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The Student Voice of Methodist University

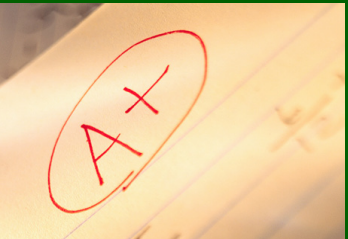
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Tragedy Brings Us Together

Gabrielle Isaac
Editor-in-Chief

On April 15 in Boston, three people were killed by explosions at the Boston Marathon. Through this tragedy, many people came together for vigils and memorial services for the victims, one victim being an eight-year-old boy. America faced a similar tragedy after Adam Lanza shot 32 children and staff members at Sandy Hook Elementary School in Newtown, CO. For weeks we mourned the loss of these precious children. While it is good that people have come together to comfort one another through the loss of these victims, it is sad that cooperation occurs only when tragedy strikes.

I have personally experienced a tragedy similar to this with a young woman in my church family. She was thirty and had five children, one being a newborn. She complained of a headache one day and, out of nowhere, she had an aneurysm burst which lead to her death. She left behind a husband and all of her children, and she had homeschooled each child. This was a shock to our church family because she was so young, but it brought us closer. Many of the youth in our church even wanted to start a service group in her honor.

It shouldn't take death to bring America together. Imagine the things we could accomplish if we were as close as we are when tragedy strikes. World peace and solving world hunger don't seem like such far-fetched ideas when this fact is brought to light. Unfortunately, we live in an "instant gratification" world where no one seems to care about anyone but themselves.

Furthermore, the value of life has certainly decreased. We see YouTube videos that feature people doing something incredibly dangerous. Not to mention the YOLO hash tag — which



is just an excuse to do something stupidly dangerous—will characterize our generation for years to come. If we really care about our lives, why would we things that put it in danger?

Maybe we live on the edge because we don't feel much anymore. You know how your heart races when you almost get hit by a car, or your stomach jumps into your throat during a roller coaster ride? People thrive off of danger and fear. It keeps our blood flowing and keeps us guessing. But when that thrill turns into death, attitudes change and people think rationally.

When the value of life decreases, so does our empathy which, in turn, causes people to hurt others. When someone gets hurt from the reckless acts of one person, that's when we come together and make stuff happen. Why can't we act like this every day? Why does it take someone's death to make life worth fighting for?



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SGA Hosts A Relay For Life Benefit Concert

Gabrielle Isaac
Editor-in-Chief

Students gathered in the Berns Student Center on April 4 to enjoy the Relay for Life concert. SGA, a student driven organization, is a participant in the Relay for Life of Cumberland County. In hopes of raising funds through donations and awareness through the stories of those who had survived or had a loved one survive cancer, SGA put together a group of speakers, singers, and performers for the concert.

Ashley Brabham, the chairperson of Relay for Life of Cumberland County, came out to support the cause. She began by thanking the student body for their undying support. She went on to read the Relay for Life poem.

"I walk to help find a cure, I walk for everyone to see; I walk for you, I walk for me," Brabham read.

Throughout the evening, the Noblemen; the Methodist University Chorale; Megan Wilson, Gabe Gaweda and Chris Kelly; JD Williamson and Chris Carter; and Mitch Clark performed for the concert.

As the Chorale prepared to sing "Afternoon on a Hill," Dr. Michael Martin explained what the song meant to him.

"My father did have prostate cancer that moved to his bones. The song says 'I would touch 100 flowers and not pick one,'" Dr. Martin said. "Well, I would touch 100 flowers and not pick one

if my father could live and hold his grandson."

In between music acts, students and faculty had the opportunity to speak on how cancer had touched their lives in one way or another.

Dr. Jennifer Mour, a Breast Cancer survivor, shared her experience with the crowd.

"Five years, five months and 17 days.

Why is that significant to me? That's how long I've been cancer free," Dr. Mour said.

Dr. Mour explained that she and her husband used humor to

get through the struggle.

"Most people lose weight during radiation, but I gained 25 pounds. I was probably the fattest cancer patient you'd ever seen," Dr. Mour said.

Sophomore Taylor Murphy spoke about her father and her nephew. She was happy to report that both of her loved ones were in remission and were recovering.

The last student speaker, Junior Chance Meachum, photographer for student media, told the crowd about his battle with cancer.

"When I was 15, I was diagnosed with a brain tumor," Meachum said.

He went on to explain that he enjoys taking pictures because it gives him the opportunity to capture memories.

"Life is good, it's not ugly," Meachum said.

After the students had finished performing, YouTube sensation Noah Guthrie was welcomed to the stage. He strummed his guitar and belted soulful tunes for about an hour, mixing some of his own music with covers of songs.

In a closed interview after the show, Guthrie shared how cancer had affected his life.

"My [step] grandpa had it and he passed away about a month ago," Guthrie explained. "It's been hard for the past month or so."

Among some of Guthrie's favorite artists are Kimbra and Macklemore. Guthrie enjoyed playing his music at Methodist and hopes to come back in the future.

The solo artist looks at his grandfather and every other cancer victim and survivor as his heroes.

"I think cancer survivors are some of the biggest heroes. If they can go through that, why am I moaning about my CD skipping?" Guthrie asked.



Photo by Chance Meachum

Dr. Mour speaks about her experience with cancer



Photo by Chance Meachum

YouTube sensation Noah Guthrie performs for the Relay for Life benefit concert.

Easter Jam lifts hands in Worship

Jeremy York
Staff Writer

A sea of people rushed into Reeves Auditorium on a Friday night. As opening act Jordan Tate performed his original song, a wave of hands reached skyward, praising God. "Our Hearts they cry, be glorified," Tate sang. Voices sang out and filled Reeves Auditorium during the annual Easter Jam concert on April 5th at 7:30 p.m.

Ben Coleman, this year's MC for Easter Jam, excited the MU students with a video about the Manna Church expansion, a recent addition to the ministries sponsored on Methodist Campus. Shortly after, Coleman performed his original song "Strength for Every Moment," while Common Ground, the former praise band for the Fellowship of Christian Athletes on campus, prepared for their set.

Common Ground raised more hands in worship with many of their songs such as "Christ has risen" and "The Stand." They have opened for many bands, including Josh Wilson and 7th Slumber. Voices filled the auditorium singing along with the words displayed on the screen.

After Common Ground's performance, Kanti, a film demonstrating the struggles of a young Nepali native forced into human trafficking, was played. Spencer Davis, a Financial Economics professor at Methodist University and advocate for ending Human Trafficking, promoted the "Ride4Rescue" campaign. He then explained how human trafficking exists all over the world and that "the US is one of the worst places [for human trafficking]."



Photo by Chance Meachum

Common Ground, the former praise band of the Fellowship of Christian Athletes, takes the stage.

"Profits from Human Trafficking are more than Coke, Pepsi, and Walmart combined," Davis said. In response to the Human Trafficking all throughout the world, Davis plans to fly to San Francisco and bike across the United States to Virginia Beach. For more information, you can visit www.ride4rescue.net.

Following the campaign to stop human trafficking, Leeland took the stage. "In Revelations," Leeland Mooring, the lead singer, explained, "John heard the sound of worship in heaven, and it sounded like an ocean of people singing, like thunder and lightning, and like thousands of harps."

After experiencing the culture in both Tokyo and Cambodia, Mooring explained how Cambodia is new to the faith.

"It was so awesome to hang out with them," Mooring said.

Leeland performed "I Can See Your Love" with a collage of pictures and videos from their mission trip to Cambodia.

Jennifer Perez, a senior majoring in accounting and the student leader for this event, was happy with the performances of each group and loved to see people worshipping at the event.

"I didn't plan this concert just to add another project to my resume but I did it to give others a chance to experience God's love on our campus. My prayer was that people who were broken or heavy burdened would come to the event and leave knowing that they are loved and that God will take care of all the things they are facing. All those months of planning and handwork [were] worth it as it led to an incredible night," Perez said.



Photo by Chance Meachum

Leeland Mooring, lead singer of Leeland, spoke about the group's mission trip to Cambodia prior to performing one of their many songs.

MU Gets A Taste Of The World

Marcos Munnoz-Rivera
Staff Writer

I've lost count of the events that I have attended this year at school, but the international food festival is definitely one of the events that has helped Methodist University to become a multicultural place.

The excitement of the international students this year made this festival a unique brand in Methodist University history. The food wasn't just served from the usual stalls where students normally receive their meals in the cafeteria. The tables in the cafeteria were used to represent each international dish; a flag displayed where each dish originated.

During a busy afternoon at the International Program Office, I got the chance to get the answers to some questions that many students have asked. What can improve the festival for the upcoming years? Did the festival accomplish its goal this year? I did like the interview with Michael McCabe; while he was doing some work, I was throwing random questions from the floor trying to get as much information as I could.

The International Program Office thanks each international student involved in the preparation, the set up, and the clean up after the event. Two special students gave this event a special bloom.

"The IPO would like to give special thanks to Fernando Tevez and Emina Hodžić for the incredible job at the event," McCabe said.

The preparation of this food took a lot of time, but also a lot of effort to give the food the appropriate amount of spices.

"I didn't want to see any kind of food after I finished cooking," Fernando Tevez said.

After cooking food for many hours, Tevez was still proud to help other students experience new cultures.

"With these types of activities every year, my MU experience becomes better... It is beautiful to know a new culture through a [inter]national dish," Tevez said.



Contributing Photo

At 5 p.m., the Green and Gold Cafeteria opened their doors to the students. The international community got excited to see the response from the student body. It is true that many people got to try this food, but there were also many who couldn't for one reason or another. There was a charge of \$3.00 extra if you wanted to eat from the international stands.

"Next year will be better. For now we cannot stop charging since the cost of the cooking is more expensive, but we are trying to find donations or sponsorships," McCabe said.

Overall the International food festival was a lot of fun for the International Students and people who took the time to try the dishes. Everyone learned something new from each country. Samosas from Sudan, Ginger Chicken from Cambodia, and Pie from Bosnia and Herzegovina were, at that moment, a dream that came true.

Methodist University hopes that the International Food Festival will "Engage, Enrich, and Empower" the many cultures represented on its campus in years to come.

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Preparing For Finals: 10 Tips To Ace Exams

Gabrielle Isaac
Editor-in-Chief

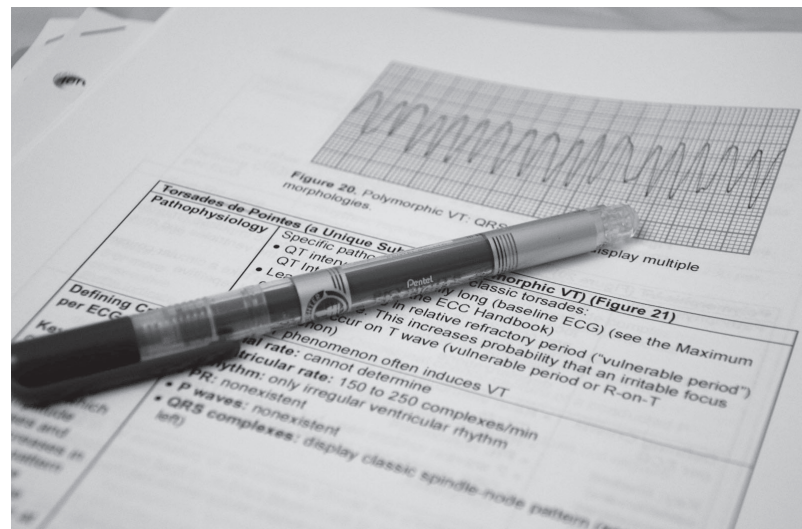
College parties can be fun, but a student's final grade often depends on his or her performance on a final exam. Many students let their nerves and procrastination get the best of them during finals' week. Here are ten tips to help you prepare for the big test:

1. **Don't procrastinate.** If you have a take-home final as a final exam, don't wait until the last minute to get it done. You can often get assistance from your school's writing center. If you are unsure on what the professor wants, schedule a time to meet and ask for guidance.
2. **Don't cram for exams.** Sometimes, it's better to get rest before the final than to stay up all night studying. You can go to bed and get up early to look over your notes.
3. **Eat healthy during exam week.** Although it's hard to stay away from energy drinks and fast food, try to eat more fruits and vegetables and drink plenty of water during finals' week. Energy drinks and junk food may give you a temporary boost, but you'll crash hard after a few hours.
4. **Chew gum when you study.** Research shows that taste-association can improve your memory. Chew a specific flavor of gum when you are studying, and chew the same flavor during the test. You will associate the flavor with the material that you've studied.
5. **Study in groups.** Your classmates can keep you focused and help you with the material that you don't understand.
6. **Study in a quiet area.** Many college students try to study in a place where there is a lot of noise (like their dorm's lobby). Try the library—or in the room where you will be taking the exam. There will be a lot less noise and hardly any distractions.
7. **Take plenty of short breaks while studying.** Instead of sitting behind a desk for three hours straight, take a short break and move around. Moving around will get your blood flowing

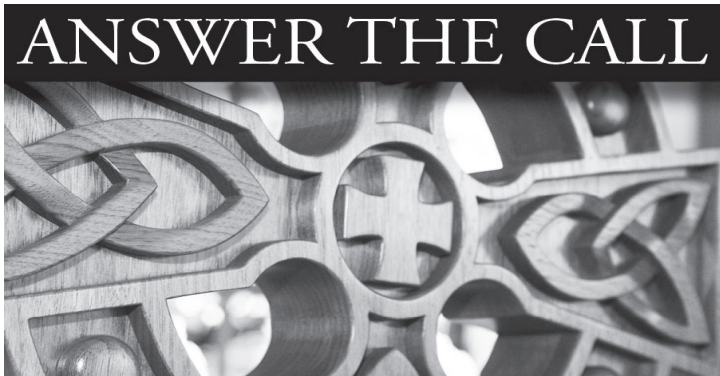
and you'll be less likely to feel sleepy

8. **Bring extra pencils.** Don't risk being unprepared. Bring an eraser and extra pencils to the exam.
9. **Skip questions if you don't know the answer to them.** If you can't remember the answer to a question, simply mark it and skip it. You shouldn't waste your time answering questions that you are not sure of only to find that you have run out of time and you still had questions to answer. Answer questions that you are certain about first, then use any extra time to go back and work through the questions you skipped.
10. **Check your answers thoroughly before turning in your exam.** When you are finished taking your exam, go back through the questions and double check your answers. You may have circled a wrong answer or used the wrong formula.

With these easy, no mess-up tips, anyone can boost their grades and do well on their final exams!



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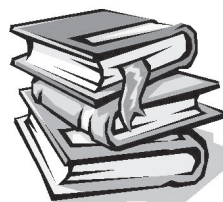
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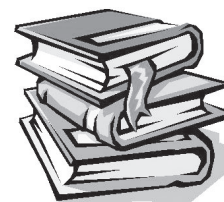
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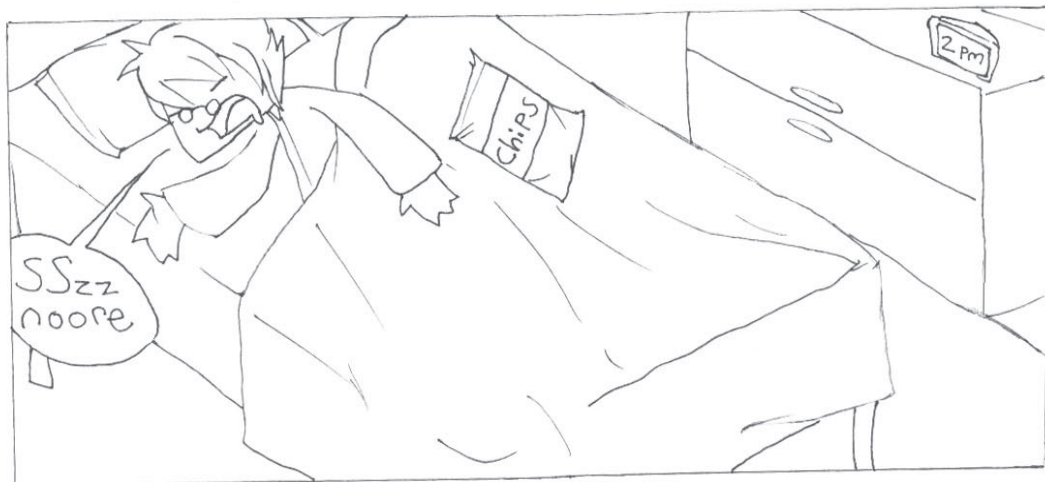


Re: All of US

Right before Summer break...



2 Weeks Later...



What Will You Remember Most About MU?

Casey Ausborn
Staff Writer

As the Methodist's 2013 Spring semester nears its close, many students will have to say their final goodbyes to life at MU. We asked some of the students around campus what they would remember most about the school once they left.



"The most memorable thing about this school is the community in the hallways. It's like everyone bands together and they come in and become one person. It's a whole group activity. Everyone helps everyone out."

Christian Jacoby



"I got a concussion and my football coach, the president of the college and the dean of students came down to the hospital to talk to me and make sure I was okay."

Mario Hart



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MONARCH SPORTS REPORT

. . . the weekly rundown of Methodist University Athletics



Methodist University Office of Athletic Communications

Volume 22 • Apr. 15, 2013

Indoor Track & Field

Latest Results:

April 13 at Johnson C. Smith

Baseball (21-18)

Latest Results:

April 11 vs. Averett; W, 3-2
April 12 vs. Maryville; W, 2-1
April 13 vs. Piedmont; W, 4-2
April 14 vs. LaGrange, 10-2

This Week:

April 17 vs. Guilford 7:00 pm
April 20 at Emory 1:00 pm

Softball (23-21)

Latest Results:

April 13 vs. Meredith; W, 10-0
April 13 vs. LaGrange; L, 2-5
April 13 vs. N.C. Wesleyan, W, 11-9
April 14 vs. Ferrum; L, 1-4

This Week:

Season has concluded

Women's Tennis (17-2)

Latest Results:

April 12 vs. William Peace; W, 9-0
April 13 vs. Maryville; W, 9-0
April 14 vs. CNU; W, 5-4

This Week:

Men's Tennis (17-3)

Latest Results:

April 12 vs. Ferrum; W, 5-1
April 13 vs. CNU; L, 4-5

This Week:

Season has concluded

Women's Lacrosse (1-10, 1-7)

Last Week:

April 3 vs. Meredith; L, 7-20

This Week:

April 20 vs. Chowan 1:00 pm

Women's Golf

Latest Results:

April 13 Methodist Invitational; 1st of five (309-309--318)

This Week:

May 14-17 at NCAA Championships

Men's Golf

This Week:

April 12-14 at USA South Championship
1st of 8 - 897

This Week:

May 14-17 at NCAA Championships

TOP STORIES

Monarchs Capture Three USA South Championships on Sunday

Methodist took home a trio of USA South titles on Sunday afternoon as the conference wrapped up its Spring Sports Festival. The men's golf team rallied from a four-stroke deficit after 36 holes to win its 29th conference crown and first since 2010. The women's tennis team outlasted CNU, 5-4, to claim its fourth consecutive, and sixth overall, tournament title.

In the biggest surprise of the weekend, the sixth-seeded Methodist baseball team ran through the conference tournament unscathed to earn the programs first title since 2004. Methodist, defeated LaGrange, 10-2, on Sunday afternoon to clinch the championship.

Brandon Thigpen (baseball) and Kat Meindl (women's tennis) were both named their respective tournament's most valuable players.

USA South Hands Out Postseason Awards

The USA South Athletic Conference handed out its spring postseason awards last week. Below is a snapshot of which Monarchs were honored.

Women's Lacrosse

Hope Motahari (2nd)

Softball

Lindsay Tippett (2nd)

Women's Tennis

Kat Meindl (1st)
Laura Baker (1st)
Isabella Graf (2nd)
Kelli Shelton (2nd)
Rachel Purser (3rd)
Hillary Petruska (HM)
Francie Barragan (Coach of the Year)

Baseball

Chris Power (2nd)
Cody Molosky (HM)

Men's Golf

Mike Wesko (1st, Player of the Year)
Jeff Wells (1st)
Andrew Bateman (1st)
Dakun Chang (2nd)
Ben Boyle (HM)
Steve Conley (Coach of the Year)

Men's Tennis

Duncan Miller (1st)
Taylor Buchholz (2nd)
Greg Patterson (2nd)
Teal Howard (HM)
Lawrence Salmon (HM)
Dillon Sullivan (HM)

MORE HEADLINES

Baseball

Thigpen Homers, Drives in Three as MU Claims USA South Conference Title, 10-2 Over LaGrange

Brandon Thigpen, who was named the tournament's MVP, homered for the third time in the tournament and the MU baseball team pounded out 16 hits to earn a berth in the NCAA Tournament

Women's Tennis

Methodist Tops CNU, 5-4

Kat Meindl outlasts Kim Morrissett 6-3, 1-6, 7-6 (7-5) to clinch fourth straight USA South Title for the Monarchs

Men's Golf

Monarchs Win USA South Title

Monarchs shoot final ady 285 to turn a four-shot deficit into an 11-stroke win. Four different Monarchs finished in the Top 10, led by Ben Boyle, who shot a final-round 70 (-2) to place sixth

Women's Golf

Methodist Crusises to Win in Own Invitational

Monarchs shot back-to-back 309s to post a 46-stroke win over second-place Piedmont. Kelsie Carralero (77-75--152), Loretta Giovannettone (76-77--153) and Jenny Sullivan (77-77--154) sweep the Top spots

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