

MC Mailman Leaves Campus

MALIA KALUA
Staff Writer

It takes a lot of hard work to run a campus. Students sometimes fail to see who the people are that provide services for them. Sometimes they go unnoticed. We always appreciate them, even if we don't say so. One such worker at Methodist College spent his last day delivering the mail on Monday, December 2, 2003. His name is Alphonso Sellers and he will be missed.

Sellers came to Methodist College in 1996 and worked on grounds for three years. An opening came up in the mail room, he was offered the job. Sellers accepted and has been working in the post office since. He took the job in the mail room because it was a better position working more closely to the students. Sellers said he still missed some of his friends that he worked with on grounds.

"When I took over the mail job I had 14 stops," said Sellers "Now they have 20 stops. Boxes going everywhere."

Sellers is a native of Fayetteville and has been married for 25 years. He has three children. Priscilla, his daughter was a student at Methodist a few years ago. Sellers



courtesy photo

Al Sellers with his former Methodist College Supervisor Dottie Cassanova. youngest son, Marcus, is 21 and in the Army. Currently he is in Iraq and is not expected home until next February. Sellers and his wife welcomed a new baby into their family 14 months ago.

"Everyone at Methodist loves her," Sellers said. "She is the Methodist College baby."

When asked who he would like to thank Sellers gets quite choked up. He would

like to thank the college for giving him the opportunity to work here. He will deeply miss his co-worker Doty Cassanova whom he refers to as *his heart*.

"I'm crazy about the students in the mailroom," said Sellers. "Hopefully, if everything works out, I'll be back."

On behalf of the students at Methodist College, the staff of smallTalk want to thank Sellers for all his hard work.

Basketball Teams Begin Action in Tournaments

CLIFTON McCOY
Staff Writer

The Methodist College Lady Monarchs hosted the Methodist/Ramada Inn Limited Turkey Shootout over the Thanksgiving break. Teams that attended were: Methodist, Trinity, Ferrum, and Savannah College of Art and Design (SCAD).

Last Saturday, Methodist faced a tough challenge from Trinity, who are last year's defending National Division III Champions losing with a final score of 63-33.

Last Sunday Methodist faced Ferrum University. The Lady Monarchs put up a brilliant battle with the lead changing hands several times throughout regulation. There was a standoff which led to overtime. The Lady Monarchs fell 77-71, putting their season at 0-4.

The Methodist College Men also had some preseason play over the Thanksgiving break, participating in the Maryville Invitational. It began with four teams filled with passion, heart, and a desire to win: Emory & Henry, Methodist, Oak Wood, and Maryville.

Methodist's first challenge was Emory & Henry last Saturday. The team worked as a machine and roared past with an 83-71 victory.

Next was Methodist's toughest battle in the invitational against 25th ranked Maryville College. The men took their places at center court Sunday at 2 p.m. The showdown began. Methodist suffered a loss; the final score was 79-64.

Director Says Ryan Died from Insect Bite

LAURA PHILLIPS
Staff Writer

The unexpected death of Chris Ryan, Director of Student Activities, two months ago has left the Methodist College community in shock.

Until recently, medical examiners had not released the cause of death. After months of questioning, the cause was determined to be from an allergic reaction according to Director of Public Relations Cynthia Curtis, who was notified by the medical examiners.

For most people, bee and ant stings

are only a temporary irritation, for many, like Ryan, these stings have the potential to cause death.

It is estimated that between one and two million people in the United States are severely allergic to venom that is associated with bee stings. The venom that is associated with these stings can cause a severe reaction, and possibly respiratory and cardiac arrest.

Nearly 100 deaths from sting reactions are reported, but many are mistaken as heart attacks or even sunstrokes. But the harsh reality is that for every one person in 100, an insect sting can be fatal.

Some sign and symptoms to be

aware of include: swelling of the stung area, wheezing and breathing difficulties, rapid pulse and collapsing.

Although there is no way to completely avoid the risk of being stung, there are ways to improve the chances. One way is through personal protection, ensuring that you are the least attractive object for the insect. Avoid wearing sweet-smelling perfumes or bright colors. Also protect your self by keeping medication handy.

As we approach the upcoming spring semester, when pollen and stinging insects are most prevalent, it is important to remember this information for your own safety and for the ones you love.