

Conversations In Everyday Life

By Darlene Hopkins
Director of Counseling and
Psychological Services

She said: John has been trying to call you. When I talked to him this afternoon he sounded pretty bad. Why aren't you returning his calls?

He said: Man, I do feel bad about that. I feel bad about what he is going through. I've tried to call him, but I haven't tried very hard. I know he wants to get together like old times, but he's such a downer these days. And I'm spending a lot of time with Sharon, you know?

She said: Really, Bob I thought you had more class than that. He was there for you when times were bad. His folks just split up, so of course he's down and not much fun to be around right now, but you have been friends since middle school! You meet a new girl and your life long buddy gets kicked to the curb!

He said: Listen now! Sharon is not just a new girl. She's very important to me and I can't turn her down when she wants to be with me. I don't want to let John down, either. I just hate feeling like I have to choose between an old friend and a new love.

If Bob was your friend, what would you say to him? Stop and think about it a minute. If you cared about this guy who feels like he has to choose between his new love and his old friend, what would you say that would be helpful? Let's see if what you would say is anything like what a professional counselor, would say.

I would say: I have often wished that relationships didn't have to be so hard. Relationships involve people who care deeply about each other, and that condition should lead to joy and happiness. Yet somehow it always seems to lead to getting hurt and hurting others. This is a difficult situation, and I think the only way out is through clear and open communication.

What if you sat down at your computer and wrote your old friend a letter? The good thing about a letter is that



it gives you a chance to think over exactly what you want to say and to change it if it comes out wrong. You could send the letter by e-mail, or perhaps after you have written it you will feel ready to say what you need to in person or over the phone.

You could tell your old friend about how much his friendship means to you and how much you appreciate his having always been there for you. You could tell him that you are worried that you have let him down. Then you could tell him about this wonderful girlfriend in your life and how you want to make things good with her. You could end by inviting him to do something with you. You could suggest a time that you know wouldn't interfere with your special time with your girlfriend.

Then you could communicate in the same way with your girlfriend. Believe me, women are impressed by men who are not afraid to admit that they appreciate their long, close friendships. I think she is likely to be quite understanding about your need to spend time with him as long as you let her know that you plan to put her needs first.

Love always includes some hurt. Yet we can almost always minimize the hurt through open, thoughtful communication.

Darlene Hopkins, Director of Counseling and Psychological Services at Methodist College, is the author of *Conversations in Every Day Life*. All the situations used in this column are fictional and bear no relationship to real people or real events. If you would like to suggest a conversation as a topic for a future column, please send it to MC Box 12032. If you would like a confidential reply to a letter, you may send it to Darlene Hopkins, Counseling Center, via campus mail.

Scholarships and Grants Available for Leadership

By Mr. Andrew Ziegler
Assistant Professor of Political Science

The Lura S. Tally Center for Leadership Development begins its fifth year at Methodist College by offering four scholarships for leadership. Scholarships will be awarded for Spring Semester 2000. To be eligible, students must be sophomores or higher, have taken or are currently taking a leadership course, and have a cumulative college GPA of at least 2.5. Preference will be given to students minoring in Leadership Studies. November 1st is the deadline for turning in applications, which can be obtained from Dr. Cheek or Dr. Ziegler. Phone 630-7070 or 630-7488 for information.

The first annual Tally Award for Leadership Excellence was presented to Mary Johnston (now Kinney) at the Awards Convocation last April. The award recognizes the superior leadership performance of a student in the Leadership Program and includes a \$500 cash grant.

Leadership students are getting involved in community service this fall. They assisted with a Leadership Workshop for

the Association of Symphony Orchestras of North Carolina on Sept. 29. On the morning of October 14th, they will meet with the Tally Center Advisory Board, and later that evening will assist with the Candidates' Forum in Reeves Auditorium. The Forum allows candidates running for the Fayetteville City Council to express their views before the public. The Forum is co-sponsored by the Chamber of Commerce and the Tally Center. Students in LSS 200 and 201 are doing other community service projects, also.

The Leadership Program is named for Senator Lura S. Tally, a distinguished Fayetteville leader. She served 22 years in the state legislature where she emphasized programs to improve education and the environment. The Tally Center offers an interdisciplinary minor in Leadership Studies, consisting of three leadership courses, two electives, and an off-campus internship. All Methodist College students are invited to take leadership courses even if they are not leadership minors.

Psychology Club News

By Stephanie L. Oldham
Staff Writer

The Psychology Club held its first meeting of the new school year on September 3, 1999. During this meeting, they discussed the different events and activities sponsored by the club last year. Their fund-raiser, in which faculty and students were "held hostage," proved to be very popular throughout the college community. Also, the club displayed information about the study of psychology to MC students at a table in the Student Union. The Psychology Club invited Fayetteville State University students to one of their meetings last year. Guest speakers, including a clinical psychologist, a neuropsychologist, and an industrial-organizational psychologist, addressed the club during some meetings.

For this year, the club was awarded

\$700 by the SGA. This money, as well as various awards for other campus organizations, came from the increased student activity fees.

Dr. Wendy Rogers, a psychology professor at Georgia Tech, had originally planned to discuss graduate school and human factors psychology with the club on September 16. Due to Hurricane Floyd, however, this meeting had to be postponed until a later date, which is not known at this point.

The Psychology Club is open to any Methodist College student who is interested in psychology. Their next regular meeting is tentatively scheduled for Friday, October 8 at 11:00 AM. For more information about this club, call Dr. Jacquelyn Morales at 630-7589.

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am sure that God used Gam's death to speak to the hearts of others, and someday, when the saints of God get to Heaven someone will approach Gam and say, "God used your death to reach me."

Gam was a wonderful person who will

be missed greatly. He meant a great deal to many people and they will always carry his memory with them. On the Fifteenth of September 1999 Justin Brooks Gambrell closed his eyes on this world, only to open them again in Heaven! Praise the Lord!

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