

Homecoming festivities promise something for everyone

By Sonya Sparks Murdock
Staff Writer

Walking down the halls of the Trustees Building this week, you might have bumped into people dressed as clones or disco rejects from the 1970s. Some people may have been dressed inside-out or just plain backwards. You might have also felt as confused as Dorothy when she realized, "Toto, we're not in Kansas anymore." Perfect! You are now in the right frame of mind for Methodist's 1997 Homecoming: "Follow The Yellow Brick Road."

The RHA and SGA worked jointly with the Alumni Association to design a jam-packed week of festivities celebrating this year's Homecoming. Dubbed "Spirit Week," these activities were intended to get all students—commuter and residential—involved. RHA president Shawn Hartman explained, "We've worked really hard to do something for all students, to make sure the commuter students feel just as involved (as the students who live on campus)." Summer Brock, Director of the Alumni Office, agreed: "I worry about the commuter students. I want them to share the experience, and I think they can." Brock said that all commuter students are invited to "adopt" a residence hall student and get involved in the festivities. "We want to really pull the Methodist College community to-

gether," she added.

How did the Homecoming Committee accomplish this daunting task? By sponsoring student competitions each day of Spirit Week, including penny wars, a dorm decorating contest and dress-up days.

The week began Monday, Oct. 27 with Twins Day. Each student was encouraged to return to that old pubescent habit of dressing like a best friend. Admit it, girls, we all shared at least one matching outfit with a best friend in middle school ... right down to the identical hair scrunchies. This dress-up event gave all of us the opportunity to be twins for the day again.

The 1970s theme on Tuesday wasn't too much of a stretch of the imagination for most MC students. Generation X had only to open its closet doors to find retro attire appropriate for disco day. Methodist looked like the film set for an episode of "Welcome Back, Kotter" for the day ... scary!

On Wednesday, students showed their school pride by wearing school colors and the MC logo on hats, shirts and jackets. This sea of green and gold converged behind the gym for a bonfire and pep rally, complete with a DJ; MC sports teams, cheerleaders and the dance team; and lots to eat, including a marshmallow roast. The Homecoming Court, which

was nominated by campus organizations and clubs, was also introduced by night's end.

Student dress was enough to make mom cringe on Thursday, as Monarchs wore their clothes inside-out and/or backwards. Those who were brave enough to do both won extra points for their dorms. Speaking of points, Thursday was also the day to cast votes for the Homecoming King and Queen.

Today, in honor of Halloween, wear your scariest or weirdest costumes and score some points for your favorite dorm. The tricks begin with caricatures in the Union from 10 am until 2 pm. While you're there, check out the coffee house at noon for another trick, "Play with a Rattle." The treats? How about a steak dinner in the cafeteria at 5 pm? (Wear your costume and eat first!) Then treat yourself with a little Midnight Madness. Kick off basketball season from 10 pm until 12:30 am at the Riddle Center.

Homecoming Saturday, which is Nov. 1, will be "nonstop all day," according to Brock. Pick your sport! Golf, volleyball, soccer and football events will satisfy all sports fans throughout the day. The Alumni Association will provide a free picnic lunch at the central campus mall, with entertainment by the MC stage band

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Homecoming Weekend Activities

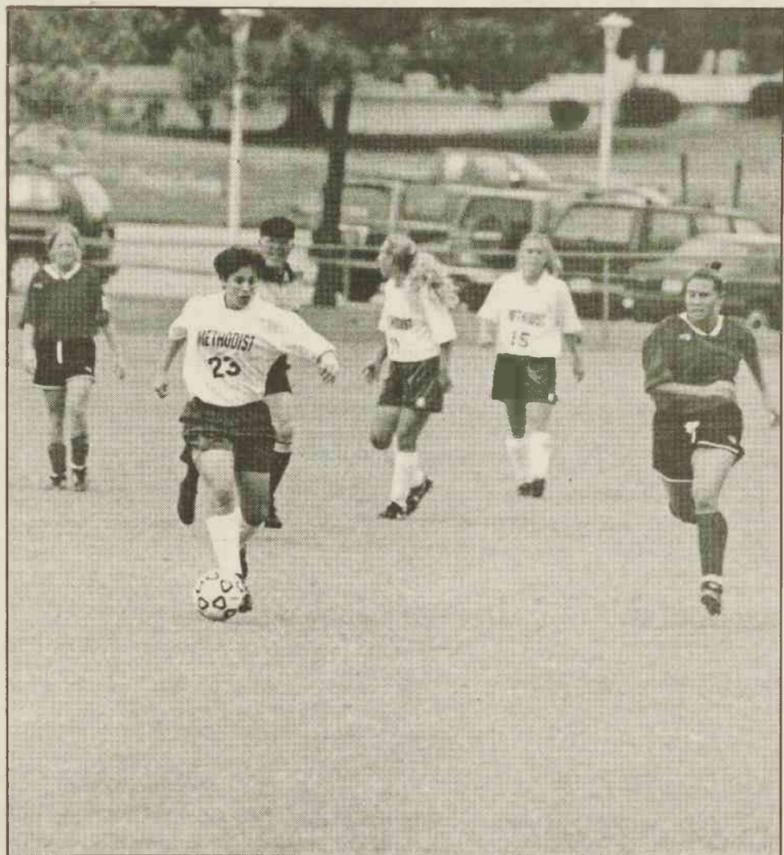
Friday, Oct. 31: Halloween Costume Day

- 10 am-2 pm: Caricatures, Inc. in the Student Union, presented by SAC
- 12 pm: Play with a Rattle at the Coffee House in the Union, presented by SAC
- 5 pm: Steak dinner in the cafeteria. Wear your costume and get in first!
- 8 pm-12 am: Alumni reception at the Holiday Inn Bordeaux. For alumni only.
- 10 pm-12:30 am: Midnight Madness at the Riddle Center

Saturday, Nov. 1 Homecoming Day: "Follow the Yellow Brick Road"

- 8 am: 5th Annual William P. Lowdermilk Golf Tournament. For alumni only.
- 9 am: MC Department of Education Breakfast in the Alumni Dining Room. Guest Speaker, N.C. Teacher of the Year. For alumni only.
- 9 am-1:30 pm: Alumni registration at the green and gold tent.
- 10 am: Women's volleyball vs. Shenandoah University in the PAC.
- 10 am-3 pm: Bookstore and pro shop open. Alumni receive a 10% discount.
- 11 am: Men's soccer vs. Mary Washington College
- 11:30 am-2 pm: Picnic lunch at the central mall. Entertainment by MC stage band.
- 1 pm: Kick-off time for Monarch football vs. Greensboro College. Lester the Clown presented by SAC. Spirit Week awards at half-time, presented by Alumni Association.
- 3 pm: Women's soccer vs. Chowan
- 6 pm: Alumni Reception. For alumni only.
- 7 pm: Alumni dinner at the Alumni Dining Room. Annual Alumni awards presented. For alumni only.
- 9 pm-1 am: Homecoming Dance at Holiday Inn Bordeaux, featuring The Band of Oz. Free admission to all. Neat casual dress required. Unending buffet, free for everyone, Alumni Hospitality Suite. Presented by the Alumni Association.
- 10:30 pm: Homecoming King and Queen crowned at dance.

* Get your official Homecoming T-shirts at the Student Union all week. Cost: only \$6



Senior Tiffany Sprouse scored her first goal of the season in the Lady Monarchs' game against top-ranked NCAA-III South Region opponent Mary Washington. Methodist lost a hard-fought battle against the team 4-2 Oct. 18. See related story, page 3. (Photo by Scott Galayde)

Job fairs provide good opportunities

By Alexandra Nulle Dummer
Staff Writer

Finding a job after college can become a stressful situation if you are not prepared. Going to a job fair is an excellent way of making connections and finding out what is available in your field of interest.

On Oct. 14 and 15, the Cape Fear Career Fair was held at the Agri-Expo Center in Fayetteville. The fair was free and attracted several thousand people in search of careers in management, health care, sales, transportation, technology, law enforcement, government, communications, and finance. Major companies like Wal-Mart, Footlocker, and McDonalds, to name a few, had

booths set up where their representatives gave out information on the type of people they are looking to hire. Several of the other companies were local, like Duke Medical Center, WKFT-TV 40, and the Cumberland County Personnel Department. If law enforcement is what you're looking for, different counties in North Carolina, as well as New York and Atlanta, were searching for police officers. Cape Fear Career chairman Bill McCune says, "Our major goal is to find jobs for the clients we serve, whether they're transitioning soldiers, military and civilian retirees, high school or college students, or just people in the community looking for another career."

Coming prepared to a job fair is very important, especially since there is a large variety of companies represented, and there is competition. A good thing to bring with you are several copies of your resume, and be sure to dress professionally. Eva Bell of Career Services on campus said, "First impressions can make or break you." Bell also says that students should ask questions and be prepared for impromptu interviews.

Elizabeth Scheibner's *The Write Stuff* says that resumes are "one of the best tools in getting an interview," which is the first step in getting a job. She adds that you should "describe your accomplishments" See **CAREER**, page 2

Depression screening beneficial to some

By Dawn Melvin
Staff Writer

National Depression Screening Day was held Oct. 9 in the Berns Student Center. The screening was sponsored by The National Institute of Mental Health.

"It's held every year and it is intended to help the public be aware of the treatment for depression," said Darlene Hopkins.

Hopkins, who provides Counseling Services at Methodist College, said that 25 people were screened and there were a few who needed to be talked with a little more about the results of their screening.

Depression is an illness that can affect a person's body as well as his/her mind. Depression can lead to withdrawal from people and activities, loss of pleasure and enjoyment of life, and physical discomfort.

The symptoms of depression are prolonged sadness or unexplained crying spells, significant changes in appetite and sleep patterns, irritability, anger, worry, agitation, and anxiety. A person may have loss of energy, inability to concentrate and display pessimism and indifference.

"You have to make the depressed individual active. They will

not want to do it, but you make them. Anything that will keep their mind off of the problem," Hopkins said.

The treatments of depression are medication, psychotherapy, and ECT, which is electroconvulsive therapy. A combination of these methods is often used. Antidepressants can help relieve the symptoms of depression and return a person to normal functioning.

Psychotherapy helps many depressed people become more self-aware and better able to cope with their problems. Treatment methods include individual counseling, group See **DEPRESSION**, page 2

Sign language: hot alternative to French, Spanish, German

By Colleen De Baise
College Press Service

When Kimberly Boggs, now a Purdue University junior, picked a foreign language course to complete her education major, she mulled over traditional offerings: Spanish, French, German.

"I had four years of German under my belt from high school, but could not tell you much past 'How are you?' and 'When is your birthday?'" she said. "So, my next option was Spanish because it seemed to be the easiest thing."

Then she heard about an-

other option: American Sign Language.

"My roommate at the time was in the first-year class, and mentioned how much fun it was," Boggs said. "So, I asked my counselor if that could be an option. It was, but it would be very hard to get into. She told me the best option would be to sign up in the summer, since not too many people would be here."

It's been four years since Purdue first approved sign language for foreign language credit. And like many other universities who now designate American Sign Language as a

foreign language, Purdue reports a growing demand for classes that teach the language long used by deaf Americans.

All eight sections are filled to capacity this fall with 160 students, and the university has hired two more sign language instructors. For every student enrolled in a class, two or three more are turned away, according to Diane Brentari, a linguist who leads the program at Purdue.

"This is not a unique situation," said Brentari, who estimates that 25 percent of universities have approved sign language for foreign

language credit. "Demand for college-level sign language classes is increasing nationally."

A few years ago, the majority of students who signed up for sign language classes were speech, education, or nursing majors. Now, business and engineering majors are starting to jump on the bandwagon, according to Brentari.

"Not only do students see American Sign Language as a skill that will really stand out on their resume, but businesses are also beginning to recognize the marketing opportunities See **SIGN LANGUAGE**, page 3

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