

Spring Convocation hails Black History Month



Top: One Spirit, the selective MC vocal ensemble, performs Moses Hogan's "I'm Gonna Sing 'Til the Spirit Moves in My Heart," a song written in 1995, eight years before the influential composer's untimely passing in 2003.

Right: Standing behind the Methodist College seal in Reeves Auditorium, Dr. Terri Moore Brown speaks about diversity. Dr. Brown is the chair of the Department of Social Work and an MC graduate herself.



LIZ RUTLEDGE
Staff Writer

Monday's Convocation ceremony was a welcome-back to students for the new semester, but the stress lay mostly on the beginning of Black History month. After chaplain Rev. Wells gave the invocation, Methodist's president Dr. Hendricks opened with a brief speech. He gave a nod to the progress American blacks have made in the years since the civil rights movement, an evolution that he witnessed firsthand in the South.

MC's vocal ensemble One Spirit performed "I'm Gonna Sing 'Til the Spirit Moves in My Heart," a traditional spiritual composed by the late Moses Hogan. The addition of the talented black musician's piece helped to reinforce the pervading theme of the afternoon.

After the spirit was sufficiently moved, SGA president Danielle Smith introduced guest speaker Dr. Terri Moore Brown, Methodist College alumnus and chair of the Department of

Social Work.

Dr. Brown's speech was multi-faceted as well as multi-cultural. She gave a little bit of a history lecture, discussing the work of several prominent African Americans such as Marcus Garvey, Coretta Scott King, W.E.B. Du Bois, and George Washington Carver. Her words stressed education and activism, and she urged college students to read up and get involved in social issues, repeating the old saying that those who don't learn their history are doomed to repeat it. She said that Black History Month isn't just about history, but stated more that "... it challenges us, black and white, to understand, appreciate, and remember the black experience in America."

Brown's social interests were not restricted to her own race. She emphasized the vastness of America's multi-cultural society and encouraged everyone to leave their racial boundaries and boxes behind and learn more about others; that through education and immersion can come understanding.

Rev. Wells called out the benediction and waved the students back out to their diverse country to make of it what they would.

Learn to release positive energy with the Art of Tranquility

LAURA PHILLIPS
Staff Writer

As college students, we often struggle on a daily basis with high amounts of stress and anxiety. Tired and exhausted at the end of the day, it seems that many go to sleep only to await the same routine of stress and anxiety all over again.

Noticing the needs of students and athletes at Methodist College, Darlene Hopkins, our own physiological psychotherapist and the director of

student counseling, has opted to teach a free non-credit course titled "The Art of Tranquility."

The main purpose of the course is to teach students life enhancement techniques through the practice of mind management. According to Hopkins, learning mind management techniques, specifically how to focus your mind and energy, will help diminish anxiety towards positive energy.

Many of these techniques are practiced through yoga, meditation and learning self-confidence. Hopkins first noticed the need to start this course

while counseling students.

The needs ranged from students dealing with high stress, test anxiety, drug problems, and even athletes desiring to enhance their performance on the field.

Being a yoga practitioner for over 10 years, Hopkins decided to combine yoga and sports psychology into her class to meet the needs of all the students.

"Whether to benefit yourself, or enhance your performance, this class is for anyone interested in how to use your mind productively," said Hopkins.

The class, which is offered every Tuesday at 3:30 to 4:30 in Trustees room 315, is a trial run that will only continue based on the demands of the students. All equipment is provided for the class; students need only to bring a desire to learn and to open their mind.

Although the class has been in progress for a few weeks now, anyone can still show up to enroll and benefit from the practice of mind management.

To reserve a space or to find out more information on this class, contact Darlene Hopkins at 630-7150.