allowing me to be your 2012 Miss Methodist," Magnine said.

Each of these girls may have the character and the attributes that could represent Methodist University. A splash of spirituality and self confidence will allow them to conquer their goals.



Contributing Photo

Kelsey Magnine, Miss Methodist 2012 is ready to pass on the crown to the next Miss Methodist!

### 2013 Miss Methodist Contestants

#1 - Glory Carrasquillo

#8 - Ariel Goslee

#15 - Melissa Duffield

#2 - Emily Guindry

#9 - Briana Sweeny

#16 - Erin Oxford

#3 - Erika Henriksen

#10 - Patricia Ferrerira

#17 - Kaliah Pemberton

#4 - Tina Nesbitt

#11 - Jasmine Jones

#18 - Brittany Wiggs

#5 - Morgan Dickens

#12 - Taylor Dominguez

#19 - Nicole Malahias

#6 - Megan Wilson

#13 - Talia Rodriguez

#7 - Nicole Hardin

#14 - Brittany McCoy

# Highlights

## An Invisible Thread Is A Touching Book

Brittany Champion  
Davis Memorial Library Assistant

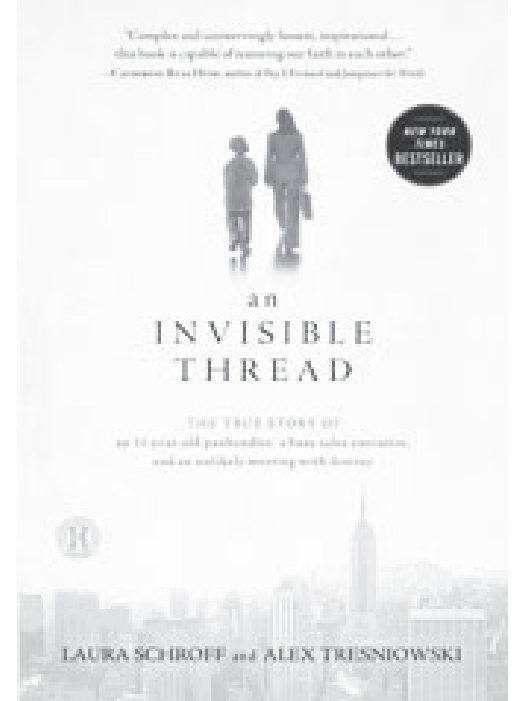
*"Our story is the story of a very unlikely friendship, and of the unexpected ways we learn what matters in our lives."*

-An Invisible Thread

He was just an 11 year-old boy asking for change. She was just a stranger who gave him some and walked away. Laura didn't realize that this young boy would change her life forever.

Laura supported Maurice during tough times, treated him like family and made sure the people around him treated him with respect. Even though Laura was the one helping Maurice, he was helping her even more. He gave her hope and love.

Both Laura and Maurice came from unstable homes; which served as a catalyst to their unbreakable bond. However, many of Laura's friends could not understand Laura and Maurice's friendship; they constantly warned her of the dangers of associating herself with a person like Maurice. Despite her friends' disapproval, Laura did not let it affect her relationship with Maurice. Her faith in him led Maurice to become a success in the future. He eventually became married and started a family of his own. Still to this day, both Maurice and Laura continue to cherish their friendship. The Invisible Thread portrays courage, strength and goodwill between strangers.



## Upcoming Events at Chick-fil-A Ramsey Street

### Green & Gold Fridays

EACH FRIDAY, 7:00AM-10:00AM  
The first 100 Monarchs wearing green and gold will receive one complimentary entrée!

### MU Up All Night

OCTOBER 3RD, 10:00PM-11:00PM  
Chick-fil-A Ramsey Street will open their doors from 10:00pm-11:00pm for the first 200 Monarchs! Each student will receive a complimentary Chick-fil-A meal.

This event has been provided by MU SAC!

### MU Tutoring

EVERY THURSDAY,  
5:00PM-7:00PM  
Meet with fellow Monarchs every Thursday to enjoy a meal and FREE tutoring!



EACH WEDNESDAY,  
10:00AM-11:00AM  
Bring your little ones Chick-fil-A every Wednesday to enjoy a fun story and take-home craft!

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## How To Pinch Pennies In College

Gabrielle Isaac  
 Editor-in-Chief

Keeping money is hard, especially with the ongoing temptation on impulse buys. But once you are a student in college, saving seems to get harder. We all want to do fun things with our money like go out and see a movie or go on vacation with our friends. So, in order to help you save, here are ten tips on saving money in college.

**1. Cook your meals:** Instead of relying on fast food for your daily nutrition, shop for foods that you can cook in your residence hall. If you are lucky enough to live in an apartment or in the village houses, you probably have an oven at your disposal.



Contributing Photo

However, many residents may only have a microwave and refrigerator in their rooms. There are several foods that can be made in the microwave that are cheaper to buy at a store rather than at a fast food joint. For the 9 best microwave recipes, visit [www.coedmagazine.com](http://www.coedmagazine.com).

**2. Ask for Extras:** When you are at Cookout or McDonalds, ask for extra ketchup and napkins. Americans spend tons of money on bottles of ketchup every year. With the size of compact refrigerators, who has room for a whole bottle of ketchup anyway? Not only will you have more room in your refrigerator, you will also have more cash in your wallet.

**3. Buy in Bulk:** If you don't live on campus or if you have an apartment, odds are you have plenty of freezer and storage

space. Save money and buy in bulk at Sams Club or any other store. You may unload a pretty penny when you buy in bulk, but you won't have to pay for supplies for a while.

**4. Clip Coupons:** The Sunday paper has a ton of coupons just waiting to be clipped. Save up your coupons and do your research. Some stores, like Harris Teeter, will double or triple your coupon values. You can take this advantage and buy a ton of items for dirt cheap.

**5. Redbox Your Movie:** Redbox, a cheap movie rental kiosk, has many locations in Fayetteville. If you think a movie looks good, but it didn't get great reviews, wait for it to come onto the rental market. Redbox charges \$1.29 per night. There is also a Redbox kiosk conveniently located at the gas station behind Sink Field.

**6. Use Donated Materials:** Ask your friends if they have any binders or folders that they were looking to get rid of. Students spend a ton of money on books that professors use as teaching materials. With the back-to-school spending amount around \$900, who wouldn't ask around for a few used supplies?

**7. Take Your Own Candy:** If you are heading to the movies with your friends, stop by the dollar store and pick up some candy. Statistics say that movie theaters make more than an 80 percent of their profits from their concessions. Don't spend five dollars on a small bag of skittles when you can pay a dollar for the same sized bag.

**8. Date Night Indoors:** College life is tough, especially when it comes to dating. Almost every girl likes to be taken to the movies or out to dinner, but it never hurts to spend a date night indoors. You can cook, play games or watch a movie. Instead of spending \$100 on a fancy dinner and a late-night movie, spend \$25 on groceries and a rental.

**9. Join Loyalty Programs:** Many restaurants and entertainment establishments have their own rewards or loyalty systems. These programs give out specials, rewards and freebies to those who sign up for it. It may take a while for you to get a free movie ticket or a free FroYo at Sweet Frog, but it's worth the wait.

**10. Sell it Back:** When you are finished with a textbook, sell it back. If the bookstore or another store isn't offering you a considerable amount for an expensive book, check Amazon. The trade in process is fairly easy. You just have to box it, print out and attach a shipping label and drop it off. Within a few days, you will have credit on your amazon account. You can use the credit to buy gift cards, games, music, movies and more!



# Comic

## Re: Immediate Envy



By: Emory Jacobs

## Why did you join MU?

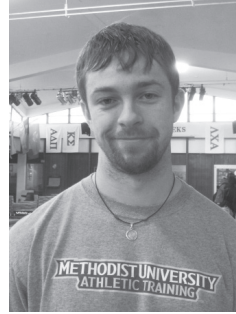
Casey Ausborn  
Staff Writer

Deciding on which college to enroll to is one of the most important decisions in a person's life. Here are some of the reasons why current MU students chose Methodist:



"We have college fairs back home. They were one of the schools that came down and I liked their program, though it was definitely between here and University of North Carolina at Greensboro (UNCG). UNCG is cheaper, but Methodist has the forensic science program which is what I really want to do, so I came here."

-Amber Cartwright

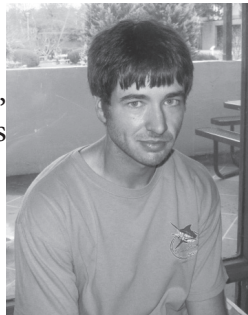


"The two main things that brought me to Methodist initially were soccer and the athletic training program. It was one of the best ones I looked at, and if something happened and I'd end up not playing soccer then I would have a good school to fall back on."

-Jason Speaker

"I came to Methodist mostly for baseball, but also because they have a good business program here too."

-Anthony Horne



"Mostly because they have a really nice PA program. Not only that, but they prefer students who have graduated from Methodist over other students, and I was looking to become a PA so here I am."

-Hailey Haas



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# Sports

## MONARCHS' WEEKLY ROUNDUP

... the weekly roundup of Methodist University Athletics



Methodist University Office of Athletic Communications

Volume 12 • January 28, 2013

### Men's Basketball (7-10, 4-4)

#### Latest Results:

Jan. 23 at N.C. Wesleyan; L, 77-82  
Jan. 26 at Chris. Newport; L, 57-78

#### This Week:

Jan. 30 vs. Ferrum 7:00 pm  
Feb. 2 at Maryville 4:00 pm

### Women's Basketball (12-6, 7-4)

#### Latest Results:

Jan. 23 at Peace; W, 68-49  
Jan. 26 vs. LaGrange; L, 84-87  
Jan. 27 vs. Piedmont; W, 70-64

#### This Week:

Feb. 2 vs. Mary Baldwin 2:00 pm  
Feb. 3 vs. Averett 2:00 pm

### Indoor Track & Field

#### Latest Results:

Jan. 26 at Liberty: Cancelled

#### This Week:

Feb. 1-2 at Hilton Garden Inn vs. (Wake Forest)

### Baseball (0-0, 0-0)

#### This Week:

Feb. 2 vs. Roanoke 1:00 pm  
Feb. 3 vs. Roanoke 2:00 pm

### TOP STORIES

#### Brandon Monk Takes Home USA South Men's Basketball Rookie of the Week Honors

The USA South Athletic Conference has named Methodist's Brandon Monk the men's basketball rookie of the week for the week ending Jan. 28 as announced on Monday afternoon.

A forward, Monk helped the Monarchs to a 2-0 record last week versus USA South competition by averaging 16.5 points on 12-of-22 shooting (.568) and 5.5 rebounds per contest as MU won stretched its win streak to four straight.

In an 85-82 win over N.C. Wesleyan on Wednesday, Monk tallied a career-high 25 points, including the game-winning three-pointer as time expired, as well as seven rebounds and one steal. In that game, Methodist trailed by as much as 21 in the first half and still trailed by 10 with just over 10 minutes to play. In Sunday's 72-68 win over LaGrange, Monk, who was hampered by early foul trouble, totaled eight points and four rebounds.

On the season, Monk is averaging 8.5 points and 3.7 rebounds per game and has appeared in all 15 games with six starts. Monk is the second Monarch to be named the rookie of the week in as many weeks as Christian McRae took home the honor last week.

#### Brandon Monk Takes Home USA South Men's Basketball Rookie of the Week Honors

The Methodist University baseball team has been selected to finish fourth in the 2013 USA South coaches' preseason poll as announced by the conference.

Christopher Newport was selected as the top team in the annual poll of league coaches, garnering 8-of-9 first place votes en route to 64 points. Ferrum and league newcomer Piedmont tied for second with 46 points and Piedmont earned the final first-place tally. Methodist followed with 42 points, followed closely by Averett with 40 points. Gasconade was sixth with 30 points, LaGrange and N.C. Wesleyan tied for seventh with 19 points and Maryville rounded out the poll with 10 points.

The Monarchs, led by Head Coach Tom Austin, who is entering his 34th year at the helm, finished 22-21 a year ago, including a 6-6 mark in the USA South.

The 2013 season begins on Feb. 2 when the Monarchs host Roanoke at 1:00 pm. The USA South Tournament will be played April 11th - 14th in the cities of Wilson, North Carolina and Zebulon, North Carolina as a part of the USA South Spring Sports Festival.

### MORE HEADLINES

#### Men's Basketball

N.C. Wesleyan Holds Off MU, 82-77

Bryan Hockaday led the Monarchs with a double-double of 20 points and 10 rebounds.

No. 18 CMU Downes MU, 70-87

Bryan Hockaday and Keenan Ingram led the Monarchs with 11 and 10 points respectively.

#### Women's Basketball

MU Holds Cheer Peace, 88-49

Christina Schrader led the way with 19 points in the win.

Lafayette Holds off Methodist, 87-84

Christina Schrader posted a double-double with 22 points and 11 rebounds and Emily Huseycutt added 14 points.

Methodist Turns Away Piedmont, 70-64

Christina Schrader continued her strong play with 18 points and L.L. Taylor and Brian Robinson each netted double-doubles in the win.

#### Indoor Track & Field

Did not compete due to the inclement weather.

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