

THE DECREE

since 1960 "of, by, and for the Wesleyan community."

Volume XXI, Number 3

10 November 2005

NORTH CAROLINA WESLEYAN COLLEGE ROCKY MOUNT, NORTH CAROLINA 27804

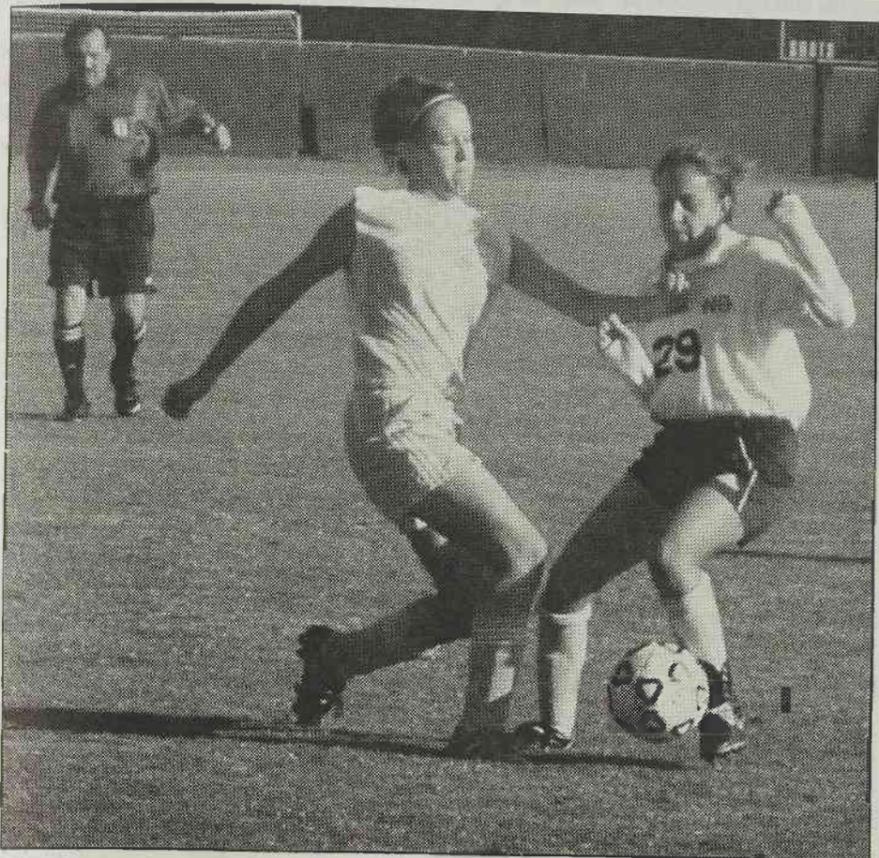


Photo by Anthony DeGregorio

Bishops midfielder Eva Benavides (29) fights for ball control in NCWC's recent 7-0 rout of Averett. For tournament results and other sports coverage, turn to page three.

Borrowing Program Proposed to Ease Burden Of Expensive Textbooks

By Jessica Bowen and Jessica Jones
Decree Staff Writers

Ahmad Crudup, a Wesleyan sophomore, was unable to buy his books until two weeks into the fall semester. He says that because he did not have his text, he incurred absences. Crudup says "my CIS teacher told me there was no sense in coming to class without a book." According to Crudup, his parents spent \$530 on textbooks that were not used for his major.

Senior Kristin Hurd also has trouble paying for books. She says she had to go "as far as canceling one of my insurances and using grant money in order to pay for my books." Even after this, she was still unable to afford her Biotech book.

Crudup and Hurd are among many students who find it difficult to pay the high prices for textbooks, on top of the costs of tuition and other college-related expenses.

Many students look for ways to cut back on the cost of books. Junior Zach Marks says that he has traded books with friends in his past years. This year Marks had bought all of his books, with the most expensive being \$115. He says that many students trade only their prerequisite books, leaving money to afford the texts for their major.

One solution to the high cost of books is a loan-a-book arrangement that would resemble the program at Barton College in Wilson. Cas Hooks, a junior transfer student from Barton, said the program worked well at Barton and, citing the high costs of a Wesleyan education, he believes a similar program would be attractive to students here as well. Under this program, the library would keep a single copy of each textbook on hand for students to use. It would be a first-come, first-serve arrangement. Students would not be allowed to check out the books; rather, they

would reserve the text for two hours of reading while in the library.

Although this sounds like an intriguing idea, there are considerations to take into account. One obvious one would be the price tag. Using figures from the current semester, it would cost \$12,348 to pay for a single new copy of each of the required books, though savings could be made by using available used texts. According to statistics compiled by its staff members, the College Store stocked 205 individual titles this semester, with prices ranging from \$7 for certain paperback novels to \$259 for an anatomy and physiology "bundle."

Another consideration would be where to house the books. According to Kathy Winslow, director of the Library, there is about twelve feet of shelf space available at the circulation desk for reserve titles. She estimates that 120 text books could be shelved. Winslow said, "I am not ruling out the idea of textbooks on reserve in the library--though both space and costs need to be addressed."

Winslow suggests an open reserve system, where books are on shelving that is accessible to students in the library. However, for this to become a reality, there would need to be more room for shelving. She pointed out that running a loan-a-book program would be more "feasible both for space and cost if the texts on reserve were for core courses in the education program or majors."

How would a program like this benefit students here at NCWC? Hurd says the program "is a good idea. A lot of students I know don't have books or have to pay a huge amount of money out of pocket for books."

According to Marks, "it would be cheaper and some people would only buy the books for their major." Donterio Perkins, a senior, said, "We need that."

Advice Offered for Combating Flu

Jessica Bowen
Decree Staff Writer

The flu season is here, according to Holly Fairley, Wellness Center nurse. The flu causes fever, cough, sore throat, headache, chills, muscle aches, and fatigue. Although the flu is usually not alarming to college students, influenza kills up to 36,000 people a year.

There is not a medicine that can cure the flu; however, Fairley recommends getting a flu shot to build your immune system.

Fairley says the shot is recommended for small children and elders 65 and older; however, it should be considered for students living in dormitories. "Usually the age group of students in the dorms is healthy," says Fairley, "but the shot should be considered any time people are within close proximity because the flu travels." She says that 30 injections of the flu shot will be available on the NCWC campus, and the Wellness Center will hang flyers letting students know the date and cost of the flu vaccination.

The flu and other illnesses, such as strep throat, carry many of the same symptoms making it hard to differentiate. Fairley says that a sore throat that may be accompanied by a fever could be strep throat, but if you add a cough and runny nose it could be the flu.

Since strep throat is making its way around campus, Fairley recommends doing your part to prevent illness. She says that washing your hands, increasing your vitamin C intake, as well as avoiding sick crowds, will help control the spread of the flu. She also says you should "cough into your elbow area instead of your hand because you use your hand to shake hands."

If you are interested in the flu shot, it is available in November and December. Fairley says that there is a

physician or physician's assistant on campus Monday, Tuesday, and Friday from 11 a.m. to 1 p.m. to answer questions.

Adequate sleep and exercise help combat illness as well.

Dr. Jay Quinan, associate professor of psychology, suggests getting plenty of rest. He says that the average college student should sleep eight to nine hours a night. "The loss of sleep is a stressor," Quinan said, "and stress tends to weaken the immune system" leaving you more prone to sickness.

Dr. Meir Magal, assistant professor of exercise science, recommends moderate exercise to help strengthen the immune system. Athletes tend to have a stronger immune system because of regular exercise. Therefore, Magal said that non-athletes should attempt "any aerobic type of exercise (walking, running, cycling) that will positively affect the immune system."

ODK Inducts Six Students as Founders' Day Observed

By Shannon Williams
Decree Staff Writer

Six students were inducted into the Omicron Delta Kappa society as part of North Carolina Wesleyan College's 49th annual Founders' Day celebration.

Shanisha Barnes, Kimberly High, Elizabeth New, Kimberly Scott, Lori Strickland, and Leslie Taylor, together with English professor James Bowers, were inducted into ODK at the event, held at Minges Auditorium on October 20. Established in 1914, Omicron Delta Kappa is a national leadership honor society for college students, faculty, staff, and alumni.

"I was shocked and elated" at receiving the honor, said Barnes, a junior biology major and Vice President of SGA.

Founders' Day celebrates the founding of the college. "Wesleyan...The Beginning:

You are There," a dramatization presented by NCWC's drama troupe, The Wesleyan Players, provided the audience with a detailed and entertaining look at the sequence of events that helped establish the college in the mid 1950s. Directed by theatre professor Roger Drake, the performers included Jennifer Evans, Vanessa Gore, David Robinson, and Richard Tibbs.

College staff and faculty were honored during the event. NCWC Financial Aid Director Vickie Fleming was given the Distinguished Staff Award in honor of her extraordinary accomplishments in service to the college. Fleming has been an employee at Wesleyan for 10 years and has made a positive impression on her colleagues. As a new employee of the college, Bobbie Rowland, student accounts representative, only worked with Fleming for a few months,

but came to appreciate her supervisor's mild mannered attitude. "She's a wonderful lady, very kind and patient," Rowland commented. "She's very pleasant to be around."

More than two dozen faculty and staff members were recognized for their years of service to the college. Nineteen faculty and staff members received the five-year service award. Fleming was presented the 10-year award along with religion professor Fred Grissom, and athletic director John Thompson. Mathematics professor Gail Stafford and business professor Kathy Wilson were awarded the 15-year award. Barbara Perry-Sheldon, professor of education, was presented the award for 20 years of service.

Next year, the Founders' Day celebration will mark Wesleyan's 50th year in existence