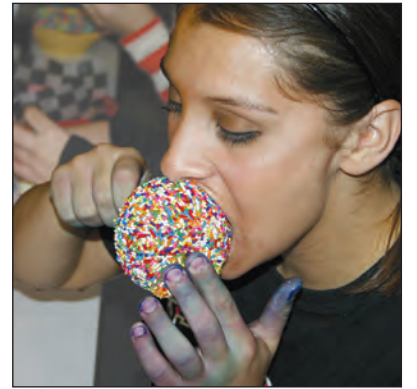




Roommate tips, p. 9

# summer TALK



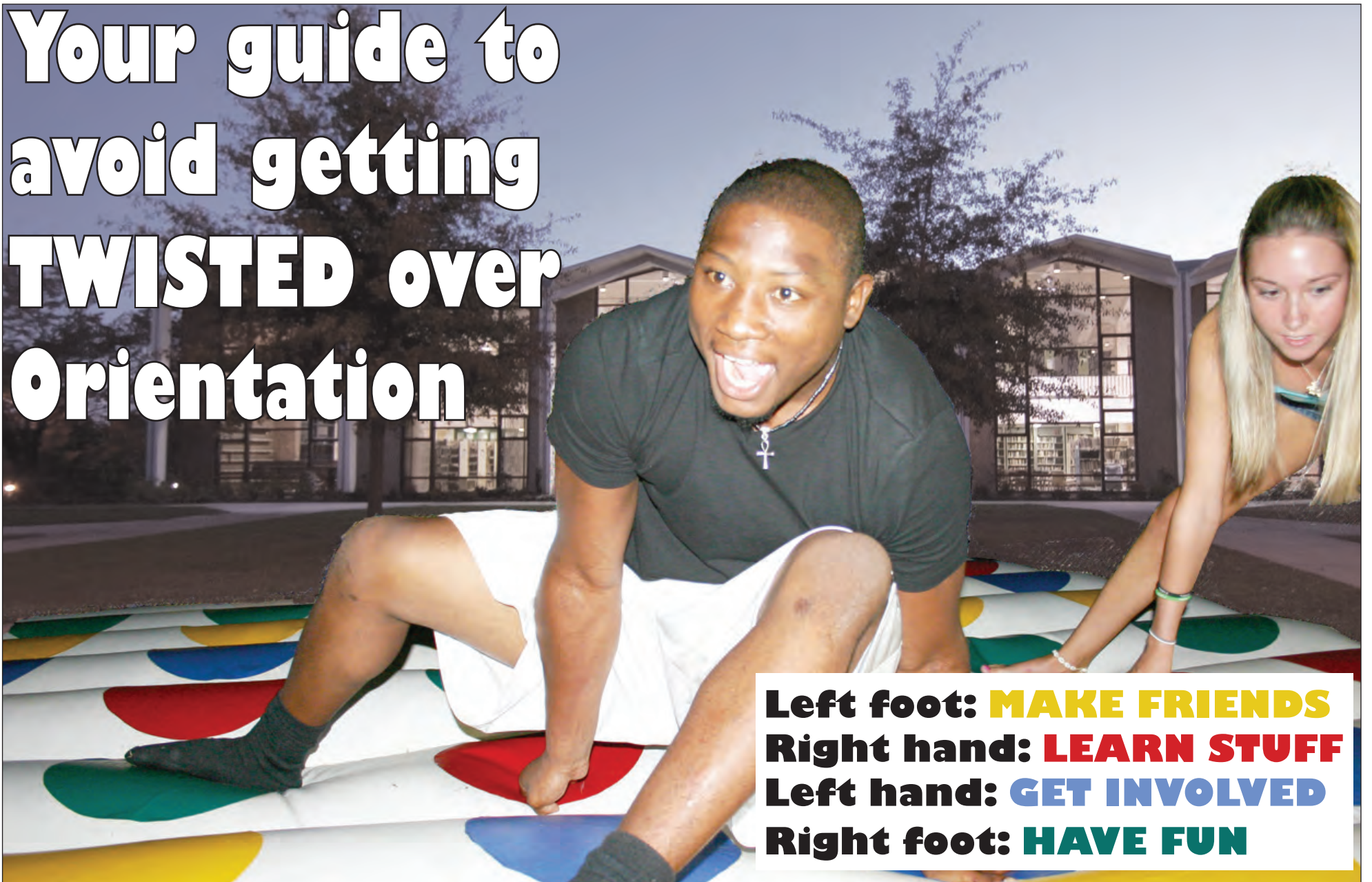
Dining demystified, p. 16

Aug. 19, 2011  
Volume 50, Issue 13

THE ORIENTATION ISSUE OF SMALLTALK  
[WWW.SMALLTALKMU.COM](http://WWW.SMALLTALKMU.COM)

Methodist University  
Fayetteville, NC

## Your guide to avoid getting **TWISTED** over Orientation



**Left foot: MAKE FRIENDS**  
**Right hand: LEARN STUFF**  
**Left hand: GET INVOLVED**  
**Right foot: HAVE FUN**



On behalf of the entire Methodist University community, it gives me great pleasure to welcome you to our campus. You will often hear us talk about a “culture of excellence” as a way of communicating our commitment to the success of each student during his or her time at MU. Because of our signature people, we believe we can deliver not only the best education, but also the best quality of service.

I invite you to get involved, take advantage

of all that is available to you here at the University, and to share all of your talents with the new friends you will be making. Please also know that I look forward to getting to know each and every one of you. We are all part of the Methodist journey and will learn from one another.

My best wishes to you for a great year!

***President Ben Hancock***



Welcome to Methodist University! The campus is alive with anticipation as we prepare for the semester ahead. As you settle in to your residence hall or off-campus apartment, you can look forward to many exciting opportunities to engage you in our campus community.

The University’s faculty, staff and administrators are a resource for students. We

want to help you to achieve the maximum educational benefit from your time at Methodist University. I strongly encourage you to actively participate in University life by seeking out opportunities to be involved both in and out of the classroom.

Our staff is available to answer questions, advocate on behalf of students, or to simply point students and their families in the right direction. Please do not hesitate to contact your Dean of Students by phone at (910) 630-7152 or by email at [wwalker@methodist.edu](mailto:wwalker@methodist.edu).

***William H. Walker***

Acting Vice President of Student Development and Services and Dean of Students

I am delighted to welcome you to Methodist’s Orientation, and I hope that you, the Class of 2015, are as excited to be here as I am.

I am at Methodist because of the challenging opportunities being created here as the school transforms from a mid-sized liberal arts college to a growing university. Another reason I am here is that I embrace the school’s liberal arts education, outstanding academic programs, core values, and relationship to the Methodist Church. I assure you that you will receive a quality education from an array of strong academic programs and extra- and co-curricular activities.

I encourage you to take advantage of all that MU offers -- from meeting with your advisors and professors to working with the professional staff throughout the University. We are all here to help you succeed!

Methodist University is alive with a vibrant spirit which, I hope, excites you. In the last few years, we have opened our new science annex, fitness center, Bethune Art Building, and football locker rooms. Last year, we dedicated two new physician assistant buildings for our growing graduate program and our first sorority house; this year we open four new Village Houses and will build our new nursing building. President Hancock has also recently announced our intent to create a new Center for Student Success designed as a “one-stop” resource for all Methodist University students. Upon its completion, I know all students will benefit from this Center.

Welcome to Methodist University! I urge you to stay focused during your freshman year so you can build a strong foundation for your sophomore, junior, and senior years at Methodist!

***Delmas S. Crisp***

Executive Vice President and Academic Dean



# Monarch mascot King has storied reign at Methodist

*Staff report*

It's good to be a Monarch, but it's great to be King. Sure, every king is a monarch, but at Methodist University there's only one King, the fun and furry mascot of MU.

However, King as he exists today is relatively new.

Back in the early 1960s, students of then-named Methodist College chose the school's first mascot, a Monarch, after the school began participating in intercollegiate athletics. The original Monarch was meant to be a ruler of countries rather than the king of the jungle. In a 1963 or 1964 picture of the first mascot, who was portrayed by Jerry Marcus, the Monarch shows no resemblance to today's lion. Marcus is shown wearing a cloak, crown and sash, along with a white long-sleeved shirt, white pants, tall dark socks and sneakers.

Somewhere along the way, someone must have decided the school needed something a bit fiercer on the sidelines of sporting events. There are few records documenting the switch, but MU Historian Bill Billings says that the mascot became a lion sometime in the early 1970s.

Head Cheer Coach Melissa Hay says the Monarch lion has gone through about three costume variations over the decades. The most recent look for the mascot was introduced about six years ago, replacing a mascot suit that had been in use since about 1998. At the same time, the mascot got a new identity, "King." Previously, the mascot had just been called the Monarch.

"The name was announced at Homecoming," Hay said. "There was a contest to name him. The winning name was submitted by former Assistant Football Coach Carl Funderburk."

In 2007, the MU mascot attended the National Cheerleading Association's special mascot camp in Myrtle Beach, S.C.

"King won Most Collegiate Mascot," Hay said. "The award represents how the overall character of the mascot ties in with your school spirit. It's an indicator of how well the mascot represents the school and the student body."

Students will continue to see a lot of King on campus this year, at sporting events, pep rallies and everywhere else. He's even on Facebook, as King Mascot.

"We really have done a lot with the idea of giving King an identity and making him a symbol of our campus."



Above right, King.  
Bottom right, the original Monarch mascot.

## It's never too early to visit Career Services

The Office of Career Services welcomes you to Methodist University! Our office is here to assist you in things such as obtaining a work study position, choosing a career path, writing a resume, preparing for an interview and networking with employers for possible internships or jobs. We are located on the lower level of the Berns Student Center, right next to the cafeteria. Our events for the first semester are listed below. Please feel free to come by any time and introduce yourself. We can't wait to meet you and work with you on achieving future success.

### Upcoming Career Services Events

Aug. 26- *Professional Development Workshop*

Sept. 9- *Professional Development Workshop*

Sept. 12-16- *Career Services Week*

Sept. 12- *Faculty Meet & Greet*

Sept. 13- *Career Services' Student BBQ*

Sept. 14- *Career Services' Fashion Show*

Sept. 15- *Military Career Day*

Sept. 16- *Majors Exploration Day*

Sept. 30- *Job Fair Success Workshop*

Oct. 14- *Job Fair Success Workshop*

Oct. 18- *Career Services' Job Fair*

Nov. 10- *Greek Etiquette Dinner*

Resume classes are held on Mondays from 11 a.m. to noon.

Contact Career Services at (910) 630-7333, or by visiting [ww.methodist.edu/careerservices](http://ww.methodist.edu/careerservices).

# Fall 2011 Orientation Schedule

## Friday, Aug. 19

Time	Event, Place
7 a.m.–7 p.m.	Green and Gold Café Open
8 a.m.–5 p.m.	All Campus Offices Are Open
8 a.m.–5 p.m.	Bookstore Open, Berns Student Center MU Golf Shop Open, Player Center
8 a.m.–2:30 p.m.	New Student Check-In, Riddle Center
8 a.m.–2:30 p.m.	IDs and Vehicle Registration, Riddle
8 a.m.–2:30 p.m.	Move into Residence Halls
3 p.m.–3:45 p.m.	Transition to College for Students with Disabilities, Pearce Lobby
4 p.m.–4:30 p.m.	MU Pep Rally and Presidential Welcome, Reeves Auditorium
4:30 p.m.–5 p.m.	MUTube, Reeves
<i>A brief video overview from academic affairs and student development and services</i>	
5 p.m.–5:30 p.m.	Orientation Group Meetings, Various Locations
5:30 p.m.–7 p.m.	Family Cookout, The Quad
8:15 p.m.–9 p.m.	First-Year Experience Kickoff, Pearce
8:15 p.m.–9 p.m.	Residence Halls Meetings, Hall Lobbies
9:30–10:30 p.m.	Family Fun with Mission IMPROVable, Reeves Auditorium

## Student Track Saturday, Aug. 20

7 a.m.–7 p.m.	Green and Gold Café Open
8:30 a.m.–9 a.m.	Orientation Group Meetings, Various Locations
8 a.m.–3 p.m.	IDs and Vehicle Registration, Berns
8 a.m.–3 p.m.	Business Office, Financial Aid Office, Housing Office and Post Office Open
9 a.m.–5 p.m.	Bookstore Open, Berns MU Golf Shop Open, Player Center
9 a.m.–11 a.m.	University Fair, Riddle Center
1 p.m.–1:20 p.m.	Dr. Delmas Crisp, Dean of the University, Reeves
1:30–5:15 p.m.	SD&S Concurrent Sessions <i>See the back of your name tag for your group assignment.</i>
1:30–2:15 p.m.	SD&S Concurrent Session (1) Reality Check (Gold), Clark Yarborough Auditorium Fun and Healthy Choices (Green), Hendricks 222 Career Liftoff (King), Allison Hall Scoop Session (Pride), Trustees'/Various Locations
2:30–3:15 p.m.	SD&S Concurrent Session (2) Reality Check (Green), Fun and Healthy Choices (Gold), Career Liftoff (Pride), Scoop Session (King)
3:30–4:15 p.m.	SD&S Concurrent Session (3) Reality Check (King), Fun and Healthy Choices (Pride), Career Liftoff (Green), Scoop Session (Gold)
4:30–5:15 p.m.	SD&S Concurrent Session (4) Reality Check (Pride), Fun and Healthy Choices (King) Career Liftoff (Gold), Scoop Session (Green)

6 p.m.–8 p.m.	Dinner on your own
8:15–9:30 p.m.	Family Fun with Mentalist/Magician Nate Staniforth, Reeves
10 p.m.	Monarch Madness (Students ONLY), Riddle <i>Bumper Cars, Laser Tag, DJ, Food and MUCH MORE</i>

## Sunday, Aug. 21

7 a.m.–7 p.m.	Green and Gold Café Open
9:30–10:15 a.m.	SGA Leadership Meeting, Hendricks 222 <i>All freshmen interested in serving as leaders in the Student Government Association are invited to attend this interest meeting with the president of the SGA.</i>
10:30–11 a.m.	Orientation Group Meetings, Various Locations
11 a.m.–12 p.m.	Chapel, Hensdale Chapel
12:15–1:45 p.m.	Transfer Student Meeting, Hendricks 222
1 p.m.–1:45 p.m.	Required meeting for all students admitted to the Methodist Academic Achievement Program, Hensdale Chapel
2 p.m.–4:15 p.m.	Academic Department Sessions, Various Locations
2 p.m.–3 p.m.	Accounting, Clark 122; Art and/or Art Graphic Design, Bethune 113; Biology, all concentrations, Hendricks 222; Economics, Marketing, Professional Tennis Management, Clark 121; Exploratory Students (Undecided), Reeves; Justice Studies and Justice/Forensic Sci., Hendricks 122; PGA Golf Management, Clark Yarborough Auditorium
3:15–4:15 p.m.	Athletic Training, Hendricks 122; Business Admin. and Business/Health Care Mgmt., Clark Yarborough Auditorium; Business/Resort Mgmt. and Marketing/Resort Mgmt., Clark 123; Business/Sports Mgmt. and Marketing, Clark 122; Music Ed. and/or Performance, Reeves G-2 (Chorus Room); Pre-Nursing Studies, Hendricks 222
6 p.m.–8 p.m.	New Monarchs Banquet, Riddle
9 p.m.	Monarch Madness with Magician Daniel Martin and Mind Reader Johnny Zavant, Berns

## Monday, Aug. 22

7 a.m.–7 p.m.	Green and Gold Café Open
9 a.m.–11 a.m.	Mandatory Freshmen Testing <i>See the back of your name tag for your specific location.</i>
9 a.m.–12 p.m.	Academic Testing for Transfer Students, Davis Memorial Library Suggested Attendance Times (Last Name)
9 a.m.–10 a.m.	A - I
10 a.m.–11 a.m.	J - R
11 a.m.–12 p.m.	S - Z
1 p.m.–2 p.m.	Academic Department Sessions, Various Locations Applied Exercise Sci., Exercise Sci. and Physical Ed., Hendricks 122; Chemistry and Chem./Forensic Sci., Hendricks 222; Communications and Journalism, Trustees 350; Computer Sci. and Comp.Info.Tech., Allison

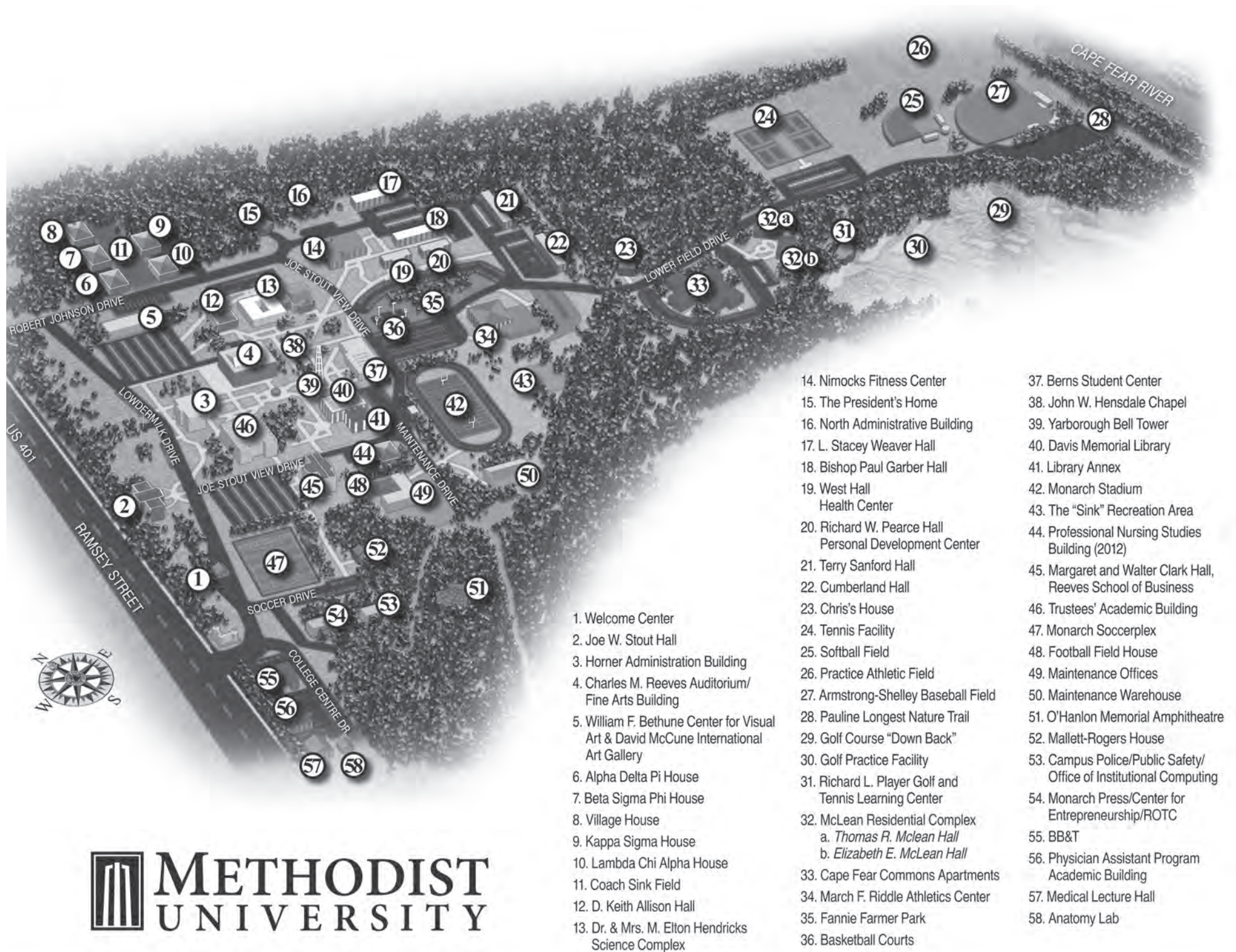
118; Education, Special Ed., Secondary and Middle Grades Ed., Hendricks 219; Environmental and Occupational Management, Hendricks 236; History and Global Studies, Trustees 320; Math and Math Education, Allison 120; PGA Golf Management, Clark Yarborough Auditorium; Political Science, Trustees 104; Psychology, including Human Performance and Counseling, Trustees 108; Religion, Sociology, Theatre, Spanish, English and Writing, Trustees 355; Social Work, Trustees 310	
2 p.m.–5 p.m.	Academic Advising, As Needed, Various Locations
5 p.m.–6:30 p.m.	Monarch Zone – Meet your national champions! Cookout and games, Berns Parking Lot
8 p.m.–9 p.m.	Greek Life Open House & Ice Cream Social, The Village & Sink Field <i>You are welcome to visit and socialize with MU's Greeks.</i>

## Parent Track Saturday, Aug. 20

7 a.m.–7 p.m.	Green and Gold Café Open
8 a.m.–8:45 a.m.	Breakfast for Parents, President's Home
8 a.m.–3 p.m.	Business Office, Financial Aid Office, Housing Office and Post Office Open
9 a.m.–11 a.m.	University Fair, Riddle
1 p.m.–1:20 p.m.	Dr. Delmas Crisp, Dean of the University, Reeves
1:30 p.m.–2 p.m.	MU Academics 101, Reeves Auditorium <i>Associate Dean Jane Gardiner reviews important academic guidelines, policies and support.</i>
2 p.m.–2:45 p.m.	Substance Abuse in Univ. Environment, Reeves <i>Acting Dean William Walker talks candidly about Methodist University policies and procedures.</i>
3 p.m.–3:30 p.m.	Intercollegiate Athletics Overview, Reeves <i>Athletic Director Bob McEvoy reviews athletic policies and procedures including initial and continuing eligibility, academic expectations, athletic insurance and the NCAA III.</i>
4 p.m.–4:45 p.m.	The Essential Guide to Student Life, Reeves <i>The Housing &amp; Residence Life staff will present on key topics and share great ideas in a format that is informational and engaging. Special guests from the division of Student Services and Development will be on hand to answer questions and address concerns.</i>
6 p.m.–8 p.m.	Dinner on your own
8–9:30 p.m.	Family Fun with Mentalist/Magician Nate Staniforth, Reeves

## Sunday, Aug. 21

7 a.m.–7 p.m.	Green and Gold Café Open
11 a.m.–12 p.m.	Chapel, Hensdale Chapel
1:30 p.m.	Parents Depart Campus




# METHODIST UNIVERSITY

- |  |   |   |
|--|---|---|
| 1. Welcome Center  | 14. Nimocks Fitness Center  | 37. Berns Student Center  |
| 2. Joe W. Stout Hall   | 15. The President's Home  | 38. John W. Hensdale Chapel   |
| 3. Horner Administration Building  | 16. North Administrative Building   | 39. Yarborough Bell Tower   |
| 4. Charles M. Reeves Auditorium/<br>Fine Arts Building                                     | 17. L. Stacey Weaver Hall   | 40. Davis Memorial Library  |
| 5. William F. Bethune Center for Visual<br>Art & David McCune International<br>Art Gallery | 18. Bishop Paul Garber Hall   | 41. Library Annex   |
| 6. Alpha Delta Pi House  | 19. West Hall<br>Health Center  | 42. Monarch Stadium   |
| 7. Beta Sigma Phi House  | 20. Richard W. Pearce Hall<br>Personal Development Center   | 43. The "Sink" Recreation Area  |
| 8. Village House   | 21. Terry Sanford Hall  | 44. Professional Nursing Studies<br>Building (2012)                   |
| 9. Kappa Sigma House   | 22. Cumberland Hall   | 45. Margaret and Walter Clark Hall,<br>Reeves School of Business      |
| 10. Lambda Chi Alpha House   | 23. Chris's House   | 46. Trustees' Academic Building                                       |
| 11. Coach Sink Field   | 24. Tennis Facility   | 47. Monarch Soccerplex  |
| 12. D. Keith Allison Hall  | 25. Softball Field  | 48. Football Field House  |
| 13. Dr. & Mrs. M. Elton Hendricks<br>Science Complex                                       | 26. Practice Athletic Field   | 49. Maintenance Offices   |
|  | 27. Armstrong-Shelley Baseball Field  | 50. Maintenance Warehouse   |
|  | 28. Pauline Longest Nature Trail  | 51. O'Hanlon Memorial Amphitheatre                                    |
|  | 29. Golf Course "Down Back"   | 52. Mallett-Rogers House  |
|  | 30. Golf Practice Facility  | 53. Campus Police/Public Safety/<br>Office of Institutional Computing |
|  | 31. Richard L. Player Golf and<br>Tennis Learning Center  | 54. Monarch Press/Center for<br>Entrepreneurship/ROTC                 |
|  | 32. McLean Residential Complex<br>a. <i>Thomas R. Mclean Hall</i><br>b. <i>Elizabeth E. McLean Hall</i> | 55. BB&T  |
|  | 33. Cape Fear Commons Apartments  | 56. Physician Assistant Program<br>Academic Building                  |
|  | 34. March F. Riddle Athletics Center  | 57. Medical Lecture Hall  |
|  | 35. Fannie Farmer Park  | 58. Anatomy Lab   |
|  | 36. Basketball Courts   |   |

# How to identify MU Residence Life staff: A handy field guide

The people on the Residence Life staff are a special breed that eat, sleep, and live MU year-round. That's right, even in the summer. When everyone else goes home at the end of the day, the residential coordinators are still here, overseeing the residence halls they live in, side by side with the students.

Here's a handy guide for sorting out who's who in the 24/7 world of Residence Life. Know them, love them, and figure out their favorite foods. That way, when you find yourself living next to one and they show up at your door (because you've been blaring your music at 2 a.m. again.) you can bribe them.\*

\*Not really, but you can try. A safer, better idea is to simply respect quiet hours.



NAME and HALL: April Stevens  
Cape Fear Commons  
HOMETOWN: Clinton, NC  
FAVORITE FOOD: Chicken  
FAVORITE SPOT ON CAMPUS: Berns Student Center  
LOVES BEING AN RC BECAUSE: I get to be around college students on a daily basis.  
WISHES STUDENTS WOULD: Attend more residence life programs on campus.  
IF YOU COULD BE A SUPERHERO, YOU'D BE: Catwoman  
CATCHPHRASE: Off to the gym again



NAME and HALL: LaToya Rene' Robertson  
Cumberland and Pearce  
HOMETOWN: Charlotte, NC  
FAVORITE FOOD: Dessert  
FAVORITE SPOT ON CAMPUS: Cumberland and Pearce  
LOVES BEING AN RC BECAUSE: I have an amazing time enriching, engaging and empowering students <sup>ole</sup> through fun, entertainment and quality time!  
WISHES STUDENTS WOULD: Understand I have not ever nor will I ever be dunked on!!  
IF YOU COULD BE A SUPERHERO, YOU'D BE: Wonder Woman  
CATCHPHRASE: My Pimp hand is strong!!



NAME and HALL: Tavares HUNTER / Sanford Hall  
HOMETOWN: Charlotte, NC  
FAVORITE FOOD: Chicken of any kind  
FAVORITE SPOT ON CAMPUS: SANFORD "The Ford"  
LOVES BEING AN RC BECAUSE: The students  
WISHES STUDENTS WOULD: Be grateful for what they have and keep the building clean  
IF YOU COULD BE A SUPERHERO, YOU'D BE: HE-MAN  
CATCHPHRASE: ya Feel ME



NAME and HALL: Clifton R. Bobbitt, ALL HALLS  
HOMETOWN: Raleigh, NC  
FAVORITE FOOD: Chicken  
FAVORITE SPOT ON CAMPUS: The residence hall area  
LOVES BEING AN RC BECAUSE: I love watching students develop  
WISHES STUDENTS WOULD: Get involved in RHA, helping to make changes in the residence hall and helping with quality programming  
IF YOU COULD BE A SUPERHERO, YOU'D BE: Superman  
CATCHPHRASE: Royana Ross is awesome!



NAME and HALL: Susan Hall - Administrative Assistant - Residence Life  
HOMETOWN: Smithfield  
FAVORITE FOOD: Pasta  
FAVORITE SPOT ON CAMPUS: Adirondack chairs on Berns Quad  
LOVES BEING AN RC BECAUSE: Keeps me young  
WISHES STUDENTS WOULD: Smile more often  
IF YOU COULD BE A SUPERHERO, YOU'D BE: Superwoman  
CATCHPHRASE: I'll watch your back



NAME and HALL: Joey Harris, Garber Hall  
HOMETOWN: Macon, NC  
FAVORITE FOOD: Mexican food.  
FAVORITE SPOT ON CAMPUS: The Fountain  
LOVES BEING AN RC BECAUSE: I love interacting with students.  
WISHES STUDENTS WOULD: Broaden their horizons.  
IF YOU COULD BE A SUPERHERO, YOU'D BE: The Incredible Hulk.  
CATCHPHRASE: I was listening to this podcast.



NAME and HALL: Nan Fiebig - Weaver & West  
HOMETOWN: Minneapolis, MN  
FAVORITE FOOD: popcorn  
FAVORITE SPOT ON CAMPUS: Housing Office  
LOVES BEING AN RC BECAUSE: I enjoy helping students  
WISHES STUDENTS WOULD: Study Abroad  
IF YOU COULD BE A SUPERHERO, YOU'D BE: the Flying Nun  
CATCHPHRASE: "Duces!"

# Housing and Residence Life Dictionary



**Bulletin Boards:** Sometimes the decorated boards that you see in residence halls are just for fun, but other times they contain valuable information. The RA staff changes these monthly for beautification and information, not for students to tear down.

**Director of Housing and Residence Life:** A professional staff member who's responsible for the overall function of residential life. He is the direct supervisor of the RC staff. His department is part of the Student Development and Services Division and he reports to the vice president for Student Services and Development.

**Door Decorations:** "Door Decs" are the decorations on your room door. Most contain at least your name and room number, however, they might also contain your birthday, hometown, or major. They welcome you into the community and help you learn your neighbors' names.

**First Year Experience Director:** The "FYE Director" is a professional live-in staff member who's responsible for the overall function of the First Year Experience Program in Pearce Hall and reports directly to the director for Housing and Residence Life.

**Hall Council:** Each residence hall has an elected president, vice president, treasurer, secretary and public relations chairperson that make up its Hall Council. Floor representatives are nominated by students living on their respective floors. The Hall Council serves to keep the RC informed on issues with the facility, programming, or any other community concerns. Hall Council is a function of the Residence Hall Association.

**Housing and Residence Life Office:** This office is located on the second floor of the Bern's Student Center. The Housing director works here. Not your first stop when you have a problem. If you have a question about your specific hall, the best person to ask is your RA or RC.

**Lobby Worker:** A student worker who mans the guest sign-in table in the lobby of the traditional residence halls, answers general questions and communicates with the resident assistant on duty. These students generally get paid to do homework!

**Resident Assistant:** Your first stop when you have a housing issue. The "RA" is a student leader who provides programming, builds community and serves as the first line of contact. Each building has one RA on duty each night of the week. The RA reports directly to his or her residential coordinator.

**Residential Coordinator:** The "RC" is a professional live-in staff member who's responsible for the overall function of one or more of the residence halls. RCs are the direct supervisor of the RAs and lobby workers. The RC has at least a bachelor's degree but may have a master's degree as well. The RC's office is located in his or her hall, with the exception of Pearce and West Halls, and the Village.

**Residential Coordinator's Office Hours:** Like your professors, RCs hold office hours each week. These office hours are posted on the RC's door and do not change on a weekly basis. Your RC will be more than happy to meet with you during office hours, or set up an appointment at another time.

**Visitation Violation:** Getting caught with a guest outside of visitation hours, or not properly signing in a guest in a traditional residence hall.

**Work Order System:** Computerized system in which residents can place work orders for their rooms and halls. Work Orders are sent electronically directly to maintenance and followed up on by the RA staff.

## On-campus Health Center keeps students and their wallets healthy



Nurse Sandy Combs can be found at the Health Center in West Hall.

### Staff report

The services offered in the Health Center are free to students and there are more services available than ever. A Physician Assistant can be seen by appointment and will be available on a part-time basis. His hours will be posted at the center.

Students are always welcome to come in to see the nurse, Ms. Sandy Combs, on a walk-in basis. The Health Center is open Monday through Thursday from 8 a.m. to 5 p.m. and Fridays from 8 a.m. to 1 p.m. Students are encouraged to use the on-campus Health Center to avoid long waiting

times at outside facilities and added expenses. It is free to see the PA in the Health Center.

The Health Center can also do tests on site, give prescriptions, and other expanded services.

The Insurance and Immunization coordinator has an office upstairs in the Health Center for your convenience. Come see the Health Center and have a healthy and happy year at Methodist University.

*The Health Center is located in West Hall and the phone number is (910) 630-7164.*

**Welcome Students**



**DINO'S PIZZA**  
 Andrews & Ramsey St.  
 Andrews Commons (Food Lion)  
 Shopping Center - Fayetteville, NC  
**(910) 488-6100**

**HOURS:** Mon-Fri 4pm til 11pm  
 Saturday & Sunday 12pm til 11pm

**WE ACCEPT**



**WE ACCEPT**

On Pick-Up or Delivery

**PICK-UP SPECIAL**

**One or More Pizzas  
 with cheese & 1 topping**



<b>LARGE</b> <b>\$6<sup>99</sup></b> Each
<b>X-LARGE</b> <b>\$8<sup>99</sup></b> Each

Pick-Up Only Tax & Additional Topping Extra Limited Time Offer

**PIZZA & BREADSTIX**



One Large 2 topping  
 Pizza & a small Order of  
 Breadstix with Sauce

**\$10<sup>99</sup>**

Delivery, Tax & Additional Topping Extra LIMITED TIME OFFER

**DOUBLE TOPPER**



**Two Pizzas  
 with 2 Toppings**

2 Mediums <b>\$13<sup>99</sup></b>	2 Larges <b>\$17<sup>99</sup></b>
---------------------------------------	--------------------------------------

Delivery, Tax & Additional Topping Extra LIMITED TIME OFFER

**PIZZA & CHEEZYSTIX**



One Large 2 topping  
 Pizza & a small Order of  
 Cheezystix with Sauce

**\$12<sup>99</sup>**

Delivery, Tax & Additional Topping Extra LIMITED TIME OFFER

**PIZZA & WINGS**



**One Large Pizza  
 with 2 topping  
 plus 10 Wings**

**\$14<sup>99</sup>**

Delivery, Tax & Additional Topping Extra LIMITED TIME OFFER



# Save yourself from Roommate Hell

## Staff Report

Students have a long list of things to pack before they are ready to move into their dorm room, but along with the pillows, clothes and special mementos, students also need to remember their communication skills. Organizer bins and separate closet space can help, but communication is the real key to living with another person in a small space because roommates can bring such different living styles and habits with them. Neatness habits, study habits, music preferences, room temperature, sleeping hours and invited and uninvited guests are just a few of the differences which create opportunities for roommates to get on each other's nerves. To help you avoid "Roommate Hell," here are a few tips from the staff at the Center for Personal Development.

### Talk it over from the beginning.

Get off on the right foot with a conversation about all the differences between you. Keep it casual but honest. Say to your roommate, "Tell me all the things that other people do that drive you crazy, and I will tell you my list. Then we can try to help each other stay sane." If you start talking about such things early in your relationship, you establish a habit of talking honestly and openly. Later disagreements, when they arise, will be easier to talk through.

### Set limits.

One of the biggest roommate mistakes people make is letting themselves get walked on. If you start off a relationship by putting up with unacceptable behavior, you can bet that behavior will escalate. Human beings tend to just try and get by with whatever they can. When your roommate bothers you (notice we said when, not if) start off on the right foot by calmly, kindly, but firmly saying "I really don't like this. Can we talk about it?" This way you train your roommate to respect you. If you don't speak up, you will train your roommate to take advantage of you.

### Listen to another view point. Keep an open mind and value diversity.

People are different in their values and preferences. Differences bring variety and interest. It is possible to hold onto and cherish your own values while respecting the perspective and customs of others. Everyone has the right to be different.

### Don't communicate about everything. Stay out of your roommate's business.

Roommates usually have parents and, like you, are



**ROOMMATES**  
It's really not as bad as it looks.

usually tired of them running their lives. The last thing a roommate wants is for you to take over where their parents left off. Unless your roommate's choices create a health or safety issue, or compromise the quality of your life, the best practice is to mind your own business. Don't let yourself fall into a trap of giving advice or managing another person's affairs. If you are the advice giver or manager and things turn out well, they will probably take credit for it themselves anyway. If your advice or management doesn't work out, you can bet you will get the credit for that! Don't go there. Manage your life and let your roommate manage his or her own.

There are exceptions. One way a roommate's behavior can compromise the quality of your life at Methodist University is through the possession of alcohol and other drugs or associated paraphernalia. Roommates are both held responsible for contraband in a room. Don't let someone

else's bad habits threaten your college career. Talk it over with them as soon as you notice it. If the situation doesn't change, get help.

### When you name a problem, also name a possible solution.

This practice keeps your conversation solution-oriented and not problem-oriented. Let's say your roommate has atrocious taste in music. Hear the difference between these two approaches: "Will you shut down that awful noise!?!?" and, "I really don't enjoy that style of music. Do you suppose we could find a style we both like and agree to play that when we are both in the room?" Suggesting solutions keeps you both working toward liking enjoying the living arrangement, rather than hating it.

If the problem is a minor one and your solution doesn't work, you may decide to just live with it or let it go. If it is not a minor problem, after you have made several suggestions and haven't gotten anywhere toward a solution; you will probably want to talk to your Resident Advisor (RA) about helping you resolve the problem. In this case, it is a good idea to talk to your roommate and say something like "I hope and expect that we can work this out between us, but if we can't, let's talk to the RA about it." If you bring in the RA without expressing the intent first, chances are you will create animosity and tension in your relationship which might be harder to resolve later.

### Communicate your need for help early.

Following the suggestions above will result in an enjoyable or at least livable roommate situation, MOST of the time. When you have tried and tried and it gets worse not better, it is time to get help. Don't just let things continue to deteriorate while you become more and more miserable. There are several options available to you. The place to begin is to talk it over with your RA. These people are students who have lots of experience with roommate living and are trained to help you work out your differences. If the problem still can't be resolved, take it to your Area Coordinator or Resident Director. These adults, living in the Residence Hall system, have seen it all before and know how to help. Moving to another room may be your best option. If it is your best option, a move can usually be arranged. Let them in on the problem before it drives you crazy. The Residence Life staff care about you and want your experience at Methodist University to be top notch. Let them help.

*For more information on adjusting to college life, please feel free to call the Center for Personal Development at 630-7150 or visit us in Pearce Hall.*

# Study Abroad makes lifelong memories

By Christie Wheeler

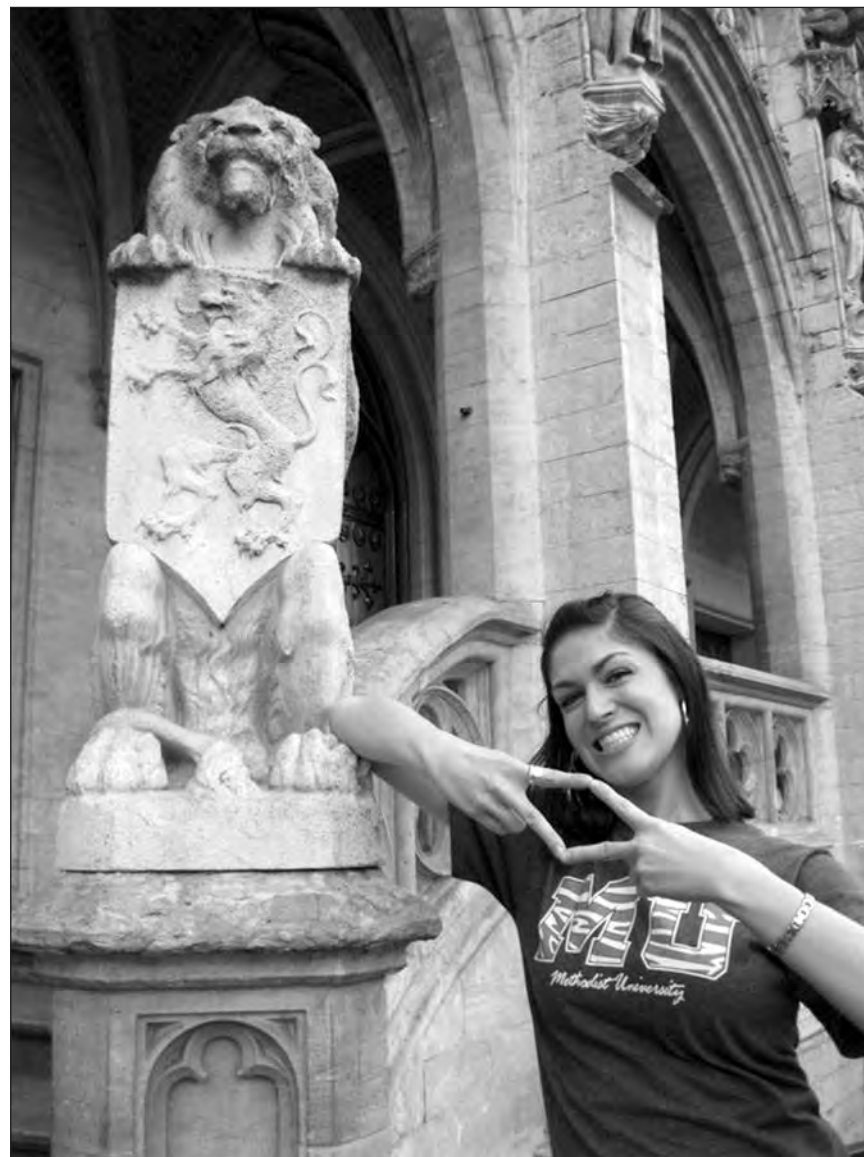
As most students who have participated in a study abroad program will say, studying abroad truly has been one of the best experiences of my life.

As far as education goes, beyond the obvious gains in material knowledge that you receive in the classroom, it is incredibly beneficial to learn how other societies and cultures reason and interact. Cultures, even those that appear on the surface to be relatively similar, have differences that are brought to light in classroom settings. This allows for a more in-depth view of the society which may be important in the future, especially in this age of globalization.

However, the most beneficial and rewarding experiences while studying abroad occur outside the classroom. The people you meet are, by far, the highlight of your trip. It is amazing all of the unique individuals you'll encounter, and it's equally as amazing to realize how vast yet small the world can really be! I met people who were studying abroad at the same university in Northern Ireland who were from only an hour away from where I lived in North Carolina, people who were just as involved in the bitter Duke versus Chapel Hill rivalry as I was.

Also, there are not as many opportunities to travel so freely as you can while studying abroad once you enter the real world of 9-to-5 jobs. The opportunities to travel are everywhere, whether you stay for a year or just a semester. I highly recommend that if any student has the opportunity to study abroad, he or she takes it. The experience itself only lasts a couple of months, but the memories and friendships you'll make will last a lifetime!

*Christie Wheeler, right, studied at Queens University of Belfast, Northern Ireland, spring semester 2011. She is a Senior studying Business Administration with a concentration in Resort, Club, and Hospitality Management at MU.*



## Thinking law school? Start now with pre-law advising



Vonnegut

### Staff report

Students who want to go on to law school after receiving their bachelor's degree should start planning now, according to Dr. Wendy Vonnegut, Methodist University's prelaw advisor. Vonnegut is also the person to talk to for students who just have questions about law school, regardless of major.

From Vonnegut, students can learn about the Law School Admission Test, or LSAT, which is required to

apply to law schools, and receive information about the various law schools and the application process in general. Methodist University works with Princeton Review to provide a review course for the LSAT. She recommends that students take the LSAT in June of their Junior year, or the end of September of their Senior year.

"What it takes to get into law school is also what it takes to succeed in law school, determination and prioritizing of your time," Vonnegut said. "I truly believe that if a student is willing to work hard and plan properly that law school admissions is possible!"

In the past 10 years, the number of students from MU attending law school has doubled. MU students

have attended and graduated from such schools as University of North Carolina at Chapel Hill, Campbell School of Law, Michigan State University, University of Miami, Elon University, North Carolina Central University, Widner School of Law and Cornell University.

Vonnegut also can get students involved in the annual November law fair at NC State, and a national legal fraternity.

To discuss law school, the legal professions, or any of these details, students can find Vonnegut in her office, Trustees 215, or contact her at (910) 630-7491, or Wendy@methodist.edu.

# Author to speak about “Scratch Beginnings”

## Staff report

Shortly after graduating college, Adam Shepard decided to try an experiment. Could he, using little beyond his own drive and physical abilities, work his way out of poverty in one year? Scornful of a similar social experiment he'd learned about in college, he laid out some rules and goals.

What he started with was \$25, the clothes on his back, and a randomly chosen city where he didn't know anyone or anything. He pretended his college degree didn't exist, and reinvented himself as a young man suddenly faced with homelessness and unemployment. To succeed, he'd have to meet his goals of finding a job, buying a car, furnishing an apartment, and saving \$2,500 in the bank, all in one year.

His experience, and what he learned, is the basis for one of this year's common reading texts, “Scratch Beginnings,” which is part of the First Year Seminar that every freshman will attend, FYS 110, “The Methodist University Experience.” Shepard wrote the book after his experience in Charleston, S.C., where he started by spending 70 days in a homeless shelter, learning things he never dreamed about his fellow residents and himself. The course also includes the text “Thriving in College and Beyond” by Joe Cuseo.

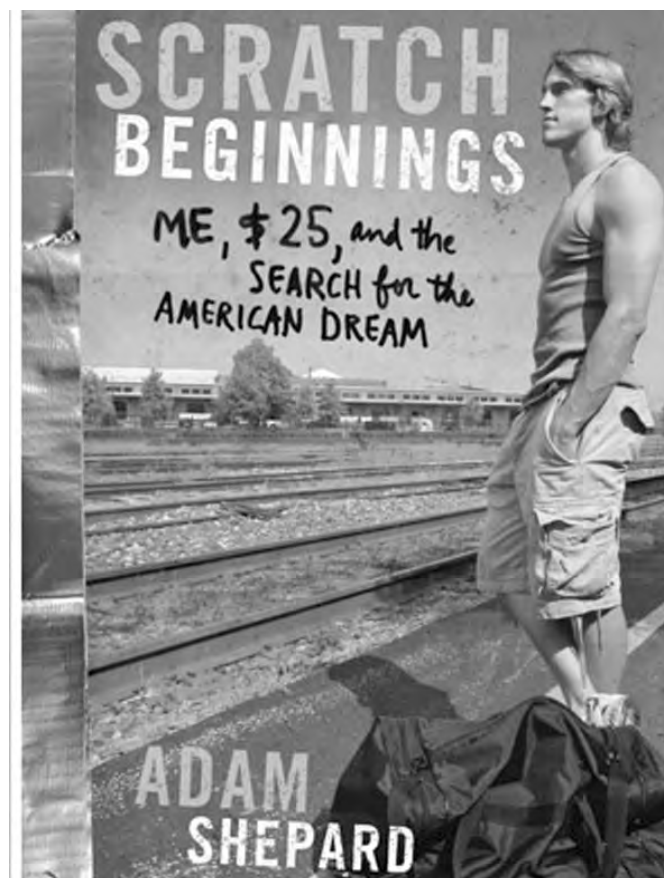
Now a resident of Raleigh, Shepard will speak to the FYS students at 11 a.m., Sept. 16, in Reeves Auditorium.

Jane Weeks Gardiner, associate vice president for Academic Affairs and director of the Center for Student Success, said the selection committee chose “Scratch Beginnings” because of the intriguing nature of his experiment, the issues the book raises, and because

Shepard was a recent college grad whose student experience is not far removed from that of MU freshmen.

“I hope that students will view a world that is larger and more complex than their personal world,” Gardiner said. “I also hope that their ability to analyze issues from multiple perspectives will be strengthened.”

The purpose of the Common Reading program is to stimulate thought and discussion across the entire freshman class about a topic that is relevant, interesting, and potentially controversial, Gardiner said. This produces many opportunities to develop students' critical thinking skills.



## Get caught between the covers of these free reads

### Staff report

You buy enough books for classes. How about a free book you'll actually enjoy reading?

Free books, courtesy of MU's Quality Enhancement Plan (QEP), are located on bookshelves in the Trustees' Building, Davis Memorial Library, Clark Hall, and the Science Building. New books are added to the shelves on a regular basis, so stop by on your way to class and pick up a book for your reading pleasure. The bookshelf in Trustees' has new books every morning.

Each book is labeled with a bookcrossing.com identification number (BCID). Bookcrossing.com is an international “catch and release” book program. If you want to write a quick review of the book, the information is on the bookcrossing label.

We have released almost 6,000 books since we joined bookcrossing in January of 2009. If you have books to donate, please give them to Mrs. Alexander in T-334 so she can register them. Get caught between the covers!



# Monarchs play for the love of the game

*Staff report*

The Methodist Athletic Department is proud to sponsor 19 NCAA Division III sports. The students who choose to participate in athletics here are playing for the love of the game without receiving any athletic scholarship. There is something special about watching a football game or a softball game knowing nearly everyone is truly “going pro in something other than sports.”

During the fall the Methodist football, men’s soccer, women’s soccer, volleyball and cross country teams will all be competing. With winter comes men’s and women’s basketball along with indoor track while baseball, softball, women’s lacrosse and outdoor track start up in the spring. The men’s and women’s tennis teams, along with our nationally ranked men’s and women’s golf teams, compete in both the fall and spring. The cheerleading and dance teams support Methodist athletics year round.

The Methodist University mascot is a Monarch. While occasionally mistaken for a butterfly, the Monarch symbolizes the idea of a lion serving as king of the jungle. Our mascot goes by “King” and can be seen at many campus and community events.

Most of the Methodist sports teams are members of the USA South Athletic Conference. The conference features 13 institutions, five in Virginia, five in North Carolina, two in Georgia and one in Tennessee. The two Georgia institutions, Agnes Scott College and LaGrange College, are lacrosse-only members and Maryville College (TN) is a football-only member. Averett University, Christopher Newport University, Ferrum College, Greensboro College, Mary Baldwin College, Meredith College, N.C. Wesleyan College, Peace College and Shenandoah University make up today’s membership. Some of the Monarchs’ biggest rivals come out of the USA South. The winner of each USA South Tournament advances to the NCAA Tournament, making the competition fierce.

During the 2010-11 year the Methodist women’s golf team won their 14<sup>th</sup> consecutive National Championship. The men’s golf team and women’s outdoor track and field team finished third nationally while the women’s indoor team was fourth. Both women’s indoor and outdoor track teams along with our women’s tennis team brought home conference championships. More than 50 student-athletes received All-Conference recognition and 92 received Academic All-Conference honors. Methodist University athletics is consistently ranked in the top 15 percent of NCAA Division III colleges and universities across the country.

There are plenty of athletic events that take place on campus and students receive free admission to each and every one! Whether you wear the green and gold as a student-athlete or even as the number one fan, Monarch Nation has a place for you! Check out [www.mumonarchs.com](http://www.mumonarchs.com) for rosters, schedules, stories and more!

## Upcoming Home Events

Sunday, Sept. 4 – JV Football vs. Virginia Sports Academy 2 p.m.  
 Tuesday, Sept. 6 – Women’s Soccer vs. Guilford 4 p.m.  
 Saturday, Sept. 10 – Football vs. Guilford 1 p.m.  
 Sunday, Sept. 11 – JV Football vs. Jireh Prep 2 p.m.  
 Friday, Sept. 16 – Women’s Soccer vs. Berry 5 p.m.  
 Saturday, Sept. 17 – Women’s Tennis hosts Invitational  
 Saturday, Sept. 17 – Men’s Soccer vs. North Park 11 a.m.  
 Saturday, Sept. 17 – Women’s Soccer vs. Sewanee 5 p.m.  
 Sunday, Sept. 18 – Women’s Tennis hosts Invitational  
 Sunday, Sept. 18 – Men’s Soccer vs. Lynchburg 1 p.m.  
 Sunday, Sept. 18 – JV Football vs. UNC-Chapel Hill Club 2 p.m.  
 Wednesday, Sept. 21 – Volleyball vs. Meredith 7 p.m.



# CRIMP gives students adventure, action, fun

*Staff report*

The Methodist University Campus Recreational & Intramural Program, known as CRIMP, is the place to go when you have time on your hands. But it's not all fun and games at CRIMP, where amazing activities give students opportunities to learn skills that will contribute to their social, physical, emotional and intellectual growth and development.

One of CRIMP's most popular offerings is the Outdoor Adventure Club, which provides students with extra-curricular activities both on and off campus. The club offers a wide range of activities and trips each semester such as: skydiving, kayaking, white water rafting, swimming with manatees, hang gliding, scuba diving, snorkeling, canopy and zip-lining, and much more! The club also offers weekend activities like trips to state parks or wilderness reserves, indoor rock climbing, ice skating, amusement parks, the state fair, theater and speaker series, beach trips and camping.

Want to get trained or certified in something you thought you'd never try? Well, CRIMP can help you with training and certification courses in sailing, kayaking, skydiving, scuba diving, hang gliding, wind surfing, fly fishing, duck calling and white water rafting.

CRIMP also offers plenty to do for the less adventurous. If you just want to avoid the Freshman 15, CRIMP can help you get off the couch, out of the dorm, and into Intramural activities that are not only fun, but help you stay active and in shape. From flag football to ultimate Frisbee, CRIMP has it all. Some examples of Intramural activities are: flag football, basketball, softball, indoor and sand court volleyball, ultimate Frisbee, soccer and dodgeball. All activities are open to all students, faculty and staff.



Students pose before hitting the slopes at a CRIMP snowboarding trip.

## Nimocks Fitness Center

Nimocks Fitness Center is CRIMP's home, and contains a full line of cardio equipment such as treadmills, striders, ellipticals, recumbent bikes, spinning bikes, weight machines, an indoor track, and a smoothie bar for when you're done. The facility also has a multi-purpose gym for basketball and volleyball.

Nimocks is available for all current MU student, faculty and staff during listed hours. All participants MUST present a current Methodist University ID card to enter and use the Nimocks Fitness Center. Special women-only hours are on Tuesdays and Thursdays from 1:30 to 3:30 p.m.

*For more information, visit:*  
[www.methodist.edu/student\\_life/crimp.htm](http://www.methodist.edu/student_life/crimp.htm)



**GET MOVING @  
NIMOCKS FITNESS  
CENTER**  
**M-F: 6 a.m.-10 p.m.**  
**Sat: noon-8 p.m.**  
**Sun: 1-10 p.m.**

**Show your MU ID**



# Record improvements set new tone across campus this summer



Workers put the finishing touches on two of the new village houses. A total of four village houses were built this summer next to Coach Sink Field, adding 100 beds for on-campus residency.

## Staff report

There was none of the normal peace and quiet on campus this summer. Instead, the sounds of construction, renovation, and serious cleaning filled the air as the campus underwent one of the biggest maintenance and construction booms in several years.

A record number of projects were started and completed all over campus before the class of 2015 arrived. The improvements were large and small, functional and cosmetic, and all part of Methodist University's renewed commitment to creating a culture of excellence.

Window units for air conditioning may seem small, but students in Trustees and Weaver Hall will feel a big change from this renovation, which upgrades the heating and cooling systems to allow temperature control in each individual room, rather than the building as a whole under the same system. The improvement brings Weaver in line with the other traditional residence halls. About 165 window units were purchased for this upgrade. Also in Trustees, the main classroom building, two new technology classrooms were installed and tile hallways were replaced. Across the way in Reeves, six new offices were added.

The bathrooms in Weaver, the female-only residence hall, were renovated this summer, as were the bathrooms upstairs in Berns, the student union. Downstairs in Berns, the Alumni and Heritage Dining Rooms were remodeled with a new, professional look for meetings and events.

"It's all brand spanking new," said Nan Fiebig, the residential coordinator for Weaver. "The showers are larger, and there's all new fixtures."

Weaver wasn't the only residence hall that got a facelift this summer. All of the residence halls were subjected to a rigorous "deep cleaning" above and beyond the usual summer maintenance, as was Trustees.

"It looks fantastic," said Joey Harris, residential coordinator for Garber Hall.

Students who arrive this fall will find new carpet in four of the halls, new lobby furniture everywhere, 250 new mattresses, laundry room upgrades and new water tanks in Cumberland and Sanford. They might also notice that Garber, Weaver, Sanford, Cumberland, Pearce, and West Halls are sporting new signs on the outside, while inside Pearce and West all of the furniture has been cleaned and polished to a shine. In the McLean and Cape Fear Commons apartments, the stairwells are also newly stained.

"You'd think it's a brand new building," said April Stevens, the residential coordinator for Cape Fear Commons.

As well as taking care of existing residence halls, there are four new village houses for students to live in. Combined, the houses add 100 beds to the on-campus capacity. Three of the houses join the Alpha Delta Pi house in the fledgling Greek village, while the fourth will be a women-only house for upperclassmen. All of the village houses surround Sink Field, which was also re-sodded as part of the construction. Right next door lies the President's House, which was extensively renovated this summer to accommodate the new president and his family.

Looking around campus, students can find many new touches designed to make campus life more pleasant and enjoyable. New signs and banners are everywhere, as are new Adirondack chairs scattered all over for comfy moments in the shade.

Wireless internet access across campus has been expanded this summer, extending outside into the quad area between Berns, Hensdale Chapel and Davis Library. New landscaping, decorative touches, and trophy displays are also part of the changes.

STUDENT  
MEDIA

with  
friends

The only thing  
missing is

U

Your move.

Play more Student Media with friends at Chris's House, or look for the Student Media table at the University Fair.

Wanted: Writers, photographers, designers and more.

Contact Roxana Ross, director of Student Media, (910) 630-7292, rross@methodist.edu

# Meal plans offer on and off-campus variety

## Staff report

In order to meet your campus dining needs, Sodexo has designed the following meal plans for the 2011-2012 academic year. If you need to purchase a meal plan, simply contact the Business Office, Attn: John Shaw at 910-630-7012 or 7015, or 7018. Students will be assigned the Green & Gold Meal Plan unless specified. Students have two weeks from the start of each semester to change their meal plan options by contacting the Dining Services Office in the Green & Gold Café.

### Carte Blanche Meal Plan

This plan features unlimited access to the Green & Gold Café, plus \$125 Monarch Dollars and \$50 King Kash per semester. The student determines the number of meals eaten per week. There is no need to worry about meals running out during the week. During dining hours, the meal plan allows recipients' unlimited servings of any food item offered that day. The student can treat a guest to a meal in the cafeteria by using Monarch Dollars.

### Green and Gold Meal Plan

Features limited access of **fourteen (14)** meals per week in the Green & Gold Café, plus \$250 Monarch Dollars and \$50 King Kash per semester. Your student ID card acts as your meal card. This plan is the most flexible in that the student can get a meal in the Lion's Den if he or she misses a meal in the cafeteria.

### Monarch Meal Plan

This plan features limited access of **ten (10)** meals per week in the Green & Gold Café, plus \$500 Monarch Dollars and \$50 King Kash per semester. The \$500 can be used at any of the food venues on campus. This plan is available to upper classman only. It is designed for the students who have a more demanding schedule and off campus internships that take them away from the traditional dining hours.

**Apartment Dwellers Meal Plans**-Cape Fear Commons, McLean, The Pines, and The Greek House.

### Complimentary Apartment and Commuter Meal Plans

Apartment dwellers receive a complimentary \$200 in King Kash per semester as part of their apartment package.

### Apartment and Commuter Meal Plans

**50 Plus Plan** – This plan consists of a block of 50 meals to be used in the Green & Gold Café throughout the semester as well as \$200 Monarch Dollars. \$529

**50 Block Plan** – This plan consists of a block of 50 meals to be used in the Green & Gold Café throughout the semester. \$329

**30 Plus Plan** – This plan consists of a block of 30 meals to be used in the Green & Gold Café throughout the semester as well as \$300 Monarch Dollars. \$529

**30 Block Plan** – This plan consists of a block of 30 meals to be used in the Green & Gold Café throughout the semester. \$229

### What are Monarch Dollars?

Monarch Dollars are dollars that are attached to your traditional meal plan (Carte Blanch, Green & Gold, and Monarch Meal Plan) as well as the commuter block plans.

Monarch Dollars are included in the cost of your meal plan. You may spend these dollars at any of the dining facilities on campus. Monarch Dollars expire at the end of the semester and do not transfer from semester to semester.

### What is King Kash?

King Kash are dollars that are attached to your traditional meal plans and are part of your apartment service package. King Kash may be spent at any of the dining facilities on campus as well as at any of the participating local merchants off campus. King's Kash transfers from semester to semester and year to year. Unspent King Kash will be refunded upon request when you leave the University on a permanent basis. King Kash may be spent off campus year round. You may add additional King Kash to your account by visiting our website at [www.methodistdining.com](http://www.methodistdining.com). Please visit our website to see a list of participating merchants. All students, faculty, and staff of Methodist University may participate in the King Kash program.

## DINING POLICIES & PROCEDURES

Upon entry into the Green & Gold Café, your student ID is required. Cashiers cannot enter your ID number manually.

Remember that Meal Cards and Meal Plans are non-transferable. Monarch Money and King Kash can be used to buy a guest a meal in the Green & Gold Café as well as any dining facility on campus.

Please bus your table when you have finished dining.

Your Student ID gains you access to your meal plan Monarch Money and King Kash. Should you loose your ID report it to campus security and the dining office immediately.

Every guest in our dining facilities has the right to enjoy their meal in an atmosphere free of loud and vulgar language. Should any guest become disruptive to other patrons, they will be asked to leave by the dining services staff.

## THE PERFECT TIME TO DINE

### Green & Gold Café

The Green & Gold Café is on a continuous feeding schedule Monday through Saturday.

Monday-Friday: Full Hot Breakfast, 7 to 9:30 a.m.; Continental Breakfast, 9:30 to 10:45 a.m.; Lunch, 10:45 a.m. to 2 p.m.; Lite Lunch, 2 to 5 p.m.; Dinner, 5 to 7:15 p.m.

Saturday: Full Hot Breakfast, 7 to 9 a.m.; Brunch, 11 a.m. to 1:30 p.m.; Lite Lunch, 1:30 to 5:00 p.m.; Dinner, 5 to 7:00 p.m.

Sunday: Brunch, 11 a.m. to 1:30 p.m.; Dinner, 5 to 7:00 p.m.

### Lion's Den

Monday-Thursday: 8 a.m. to midnight

Friday: 8 a.m. to 4 p.m.

### Freshen's Smoothie Bar

Monday-Thursday: 3 to 8 p.m.

### Simply To Go

Monday-Thursday: 7:30 a.m. to 2:00 p.m., 5 to 7:30 p.m.

Friday: 7:30 a.m. to 2:00 p.m.

*Note: Operational hours are subject to change during summer session and holidays.*



# SKIP THE LINE.

Download the experience.

Order and customize your favorite sub or wrap.  
Make it a combo, pay on your phone and pick it up!




Scan this QR code with your smartphone to download the SubConnection® App.

For your Free Reader Search: "AT&T Code Scanner" on the App Store.



Available on the App Store

SubConnection® App works on iPhone & iPad Touch. Coming Soon to Android phones.



## MEAL PLAN CHANGE FORM (FALL 2011)

All non-apartment resident dorm students are required to carry a meal plan. Freshmen can only choose from the Carte Blanche Plan or the Green and Gold Meal Plan. Meal Plans are Non-Transferable. Monarch Dollars do not carry over to the next semester and are non refundable. ID Cards are required for all transactions. The weekly meal count for all resident Meal Plans resets every Friday morning.

**Please fill out this form and return it to Dining Services in the Green and Gold Café.**

First Name \_\_\_\_\_ MI \_\_\_\_\_ Last Name \_\_\_\_\_

Student ID Number \_\_\_\_\_ Phone \_\_\_\_\_

Dorm \_\_\_\_\_ Room \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please select a Meal Plan option

**Carte Blanche Meal Plan**

This plan features unlimited access to the Green & Gold Café, plus \$125.00 Monarch Dollars and \$50.00 King Kash per semester. The student determines the number of meals eaten per week. There is no need to worry about meals running out during the week. During dining hours, the meal plan allows recipients' unlimited servings of any food item offered that day. The student can treat a guest to a meal in the cafeteria by using Monarch Dollars.

**Green and Gold Meal Plan**

Features limited access of fourteen (14) meals per week in the Green & Gold Café, plus \$250.00 Monarch Dollars and \$50.00 King Kash per semester. Your student ID card acts as your meal card. This plan is the most flexible in that the student can get a meal in the Lion's Den if he or she misses a meal in the cafeteria.

**Monarch Meal Plan**

This plan features limited access of ten (10) meals per week in the Green & Gold Café, plus \$500.00 Monarch Dollars and \$50.00 King Kash per semester. The \$500.00 can be used at any of the food venues on campus. This plan is available to upper classman only. It is designed for the students who have a more demanding schedule and off campus internships that take them away from the traditional dining hours.

**What is King Kash?**

King Kash are dollars that are attached to your traditional meal plans and are part of your apartment service package. King Kash may be spent at any of the dining facilities on campus as well as at any of the participating local merchants off campus. King's Kash transfers from semester to semester and year to year. Unspent King Kash will be refunded upon request when you leave the University on a permanent basis. King Kash may be spent off campus year round. You may add additional King Kash to your account by visiting our website at [www.methodistdining.com](http://www.methodistdining.com). Please visit our website to see a list of participating merchants. All students, faculty, and staff of Methodist University may participate in the King Kash program.

---

**Students will be assigned to the Green and Gold Meal Plan unless specified. Students have two (2) weeks to change their meal plan options. Make your changes at the Dining Services Office no later than September 2, 2011. If you have any questions, please feel free to contact the Dining Services Office at 910 488-2104.**

---

# Tally Center looking for future leaders

By Andrew Ziegler, Ph.D.  
Director, Tally Center for Leadership Development

Today's university students are tomorrow's leaders. So, what can you do to develop your leadership potential? How will you get the skills and capabilities needed for the challenges of the future? One avenue open to all Methodist University students is to enroll

in courses in the Leadership Studies Program, which is part of the Lura S. Tally Center for Leadership Development.

Since its inception in 1995, hundreds of students pursuing careers in business, science, government, medicine, and other professions have benefited greatly from the Leadership Studies Program. These students understood that leadership skills are an important part of any career. They seized the opportunities provided

through our leadership courses and activities, and they proudly included their leadership training on resumes and job applications.

Employers are willing to pay top salaries to graduates with confidence and initiative, to people who can solve problems and make decisions, work with teams, plan and execute complex projects, communicate well, and take charge of others. In today's competitive job market, these leadership qualities are often far more important than one's major. Colleges and universities today must provide both academic education and practical skills training.

Students can pursue a minor in general Leadership Studies or in our new Church Leadership Minor, which provides specific preparation for those interested in full or part-time ministry careers. Students can also simply take one or two leadership courses as electives to

improve skills and competitiveness.

Business Administration students can use LSS 300 Principles of Leadership to satisfy one of their three required 300/400 level business electives.

You can begin your preparation for leadership right now. This Fall, the Leadership Studies Program will be offering LSS 300, Principles of Leadership, and LSS 340, Contemporary Issues in Leadership. With no prerequisites, both courses are open to all students, including freshmen. Check with your advisor or in the class schedule for class days and times.

For information, contact Dr. Andrew Ziegler, 630-7488, [aziegler@methodist.edu](mailto:aziegler@methodist.edu), or Dr. Bill Watt, 630-7191, [wmwatt@methodist.edu](mailto:wmwatt@methodist.edu). You can learn more at the Tally Center website: <http://www.methodist.edu/tallycenter/index.htm>.

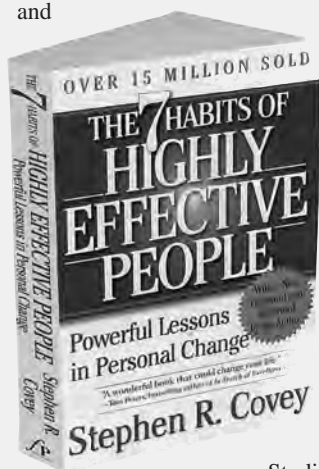
## Popular self-improvement course available

The LSS 300 Principles of Leadership class uses "The 7 Habits of Highly Effective People" curriculum to teach the power of effectiveness and the foundations for success and personal fulfillment.

For more than 15 years, the "7 Habits" course has provided the very best in personal leadership training for thousands of people and organizations around the world. Students at Methodist University can receive the identical training that is normally available only to high level executives or to business owners.

Methodist is licensed by the Franklin Covey Company to deliver its proprietary 7 Habits curriculum, and three MU professors are certified as Franklin Covey facilitators.

Students enrolled in LSS 300 can expect many benefits from the course. They will:



develop a clear definition of their top priorities and the results they want, achieve increased productivity through a weekly and daily planning process, end self-defeating behavior and gain the necessary maturity they need to change, develop strong relationships based on mutual trust, and be prepared to deal with difficult circumstances before they happen.

Business Administration students can use LSS 300 as one of their required upper level electives. Resort Management majors can use LSS 300 as part of their required course work. LSS 300 is also an option for majors in Environmental Management and in Organizational Communication. LSS 300 is part of the Minor in Leadership Studies and the Minor in Church Leadership.

Of course, any student can enroll in LSS 300 as a free elective. It is worth it just to receive the 7 Habits certificate, which is a well-recognized credential.

For information, contact Dr. Andrew Ziegler (910) 630-7488, [aziegler@methodist.edu](mailto:aziegler@methodist.edu).



## Globalization increases value of International Relations studies

By Andrew Ziegler, Ph.D.  
Chair, Department of Government Studies

Watching dramatic events unfold in Libya, Tunisia, Egypt and elsewhere illustrates the dynamic nature of International Relations. The significance of this field of specialization is obvious, as international leaders struggle with issues of global security and prosperity.

Virtually no sector of a nation's life is immune from international influences. Historically, the study of International Relations concentrated on the geopolitics of war and diplomacy among nation states. Recently, the field has broadened its focus to include environmental issues, political economy, globalization, hunger and poverty, as

well as the work of international bodies like the United Nations and the World Bank.

Of course, the study of conflict and war remain crucial to this field of study, due to the increasing threat posed by international terrorist groups like Hezbollah and al Qaeda, as well as the emerging great powers of China and India.

Students can choose a degree concentration in the exciting field of International Relations. Given the significance of international issues and the increasing number of career opportunities in this area, students would do well to consider this program.

Students who graduate with this concentration are poised to enter the Foreign Service or the intelligence community. They may also join a nongovernmental organization, an

international corporation, or begin graduate study. This concentration is ideal for students anticipating a military career.

The study of International Relations is offered at Methodist University as a concentration within the Political Science major. Students can pursue this concentration with either a Bachelor of Arts or a Bachelor of Science. Requirements include 24 semester hours of Political Science foundation courses and 18 semester hours focused on International Relations.

For information, contact Dr. Andrew Ziegler at 630-7488 or [aziegler@methodist.edu](mailto:aziegler@methodist.edu).

# Communication Dept. offers new opportunities

## Staff report

The Communication Department at Methodist University has undergone a transformative

year and is about to begin another. The department's facilities have been upgraded, its space has been re-designed, and the curriculum is comprehensive

and flexible.

But the best part of the Communication Department is its hands-on approach to learning and the ability of the program's students to see their work in use. Last year saw the launch of the Monarch Moments program, a regular television broadcast seen on Thursdays at 8:30 p.m. on Channel 7. Students participate in this project, not just from the Communication Major, but from any other discipline on campus. Students

shoot video with professional equipment on location, both single and multi-camera, and manage all necessary editing. Opportunities exist for students to manage their own segments, gain production credits and leadership roles, and learn a variety of skills. This year, plans are in place to introduce live video shooting and to build a virtual news-set.

In addition to television programming, MU Communication has always provided opportunities in independent filmmaking. To that end, the department has recently launched Fayetteville Independent Filmmakers, a social media group that meets on campus and provides a forum for local filmmakers. Students are welcome and encouraged to attend.

This summer, there were workshops and screenings of a number of films made by MU students and local artists in attendance. A recent graduate, Aaron Franklin, produced "The Journey," a complex story, which required a special kind of acting and cinematography. Franklin also won the Distinguished

Communication Major award for 2011, and produced many successful projects during his time with the department. Students in independent film now have two video workstations capable of editing HD video with surround sound and mastering on Blu-Ray. The possibilities are endless and limited only by the imagination.

The campus radio station has had another successful year, with regular sports broadcasts and multiple new program formats. Students and volunteers are in the process of redesigning these facilities and remaking this program. Also in the area of radio are new opportunities for internships with the local NPR affiliate. There will always be a need for radio talent, so perhaps your voice could join the team.

This year the department's goal is to enhance student outreach and get as many people involved with these programs as possible. With radio and television broadcasting and the potential of independent film, there is a lot here to explore, and it is open to everyone. For more information, contact Paul J. Joseph, department chair, at (910) 630-7052. For information about the radio station, contact Dan Trigoboff at (910) 630-7066.



Above left, John Donnelly, left, and Matt Snowberger broadcast the Big John and Lurch radio show. Left, Candy Pafford holds the camera steady.

# A success story: Making it through as a first-generation student

*By Taron Stubbs  
Contributing Writer*

Being a first-generation college student is like setting off to explore a strange world, one your family and friends haven't been to before. You face the same challenges as any freshman-- but sometimes you feel you are struggling alone, without the family knowledge and support other students have access to.

I know, because I was a first-generation college student, who graduated December 2009 with a degree in Business Administration. I am writing this to all the new first-generation students, to tell you that you are not alone. Everybody here at Methodist University wants to see you succeed, and they are willing to help. After you realize that, it gets a little bit easier.

When I was in high school, most people in my area weren't talking about college. I came from a small town, where everybody I saw knew me, or my relatives, so I decided coming to a small school like Methodist would be beneficial. When I got here, there were still a lot of cultural differences and new things to get used to. For instance, you could be sharing space in a dorm room with someone you don't know, maybe even somebody from across the world.

The differences weren't always so obvious. I came from a place where not everybody was talking about succeeding. When I got to Methodist, I was in a place where everybody was talking about succeeding. Back home, you could just watch ESPN and play PlayStation all day long. Nothing wrong with ESPN or PlayStation, but I began watching CNN and Fox News, too, so I knew what my professors were talking about when they talked about current events.

I had to adapt to college life and the school system, figure out who to talk to, when and how to talk to them. I learned that I was able to trust people and rely on them.

I learned through failure, to a certain extent. Some things would have been a whole lot easier if I'd just asked for help in the beginning. I went through an entire summer once worrying about money before I called the Financial Aid office. One good phone call, and the lady sent me a form to fill out to automatically receive my money.

As I learned more about who to contact in certain situations and used more of the resources available to me, I realized I'd had a support network all along in the faculty, staff and employees of Methodist. I created a bond with these people, based on trust and the good advice they gave me. If I had a problem, I knew I could go sit in the Dean of Student's office and feel that I would get help. I could go to the Business Office, discuss my budget, and be completely honest because I wouldn't be cheated. Now, when I walk into those offices, they know me by my name.

I now work at Methodist as an Admissions Counselor, helping prospective students receive the proper guidance to help them succeed in college. In December,



Student, counselor and success story Taron Stubbs speaks to students during Orientation.

I will graduate with my MBA degree.

From one first-generation student to another, I'd like to tell you that here at MU you can do anything you put your mind to. I'd also like to give you some advice. Find good, positive people and stay around them and become friends. You never know, that person in the back of the class might be the new CEO of a Fortune 500 company some day.

Also, participate in clubs and organizations. Be active, get involved, and share your ideas. If there is something you think should be done here at MU, don't be quiet about it. Get in contact with your teachers; open up so they can see where you're coming from.

When you go back to your community, realize that you can be a role model and get other people excited about going to a college or university and graduating. Just because you're the first doesn't mean you have to be the last. Because I've told them about my experiences, my younger cousins are asking me about college, and my younger sister has been talking about going. She's in the 9<sup>th</sup> grade now.

Lastly, whether you're at home or at school, keep your goals clear in your mind. Know what you want to do in life and how you want to do it. Once you have that strongly in yourself, there's no one that can come between that. Methodist is an environment that helps you grow and mature, but only if you stay involved and put your best foot forward.



# Rush Greek for friendships, experiences, and much more

By Brittany Davis

When you think of college and the social experiences, do you think of fraternities and sororities? If you didn't, then maybe you should. I don't mean the types portrayed on television and movies, I mean real, true brotherhood and sisterhood and bonds that could never be broken. It may sound cheesy, but let me tell you a little more about Greek Life here at Methodist University, and you will see what makes being a Greek so special.

## Some statistics

I bet you didn't know that 25 U.S. presidents have belonged to Greek-letter organizations. Being a part of Greek Life helps individuals build leadership skills that they will carry with them throughout their lives. Also, an average of 850,000 hours of volunteered community service is performed by Greeks each year. Philanthropy is one of Greek Life's main objectives and each organization performs several philanthropies every year, cooperatively as Greek Life and separately within each organization. Did you know that Greeks have a higher graduation rate than non-members? Being a member of Greek Life increases your chances to stay in college. Members brothers/sisters help hold them accountable for their school work and grades.

Here at Methodist University there are currently four Greek organizations. There are two fraternities, Kappa Sigma and Lambda Chi Alpha, and two sororities, Alpha Delta Pi and Beta Sigma Phi. The director of Greek Life and Student Activities is Doris Jackson.

## Ideals and standards

As Greeks, we strive to hold ourselves to higher ideals and standards, which includes promoting intellectual development and learning, performing service and philanthropy projects, creating and maintaining a safe and healthy community environment, participating in campus life and leadership, instilling values set by organizations in a positive and productive manner, developing leadership skills and abilities, and having

integrity. Each of the four organizations strives to uphold the four Greek Pillars: Community Service, Excellence in Scholarship, Leadership Development, and Sisterhood/Brotherhood.

## My story

From my personal experience, being a part of Greek Life the past two years has shaped my college experience into one of growth and discovery of my strengths and abilities. I remember coming in as a freshman feeling nervous, scared, and unsure about making friends. I desperately wanted to find where I would fit in and where I could make these wonderful memories I'd heard so much about. I searched and tried different groups and clubs before discovering Greek Life. It didn't take me long to realize this was where I wanted to be. Looking back, I feel blessed to be a part of my sorority and all of Greek Life.

Along the way, I have developed bonds with friends that will last forever and I couldn't imagine my college experience without Greek Life. It has allowed me to partake in unique experiences, as well as give of myself to others through service projects, such as the Annual Jesse Smith Woodcutting Project or Show You Care Day on campus. These philanthropies have allowed me to humble myself and donate my time and efforts for the benefit of someone else in the community.

But don't worry, we always have plenty of fun in



Ladies from Beta Sigma Phi sorority show off their moves at a Greek Week event.

whatever we are doing, too! I have had some of the greatest experiences with Greek Life, like at football games when the Greeks take part in the tailgating festivities, or the great mixers that we have to get to know the other organizations better and bring us all closer. Being a part of Greek Life ensures that there will never be a dull moment and there are always friends to be made.

## Rush!

If this sounds like the right place for you to be, then join the organization of your choice for RUSH! Rush will be held from Aug. 29 to Sept. 2. Don't miss out on the awesome events that Greek Life has scheduled for the year! It is going to be so much fun and you will definitely want to be there!

*Brittany Davis is a member of Beta Sigma Phi and secretary of Greek Council. For more information, see Doris Jackson, director of Student Activities and Greek Life, (910) 630-7022, djackson@methodist.edu.*

# METHODIST SAC™

## Get hooked on SAC

### Fall 2011 Student Activities Events

Aug. 19-22	Orientation Entertainment	Various Locations	
Aug. 24	Welcome Back Foam Party	Berns Parking Lot	7 p.m.
Aug. 31	Casino Night with Dueling Pianos	Berns Upstairs	8 p.m.
Sept. 7	Bowling Night	Northview Lanes	10 p.m.
Sept. 9	Clubs and Organizations Fair	Upstairs Berns	10 a.m.-1 p.m.
Sept. 9	Up All Night at Chick-fil-A	Ramsey Street	10 p.m.-12 a.m.
<b>Sept. 12</b>	<b>Recycled Percussion Concert</b>	<b>Reeves</b>	<b>8 p.m.</b>
Sept. 14	Late Night with Craig Karges	Reeves	8 p.m.
Sept. 21	Womanless Beauty Pageant w/Jim Tavore	Berns Upstairs	8 p.m.
Sept. 28	Health Fair	Berns Upstairs	10 a.m.-1 p.m.
Sept. 28	Movie and a Meal	Berns Upstairs	8 p.m.
Sept. 30	Up All Night at Chick-fil-A	Ramsey Street	10 p.m.-midnight
Oct. 14	Movie and a Meal	Berns Upstairs	8 p.m.
Oct. 21	Homecoming Bon Fire	Behind Riddle	
Oct. 22	Homecoming Dance	Crown Coliseum	
Oct. 22	Up All Night at Chick-fil-A	Ramsey Street	12 a.m.-2 a.m.
Oct. 27	Hoopla Frenzy	Riddle Center	7 p.m.
Nov. 2	Hypnotist James	Berns Upstairs	8 p.m.
Nov. 9	Movie and a Meal	Berns Upstairs	8 p.m.
Dec. 6	Exam Breakfast	Green and Gold	10 p.m.
Dec. 7	Up All Night at Chick-fil-A	Ramsey Street	10 p.m.-midnight

**We put the "U" in FUN!**



METHODIST UNIVERSITY STUDENT ACTIVITIES COMMITTEE  
PRESENTS

**RECYCLED PERCUSSION**  
**MAN vs. MACHINE**  
TOUR

**SEPTEMBER 12, 2011**

METHODIST UNIVERSITY REEVES AUDITORIUM 8:00 PM  
**FREE ADMISSION FOR EVERYONE!**  
AS SEEN ON AMERICA'S GOT TALENT AND MGM GRAND HEADLINER  
Contact Doris Jackson at 910-630-7022 or djackson@methodist.edu for more information.

# The Roar

MU's e-newsletter  
Updated every Monday  
[www.methodist.edu/roar](http://www.methodist.edu/roar)

## GET CONNECTED

NEWS  
SPORTS  
WEATHER  
EVENTS  
**MU.XNOTE360.COM**  
ANDROID  
IPOD  
WINDOWS  
WII  
PS3



Download  
the mobile  
app on your  
smartphone

Computer life at your finger tips





ourmuworld.com

President's Blog. Facebook. Twitter. YouTube. Our world, our networks.  
See you there.

[ Engage.  
Enrich.  
*Empower.* ]

# Students can be Global Monarchs through International Programs



*Staff report*

MU students from Bosnia pose with children they helped during their summer 2011 Project for Peace, "Bosnia and Herzegovina: Collecting Smiles in Srebrenica," which helped local farmers in that country.

submit their ideas of a project that would help to spread peace in our world. The projects can take place in the US or abroad. Past projects include clean water in East Timor, building a school in Guatemala and teaching women to read in Afghanistan. If you have an idea to help an area in need, inside or outside your

community, you can apply! The deadline for project submission is in January. Find out more at [www.methodist.edu/int/peace.htm](http://www.methodist.edu/int/peace.htm).

**MU Host Connection and Buddy Program:** There are more than 100 international students enrolled at MU. Most arrive with no friends or family in the U.S. MU Host Connection asks families to provide a local "connection" for international students by building friendships and sharing cultures. Activities may include a family meal, a trip to the movies or church or Thanksgiving dinner. The family provides an extended contact within the MU community and the student provides the family with an opportunity to share their culture. The MU Buddy Program connects Freshmen international students with returning MU students for peer mentorship their first days and weeks on campus. The friendship often turns into a lifelong friendship over years and continents. For information, please contact Jana Moore at [jmoore@methodist.edu](mailto:jmoore@methodist.edu).

Have you ever wanted to learn more about the world, help your community or be part of a global family? The International Programs Office can help.

**International Club:** The international club has members from all over the world, including the United States! Club members participate in the International Food Festival, the International Folk Festival, foreign film night and community service within Fayetteville. The club is also responsible for the annual PANGEA show, celebrating singular and group talent with global influences. Being a member involves you in the campus and Fayetteville community and it is an excellent opportunity to learn more about our global community. Find them on Facebook as "MU International Club."

**Davis Projects for Peace:** Mrs. Kathryn Davis funds Projects for Peace, annually awarding \$10,000 for each project selected. For more than five years, Methodist University students have submitted winning projects. All MU students are invited to

## Need a new church?

Every UMC in the district on 1 website  
<http://fayettevilledistrictumc.org>

A new & relevant church plant in Hope Mills. Just 15 minutes from campus!



Connect2Crossroads.com  
Listen LIVE!  
[live.connect2crossroads.com](http://live.connect2crossroads.com)



NEWS  
SPORTS  
WEATHER  
EVENTS  
**MU.XNOTE360.COM**  
ANDROID  
IPOD  
WINDOWS  
WII  
PS3

CAMPUS life at your finger tips

# 10 things I love about MU



Aryn Hicks graduated in May. That look on her face is her realizing she was going to miss Methodist.

*By Aryn Hicks  
Contributing writer*

So, before my graduation in May, I wrote an editorial called “10 things I hate about MU.” In the piece, I addressed many issues students face at MU. After graduation, however, I realized that I graduated from Methodist because the great things I witnessed there outweighed the negatives. In all fairness, MU deserves to be praised every once in a while for its more lovable attributes, so here goes.

**1. You’re a human, not a number.** At larger schools, professors and some students only know you as “Student 1897489.” Here, the professors actually get to know the students, most memorizing names by the end of the first week. You are treated like an individual with unique beliefs and ideas. Take advantage of this: let professors know your strengths and weaknesses early on, and they may be able to help you develop skills that will help you in both academia and life.

**2. You’re set up for academic success.** Honestly, you have to work REALLY hard to fail at Methodist. If you realize you are struggling, you would have to refuse help to fail. With the Writing Center, Tutoring Services, professors with mandatory office hours, and peers who have taken the same classes, you have a variety of options to help you succeed. Upperclassmen are MORE than willing to direct you to excellent professors who can help in certain

topics. No one deserves to fail because they don’t understand material. If you are falling behind, swallow your pride and get help; you won’t be turned away.

**3. The staff and faculty are people too.** It may take time to realize, but everyone at Methodist is a human being. At some schools, it is strange to see professors and staff at the grocery store or the mall. At Methodist, it’s odd if you don’t see them. Last year, it took a tragedy for some students to realize that the same issues affect everyone. Students, alumni, professors, student development staff, and even President Ben Hancock were at Cape Fear Valley Medical Center to come to the aid of a friend. Everyone sat together sharing stories, laughing and crying, showing that MU is a truly caring environment. Get to know the staff and faculty members – they really do make an impact on your life, if you allow them to.

**4. Friends become your family.** The individuals you hang out with become as much of a family to you as the people you left at home. Last year, you could walk into Weaver Hall and see the same people sitting around the television, talking, eating, and goofing off. It was like a roundtable of sorts, a place to share ideas and get advice. Those girls were a family – they may not have always agreed, but they supported each other and were there when things got rough. Develop friendships where everyone benefits from the interaction. When your friends become like your family, it’s easier to adapt to difficult situations in life, especially in college.

**5. Diversity at Methodist.** Despite how small Methodist is, it is diverse. Not only will you meet students from different states, but students from different countries. I met students from Bosnia, Indonesia, Swaziland, France, Costa Rica, Pakistan, Brazil and many other nations. If I was at a larger school, I probably wouldn’t have met the variety of students as I did at MU. Because of the diversity at MU, I have a more open view of different cultures and am more open minded about many topics. There are many opportunities to participate in cultural events at Methodist, my favorites being Pangea and the International Food Festival. Both events teach you about the different nations that are represented at MU. By interacting with a variety of students, you learn more about other cultures, and yourself.

**6. Did I mention the staff?** Yeah, the faculty is great, but students have the most interactions with staff members, and they are ALWAYS willing to help. The staff is around students more often than the professors for longer periods of time, so they are more in touch with the needs of the campus community. As you develop at Methodist, the staff, like some of your friends, will become like a family to you. Get to know the Methodist staff – the more involved you are with the staff, the more they can help you grow and improve.

**7. Networking.** You meet some pretty interesting people at Methodist, including business owners, government officials, and educators. Methodist students attend conferences and conventions that directly deal with their career fields. Many students take advantage of these opportunities in hopes of earning a job in the future. It never hurts to get in with upperclassmen in some majors because they can help you in the search for employment. I took advantage of every opportunity given to me, and the extra work, effort and time paid off.

**8. You learn more than academics.** No student likes to sit through boring lectures about topics that they barely care about. I love that some professors understand this, and do something about it. Many professors allow students to participate in hands-on learning through labs and internships. Instead of just learning the facts, students learn skills that they can apply in future careers. You wouldn’t want a surgeon to operate on you if they had no experience in surgical technique. The same goes for employers. They want applicants with both the education and the applicable skills to get a job done. Take the time and effort to get hands-on experience in your classes whenever possible.

**9. A degree from Methodist means something.** When I graduated with a Bachelor’s of Science in Environmental Management, I got job offers and interviews within a month. Companies knew that because I had that degree from Methodist, I knew my material and was well prepared. There are several programs at Methodist that are highly revered in the real world, allowing students to have their pick at future opportunities. A degree from Methodist shows that you put forth the effort to succeed and weren’t just passed for showing up to a class. Although it is costly, an education and degree from Methodist is a great investment; one that I am currently reaping the benefits from.

**10. The memories.** Despite the issues I had at Methodist, I wouldn’t trade the experience for the world. The memories of my college experience will last me a lifetime. Now that I’ve graduated and have a job in the less than glamorous “real world,” I miss Methodist. Yeah, I hit some rough patches and walls during my four years, but who doesn’t? The good times dramatically outweighed the bad, making me miss the fun and shenanigans I took part in at MU. The college experience is what you make of it. Make yours one that lets you too, say, “I love this school.”

*Aryn Hicks was co-editor-in-chief of smallTALK before graduating in the spring of 2011 with a degree in Environmental Management.*



**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 9 ★ September 30 ★ December 7

Hey Parents! Visit Chick-fil-A Ramsey Street to purchase a refillable Chick-fil-A gift card for your Methodist University student!



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