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NORTH CAROLINA WESLEYAN COLLEGE ROCKY MOUNT, NORTH CAROLINA 27804

NCWC To Be Slimmer, Smarter, Giving and Forgiving in 2006

By Jessica Bowen
Decree Managing Editor

Members of the Wesleyan community set goals for 2006 by making resolutions that range from getting more exercise to strengthening relationships.

Improving health was a common resolution for students, staff and faculty. Freshman Sarah Smith plans to run daily while assistant football coach Gerald Jones has resolved to lose weight. Junior Cornelius Grimsley noted that his resolution was "to lose weight and overall be healthier."

James Parrigin, reference and instruction librarian, and senior Charity Gray plan on getting more exercise in 2006. Besides devoting more time to prayer, Chaplain Barry Drum intends to hit the weight room four days a week. Senior Morgan Cable set a goal to "stop smoking completely."

Along with becoming healthier, many students pledged to concentrate on schoolwork. Cristin Jones, a junior, says her resolution is to "try to get a 3.0 GPA for the semester" and freshman Michael Williams says his goal is to "get schoolwork done, better than I did last year."

Walter Whitman's resolution was simple: he just plans on doing better in school. Added Gray "I want to focus on my last semester and prepare myself for graduation and my future."

Some resolutions were automotive in nature. Junior Megan Barrett wishes to keep her car cleaner while sophomore Jamal Meekins wants to get both his license and a car.

Many respondents created mottos for the new year as sophomore Laverne Scott shows: "Live every day until it's your last and leave no stones unturned." This year freshman Jordan Sanders' motto is "to learn to forgive, but not forget."

Many resolutions were aimed at making small gestures toward self-improvement. "My New Year's resolution is to cut out profanities," said sophomore Kyle McCandless. Sanders said she is going "to try being a better person and learn to let go of grudges."

"To be faithful in minute things" is junior Kimla Brandt's resolution, and senior Kathleen

'Miss Beulah' Grateful For Holiday Blessings

By Erika Stallings
Decree Staff Writer

Security officer Beulah Guion expressed gratitude to her co-workers at NC Wesleyan College for helping to turn a bleak Christmas 2005 into one to cherish.

Known to many on campus as "Miss Beulah," Guion was already taking care of one grandson when, in October, she welcomed two more young grandchildren into her home after a social services agency removed them from their mother's care. "I didn't want them to separate the children from each other," Guion explained.

Already balancing work and child care, Guion suffered a new setback in December as she was hospitalized for seven days with an illness. "I began worrying about the bills, the gifts for the children, and food," Guion recalled. "And so I prayed to God and asked him 'What am I going to do?' He answered, 'I got you covered.'"

Responding to a call put out by Dean of Students Peter Phaijah, the NC Wesleyan athletic department, faculty and staff donated cash, a Christmas tree as well as Barbie dolls and other presents for the children.

"On Christmas morning," Guion said, "it was very overwhelming for me and the kids. I cried on the day of Christmas and I still do until this day. I've realized there are people who do care and love me."

Judd plans on "getting her life together."

Assistant Professor of English James

Bowers says he is going to try to "make more time for my wife," and freshman Jamie Sanders says "My new year's resolution is to let separation strengthen my relationship as opposed to hindering it."

New Year's resolutions can often be beneficial, according to Assistant Professor of Psychology Fred Sanborn. "Studies have shown numerous times that behavioral strategies work best when people are trying to make changes," Dr. Sanborn said. "Often, that means setting up a positive reinforcement or reward system."

Dr. Sanborn went on to explain that the reward system will work for most people with goals like losing weight. It's often effective, he said, to reward progress in meeting intermediate goals, for example: "I will buy myself a new CD

if I lose three pounds by February 15. I will reward myself with another CD if I lose two more pounds by March 1." Explained Dr. Sanborn, "That kind of system seems to work much better than when people, for example, just try to force themselves to go exercise."

The Rev. Drum agreed that it's important to set "realistic goals" for the new year. "Many Americans have blown off their resolutions by February," he said, "because they have set unrealistic goals."

Although many respondents made resolutions for 2006, many said that they either don't believe in resolutions or that they have stopped making them.

"I don't make resolutions, but try to be the best person I can be all the time," explained Kathy Wilson, assistant professor of business.

Mel Oliver, an assistant professor of busi-

ness, remarked that it's pointless for him to make resolutions each year. "I don't make resolutions because I never keep them," he said.

Added Scott Marsigli, WesBridge coordinator and pre-major advisor in the Student Support Center: "I used to promise to quit smoking every year, but I always fail to keep that, and many of my other New Year's resolutions. Now my resolution is more general, to live to see another year."

Unrest Leads To Expulsion Of 7 Freshmen

By Ron Fitzwater
Decree Editor-at-Large

Over the Martin Luther King Jr. holiday weekend, the campus of NC Wesleyan was the scene of violent incidents that left school and personal property damaged, nerves rattled, a hamster dead, and seven students expelled from the college.

Beginning shortly after 11:30 p.m. on Sunday January 15 and ending in the early morning hours of January 16, a group of freshman males from Petteway Hall were involved in what Petteway Residence Director Paul Seeley described as "unauthorized intrusions into a women's residence hall, a violation of campus rules." According to several sources, each of whom requested anonymity, the male students "came in Edgecombe by putting one of them through a window. He crawled down the hallway and opened a door to let the rest inside." Once inside, the group began to set off firecrackers before fleeing the scene. The action was repeated in Edgecombe three times, with the Rocky Mount Police Department being called by uneasy students, the sources said.

Sometime after the incidents at Edgecombe, a different group of students vandalized the lobby of Petteway, resulting in overturned furniture and ketchup- and mayonnaise-stained floors, said Seeley who added that the investigation is continuing. At one point during the string of events, a student, whose identity is being withheld by this reporter, had personal items thrown out the window of his room, including clothing, a television and a mattress. During the incidents, the student's pet hamster was killed.

Security officer Jackie Jones confirmed the vandalism, which was reported to her by campus security officer Brown, who had been on duty during the time of the incidents.

So far the college administration has identified and expelled seven students. "The investigation is not complete" commented Seeley, "and I have full confidence that the administration will deal with developments in a way that best fits the Wesleyan community at large."

NC Wesleyan President Dr. Ian Newbould commented on the incidents, saying, "Unfortunately, sometimes students do dumb things, and sometimes they do good things, and in this case seven students crossed the line." When asked if the incidents could have been prevented, Dr. Newbould stated, "You can't turn dorm life into a police state. Students violate the rules all the time, and sometimes they are more serious than others. So, short of creating a police state, which no one wants, or intends to do, students have to learn to live in a community."

As the college continues its investigation, the Decree is looking into reports that perpetrators of the vandalism posted photos of the incidents on Facebook.com.

Legacy of Dr. King Lives On

By Shannon Williams
Decree Editor

"I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation." So begins the speech written over 40 years ago by civil rights advocate Dr. Martin Luther King, Jr., entitled "I Have a Dream". The speech, urging America to learn to live together as one, was and is still revered as one of the greatest speeches ever written.

Dr. King, born January 15, 1929, was a dominant force in the civil rights movement beginning in the late 1950's. During this period, minorities were treated as inferior to the whites, being denied freedoms ranging from attending school together to drinking out of the same water fountain. Dr. King worked hard until the day of his death, hoping to promote unity among a divided people.

North Carolina Wesleyan College celebrated the life and achievements of Dr. King during a memorial service held January 16 in the Leon Russell Chapel. At the beginning of the ceremony, William C. Jones, a senior and member of Phi Beta Sigma, recited the poem "Invictus", written by William Ernest Henley. The poem stresses the struggle of the individual, which symbolizes Dr. King's struggle towards unity. The guest speaker was Dr. Donaldson Jones, pastor of Mt. Zion First Baptist Church of Rocky Mount.

The Rev. Barry Drum, NCWC chaplain and religious studies professor, introduced the speaker, who happened to be an old friend of his. Drum recalled a lunch he recently had with Dr. Jones, expressing amusement in the irony of "a black man and a white man having lunch in a Mexican restaurant." Then, on a serious note, he told the audience of about 75 that it was a display of the camaraderie that Dr. King would have wanted, because despite the race difference, he and Jones were "brothers of the same struggle."

During Jones' speech, he constantly reminded the audience of how great Dr. King was and how hard he worked towards equality between all men. "He sought the redemption of our society that was going down the drain of segregation," Jones said. Jones referred the audience to King's "Letter from Birmingham Jail," a response to a published letter in a Birmingham newspaper written by eight Alabama clergymen, calling the African American's unity demonstrations "unwise and untimely". Jones said the letter was even more articulate than the "I Have a Dream" speech. "It represents the eloquence of the greatest theological, philosophical, spiritual mind in the world," he said. After the speech, the audience, led by the Mt. Zion First Baptist Church choir and NC Wesleyan's own Voices

of Triumph gospel choir, joined together in singing "We Shall Overcome".

One student expressed his personal thoughts on the holiday set aside for Dr. King. "To me, it is a day that African Americans can proudly celebrate the fact that an African American man is remembered for his positive influence on America," said junior George Lassiter. "As a black person, I notice that society and the media stereotype blacks as negative influences, so it's a nice change from the norm."

But as Drum stated at the end of the ceremony, "It's not just a 'black' holiday; it's a holiday for everyone." He wanted the audience to remember that although recalling the progress blacks have made in society is important, it's equally important to recognize the progress the nation has made in uniting as one.

OBITUARY Rev. Dr. Thomas Collins: First NCWC President

The Rev. Dr. Thomas A. Collins, the first president of NC Wesleyan, died December 12 at Duke University Hospital following a stroke. He was 84.

Dr. Collins had been in good health and, with his wife, Anna, was an annual visitor to NC Wesleyan's Founders' Day. He and Mrs. Collins had attended that event most recently last October.

Dr. Collins was named president in 1959 and served for 16 years. At his inauguration, Dr. Collins pledged himself to see "that the torchlight of truth may be kept burning with increasing brightness."

Under his leadership, capital investments made possible the construction of the college's main buildings on the 200-acre site donated by the M.C. Braswell heirs of Rocky Mount. In 1964, 33 students received their degrees at NC Wesleyan's first commencement.

The next decade saw the completion of principal construction on campus as well as the addition of Everett Gymnasium, the Elizabeth Braswell Pearsall Library and Spruill Infirmary. Collins Hall, one of the residence halls, is named in his honor.

Dr. Collins' wisdom, humor, and dedication to the Lord inspired and touched many lives throughout his 61 years as a Methodist minister in the North Carolina Conference. He was pastor in eight churches and secretary of the Board of Missions of The United Methodist Church, during which time he established more than 72 new churches. He served as assistant to the Bishop and Cabinet for Extension and Church Development, and district superintendent of the Raleigh District. Earlier, he served pastorates in Atlanta, Raleigh, and Gatesville, N.C.