



9-12-2001

## The Roddey McMillan Record - September 12, 2001

Winthrop University

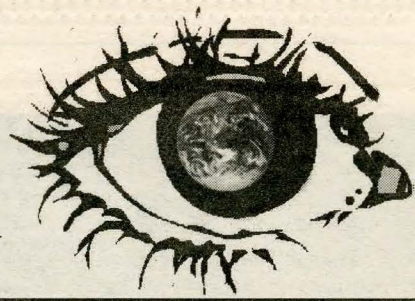
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## International relations

Monthly dinner creates friends, family for students

By Shameka Nickens  
nickenss1@winthrop.edu

A good place to meet the international students that attend Winthrop University is at the Friendship Dinner that is held once a month at the Baptist Student Union Center.

The center is located on Oakland Avenue across from the president's house. Each month different churches are asked to have responsible volunteers provide food and kitchen help. It is always held on a Friday night at the BSU.

Pat Courtney does all of the coordination for the Friendship Dinner voluntarily.

The purpose of the friendship dinner, Courtney said, is to promote friendship between students and host families.

"It is a time for international students to see and meet friends and for families here to offer home cooked meals to the international students," Courtney said.

The Friendship Dinners have taken place for eleven or twelve years. The dinners themselves promote no religious activities unless the students choose to do so.

They do provide Bibles and promote trips with the International Friendship Ministries in Columbia, which

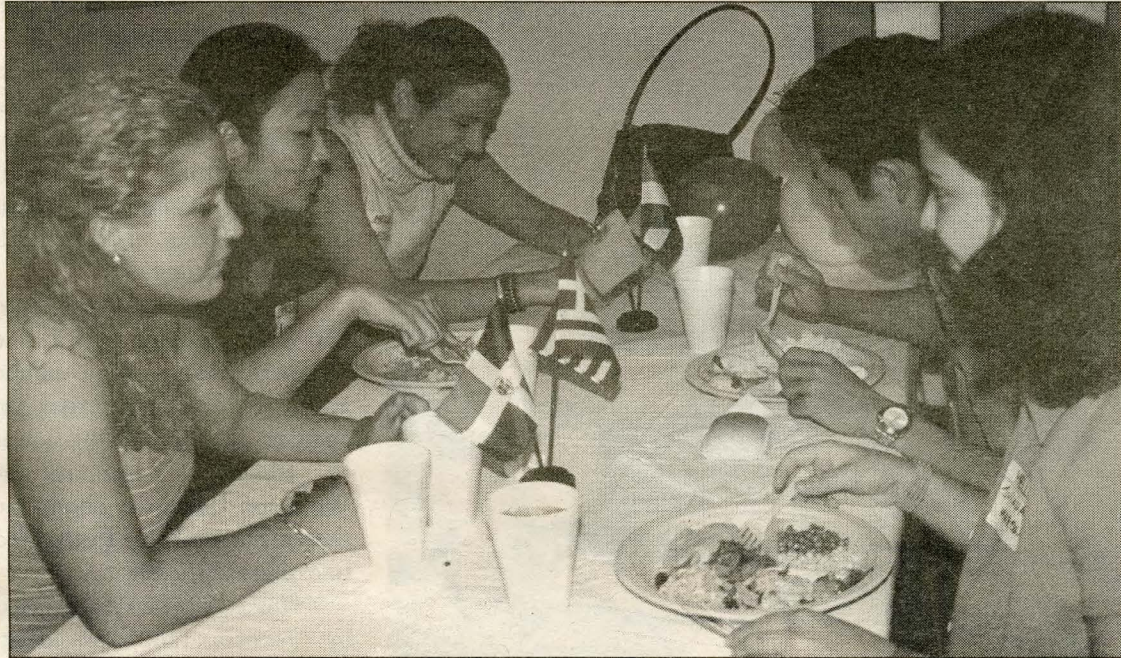


Photo by Beth Fleming

Left to right, Laura Tornini, Andrea Kawassaki, Viky Tura, Gustavo Kawassaki and Juliana Marggues eat at a recent Friendship Dinner at the Baptist Student Union. The dinners are designed to promote friendships between international students and American families. The dinners are held once a month, and anyone is welcome to attend.

### International communication

**Stephan Amvame Ekekang**  
Gabon, Central Africa  
Third year student

**What do you like about the Friendship Dinners?**

It gives me the opportunity to meet the other international students, socialize, to share cultures and to learn from individuals.

**Why did you come to Winthrop?**

To improve my English, earn an American

degree and experience American life and teaching. Also to meet new people and experience a new environment.

**Did you have trouble adjusting?**

It was hard to study at the beginning with reading when English is not your first language. I also had trouble following in classes and staying focused, doing presentations, and working in team projects and being able to say what you think. After the first semester it got easier.

started in 1981 and is nondenominational in areas around the U.S. They also offer English conversation to the students who are willing participate. Every month the dinners are emceed by another

volunteer, Dallas Jamison.

Courtney encourages American students and families to attend tennis matches and come to the dinners to promote hospitality. The dinners are

open to the guest of the international students. If you would like further information contact: Pat Courtney at (803) 327-1608.

See page 2 for more interviews with students.

## Roddey's making changes

Melissa Kerney  
Editor in chief

For those of you who have never seen an issue of the Roddey-McMillan Record, thanks for picking us up. We hope you like what you see. We are the multicultural newspaper of Winthrop University, and you'll see us in newstands each month.

For those of you who are familiar with the Record of the past, get ready for some changes.

Some of those changes include:

- A new logo. The staff of the Record chose the eye with a world in its pupil as the logo for many reasons. As a campus newspaper, we have to keep our eyes open to see what issues and events are important to you, our readers. As the multicultural newspaper on campus, we have to look at those things through different eyes than most of the students who work and play here.

- More pages. Each issue we publish will have at least eight pages.

- Themes. In each issue, you will see a theme unifying the articles we publish. This month, we chose beauty as our theme.

- More emphasis on different cultures and groups. We will delve into different religions, nationalities, ethnicities, sexual orientations and other minority groups throughout the course of the year. Winthrop University is a melting pot made up of many different people, and we want to see them all on the pages of our newspaper.

- More reader feedback. We want to hear from you. You can always e-mail us at RMR@winthrop.edu or attend a meeting at 9:30 p.m. on Wednesdays in Bancroft.

The Record is dedicated to celebrating our differences, so when you're flipping through our pages, be prepared to step outside of your comfort zone. But don't be surprised if you see an article or two that has nothing to do with any culture or group in particular. The Record is also about celebrating our similarities. After all, when you get down to it, we all belong to one race. The human one.

## Campus diversity expected to follow past trends

Official numbers not released yet

By Melissa Kerney  
kerneym1@winthrop.edu

If Winthrop University enrollment follows past trends, diversity on campus

has increased this fall.

While the numbers are still out on fall enrollment for 2001, Eric Johnson, a statistical analyst for Institutional Research, thinks the Winthrop population has continued to follow past trends.

"There has been a steady rise of the enrollment of minorities

at the university for the past several years while the ratio of females to males has remained fairly leveled. Fall 2001 data should reflect these trends," Johnson said in an e-mail.

Johnson said there are still too many errors in the data currently. For that reason, Winthrop won't release any information

until the data is locked in the beginning of October.

According to Winthrop's Web site, last year Winthrop had the most diverse student body in the campus' history: More than 1,400 enrollees (24.39 percent) came from African American, Hispanic or other traditionally under-represented populations.

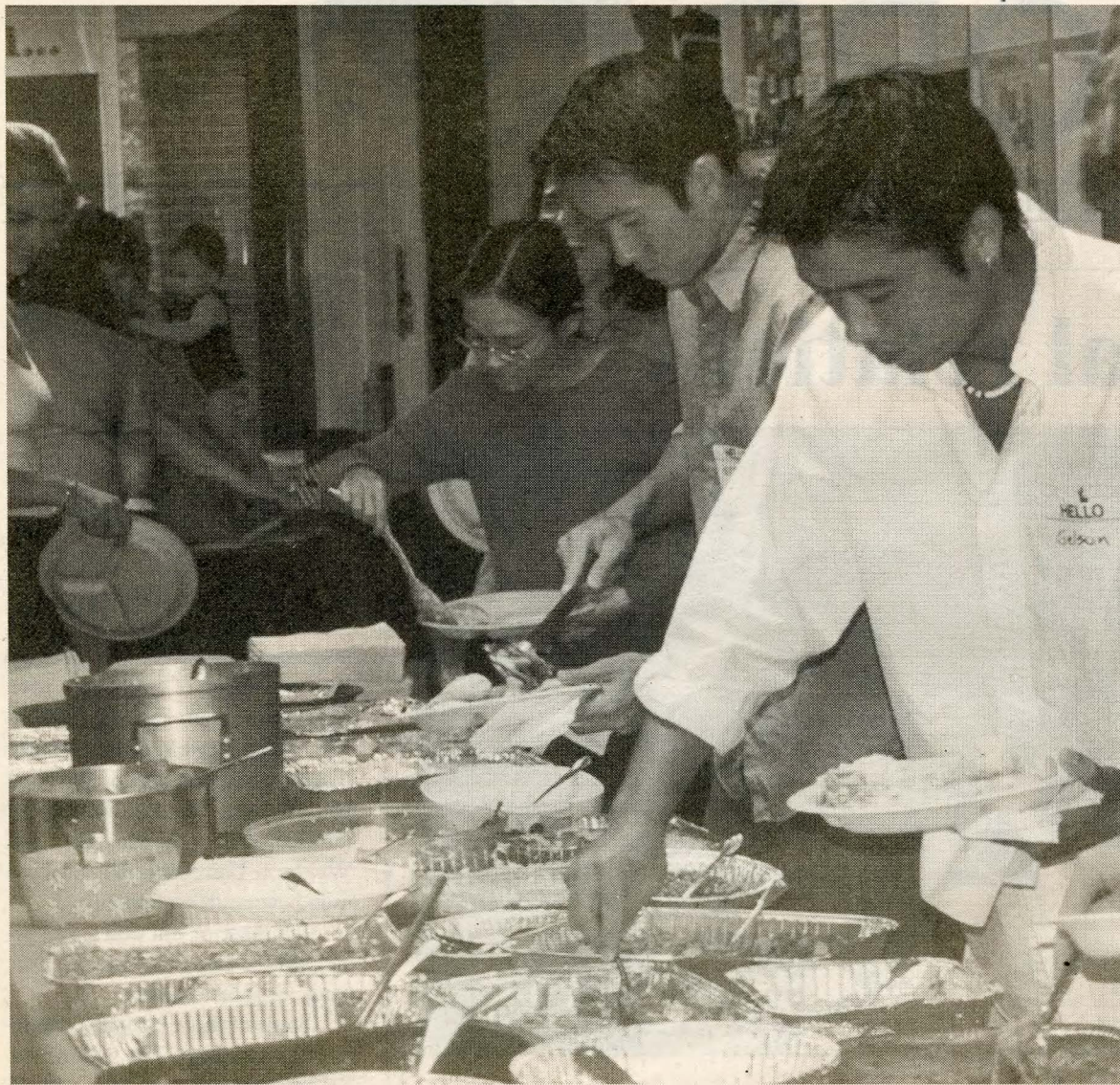


Photo by Beth Fleming

Gustavo (white shirt) and Gelson Kawassaki pick up some dinner and friendships at the Friendship Dinner Friday night at the Baptist Student Union.

# Bridging culture through theatre

By Princess Bethea  
ptb2001@yahoo.com

William Shakespeare realized that "all the world's a stage," and so does the multicultural theatre group The Bridge.

The Bridge will be sponsoring a Multicultural Festival October 23-25. The activities will range from an art exhibit and poetry reading to a talent show displaying different cultures and ethnicities.

The goal of The Bridge is to enrich the community with fine arts performances by a unique group of minority artists on campus. The Bridge's mission is to educate students at Winthrop University about the theatre and other art forms used to express one's self.

This year, The Bridge is led by Quentin Talley, president, and Nakee White, vice presi-

dent. They are both extremely optimistic and anticipate wonderful things from the group this year.

"We need to continue to do more work bridging the gap between the cultures," White said. By incorporating jazz, renaissance and modern art with everyone's own individual style, the group is hoping to enhance Winthrop's intellect, she said.

Quentin Talley wants "everyone to enjoy different types of culture through the arts" while getting their diplomas.

The Bridge is already anticipating their annual play in the spring. This year they will perform "Day of Absence".

For those of you interested in joining, the theatre group meetings will be held every Wednesday at 7 p.m. in East Thomson Lobby.

# Scholarship pageant looking for queens

By Krystal Berry  
krystyle\_21@hotmail.com

Are you beautiful? Do you have what it takes to be a queen? Well, you can prove this to the Latchkey Inc. by participating in their first Miss Latchkey Scholarship Pageant, which will be held at Greenville Technical College on November 16 and 17.

The Latchkey Inc. is a non-profit mentoring program set up for teens in and around the Rock Hill area. The purpose of the

organization is to keep teens off the streets. However, the pageant has two divisions. One is the teen division consisting of high school freshmen, sophomores, and juniors.

The winner of the teen division will compete for Miss Teen South Carolina in July of 2002. The other portion of the pageant is the Miss division, consisting of high school seniors up to the age of twenty-three. The winner of this category will compete for Miss South Carolina in July of 2002.

## International communication

**Marc Roca**  
Marketing Business  
Catalonia, Spain  
Third semester

### What do you like about the Friendship Dinners?

You met new people and the food is good.

### Did you have trouble adjusting to Winthrop?

Yes and no. As to studying, yes. Everything is different.

...

**Danielle Elangue**  
Cameroon, Africa  
First semester  
Finance

### What do you like about the Friendship Dinners?

It is a good way to meet people.

### Why did you come to Winthrop?

Winthrop transferred all of my credits from France, and it was cheaper.

### Was Winthrop what you expected?

The apartment was not. The lack of transportation was a surprise and the lack of interaction with American students. It is difficult to talk with them. They seem to not want to make friends with the international students.

**Mina Lovjjeva**  
Bulgaria  
Second year

### What do you like about the Friendship Dinners?

The good food, chance to meet with other students you haven't seen and the new international students. Its good to see all the people in one place. I wish there were more socials with music.

### Why did you come to Winthrop?

I was looking to study art on the southeast coast. I was given a scholarship, and I found Winthrop through the Internet.

### Did you have trouble adjusting to Winthrop?

The first semester was stressful, I had problems with my English, the people and the school system was different.

...

**Xavier Ridet**  
France  
Sophomore  
Business MBA program

### What do you like about the Friendship Dinners?

If it weren't for the dinners I wouldn't have met as many American students. I like them

and I go as much as possible.

### Why did you come to Winthrop?

I came through a business school from France.

### Did you have trouble adjusting to Winthrop?

A little bit at the beginning. No big difficulties.

...

**Brenda Chitunhu**  
Zimbabwe  
Second year  
Finance

### What do you like about the Friendship Dinners?

The dinners are cool. A more relaxed way to meet Americans.

### Why did you come to Winthrop?

It seemed like a nice place to be and I like the way they treated me when I called.

### Did you have trouble adjusting to Winthrop?

Yes, I had a really hard time adjusting. Americans are really cold people.

### What do you think Winthrop could have done to make it easier for you?

Have more things were there is more interaction with Americans. I came here not just for school but also to learn about American culture.

Got opinions? Ideas?  
Questions?  
Let us know!

E-mail us at

RMR@winthrop.edu

# The Madame Walker Syndrome

A strange thing happened on my way to a point in Writing 101 the other day. I was leading the class in a discussion of "My First Conk," an excerpt from *The Autobiography of Malcolm X*. The charismatic Black Muslim leader explains in this section of his narrative the pain that he endured to change his "kinky" hair. He calls the conk – hair straightened with a lye-based mixture – his "first step into self-degradation."

Because of the retro-looks of Rasta locks, Afros, cornrows, and other natural hair styles popular with young people these days, I did not expect my students to balk at Malcolm's thesis; that hair straightening among African-descended people is a sign of self-hate, signal of a wish to be white. One African American female protested loudly. She claimed that she perms her hair simply because she "looks better that way." Other voices joined in, agreeing with her that nappy hair just "doesn't look right," or that it's just a personal aesthetic.

Most African Americans, especially those over forty, remember the scalp-burning effects of "congolening," the process so many of us suffered

**Dr. Dorothy Perry Thompson**

Faculty Guest Columnist

through to have the right look: the high wavy pompadour of Jackie Wilson; the shiny, curly look of Little Richard; the slick-backed hair of the Temptations and many other popular entertainers who, in spite of their conks, still did not look white enough (for their record companies) to have their own faces on the covers of their albums. Even the Godfather himself, in the midst of twisting those famous feet and yelling "Say it loud. I'm Black and I'm proud!" did so with sweat streaming down his forehead from one of the fanciest conks of the decade (the 1960s). And if you were female, you were bound to use at least once in your high school career the best insult to any "nappy-headed" girl who might be in competition with you for, say, the spot on the cheering squad, or the date to the prom with the football team captain: "You need to tell Madame Walker to walk around your edges, sweetheart." (Madame C.J. Walker was the first African American millionaire. She made her fortune

from her development of a hair straightening process for Blacks.)

Telling this to my students did not convince them that we live in a country that had taught African-descended people to privilege white beauty standards. Yet, they easily use the term "good hair" for straight or soft and curly locks, and "bad hair" for coarse, nappy or kinky types.

Nevertheless, changes in attitudes are evident. Here on the Winthrop campus, for example, I see beautiful braids worn by Erica, a tall, beautiful young woman from Sumter, S.C.; locks sported by Lakeyta, the current president of Taking Integrity Back, and David Howard, a young man from Germany; and many others in varying patterns of African cornrows. Moreover, my own beautician told me the

other day that lots of European Americans are walking into her shop and asking if their hair can be locked or braided. Also, I've noticed that most students no longer used the term "dreadlocks," the description attributed to the British who feared those who wore the hairstyle (the Afrocentric Rastafarians of the Caribbean, followers of Haile Selassie) or who thought it looked awful, or dreadful.

This is not meant to insult those of African descent who have permed hair, because you are beautiful people.

I've asked my students to think deeply about their own definitions of beauty, to try to examine the sources of their opinions. Sometimes, such deep thinking matters. Think not? Think again. Think "Michael Jackson."

**(byoot' e) n., pl.** 1. the quality attributed to whatever pleases or satisfies the senses or mind, as by line, color, form, texture, proportion, rhythmic motion, tone, etc., or by behavior, attribute, etc. 2. a thing having this quality 3. good looks 4. a very good-looking woman 5. any very attractive feature

## Open eyes can see real beauty around us

**Ayanna Austin**  
Content Editor

What Hellen Keller wrote is true: the seeing really see little. Wasn't it the seeing who took something as subjective as beauty and foolishly created standards that are unattainable to most and perpetuated those standards in every form of visual media?

I recently read an article in *Psychology Today* entitled "Why I Hate Beauty". The title leapt off the page and struck me in the heart. I know that is an odd reaction. It was just a title, nothing serious. But I was stunned to see the words "hate" and "beauty" in the same phrase. I love beauty. And when I say beauty, I don't mean pretty red roses or an attractive physique. I don't automatically think of *Cosmo* magazine or Revlon cosmetics.

All of that is part of my perception of beauty, but beauty is so much more. Most of us probably acknowledge that there is more to beauty than what we see. We all know of a beautiful sound or a beautiful fragrance. Even the things we see are often just as beautiful for the sense of touch that they evoke as for the sense of sight.

The definition on this page captures it pretty well by stating that any sense can detect beauty. But most of us manage to focus more on physical beauty than any other form. After reading the article in *Psychology Today*, I understand why the writer says she hates beauty. If beauty by definition is pleasing, it is not likely that she would hate something that she finds appealing. Everywhere she looks, she sees strikingly beautiful women. They are in magazines and movies and on TV, and some of them are so stunning that they look unreal. The images are so pervasive that she believes people can no longer appreciate "the ordinarily beautiful."

Got opinions?

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The Roddey-McMillan Record is published monthly during the school year by Winthrop University students for students, faculty, staff and alumni. Unsigned editorials reflect the opinions of the editorial staff. The opinions expressed do not necessarily reflect those of the administration, faculty, staff or students. Signed columns and cartoons reflect the opinions of the authors and do not necessarily represent the views of the staff.

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## Look inside for beauty

While many of our generation would be quick to dismiss the music of the 1970's as nothing more than protest songs for tree-hugging hippies, we would be well-advised to wipe the dust off some of those old album covers and try them out. If playing a record is too much of a stretch, fear not, for most of these musical treasures have been reissued on CD.

One such gem is Carole King's monumental album *Tapestry*. Mixed in with her pop hits "Will You Love Me Tomorrow," "It's Too Late" and the soulful classic "(You Make Me Feel Like) A Natural Woman" are some lesser-known but equally compelling compositions. I love these songs so much that picking my favorite would be as impossible a task as, say, getting food from Dinkins in under five minutes. However, there is a particular song, "Beautiful," that I would like to share with you now. "Beautiful" is special because it articulates a meaning of beauty that is different from the "thin body + high cheekbones + designer clothes = beauty" equation pop culture tries to sell.

When I get bent out of shape over my wrinkled clothes or bad hair day, this song reminds me that beauty is more a feeling than a physical characteristic. It reminds me that, contrary to what my

**Donna Harris**

Guest Columnist

self-pitying ego might tell me, looks are actually pretty trivial. Am I suggesting that we should neglect all elements of grooming and approach outward appearance with reckless abandon? Well, that would be a little extreme. There is, after all, something to be said for showering occasionally. What we can learn from "Beautiful," though, is that real beauty is an inner quality, one that cannot be found on the racks of Victoria's Secret any more than "happy" is actually contained in the Clinique fragrance of that name. While a little primping and indulgence is likely to make us feel beautiful, it is important to remember that beauty extends far beyond the realm of Bath and Body Works and that *Cosmo* will never run an article entitled "Five Easy Steps to Inner Beauty (For Under \$100!)" Very different from her peers "pretty" and "trendy," beauty asks us to look deep within ourselves. She demands truth, openness, and love. When we can approach others with kindness and learn to relish in the every day joys of life, we cannot help but take on a glow far more attractive and authentic than the stuff the magazines and department stores try to sell us.

## Book Corner

Looking for a great read? The following books are some favorites of the Roddey-McMillan Record staff members. Each one also has something to do with this month's theme, "The Bold and the Beautiful."

### The Essence Total Makeover: Body, Beauty, Spirit

by Patricia M. Hinds, Crown Publishing, 2001, \$18, 216 pp.

A step-by-step guide for women



### Redemption Song

by Bertice Berry, One World, 2000, \$10.95, 192 pp.

A unique African-American love story set in two time periods

### Cien años de soledad (One Hundred Years of Solitude)

by Gabriel García Márquez, Libros Sin Fronteras, 1997, \$25.98

Considered a masterpiece, it's a classic novel by a Nobel Prize winner



### Things Fall Apart

by Chinua Achebe, Doubleday & Company, 1994, \$9.95, 212 pp.

Part of the Nigerian literary renaissance of the 1960's, it chronicles the life of an Igbo tribal community

### Debra Seth

Integrative Marketing Communication Junior

#### Most beautiful artist:

Roberta Flack and Aaliyah

#### Favorite movie:

Imitation of Life

#### Most beautiful person:

Kathryn Welch (Mother)

#### Favorite fragrance:

Victoria Secret's Heavenly

#### Favorite book:

The Prisoner's wife by Asha Bantele

#### Most beautiful thing about a person:

Their spirit

**Her own personal style:** A combination of what was learned from sister and mother plus a touch of class and sensuality.



### Makita Smalls

Social Work Sophomore



#### Favorite beautiful artist:

Aaliyah

#### Favorite type of movie:

Horror/Adventure

#### Most beautiful person:

Mother, Father, and Niece

#### Favorite fragrance:

Bath and Body Works' Sweet

Pea

#### Most beautiful thing about a person:

Their smile and spirit

#### Own personal style:

Whatever I feel comfortable in.

### Ottis Allen

Business Administration Junior

#### Favorite beautiful artist:

Tupac and Samuel L. Jackson

#### Favorite movie:

Friday

#### Most beautiful person:

Aaliyah

#### Favorite scent:

Burr Berry Sport

#### Favorite book:

A Rose that Grew from Concrete (Book of poems)

#### Most beautiful thing about a person:

Their honesty

#### Own personal style:

It's just me



### Avery Keitt

Elementary Education Junior

#### Favorite beautiful artist:

Eryka Badu

#### Favorite movie:

American Beauty

#### Most beautiful person:

Jada Pickett-Smith

#### Favorite fragrance:

For him, Pleasures; For females, Ralph

by Ralph Loren

### Aaliyah's death shows how fragile life is. We must cherish and grasp each opportunity.

Although her death is a loss to the music community, her legacy will live on in the hearts of all her fans.

- Cheryl Kerr, Early childhood education

It was truly a shock. Yet another beautiful face gone. She was someone our age and how she died so suddenly was a devastating tragedy. She will definitely be missed. She was one in a million.

- Cron Carmichael, IMC

It is always tragic when someone so young and beautiful as Aaliyah must die. She will remain forever imbedded in our minds as an icon of popular culture.

- Stacey Stagers, English



In memory of  
**Aaliyah Dana Haughton**  
January 16, 1979 - August 25, 2001

Courtesy of www.aaliyah2001.com

By Tamala Hooks  
bookst1@winthrop.edu

Aaliyah, one of R&B's most popular vocalists, died August 25. The 22-year-old, along with eight other passengers, were leaving a video shoot in the Bahamas when their plane crashed 200 feet from the end of the runway.

Aaliyah Dani Haughton was born Jan. 16, 1979, in New York, but she spent most of her childhood growing up in Detroit. Aaliyah (meaning 'exalted one' in Swahili) released her debut solo album in 1994. Entitled Age Ain't

Campus Style

**Favorite book:** Way Side School is Falling Down by Lewis Sachar  
**Most beautiful thing about a person:** Their personality  
**Own personal style:** Seeing different things-a lot of different things and ending up with a style that looked the best and felt comfortable

**Helen Diamond**

Biology  
Senior

**Favorite beautiful artist:** Enya  
**Favorite movie:** Chocolat  
**Most beautiful person:** Me - Helen P. Diamond  
**Favorite fragrance:** Nautica for Men and Liz Claiborne for Women  
**Favorite book:** Joy Luck Club  
**Most beautiful thing about a person:** Their heart  
**Own personal style:** Personal opinion and people around



**Favorite movie:** Gloria and Malcolm X  
**Most beautiful person:** Celestine Z. Williamson  
**Favorite fragrance:** Cinnamon  
**Favorite book:** SoulDad Brother by George Jackson  
**Most beautiful thing about a person:** Their love for others, helpfulness, and compassion  
**Own personal style:** Influences by mother, mentor Perry, and environment, but mostly mother



**Patrick Holt**

Painting and Graphic Design  
Junior

**Favorite beautiful artist:** William Henry Johnson, Painter  
**Most beautiful person:** Cannot decide everyone has his or her own beauty  
**Favorite scent:** Dr. Dalman's Peppermint Soap  
**Favorite book:** Sid Hartha by Herman Hesse  
**Most beautiful thing about a person:** Their ability to be openly honest  
**Own personal style:** I like what I like and sometimes it is popular and unpopular styles



**Joshua Peters**

General Business Administration  
Junior

**Favorite beautiful artist:** Robert Nesta a.k.a. Bob Marley

**A's death should be a reminder to young people on fragile life is. You should live each day to the fullest and grasp each opportunity you're presented with.**

- Eboni Foster,  
Business administration

**Malala Hooks**

Nothing But a Number, her first album hit the status of platinum. In 1996, Aaliyah returned to the charts with hits from her album One In a Million, produced by friend and co-worker Timberland. As her career reached higher levels, Aaliyah branched out into a film career, starring in the movie Romeo Must Die. She was to later have a role in the next two sequels of The Matrix and had already finished the filming of her starring role in Queen of the Damned. Her latest album, self-titled Aaliyah, has

reached the no. 1 position on the Billboard charts. The German newspaper Die Zeit recently published an interview with Aaliyah which occurred a month before her death. During the interview Aaliyah tells of an occurring dream that she keeps having. "It is dark in my favorite dream. Someone is following me. I don't know why. I'm scared," she said. "Then suddenly I lift off. Far away. How do I feel? As if I am swimming in the air. Free. Weightless. Nobody can reach me. Nobody can touch me. It's a wonderful feeling."

reached the no. 1 position on the Billboard charts. The German newspaper Die Zeit recently published an interview with Aaliyah which occurred a month before her death. During the interview Aaliyah tells of an occurring dream that she keeps having. "It is dark in my favorite dream. Someone is following me. I don't know why. I'm scared," she said. "Then suddenly I lift off. Far away. How do I feel? As if I am swimming in the air. Free. Weightless. Nobody can reach me. Nobody can touch me. It's a wonderful feeling."

**Aaliyah Memorial Fund**

In accordance with the Houghton Family wishes, the fund listed below has been set up in Aaliyah's name.

Contact information:  
Aaliyah Memorial Fund C/O Entertainment Industry Foundation  
11132 Ventura Blvd.  
Suite 401  
Studio city, CA 91604  
Attention: Merrily Newton  
p. 818.760.7722  
f. 818.760.7898  
mnewton@eifoundation.org

As Aaliyah was committed to breast cancer charities, the fund will benefit the following organizations:

- Memorial Sloan Kettering Cancer Center in Harlem, The National Breast Cancer Coalition in Washington DC and the Revlon/UCLA Breast Cancer Center.
- Revlon/UCLA Women's Cancer Research Program
- The National Alzheimers Association in Chicago
- The Alzheimers Association of Los Angeles

All of the beneficiaries are part of the upcoming charitable event, "Breathe", at which Aaliyah was slated to appear on Oct. 27.

Donation checks can be sent directly. Donors wishing to use credit cards should please contact Merrily via phone, fax or email. Donations are 100% tax deductible. Cards will be sent to the family notifying them of donations made.

**Musical Notes**

Looking for a something a little bit different? The following albums are some favorites of the Roddey-McMillan Record staff members. Each one also has something to do with this month's theme, "The Bold and the Beautiful."

**Now, Maxwell**

Sony, 2001, \$18.98

A romantic soul album characterized by soothing vocals and often mellow, sometimes funky arrangements



**Unconditional, Kirk Whalum**

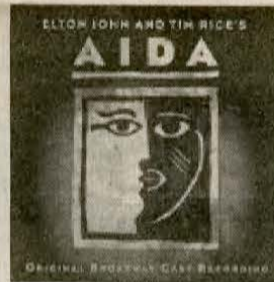
Warner Bros., 2000, \$17.98

Funk-inspired smooth jazz by the tenor saxophonist

**Aida [Cast Recording], Various Artists**

Disney, 2000, \$17.98

Elton John and Tim Rice's Broadway musical soundtrack featuring the original cast



**Lady in Satin, Billie Holiday**

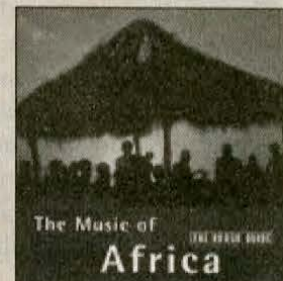
Sony, 1999, \$11.98

Though not considered her best vocally, the album features moving and heart-breaking performances by Lady Day

**Rough Guide to the Music of Africa [Import], Various Artists**

World Music Network, 1999, \$12.98

An introduction to the many styles and various artists of the continent



# Working out not always all work, no play

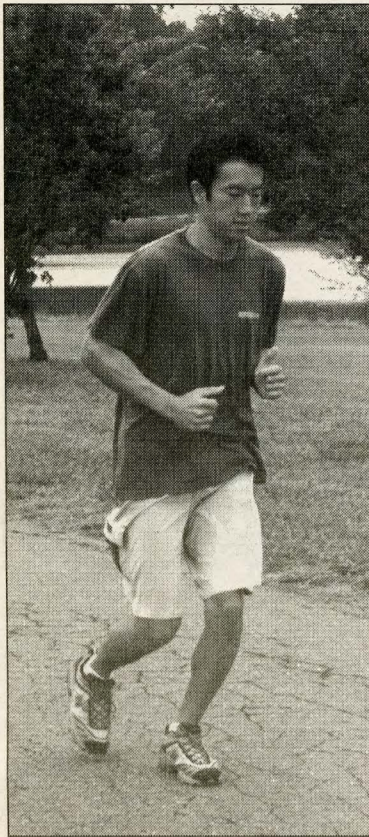


Photo by Beth Fleming  
Gustavo Kawassaki takes time out of his day to work out.

By Allison Smith  
smitha6@winthrop.edu

Have you ever seen one of your classmates jogging past Thurmond early in the morning as you make your way toward breakfast? Maybe you've seen a group of people walking briskly past the Conference Center as you've returned home from an evening event. Do you ever say to yourself "Maybe I should be doing a little walking or running sometime"?

Well, what are you waiting for?

More and more students are taking the leap and deciding to whip their bodies into shape. But many may feel that exercising won't work for them, or they may not have any idea about where to start. It's pretty simple.

Jodie Triplett is a fitness instructor at Winthrop University who feels students

must evaluate their skills and do a self-assessment before starting an exercise program.

Students also have to make sure their bodies are in the proper condition to do any type of cardio activity, Triplett said. She also recommended students be aware of their motivations before starting any regular program. Students should know how successful they want to be.

Students who ask "What can exercising do for me?" should take a look at the health benefits. Many have heard about reducing the risk of heart disease, living longer and preventing osteoporosis, but there are some benefits the average person may not know about.

• According to a 1998 Fitness article, exercising can help fight off germs; also, a well-nourished body can recover faster after surgery.

• For you men out there, exercising can raise your testos-

## Simple tips

1. Find a program that is right for you and is something you will be able to stick with.
2. Always start slow and build up gradually.
3. If you are trying to trim off a few pounds or gain some muscle, remember that results take time, so *be patient*. It won't happen overnight, but don't give up!

terone level.

• A 1996 Surgeon General report states that exercising promotes physiological well-being as well as inhibits you from stressing out. The next time you have a big test to study for, don't stress! Just go out and play basketball, go walking, dance or take a bike ride around campus.

• One of the most important benefits that can come from exercise is that it can change your image and increase your self-esteem.

Your body is a beautiful gift. It's your responsibility to take care of it and love it.



Photo by Beth Fleming  
Crysta and Kara Wiergacz walk at Winthrop Lake.

## Campus snapshots

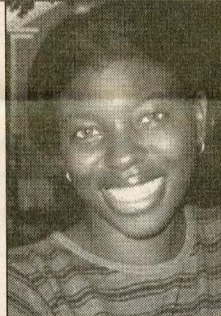
Trellis does extensive work on her abs. She also includes stretching before any workout. Trellis says that working out makes you feel better about yourself. Her goal is to just stay toned.

Trellis Manning  
Elementary Education  
Junior



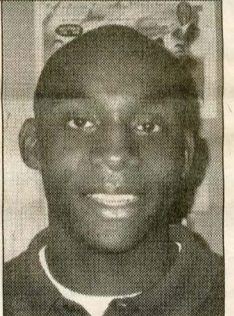
To stay fit, Delora goes walking three times a week and does crunches every day. She says that if she misses a day of working out, she has less energy. Exercising makes her a more positive person.

Delora Jones  
Early Childhood Education  
Junior



T.J. sets himself up on a schedule that consists of running two miles every day and working with weights three times a week. T.J. says if you don't set yourself on a schedule, then it just won't work.

T.J. McConnell  
Business Administration  
Freshman



# Volunteering can benefit community, individuals

## Winthrop students may find fulfillment in helping others

By Angela Loynes  
nca99wul@yahoo.com

Gisela DeSantiago is a volunteer. For the past three summers, DeSantiago, a political science major, has worked with Spanish-speaking migrant workers in her hometown of Walterboro, S.C.

The workers are in the US temporarily and do not speak English. By simply talking with them in their native language, she puts the visitors at ease and expects nothing in return.

Sometimes community service is voluntary, but it might also be performed as a class, scholarship or court-ordered requirement.

Getting community service hours and a scholarship seemed like a "good deal" to Ishmael Tate. Tate recently

accepted a Close Scholarship which requires her to perform over 100 hours of voluntary community service each semester.

Tate will be logging her hours with the Catawba Care Coalition. The Coalition plans and implements HIV education programs.

"This experience will be similar to my work with Planned Parenthood in the past. I toured schools and churches talking about teen issues, mostly STDs," said Tate.

Although her position with Planned Parenthood was paid, it's still considered community service because it addressed a community need.

The third type of service is service-learning. Unlike the others, service-learning emphasizes reflection on the service activity. Learning and development are the result of this reflection.

Students in Education 110 classes are required to complete a service-learning activity. Elementary Education major Zuyi Mui observed and interacted

## Definitions

How you define service will help determine the type of service best suited for you. It is important to note there are differences between volunteering, community service and service-learning.

• **Volunteering** provides a service which meets human and community needs. While there are many benefits associated with volunteering, a volunteer receives no compensation and is not working to meet a requirement. It is of a completely voluntary nature.

• **Community service** also provides with students in Macfeat.

"I chose to work at Macfeat because I like little kids and the site is on campus," said Mui.

The Service-Learning Center is now open in Dinkins 222. The department coordinates the Close Scholars program, Winthrop AmeriCorps, the America Reads Challenge, Volunteer

a service which meets human and community needs; however, it may or may not be voluntary. You may be compensated in some way (money, grades, etc.) or may meet a requirement for something (class, scholarship, judicial sanction, etc.).

• **Service-learning** engages students in activities that address human and community needs while providing structured opportunities for reflection on the activities. These actions are specifically designed to promote learning and development, and it may be for school or extracurricular.

Jacoby, 1996

Week and many other service programs. It also assists professors with service-learning activities in the classroom and conducts presentations for residence halls and organizations.

Students are encouraged to stop by to find out about the new resources they have to help those who are interested in community service.

Religious Reflections: Mormonism

By Ayanna Austin  
austina1@winthrop.edu

If you are buying what the mainstream media is selling, Mormonism is a strange and restrictive religion that has been hiding in the shadows.

An article in this week's Newsweek magazine asks how the Mormon influence in Salt Lake City will affect the upcoming winter Olympics. Participants worry whether or not they will go out and get an alcoholic drink in town.

Of all the many stereotypes of Mormonism, junior Jennifer Spurlin would most like to dispel the idea that

Mormons are not Christians. "I have strong faith in Jesus Christ," says the 19-year old music major and choir director of her local church.

Spurlin and her five siblings have been Mormon since birth, and they, like all Mormons, accept the Bible as the word of God. Mormons also believe the Book of Mormon, which was written by the prophet Adam Smith in the 19th century, is the word of God.

She acknowledges the differences between Mormonism and other Christian sects, but faith in God, Christ, and the Holy Ghost are present in all.

Spurlin says that the differences are what make

Mormonism the right church for her. Mormon beliefs emphasize responsibility for family and community. In fact, the Church of Jesus Christ of Latter-day Saints says that marriage and procreation are key in "the divine plan of happiness".

Spurlin considers faith – especially Mormonism – a unifying force. She likes to learn about other faiths but has never been interested in practicing another religion. She believes Mormonism adds the most to her life.

"It provides solid answers to almost any question you could ask about anything," she said.

Religious Clubs and Organizations

For more information on the Religious Clubs and Organizations listed below please contact the Office of Student Activities at ext. 2248.

- Abundant Life in Christ
- Alpha Omega Christian Women's Service Fraternity
- Baha'i Club
- Baptist Student Union
- Campus Crusade for Christ
- Fellowship of Christian Athletes
- Jewish Student Organization
- Lutheran Campus Ministry
- Reformed University Fellowship (RUF)
- Tabernacle of Praise Outreach Student Bible Study
- Wesley/Newman-Westminster
- Wesley Foundation
- Winthrop Bible Study (Christians in Action)



The Articles of Faith of The Church of Jesus Christ of Latter-day Saints

1. We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.
2. We believe that men will be punished for their own sins, and not for Adam's transgression.
3. We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.
4. We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ; second, Repentance; third, Baptism by immersion for the remission of sins; fourth, Laying on of hands for the gift of the Holy Ghost.
5. We believe that a man must be called of God, by prophecy, and by the laying on of hands by those who are in authority, to preach the Gospel

- and administer in the ordinances thereof.
6. We believe in the same organization that existed in the Primitive Church, namely, apostles, prophets, pastors, teachers, evangelists, and so forth.
  7. We believe in the gift of tongues, prophecy, revelation, visions, healing, interpretation of tongues, and so forth.
  8. We believe the Bible to be the word of God as far as it is translated correctly; we also believe the Book of Mormon to be the word of God.
  9. We believe all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the Kingdom of God.
  10. We believe in the literal gathering of Israel and in the restoration of the Ten Tribes; that Zion (the New

- Jerusalem) will be built upon the American continent; that Christ will reign personally upon the earth; and, that the earth will be renewed and receive its paradisiacal glory.
11. We claim the privilege of worshipping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may.
  12. We believe in being subject to kings, presidents, rulers, and magistrates, in obeying, honoring, and sustaining the law.
  13. We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men; indeed, we may say that we follow the admonition of Paul—We believe all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.

Inspirational Quotes

- Beauty is whatever gives joy.*  
-Hugh Nibley
- In life, as in art, beauty moves in curves.*  
- Edward G. Bulwer-Lytton
- Even with all my wrinkles! I am beautiful!*  
-Bessie Delaney
- Being pretty on the inside means you don't hit your brother and you eat all your peas - that's what my grandma taught me.*  
- Elizabeth Heller
- Though we travel the world to find the beautiful, we must carry it with us or we find it not.*  
-Ralph Waldo Emerson
- Few girls are as well-shaped as a good horse.*  
- Christopher Morley
- No woman can be handsome by force of features alone, any more than she can be witty by only the help of speech.*  
-Langston Hughes

Compiled by Princess Bethea



# Leisure

## September 2001

① 9/10 - 10/28  
Let Goof the Work: Language and Photography by Chris Sullivan  
Elizabeth Dunlap Patrick Gallery  
Rutledge Building

① 9/13/ Spanish Film,  
"Romero,"  
Kinard Auditorium,  
8 p.m.

① 9/14/ Concert,  
"Osadolos"  
Amphitheater 5:15  
p.m.

① 9/15 Concert,  
"Naturally Seven"  
Withers, Plowden  
Auditorium, 8 p.m.

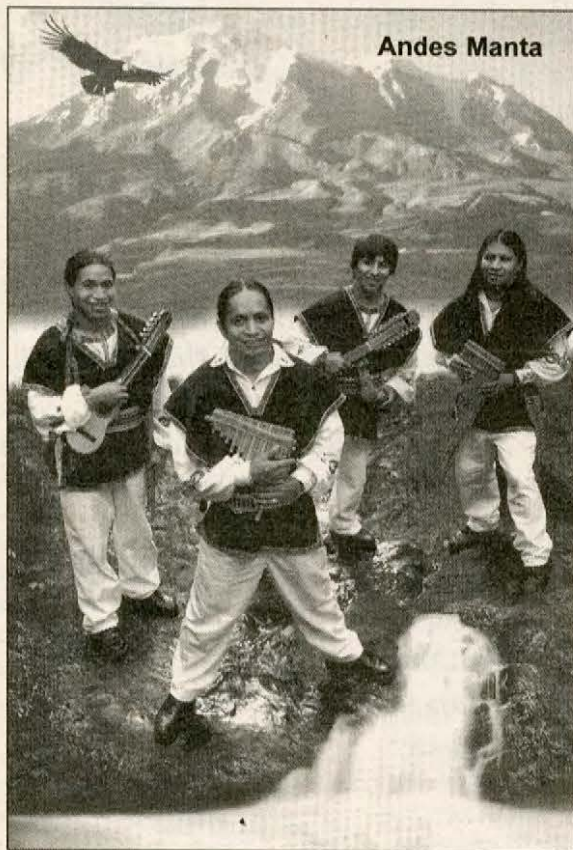
① 9/16 1:45 - 4 p.m.  
Tour of Exhibits at  
the Mint Museum,  
Mint Museum,  
Charlotte

① 9/17 - 10/12  
Senior Photography  
Lewandowski Student Gallery  
McLaurin Hall

① 9/20 8 p.m. French/Russian Film,  
"Est-Ouest," Kinard Auditorium

① 9/21 Concert, Conservatory of Music,  
Barnes Recital Hall, 8 p.m.

① 9/21 Concert, "Andes Manta," Dinkins ATS  
Cafe, 8 p.m.



① 9/22 Concert, "Antigone Rising," Dinkins  
ATS Cafe, 8 p.m.

① 9/23 Lecture, "Art Brut: Truth and  
Sincerity," Tom Stanley, Rutledge  
Auditorium, 3 p.m.

① 9/26 Winthrop Theatre, "Student Works  
#1," Learning to  
Ride a Bicycle,  
Johnson Studio  
Theatre, 8 p.m.

① 9/27 Foreign  
Film, "Don  
Quijote Part I,"  
(Spanish) Kinard  
Auditorium, 8 p.m.

① 9/27 Winthrop  
Theatre,  
"Student Works  
#1," Learning to  
Ride a Bicycle,  
Johnson Studio  
Theatre, 8 p.m.

① 9/28 Concert,  
Joules Graves, folk singer, Dinkins ATS  
Cafe, 8 p.m.

① 9/28 Winthrop Theatre, "Student Works  
#1," Learning to Ride a Bicycle,  
Johnson Studio Theatre, 8 p.m.

① 9/29 Beau  
Sia and  
Shang,  
Conservatory of Music,  
Barnes Recital  
Hall, 8 p.m.

① 9/29  
Winthrop  
Theatre,  
"Student  
Works #1," Learning to Ride a Bicycle,  
Johnson Studio Theatre, 8 p.m.



① 10/4 Foreign Film, "Don Quijote Part II,"  
(Spanish) Kinard Aud.,  
8 p.m.

① 10/4 Winthrop Theatre, "The Madwoman  
of Chaillot," Johnson Theatre, 8 p.m.

① 10/5 Friends of Dacus Library Event,  
Withers/W.T.S. Building, 4 p.m.

① 10/5 Lecture, "From the Battery to Bats:  
African Americans Forgotten in History"  
Withers/W.T.S. Building,  
Plowden Auditorium, 4 p.m.

① 10/5 Winthrop Theatre, "The Madwoman  
of Chaillot," Johnson Theatre, 8 p.m.

① 10/11 Faculty Recital, Eugene Barban,  
piano, Conservatory of Music,  
Barnes Recital Hall, 8 p.m.

① 10/11 Foreign Film, "Colonel Chabert,"  
(French), Kinard Auditorium, 8 p.m.

① 10/21, Sunday Afternoon in the Dark,  
Jenifer Borum, Lecture,  
"Art Brut: Knowledge and Diffusion"  
119 Rutledge, 3:00 p.m.



① 10/22 - 11/20 Figure Drawing  
Lewandowski Student Gallery  
McLaurin Hall

Every Friday: New Start Student  
Association, meet at 1 p.m. in Dinkins for  
lunch. Call Tammy Mason at ext. 3276 or  
Amy Pentergast at 366-2824.

① = Cultural Event

If you have an upcoming event  
for the months of October and  
November, e-mail us and tell us  
about it! Make sure you include  
all relevant information as well as  
a contact name and number so  
we can call with any questions!

RMR@winthrop.edu  
Subject: Leisure

