BREAKING GROUND: BUILDING PROJECTS BEGIN

Three new buildings under construction with fourth expected soon

BY JOSHUA WILSON
EDITOR-IN-CHIEF

Work has started on three new buildings at William Carey University with school officials anticipating the start of a fourth project soon.

A new research wing for the College of Osteopathic Medicine, a new chapel and a new business building are all under construction. Groundbreaking for a new gym is also being planned.

Work on the new wing for the medical school started in late May and is expected to be finished in May 2014. The 7,379-square-foot wing will serve as research space for the college, which recently welcomed its fourth class of students and will graduate its first class next year.

Work on the 2,630-square-foot new chapel also started in late May and is expected to be complete in early 2014. The new chapel is located behind “Garden A” and will hold 80 to 100 people for various functions, such as small religious services.

The university’s new business building, a 20,574-square-foot facility located across Tuscan Avenue from the new wing and new chapel projects, is expected to be finished in time for the 2014-2015 school year. Work on the new building, which will be significantly larger than the current business building, started in July.

In addition to classroom space, the new business building will also be home to School of Business faculty and staff offices. Currently, business faculty and staff are located in Mary Ross Hospital near the Thomas Business Building.

“The School of Business faculty and staff are excited about this new building and the opportunities for our students,” said Dr. Cheryl Dale, dean of the School of Business. “Students will have an outstanding facility to learn and mature into business leaders, and this new facility will also allow us to grow in terms of the numbers of students and the number of programs that we offer.”

The largest project on the university’s drawing board is the construction of a 40,000-square-foot gymnasium. The new gymnasium, which will be located south of Milton Wheeler Field, will require construction of a new street that will then connect with County Drive on WCU’s south side. The new facility will be six times larger than the current gym with around 3,000 seats available for events.

“This will be an outstanding facility for our student-athletes, one of the best in our conference,” said Athletic Director Steve Knight.

A completion date has not been set for the new gym but Knight and his team are already looking at ways to use the current gym once its successor is complete.

“It will be office space for coaches, will have a conference room, a Hall of Fame room, a video room for watching games, among other things,” said Knight.

Dr. Tommy King, president of WCU, said the projects are made possible by careful financial management, strong enrollment growth and generous donations. Private bonds will be raised for construction of the new gym, which will cost $10 million.

Mary Margaret Turner in External Relations and Sports Editor Michael Coelho contributed reporting.

Carey medical student Chelsea Rick named Miss Mississippi

FROM STAFF REPORTS

William Carey University College of Osteopathic Medicine student Chelsea Rick was crowned Miss Mississippi in Vicksburg on July 13.

Rick, a native of Fulton, is a second-year medical student who plans to specialize in internal medicine.

This was Rick’s fifth year to compete in the pageant and her perseverance served her well. As Miss Amory Railroad Festival, she won $10,000 in scholarships for the crown, as well as $500 for winning a talent preliminary and $400 for winning a swimwear preliminary. Rick said she was most excited about winning the talent preliminary as singing has been one of her many lifelong passions.

Beyond the glitz and glamour aspect of the Miss Mississippi pageant, Rick said she was also thrilled to have the chance to promote as a teenager, and as her interest in medicine developed, she realized that malnutrition was the initial cause of many health issues. In her new role as Miss Mississippi, Rick will have the opportunity to promote her platform around the state and visit with children at local hospitals. She said she is most excited about going to the Children’s Miracle Network Hospital and serving as a positive role model for the children.

As her busy schedule for Miss Mississippi tours and visits begins, Rick will also prepare to represent the state at the Miss America Pageant Sept. 10-15 in Atlantic City.

Other Carey students competing in the Miss Mississippi Pageant were Miss WCU Jennifer DeMelo; Miss Deep South Ali Blackledge; Miss Southern Magnolia Julie Falgout; and Miss Spirit of the South Shelby Ryal.

A recent Carey graduate who serves as a dental hygienist and sergeant in the U.S. Army, DeMelo won the overall Quality of Life award and scholarship for her platform work, Healthy Smiles, Happy Smiles: Promoting Good Oral Hygiene. Blackledge, who is working on her master’s in education at Carey, won the People’s Choice award and scholarship.

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Welcome (or welcome back) to Carey!
Breaking Ground: Renditions of new construction projects revealed

Three new building projects are currently underway at Carey. The projects include the (top left) 7,379-square-foot research wing for the College of Osteopathic Medicine, a new, 20,574-square-foot School of Business (top right) and a 2,630-square-foot chapel (left). The new research wing is expected to be open in May 2014, with the chapel expected to be complete in early 2014. The new School of Business will be open in time for the 2014-2015 school year.

Construction is expected to begin soon on a new 40,000-square-foot gymnasium (below), which will be located south of Milton Wheeler Field. No completion date has been set for the new gym.

Brief News

Second-year College of Osteopathic Medicine student Binh Q. Vu of Houston, Texas, has received a 2013 Welch Scholars Grant for $2,000 from the American Osteopathic Foundation.

Carey recently welcomed its newest class into the Master of Biomedical Science program. The intense, one-year program provides preparation for future study in D.O. and M.D. degree fields along with other health fields. The new class has 21 students.

August graduation included approximately 500 students receiving degrees at the Hattiesburg, Tradition and New Orleans campuses.

The Carey administration building Tatum Court, named for benefactor W.S.F. Tatum, will turn 100 years old in 2014. It was completed in 1914.

The Offices for External Relations and Advancement invite readers to join the William Carey University Facebook page to stay in touch with the university and to keep up with current happenings and events. Search for WCU or visit facebook.com/WmCareyU.

NEWS TICKER – WCU Library to host Bible exhibit Aug. 26-30 ■ WCU art student Lucy Landry awarded Betty Dettre Visual Arts Scholarship ■ Opera star Keri Alkema to perform at Carey Aug. 29 ■ WCU hosts 43rd annual creativity workshop July 22-24 ■ WCU Tradition offers Saturday Business Program ■ WCU receives perfect score for college financial responsibility ■ Six Carey athletic teams selected as NAIA Scholar-Teams ■ WCU hosts Mississippi Baptist Camps ■ WCU Scholarship Dinner to feature Sen. Roger Wicker ■ more headlines at www.wmcarey.edu/news
Finished and at Full Occupancy

Women's dormitory Davis Hall, 512 Tuscan open and occupied

By Joshua Wilson
Editor-in-Chief

Construction on Davis Hall, the new women's dormitory, and renovation work on 512 Tuscan Avenue, a renovated store now serving as apartments and home of the Lucile Parker Gallery, is finished.

Davis Hall holds 96 female students in double occupancy rooms and is already at full occupancy, said Director of Housing and Residence Life Jamie Holmes.

The new dormitory is named after Ralph and Cora Joyce Davis, a missionary couple who were both graduates of Carey's predecessor institution, Mississippi Woman's College. Ralph Davis was the first male student and graduate of Woman's College. The couple served as missionaries to Nigeria for 20 years beginning in 1950. In 1970, they escaped during the Nigerian rebellion and overthrow of the government. The couple also served for 15 years as missionaries in Ghana.

The couple's children, Nan and David, are also both graduates of Carey.

The university's other new set of residences, five apartments located at 512 Tuscan Avenue, are also full. "512 Tuscan," as it will be formally named, is an historic building constructed in 1924 that saw many years of service as a neighborhood store. Renovation work has recently been completed on the building and, in addition to the apartments, it will be the new home to the Lucile Parker Gallery.

The gallery, previously located in the Thomas Fine Arts Building, features many original pieces of art by Lucile Parker, who organized the art department at Carey and was a noted artist. The gallery is home to many different art exhibits throughout the school year.

CAREY EARS PERFECT SCORE FOR FINANCIAL RESPONSIBILITY

From Staff Reports

The U.S. Department of Education has just released its College Financial Responsibility Composite Scores for private nonprofit and proprietary schools and William Carey University received a perfect score of 3.

The composite score reflects the overall relative financial health of institutions along a scale from negative 1.0 to positive 3.0. An institution must demonstrate its financial responsibility by submitting an audited financial statement and the school's compliance audit to the Department of Education yearly in order to participate in the Federal Student Aid programs. Receiving a score lower than 1.5 could place an institution's financial aid in jeopardy if the institution does not correct the financial issues.

"We are pleased that the Department of Education recognizes that William Carey University is handling its overall financial matters, including federal financial aid, in a responsible manner. The score of 3 reflects the financial strength and stability of WCU," said WCU President Dr. Tommy King.

Nursing awarded Hearin grant

From Staff Reports

William Carey University has been awarded a $250,000 grant from the Robert M. Hearin Foundation in support of the Ph.D. in Nursing Education and Administration program, which was implemented in fall 2012.

The Ph.D. program was designed to prepare professional nurse scholars to assume leadership and upper-level management roles in nursing education programs or health care organizations.

"This is the first major grant that WCU has received from the Hearin Foundation and is an indication that William Carey has become a major player in providing health care education for Mississippi and the entire region," said Dr. Tommy King, president of WCU.

The Hearin Foundation was established in the will of Robert M. Hearin Sr., the Mississippi Valley Gas Co. chairman and CEO who died in 1992.

The goal of the Foundation is to contribute to the overall economic advancement of Mississippi by providing funds for four-year colleges and universities and graduate professional schools located in the state which prepare students to directly contribute to the state’s economy.

The WCU School of Nursing offers a BSN degree, a B.S. in Health Information Management (HIM), an RN-to-BSN program, an MSN degree, a Post-Master’s Program Option in Nursing Education, a Post-Master’s Program Option in HIM, and the new Ph.D. in Nursing Education and Administration program.
Fighting Against Society’s Norms

Carey alums married for 46 years work to fight social inequalities

By Joshua Wilson
Editor-in-Chief

It is hard to believe that a college student from a distant land, studying in the United States on a student visa, would decide in 1967 to attend a small college in Mississippi because of the college’s track record in accepting those of all races.

However, that was exactly the reason Victor Maridueña, a native of Guayaquil, Ecuador, was attracted to then-William Carey College. In 1965, under the leadership of Dr. J. Ralph Noonkester, the small Baptist college became the first college in Mississippi and the first Baptist college in the tri-state area to voluntarily agree to desegregate.

As a student at Moravian College in Bethlehem, Penn., Victor was active in local civil rights circles in the state of Pennsylvania and had been appointed to the local Human Rights Commission in Bethlehem when he became ill, forcing a visit to a doctor.

“The doctor told me I needed a warmer climate than that I needed to either move to the southern U.S. or go back to Ecuador,” said Maridueña. “I decided to go to the South.”

The sociology major was in his junior year of college at Moravian at the time. After the doctor’s diagnosis, he started researching potential places to finish his studies and found William Carey College, named for William Carey who was known as the “father of modern Christian missions” for his work in India. William Carey, who died in 1834, had been an outspoken opponent of slavery and had worked to abolish inequalities in India’s social structure.

Maridueña’s personal beliefs that all people are created equal meshed well with the philosophy of William Carey and the beliefs of the William Carey College leadership. After transferring, the young Ecuadorian was invited to be a student speaker at the college’s first convocation and International Day services.

“It was an honor to share my beliefs with my fellow students,” said Maridueña.

One of the students captivated by Maridueña was Nancy Farris, a native of Birmingham, Ala., and a fellow sociology major. The two would eventually find themselves in love and married shortly after their graduations in 1967.

“As sociology students, we were studying marriage and family and I guess Victor and I decided to practice what we studied,” said Nancy Maridueña, now Victor’s wife of 46 years, with a laugh.

Victor Maridueña proudly boasted of his reputation as William Carey College’s “number one thief” for stealing Nancy, “the greatest jewel” at the college.

“Everyone called me the ‘number one’ thief,” he recalled. “I agreed with them!”

After their graduations and marriage, the couple moved to Guayaquil, the largest city in Ecuador with a population of nearly two-and-a-half million, where Victor continued to strive for social reform. He was elected to several terms on the city council and served as an advisor to the city’s mayor for many years.

Victor’s social reform efforts soon focused on a dire problem in Ecuador: the health and well-being of the country’s children. He helped establish the Ecuadorian branch of Children International, a child sponsorship program, in 1987 and served for years as its president and executive director. The program has since helped provide countless children with health care, school supplies, education, and many other necessities.

During a recent trip to his alma mater with his wife, Victor discussed an incident that made him want to change society for the better. The year was 1956 and Victor was a student at an agricultural institute in Ecuador. Victor met a visitor from the United States who brought many gifts to Victor and his community, including cows, pigs, and other supplies. The man, who was “big, tall and wore a big hat,” spoke Spanish, something that delighted the Ecuadorians.

“We had only seen this sort of man in movies,” he said.

Victor described the man as friendly and gracious. The man went around the community, shaking hands with its citizens and familiarizing himself with their customs. However, upon shaking the hand of a black man in the community, the man from the U.S. immediately cleaned his hand.

It was Victor’s first taste of the bitter medicine that was racial prejudice.

“At that point, all the gratitude I had for the man was eclipsed by his act,” he said. “I knew then I wanted to do work that would change those attitudes.

And so he has. His career has been a success and he and Nancy are enjoying what they describe as "semi-retirement." However, the couple will never stop helping others, sharing the good news of Christ, and just loving others.

“I want all people to understand that freedom is the greatest right that people have, a God-given right,” said Victor. "I also want people to know that understanding of all people, of all cultures, of all races, has to be prevalent in daily life."

He also urges people to be unlike the man from the U.S. that so impacted his life.

“Giving something is not enough,” he said. “You must give of yourself, you must go beyond what others are doing and then real change will happen.”

Registrar urges students to register early for graduation

By Randi Clark
Managing Editor

The Oct. 15 deadline for May graduation applications is swiftly approaching.

WCU Registrar Gayle Knight and her staff are encouraging all seniors to not only apply on time but also plan to complete the application early in case of unexpected delays. The registrar’s office finds excuses hard to accept because application deadlines are posted in numerous places, from flyers and Red Books to catalogs and web pages.

Knight also noted the date for graduation applications never varies from Oct. 15 for May graduation and Dec. 3 for August graduation unless those dates fall on Sunday, in which students are granted an extra day.

A good guide to the entire application process can be found in the Undergraduate Catalog. Catalogs are available in the Admissions office on the second floor of Tatum Court. Near the Admissions Office is the registrar’s office where students can pick up handouts such as “General Graduation Application DEADLINES Oct. 15 for May 2014 Dec. 3 for August 2014
Regulations and Regulations for All Degrees.” Everything students need to know is available in the catalog, online or through advisors, said Knight.

“Plan ahead instead of behind,” said Knight. “It is never too early to begin the application process.”

Another new “incentive” this year is that the late fee has increased to $100. The baseline fee for graduation is $50 so Knight urges students to save money by applying on-time.

For more information about the application process or the registrar’s office, visit http://www.wmcarey.edu/Academics/RegistrarsOffice/1012/FrequentlyAskedQuestions.htm.
The William Carey University College of Osteopathic Medicine (WCUCOM) welcomed new medical students with orientation activities beginning July 29.

Included in the three-day orientation schedule were welcoming sessions, distribution of medical instruments, lectures on study skills, overviews of courses, a student organization fair, a breakfast sponsored by Crowne Apartments and a Mississippi State Medical Association membership recruitment reception. The students were also treated to a picnic sponsored by the WCUCOM Student Activities Association on July 31.

This is the fourth WCUCOM class, the Class of 2017, and it is comprised of 108 students selected from 2,247 applicants. Of the 108 new students, there are 56 men and 52 women, ranging in age from 21 to 47. Among the group there are 109 bachelor’s degrees, 54 master’s degrees, and five doctoral level degrees. The majority of the students are from or have ties to the Gulf South U.S., including 37 from Mississippi, 18 from Texas, 15 from Louisiana, nine from Alabama and seven from Florida. The others include five from Arkansas, two from New York, two from North Carolina, two from Ohio, two from Tennessee, one from California, one from Colorado, one from Georgia, one from Kansas, one from Minnesota, one from North Carolina, one from Oklahoma, one from Oregon, one from South Carolina and one from Jamaica.

Historic Hattiesburg Downtown Association, Area Development Partnership, City of Hattiesburg, Forrest County Board of Supervisors and VisitHATTIESBURG hosted a private reception to welcome the new WCUCOM students and faculty on Aug. 6. The annual White Coat Ceremony for the new class was Aug. 17 in Smith Auditorium.

WCUCOM is Mississippi’s second medical school and first college of osteopathic medicine.
SPORTS TALK: SEC PRODUCTS LEAD IN NFL PLAYER ARRESTS

Since the NFL season concluded with the Super Bowl in February 2013 over 30 players have been arrested in that short five-month period. After the explosive charges were filed against former New England Patriot and University of Florida tight end Aaron Hernandez, the scrutiny of player behavior in the NFL has been intensifying and many are asking for answers. Finger pointing and the blame game are being played all over training camps across the NFL landscape and the one common denominator linking the NFL arrest to a single source is being overlooked.

Players from major college football programs cover the list of NFL “problem children” and every single BCS conference has had at least one player that has moved on to the NFL and been arrested in the last five months. Paving the way is the Southeastern Conference, which produced 22 percent of NFL players arrested within the last five months. The SEC has had nearly double the arrests of the next closest conference in the last five months with approximately half the teams in the conference being represented on the police scanner. High-profile programs such as Alabama, Auburn, Arkansas, Florida and Texas A&M headline the list and star players such as Rolando McClain and Aaron Hernandez are the poster boys for player conduct problems in country’s most successful college football league.

The charges against these former Saturday stars are severe and include DUI, battery, solicitation of prostitutes, drug and gun charges, street racing and murder. The SEC’s willingness to put winning above all else has resulted in a direct correlation between on the field success and off the field trouble. The combined 2012 record of SEC schools with an NFL arrest in the past five months is 56-33 and includes the National Champions, Cotton Bowl champions, and Sugar Bowl runner-up. Perhaps the most deceitful gesture made by SEC coaches is a willingness to prove that the former players with legal trouble had no problems with the law while enrolled at their respective institution. Coaches using this bailout in an attempt to preserve their own image further indict themselves as guilty of enabling this type of behavior.

It is no coincidence that over 80 percent of NFL arrests comes from players who are within their first five years in the league. Combine that with the fact that these players have had no past legal trouble and the equation works itself out. Major Division One coaches feel that babysitting players is essential to keeping student-athletes away from trouble and will go through great lengths to do so and keep their stars on the field.

This is no more evident than in the case of the great Johnny Football at Texas A&M who was ordered to counseling sessions with an alcohol abuse therapist on the behalf of Aggie Head Coach Kevin Sumlin. It has been well documented in the summer of Manziel that Johnny Football has his share of off-the-field issues and the university is taking steps to attempt to straighten out their star quarterback. For now Johnny Football is Sumlin’s ticket to a national championship and big money as the head coach received a $1 million dollar raise over the offseason. Now imagine Johnny Football with millions of dollars after signing an NFL contract and no worried coach to protect him from himself. Disaster ensues.

The solution is not to ignore situations like Manziel’s and allow the player to head down a road of self-destruction and alcohol abuse, but to prevent it. Coaches have to become responsible for setting a mentality around the program starting from recruitment all the way to graduation. Players failing to live up to the standard that is being set should be dismissed and rejected by coaches regardless of on-the-field talent.

The SEC is at the pinnacle of the conference’s success and it appears that only the teams themselves could derail the current dominance. There will come a time when the charade will become exposed and all the recent success will unravel at the hands of coaches who did not do the right thing.

As for now the dominance will continue as the upcoming fall Saturdays come and go. Fans will rave and players will continue to amaze, but eventually the baby gloves come off and the former Saturday stars enter the world of the NFL with money and freedom. We know what comes next.

To comment, write Coelho at cobblersports@wmcarey.edu.

Women's soccer named pre-season contenders

BY MICHAEL Coelho
SPORTS EDITOR

Coming off of a season that saw the Lady Crusaders ranked inside the Top 10 for a majority of the season, a disappointing first-round loss left a bad taste in the mouths of this year’s returning players on the William Carey’s women’s soccer team.

“(Last year’s loss) will especially motivate us towards the end of the season when we play better teams,” said junior Morgan Marfisi. “When the season ended last year we felt like we still should have still been playing and could have beat a lot of teams out there.”

2013 brings a shot at redemption and the Lady Crusaders were selected to finish second in this year’s SSAC pre-season rankings, just nine votes behind their conference favorite Mobile and one point ahead of newcomers Martin Methodist.

“I think it’s exciting and well-deserved,” said Marfisi. “We have always been able to hang with the top teams.”

On the men’s side, a disappointing 2012 season has the Crusaders flying under the radar as the men’s team was picked seventh in the pre-season SSAC Coach’s Poll. Flying under the radar could be welcomed by this year’s team instead of trying to live up to the high expectations that were set after the Crusaders made a run at the national championship just two seasons ago.

For both the men and women, 12 teams will be competing for the regular season SSAC Championship with the top eight teams advancing to the conference tournament. The national tournament semi-final and championship rounds will be held in Montgomery, Ala., on Nov. 14 and 16.

The men return to Crusader Field on Sept. 1 to take on Florida Memorial College at 2 p.m. and the women open up their home schedule against defending national champions Lindsey Wilson College on Sept. 6.
Six WCU teams named NAIA Scholar Teams

The National Association of Intercollegiate Athletics (NAIA) has announced that 898 programs have been named 2012-13 NAIA Scholar-Teams. William Carey University was announced that 898 programs have been named 2012-13 NAIA Scholar-Teams. WCU with a 3.62 GPA. Other Carey programs, defined by the institution. The team grade-point average includes all varsity student-athletes listed on the Official NAIA Eligibility Certificate. Women’s Tennis led the way for WCU with a 3.62 GPA. Other Carey scholar teams include softball (3.55), women’s soccer (3.28), women’s cross country (3.16), men’s tennis (3.09), and men’s soccer (3.02). Four other WCU programs just missed being selected as a Scholar-Team. Those programs were women’s golf (2.99), men’s track and field (2.98), men’s basketball (2.97) and women’s track and field (2.93).

Overall WCU athletics posted a 3.06 GPA for the 2012-13 academic year. “The inclusion of six of our athletic teams in the NAIA scholar team recognition is further evidence of the quality of Carey’s education programs,” said WCU president Dr. Tommy King. “WCU operates its athletic programs in the true spirit of ‘Scholar-Athletes’ with the emphasis on ‘scholar.’”

Director of Athletics Steve Knight echoed Dr. King’s comments. “We are extremely proud of our academic achievements this past year;” said Knight. “It shows a certain amount of discipline, dedication and character to be successful both on and off the field of play.”

Young players enjoy baseball camp

WCU Head Baseball Coach Bobby Halford instructs 11-year-old Cade Madison during the Bobby Halford Baseball Day Camp earlier this summer. Young players, ages seven to 12, were able to learn how to improve various baseball techniques.

Young players enjoy softball camp

WCU Head Softball Coach Wendy Hogue helps eight-year-old Cena Payne with proper throwing technique during the Softball Day Camp earlier this summer. Young players, ages 8-12, were able to learn how to improve various softball techniques.
Summer’s over. Everyone take a deep breath and say it with me, “Summer is over.” No more beaches, river days, lazy afternoons, or breaks from responsibility. Fall is upon us which means the sometimes dreaded school. As I was contemplating all of this on my back porch, my thoughts turned to what this year might hold. Countless possibilities flashed through my mind, my favorite one being a Prince Charming on a white horse riding up to Byrd Hall and proclaiming his love for me (it could happen). Girlish romantics aside, I realized that each school year really is a blank slate, forgive my cliché. You have nine months to pass or fail. You also have nine months to make a difference.

In the past, my school years have been completely focused on me. In high school, it was, “What can I do to move up on the social ladder and become popular?” In college, it’s been, “How soon can I graduate and move on with the rest of my life?” All of my thought processes revolved around Kenna Spiller, but as a follower of Jesus Christ, my life is not about me at all. Instead, my life is about glorifying the Lord in everything I do and leading people to know, love and follow Him. So I would like to issue you this challenge for the new year: turn your eyes to Jesus. Look up and out, instead of inward. Let your life be a blessing and a breath of fresh air. Then, “you will go out in joy, and be led forth in peace,” and the 2013-2014 school year will mean something in the scope of eternity.

To comment, write Spiller at cobbler@wmcarey.edu.
The transition into college life can be a frightening one. Even though William Carey University provides a friendly and safe Christian environment, the entire college experience can be a daunting one – especially for freshmen, and usually for all other students, too. Even though sophomore, juniors and seniors have already traversed the college seas before, it can still be a tedious and frightening process for them, too.

How do you make life a little easier on yourself and cut down on the stress that every college student inevitably faces? Here’s a few tips and tricks to make your college years go by much easier.

Academics First:
Go to class. We all know that sometimes class can be a huge drag, and we can all convince ourselves to skip a few times here and there. Stop that! Try to attend each class session so you won’t have to concern yourself with playing catch-up – or repeating the course for missing too much material. No one will be happy if you have to pay to retake a class. Be on time for class. There’s nothing more embarrassing than stumbling in way late and interrupting faculty during their lectures – especially the ones who like to call you on it. Plus, it’ll keep you in good graces with the ones who like to call you on it. BUT… Don’t get too bogged down in extracurricular activities. Keep your studies first and all of the other things second.

Get Familiar:
Get to know student leaders. Meet your SGA officers. Meet your resident assistants. They’re there to help students – make use of them. Get to know your professors, and especially your academic advisor. They are extremely valuable resources when you need help. Get to know your fellow students. They will be your friends throughout this entire ride. Make friends, and make them for life. Find out where offices are. Don’t know where the financial aid office is? What about the dean? Be open to new things.

Be Responsible:
You are responsible for your actions, not anyone else. Learn to accept responsibility. Crazy partying isn’t in your best interest. Letting your hair down can be fun, but there needs be a line that doesn’t need to be crossed.

Keep a budget and stick to it. College students are usually broke, so don’t waste your money on junk food or that brand new video game you just had to have. Do not overdo yourself. Learn to say “no.” Learn to communicate. Ask questions when you need to. Tell people when you’re having problems. Keep a steady sleep schedule. Don’t go to bed at 4 a.m. in the morning when you have class at 8 a.m. That’s just ignorant. Don’t cheat. It just isn’t worth the risk.

Don’t procrastinate. It’s so much better to get things done when they’re first assigned than have to worry about them for days or weeks. Stay organized. Don’t have notes everywhere, and don’t keep a backpack full of endless junk. Keep things organized, and academic life will flow much more smoothly.

Keep a planner. You won’t ever have to worry about forgetting about an important assignment – or the date of a test. Apply for scholarships, even the ones you may not be so qualified for. College is expensive, so why not take the burden off yourself or off your parents by attempting to find good scholarships?

Always Remember:
These are the years you’ll cherish the rest of your life. So, make the most of them.

Editor’s Note: This column and its graphic are from The Cobbler archives and were originally printed in August 2011. The author adapted and edited the article for use in this edition.

FACTS OF THE WEEK (POSTED ON SATURDAYS)

WCU Provost Dr. Scott Hummel was recently featured on WCU’s “Throwback Thursday” Facebook feature. Dr. Hummel (left) was a 1985 freshman at Carey and was (right) named provost in 2013.

WCU President Dr. Tommy King was recently featured on WCU’s “Throwback Thursday” Facebook feature. Dr. King (left) was a 1964 senior at Carey and (right) is now the ninth president of WCU.

(8/10) WCU COM student Chelsea Rick, recently named Miss Mississippi, is among several students with WCU ties that have won that title. Three Carey alumniae have been named Miss Mississippi, including Wanda Geddie Brickner (Miss Mississippi 1983, third alternate to Miss America), Dianne Evans Kennedy (Miss Mississippi 1982 and second alternate to Miss America) and Bobbye Wood Covalt (Miss Mississippi 1976).

(7/27) Tatum Court, WCU’s administration building, celebrates its 100th anniversary next year. The building was completed in 1914 and named in honor of W. S. F. Tatum, a wealthy lumberman and Methodist layman who donated the original 10-acre WCU property to the Mississippi Baptists in 1911. 
Advice for Freshmen from the Life Section Editor

No matter how much time passes, my August seems to remain in the year 2011. The excitement and harried rush surrounding the start of the academic year always seems to whisk me back in time to thoughts of my own intrepid days as a freshman at Carey. And today, as I nostalgically watch new students bounce through the corridors in Tatum Court and wonder about their first impressions, I am reminded of my inexperienced beginnings AS. I look into the electric field of bright faces, I have to ask myself: What are they thinking? Are we what they were expecting?

My unbridled answer was a resounding "absolutely not."

To be completely frank, I had very few expectations in coming to Carey; I was really just excited to finally be in college! If I could manage to make it to Dr. Rauch’s 8 a.m. Principles of Biological Science class with matching socks, shoes, and maybe a notebook and a pen, then I counted myself to be in pretty good shape. Who could think about "unleashing my potential on the unsuspecting world" (advice my high school teachers gave me in preparation for university) when I was lucky to unleash a hairbrush on my unsuspecting mop of hair before my 8 a.m. class?

But my flagrant passivity about the college experience was soon overtaken by shock, as I realized exactly what I was in store for as a student at Carey.

Carey is different. This is not a big campus. You will find no football stadium here. There’s no Greek Row, no array of chain-restaurants, no unnecessary and intimidating aires of collegiate superiority. What you will find here is family. People who finagle their way first into your daily routine, and then unsuspectingly into your heart. Professors who became parents, confronting you with tender “I know you can do better” and nursing you with sweet "I'm proud of you’s.” Acquaintances become coincidental classmates, then roommates, friends, brothers, sisters. Carey overwhelmed my expectations.

When I walked into that first biology class, tired and nervous, I was not expecting to walk out wide-eyed, fresh, and laughing with two new friends and study-buddies in tow. When I walked into the cafeteria, and maybe a little less unsure of the menu. I was not expecting to walk out full and happy, lethargic with too-quickly fading recollections of a good meal enjoyed with peers.

When I first walked on the campus, it was certainly my very last expectation to walk out of my freshman year with enough memories and friends to last a lifetime.

So no, William Carey University was not at all what I expected: it was so much more. Carey overtook me by force and woke me up to the world, woke me up to the probability of success when driven by unwavering determination, and opened my eyes to my own potential.

I hope that your freshman year will be every bit as memorable as mine was, and that your August will forever be the year 2013.

Pearl Ugwu-Dike is the new Life Section Editor for The Cobbler. Write her at cobbler@wmcarey.edu.
As we plan and prepare for the new school year, I couldn’t think of any better way to start the year off than by sharing with you my life tips and tricks for avoiding weight gain. In addition to the planning, shopping and preparing for the new year, planning for healthy living is just as important. By this, I mean weight in the form of calories, negative people, anger, jealousy, depression, etc. Weight is not simply calories and fat; we all hold onto unnecessary weight in the form of toxic people, negative thoughts and feelings or relationships that no longer serve us.

Despite our best efforts, we all experience weight gain in more ways than one and we end up with a little extra baggage we wish we would have said no to. Alan Lakein, author of How to Get Control of Your Time and Your Life, stated that “Failing to plan is planning to fail” and I believe that this is as true in our personal lives as it is in order to get to where we want to go and to be the person of our dreams. Planning is beneficial in the sense that it takes the guess work out of our day-to-day life. Although this may seem like a daunting task, it is not. Below are a few tips and tricks I use to keep the “weight” off and out of my life that I hope you can use as your own in order to create the life you deserve.

Dropping weight in the form of toxic people and relationships.

This form of weight gain can happen rather quickly or develop over time. It is important to understand that everyone is an individual and that other’s actions are a reflection of themselves and how they feel on the inside. So the next time you find yourself face-to-face with a negative person repeat these following words, “I will not take this personally because his/her actions have nothing to do with me.” Feel free to repeat as often as necessary.

Create boundaries. Creating boundaries does not mean you must eliminate the problematic people from your life; it means that you give yourself permission to say no, to express your concerns and to stay true to yourself. Basically, you draw a line in the sand to remind yourself and others of what you will and will not allow in your life. This approach will safeguard your heart, emotions and mind. At first you may feel guilty, sad or fearful of others’ reactions but remembering to not take others’ actions personally can ease emotions that arise during the transition. For additional information on creating boundaries in your life I would suggest picking up a copy of Boundaries: When to Say Yes, How to Say No to Take Control of Your Life.

Do not compare. Marketing creates a false sense of failure within ourselves; failure to be rich, failure to not have the best car, failure to not have the perfect body, etc. We are bombarded by marketing schemes that make us feel as if we are missing out on something. The simple and easy cure for this problem is to refuse to watch commercials. You have the power to safeguard your mind by pressing the mute button. It is perfectly acceptable to disconnect from technology at least once a week.

Dropping weight in the form of negative emotions and thoughts.

The past, present and future can haunt our thoughts to the point of making us physically ill. Simply put, now is the time to let go. Let go of negative self-talk, negative feelings about the past and worries of the future. A great quote I saw the other day said, “Don’t let the sadness of your past and the fear of your future ruin the happiness of your present.” It really is that simple; you are the master of your mind and you have the power to stop all thoughts that no longer serve you. Some tricks that I use when I find myself stuck on the past or when I have a negative thought stuck in my head are listed below:

Do not assume! The old saying, “You know what happens when you assume?” rings true now more than ever. Assumptions are like expectations; they are dangerous and often never correct and only cause stress, tension and heartache. So, when you are experiencing negativity throw out all assumptions and only work with facts. By doing this, you will be able to work through a problem without having cloudy judgment.

Let it out. In whatever form suits you, let it out! First off, take three long, slow, deep belly breaths. Inhale while expanding your chest and belly and slowly breathe all that air out. Your mind is now ready to process your negative thoughts or situation. It is very important here to acknowledge your feelings rather than suppressing them. As you acknowledge a particular feeling, imagine it floating away on a cloud out of your mind. Writing, dancing, walking, running and singing are all excellent forms of removing unwanted mental junk.

Surround yourself with only the people that nurture your soul; those that accept you just the way you are. Seek out positive experiences with these people and guidance because they want you to be the best you can be. Even if you have only one other person in your life that nurtures your soul, be grateful because they can be the best family you have ever known.

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What's been hot this summer?
BY RANDI CLARK
MANAGING EDITOR

Quirky crime dramas are my thing, particularly NCIS, NCIS:LA, and Castle (I’m also a huge Downtown Abbey fan, but we’re not even going to go there... #heartbroken).

So if any of you watch these shows you know I was left dumbstruck at the season finales. Does Gibbs really shoot Fornell? How can anyone torture Deeks? And how will Kate answer Castle? If my shows were any indication of this year’s typical May finale I’m sure plenty of people were looking for some summer distractions to get to September. Here are a few things that could have filled your time this summer:

TV shows – Graceland: This USA original series has an FBI rookie not only undercover in the drug world, but also investigating his superior officer. We like! Under the Dome: With four weeks left the miniseries based on Stephen King’s novel has now become a series with the announcement of a second season. There’s mixed reviews about the show but a small town cut off from the rest of the world by a mysterious dome.

Pretty Little Liars: The fourth season has been called the season of answers. The focus turned from the new “A” team to the mysterious Red Coat. Internet spoilers have the liars dashing to Ravenwood in the season finale on Aug, 27.

Movies – Man of Steel: I entered this movie with high expectations after Christopher Nolan’s wonderful reviving of the Batman series but found it too over the top.

Monsters University: Playing towards the Toy Story 3 crowd, Pixar brought crowd favorites Mike and Sully back to the big screen.

Despicable Me 2: Filmmakers brought Gru and the little girls back, but audiences were more concerned with learning new minion lines.

The Wolverine: The film explores the physical and mental limits of the “immortal” Logan. Reviews were mixed and for good reason.
Dropping weight in the form of healthy eating. First off, I would like to suggest that you remove the word ‘diet’ from your vocabulary; it is useless. I don’t know about you, but as soon as I say I am going on a diet I start eating everything in sight. So instead of setting myself up for failure, I have removed the word diet from my vocabulary and replaced it with “healthy eating.” Eating correctly does not mean you have to eat like a rabbit or starve yourself; it simply means that you must create a plan that involves eating foods that are healthy with your food. The food you put into your body can either wreak havoc or provide the energy you need to remain happy and satisfied three days. Don’t have a PIN to sign tricks to fostering a good relationship with my food.

Read your labels. If you can’t pronounce the ingredients on the food label, the food is likely not good for your health. These ingredients have been proven to cause cancer, diabetes, high blood pressure, obesity and numerous other health problems.

Buy organic whenever possible. Why? Buying organic foods guarantees minimal processing and pesticide usage, which creates a cleaner environment in the form of cleaner air, water and soil. Believe it or not, Wal-Mart, Win-Dixie and some local grocery stores offer a great selection of organic foods and snacks at around the same price as the unhealthy processed foods. Additionally, these stores offer local, healthy and sometimes cheaper versions of the products found in the grocery stores.

Prepare, Prepare, Prepare. Set aside time to plan your meals for one week: breakfast, lunch, and dinner. At first this task may seem daunting but I spend an hour preparing all the eggs, bacon and sausage in my family of four a week for a week’s worth of breakfast. Also, a crockpot and a George Foreman grill can become your best friend in the kitchen. Not only do both appliances save you the work for you, the clean-up is just as easy.

Create a snack basket. Fill it with items that you like that are less processed. Raisins, dried cranberries, organic bars, organic pop-tarts, apples, bananas, beef jerky, applesauce and fruit cups (in natural juices), and pretzels, just to name a few. This is where I would suggest setting up a command station in your house or dorm. Pick a spot that you can keep your keys, purse, backpack, and other daily essentials that is preferably next to the front door so all the guess work is taken out of your morning as you rush off to conquer your day.

Pick one day of the week to eat freely. Life is all about balance and eating healthy is no exception. The week before the FAFSA, I have four days to ‘pig out’ and then the week of the FAFSA, I cut the junk food cravings to give yourself permission to have one day a week to eat what you want. In my house we have what we call “Junk Food Friday.” We visit YouTube and sweat it out in the comfort of your own living room. For those of you who would rather die than exercise I would suggest yoga. Yoga is slow-paced, relaxing and quite beneficial to your mind and body. Yoga isn’t about twisting yourself into the most beautiful pretzel known to man. Yoga is about fostering self-awareness and personal growth while building a strong, lean body.

By Loretta Fairley

FINANCIAL AID OFFICE

It has been said that the three most important factors involved in real estate are location, location and location. It could also be said that the three most important factors involved in financial aid are timing, timing and timing. Or, to use another cliche, the early bird gets the worm.

Most people don’t get their W-2s until February, but the FAFSA can be filled out as early as Jan. 1. Once the taxes are filed, complete the FAFSA (www.fafsa.gov). Sign it electronically and it can often be processed in three days. Don’t have a PIN to sign electronically? Visit www.pin.ed.gov; you can even create your own four digit PIN. This PIN is also used in other federal aid processes. When you complete the FAFSA, be sure to include the school(s) that you want to access your information; WCU’s code is 002447.

Be prepared to submit more forms beyond the FAFSA. If selected for verification by the U.S. Department of Education, you must complete the verification worksheet. The best way to provide official IRS tax information is to use the electronic link provided at the FAFSA website, but you can also submit the transcripts electronically at irs.gov. You can also request a tax transcript by mail or at your local IRS office. Also, be prepared to submit other information, as the U.S. Department has made some changes for the 13-14 year.

Want to request work-study? Complete that application in Financial Aid and provide a copy of your driver’s license and Social security card. Need a student loan? Complete the loan application with Financial Aid, then submit the Entrance Counseling and Master Promissory Note (MPN). Complete the FAFSA PIN is required to fully complete the TEACH grant process.

If you still have a balance in the Business Office, consider an alternative (signature) loan or a PLUS (parent’s) loan. Parents can complete the PLUS application at www.studentloans.gov using their own FAFSA PIN, then follow the prompts. There is additional financial aid for additional documentation needed. Alternative loans can be requested online through various lenders (www.salliemae.com, www.wellsfargo.com/money for college, www.studentloans.com/ college, www.discoverstudentloans.com). These loans involve a slightly different process, but you can apply online then follow up with Financial Aid to complete the process.

This isn’t a comprehensive list of financial aid available, but these are the most frequently used sources. Regardless of how much or how little financial aid you seek, don’t procrastinate! Don’t be afraid to follow up with questions. Make sure you submit all necessary documentation. Complete the Admissions process as soon as possible, because that can delay financial aid processing.

You must be degree-seeking working on add-on endorsements, certification, licensure, etc., to qualify for financial aid. If you changed your mind about which school you’re attending, be sure to cancel all pending aid at other schools to avoid delays in processing. Once you’ve applied for financial aid, be sure to check your email frequently for messages. Read all information you receive and respond to the requests in a timely manner.

If you start early and follow through, you can relax and know you’re all set for another academic year!