



## More Than 200 Attend MLK Community Celebration

From: Staff Reports

### JULIUS L. CHAMBERS SPEAKS AT ST. ANDREWS MLK EVENT

“Dr. King asked us to protect the poor,” said Julius L. Chambers, renowned North Carolina attorney and civil rights activist, “Can we count upon you for that effort? Dr. King’s efforts were successful, but he told us that we have just begun the fight.”

Chambers’ comments came during the annual celebration of Martin Luther King Jr. Day sponsored Monday by St. Andrews Presbyterian College. More than 200 people attended the event.

“Dr. King pleaded for all Americans to join with him in the fight for equal opportunity,” said Chambers. “It seemed ‘right’ for a lot of us. One thing Dr. King asked us to remember was that those who were relegated to second class, we had the right to protest.”

Chambers reminisced about his times with King including litigation in Danville, Va.

“I was thinking about my experience in civil rights legislation. I was sent to Danville to defend King and demonstrators. More than 7,000 demonstrators had been charged,” remembered Chambers. Over time, Chambers said that all of the cases were eventually dismissed.

During the Danville cases and afterward, Chambers said he and others argued in the court system for equal protection, equal opportunity and due process under the law. He described this fight as ongoing today.

Chambers was joined by Jacqueline Dove-Miller, a St. Andrews graduate, who gave a special poetry reading. Both the St. Andrews Concert Choir and the MLK Community Celebration Choir performed during the event. Samuel Hemingway III, a senior at St. Andrews, emceed the event. The celebration was coordinated by the Special Events Committee at St. Andrews.

Rep. Garland Pierce presented Paul Baldasare, St. Andrews president, with a resolution adopted by the State Legislature recognizing the college’s efforts for the celebration of Martin Luther King Jr. Day.

Dove-Miller talked about the inspiration behind her spoken-word piece.

“In the first half, it describes how I felt here at St. Andrews,” she said. “The second half describes how I felt after leaving St. Andrews with the impact of Dr. King.”

Her poem begins:

I want to matter.  
Despite what I look like,  
Or where I live  
How poor I am, how fat I am  
or my skin tone...  
Despite my kinky hair or my balding head,  
How stooped my shoulders,  
Or if I’m well read.  
Even though I may not speak with eloquence  
Or possess 10 extraordinary talents  
I want my presence on this earth to matter  
To at least one other human being.

“The Martin Luther King celebration is a special event not only for St. Andrews but also for our community,” said Rona Leach, as-

sistant professor of education at St. Andrews. “I think it’s an opportunity where the community can come together and we can fellowship together while remembering Dr. King’s legacy. His legacy has an impact on each of us.”

The national holiday marks the birthdate of King on the third Monday of every January. King’s actual birthdate was Jan. 15. President Ronald Reagan signed the bill creating the holiday on Nov. 2, 1983, in a special ceremony in the White House Rose Garden.



Jacqueline Dove-Miller. Photo courtesy of Rooney Coffman



Julius L. Chambers speaks to the community. Photo courtesy of Rooney Coffman

## THREE NORTH CAROLINA ARTISTS RECOGNIZED WITH SAM RAGAN AWARD

From: Staff Reports

The legacy of Sam Ragan, the late ardent supporter of the North Carolina arts, continued Thursday night with the 28th rendition of the Sam Ragan Fine Arts Awards given by St. Andrews Presbyterian College.

Three artists were recognized -- writer Charles Blackburn Jr., musician Barbara Geer and sculptor/designer Thomas Sayre.

Throughout the evening, references were made to Ragan, the former publisher of *The Pilot* newspaper. St. Andrews seniors Mason Tate and Ian Burkett read their personal favorites from Ragan’s poetry.

Ron Bayes, writer-in-residence and distinguished professor of creative writing emeritus, remembered first learning about Ragan in the early 1970’s through an article in *The Charlotte Observer* where Ragan described renown American poet Ezra Pound as one of his favorites. This resulted in a fan letter from Bayes to Ragan in Southern Pines.

A strong friendship developed from there. The friendship spread to include St. Andrews and its students, staff, and faculty. The advent of the Sam Ragan Awards came soon afterward with the support of A.P. Perkinson Jr., then the president of St. Andrews.

Thursday night’s award for Blackburn came with a special meaning.

“I feel like Sam and I have come full circle,” said Blackburn. “The last time I spoke here was as part of the Sam Ragan bust campaign.” The efforts of Blackburn and others resulted in the commissioning of a bust of Sam Ragan that now presides over the North Carolina Literary Hall of Famed at the Weymouth Center in Southern Pines.

“It was really because of Sam that I served on several boards and writing groups,” said Blackburn.

Sayre agreed with Blackburn on Ragan’s impact with writers and artists in North Carolina.

“As a member of the State Arts Council, I’ve come to know how incredible the support is in this state for the arts,” he said. Ragan served as the first N.C. Secretary of Cultural Resources, first chairman of the N.C. Arts Council and a member of the founding commission and original board of trustees of the

N.C. School of the Arts.

The support for the arts in North Carolina has enabled Sayre to make a career out of creating artwork out of concrete. His works of art typically weigh up to several thousand pounds and can be seen in interior and exterior locations.

Bill McConnell, assistant professor of music at St. Andrews, introduced one of the three recipients, Barbara Geer – a St. Andrews graduate.

“Her work as an educator and as a leader in arts education positions her on the vanguard of arts advocacy for all of our citizens,” said McConnell. “Our honoree is doing what she was taught to do at St. Andrews Presbyterian College. Through her work she has changed the lives of children and adults through the power of music. Through her leadership, she has brought attention to the vital role of music in our society and in our civilization. She is changing the world, and she is making her alma mater proud.”

Upon realizing that many people did not know the words to the National Anthem, Geer and others from the MENC – National Association for Music Education provided leadership to a project to teach people the words. This effort culminated in a gathering of 5,000 students on the steps of the U.S. Capitol, singing the National Anthem. Geer also asked those attending the Thursday awards to stand and sing the National Anthem with her. Geer is the president-elect for the MENC.

The evening also featured a short film interview with the late newsman David Brinkley who reminisced about Sam Ragan shortly after the latter’s death. Ragan gave Brinkley his first newspaper job at *The Wilmington News-Star*.

The evening ended with Ron Bayes at the microphone, smiling and saying quietly and simply, “Well, Sam’s still with us. Come back again.”



Sam Ragan Award recipients: Barbara Geer, Thomas Sayre, and Charles Blackburn Jr., with President Paul Baldasare, and Prof. Ron Bayes. Photo courtesy of Rooney Coffman.



Barbara Geer accepting her award from President Paul Baldasare. Photo courtesy of Rooney Coffman.

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## Students rank St. Andrews highly in National Survey of Student Engagement

From: Staff Reports

Findings from a national survey show that taking part in certain activities during college boosts students' performance in many areas, such as thinking critically, solving real world problems, and working effectively with others. These "high-impact" activities include learning communities, undergraduate research, study abroad, internships and capstone projects.

These findings in the 2007 National Survey of Student Engagement (NSSE) support the learning environment created by St. Andrews Presbyterian College. According to the survey results, by their senior year, 72 percent of students have participated in some form of practicum, internship, field experience, co-op or clinical assignment. Community service or volunteer work is also completed by 61 percent of seniors.

"We are intentionally committed to developing the entire student, intellectually, socially, and spiritually, and we have a special emphasis on teaching our students how to think critically and analytically," said President Paul Baldasare Jr. "We are pleased to note from the results of the survey that our achievements with our students are exceptionally good."

In fact, 82 percent of seniors and 85 percent of first-year students credit St. Andrews with helping them think critically and analytically on a frequent basis.

The 2007 report from the National Survey of Student Engagement (NSSE) is based on information from about 313,000 randomly selected first-year and senior students at 610 four-year colleges and universities in the U.S. and Canada. The NSSE study, titled "Experiences That Matter: Enhancing Student Learning and Success," gives schools an idea of how well their students are learning and what they put into and get out of their undergraduate experience.

Now in its eighth year, the survey findings annually provide comparative standards for

determining how effectively colleges are contributing to learning. Five key areas of educational performance are measured: 1) level of academic challenge, 2) active and collaborative learning, 3) student-faculty interaction, 4) enriching educational experiences, and 5) supportive campus environment. This is the fourth year St. Andrews has participated in the survey.

"These national surveys are important to St. Andrews because they show how highly our students value their educational experience and they allow us to compare our performance with other institutions," Baldasare said.

For St. Andrews, the educational experience marks are high. In ranking the quality of academic advising, 88 percent of first-year students and 93 percent of seniors responded with a rating of good or excellent. The entire educational experience was rated good or excellent by 84 percent of first-year students and 86 percent of seniors.

Additional positive ratings include:

- 76 percent of seniors said the institution substantially encourages contacts among diverse peers while 68 percent of first-year students said the same.
- 72 percent of seniors tried to better understand someone else's views by imagining how an issue looks from his/her perspective often.
- 72 percent of seniors learned something that changed the way they understand an issue or concept on a frequent basis.
- 71 percent of seniors and 66 percent of first-year students said the institution emphasized studying and academic work.
- 84 percent of first-year students report a favorable image of the college while 66 percent of seniors would choose this school again if they could start their college career over.

"NSSE is an institution's most trustworthy lens for seeing deeply into the quality

of students' experiences because its results can translate directly into plans for action and reform and transformative strategies," says Lee S. Shulman, president of The Carnegie Foundation for the Advancement of Teaching.

St. Andrews has also received recognition from U.S. News & World Report as one of the nation's top liberal arts colleges. The Princeton Review included St. Andrews in its list of top ranked colleges. St. Andrews was one of 201 liberal arts colleges named to The Washington Monthly list of outstanding schools.

About NSSE:

The National Survey of Student Engagement documents dimensions of quality in undergraduate education and provides information and assistance to colleges, universities and other organizations to improve student learning.

Its primary activity is annually surveying college students to assess the extent to which they engage in educational practices associated with high levels of learning and development.

The NSSE 2007 Report is sponsored by The Carnegie Foundation for the Advancement of Teaching.



St. Andrews students walking across the lake. Photo courtesy of Rooney Coffman.

## Vardell Gallery to host landscape artist Andy Jones' exhibit Feb. 12 – March 17

From: Staff Reports

Laurinburg, N.C. - Raleigh native and St. Andrews Presbyterian College graduate Andy Jones will return to his alma mater with the "Selected Works" exhibit beginning Feb. 12 in the Vardell Gallery.

"The paintings are studio and field works in oil and watercolor based on my response to the landscape," said Jones. "The studio allows for size and details while the field demands simplicity. One serves the other for me in these two different approaches."

A review published of his "New England Paintings 1990-2005" exhibit at the Atrium Gallery in Danielson, Conn., praises that response to landscape.

"Jones has a southerner's propensity for the land and the landscape, and love for narrative," said Marion M. Callis, coordinator of gallery and museum services at Eastern Connecticut State University. "With an outdoorsman's instincts, enviable patience, and subtle command, he carves out and defines the space: within that space, he tells a new, old story. The traditional, informal, southern vernacular is perhaps compulsory. One senses the presence of humans, but does not see them."

Such high praise of his work has not prevented Jones from continuing to evolve in his artistic methods.

"Until recently, I used about the same

approach for fieldwork that I used in studio painting," he said. "Whether done inside, outside, or a combination of the two, I wanted all the paintings to be naturalistic, have strong compositions, involved textures, a range of colors, good paint quality, solid form, subtle value changes, space, everything, all of the elements of visual art used in every piece. I came to realize, out of exhaustion, that I could work on location with a limited palette, minimal supplies, simplified subject matter and produce consistent paintings. It was a revelation to me that the two ways of working did not have to look the same in style. I now think of these two approaches as separate and have a much better time with both of them."

With 28 years of art show experience, Jones returns for his second show at St. Andrews.

His exhibitions have been held in Connecticut, California, Maine, North Carolina, New York, Louisiana, Texas and Indiana.

In 2001, Jones received an Award in Recognition of Excellence in Creative and Scholarly Activity at Eastern Connecticut State University. He received a Connecticut General Assembly

Official Citation for winning the competition to design the New Commemorative Quarter for the State of Connecticut in 1998.

He earned back-to-back First Place Purchase Awards at the Annual Maine Maritime Exhibition on Presque Isle in 1993 and 1994.

Jones graduated from St. Andrews in 1980 with a degree in studio art painting and printmaking. He continued his education at Louisiana Tech University, Ruston, La., where he received his MFA in studio art painting and print making. Currently an assistant professor of art at Eastern Connecticut State University in Willimantic, Conn., his previous teaching experience includes time at Quinebaug Valley Community College, Danielson, Three Rivers Community College, Fayetteville Museum of Art, St. Andrews and Louisiana Tech University. He also spent time as a graphic/industrial designer at Ingraham Time Products, Toastmaster, Inc.

An elected member of the Connecticut Plein Air Society and the Connecticut Academy of Fine Arts, he also serves on the College Art Association, Windham Regional Arts Council, Quiet Corner Artist's Group, and several other art related boards.

"Selected Works" will run through March 17, ending with a closing reception in the Vardell Gallery from 7 – 8 p.m. The Gallery is open Monday through Friday from 9 a.m. to 5 p.m. There is no cost to view the exhibit.

## Academic Honors Reception recognizes 166 students

From: Staff Reports

The First Annual Academic Honors Reception, held Feb. 5 in the Carol Grotnes Belk Main Room, honored 166 students for their efforts during the fall semester and throughout their college careers.

To be named to the Dean's List, a student must earn a minimum semester grade point average of 3.5, completed a minimum of 12

credits, earned a grade of C or above in each course and did not receive an incomplete in any courses attempted.

Sophomore Honors recognize those students with a minimum G.P.A. of 3.25 on all coursework attempted through the fall semester of their sophomore year.

Membership in the Honor Society is

awarded to students with a minimum cumulative G.P.A. of 3.5 in all coursework attempted and a minimum of 49 credits earned at St. Andrews.

## Clarification of Pet Policy

By: Marti Newbold

The beginning of the pet policy states "No pets may be kept in student rooms. Violators of this policy will be fined \$100 for each infraction and the pet immediately removed from the residence hall. Exceptions will not be made for any temporary keeping of pets" (Saltire, p. 31).

Simply put, pets are not allowed in the suites, courtyards, hallways, stairwells, laun-

dry rooms, or other places inside residence halls. There are multiple reasons for this policy including risk of pet allergies, damage to the residence hall, noise from barking or whining, cleanliness, etc. Perhaps the most important reason is that keeping an animal inside a residence hall room may be cruel to the pet.

The only exception to the pet policy is

a new allowance for fish in a simple fish bowl. Fish are allowed only if electricity is not used to power a filter or lights for the bowl.

Please note that Resident Directors and faculty living in campus apartments are allowed to have pets within the parameters outlined for them in the Saltire, p. 31.

## 24 Hour Theatre Project

By: Andrew Maginn

The 24 hour theatre project was an event where faculty, staff, and students got together to share their creative talents through the process of writing, directing and acting over the course of 24 hours was a huge success!

The participants under the artistic direction of Mark Mannette put on four fantastic plays; these plays had the same process over a 24 hour period. At 6pm Friday night participants gathered in Morris Morgan Theatre to get the group assignments for the four plays. Each person was drawn from a hat to their group assignment, finally when all the groups were assigned the writers were giving the parameters that were to be met which were; each of the four groups had a separate theme, each writer had to include 3 things in each play, a state had to be mentioned, a hat had to be present, finally Scotland had to be mentioned also. After the groups were decided and the parameters were explained writing began at 8pm Friday night. Each group writer had to be done with a script by 6am to be handed off to the director at 7am Saturday morning. Each writing team took a different amount of time to write.

I had a unique perspective being a part

of a writing team, being a director, and an actor. I got a chance to be with it every step of the way. My team was finished writing the script at 1am, ours was the earliest finished, and the last group was finished at 4 am.

The directors and actors met at 7am Saturday morning, and began to work. We were assigned different rooms to read through lines and work out blocking. We all worked diligently thorough out the day taking breaks of course for lunch and dinner. We had a wonderful tech crew, including lights, sound, costume, and props that went and met with each director asking what each team needed to be prepared for the tech rehearsal at 6pm Saturday night.

At the tech rehearsal the final kinks in each play were worked out on stage and in front of our test audience which were the fellow actors, playwrights and directors of other productions. After all was fixed or as much of the plays that could be fixed, the productions were put on at 8pm with a very warm audience despite the snow outside.

The four plays that were put on included *HOT Plaid* a comedic film noir with

the combination in talent of writing, directing, and acting that set the pace for the rest of an enchanted evening, and was talked about for the next few days for that reason. The next play titled *Tisbury Lane* was a play that featured dramatic talent in writing, acting, as well as directing that made one pause and be moved by its theme and emotion. The play that followed that, *The Last Recording* was a production that was a good middle ground in the themes of drama and comedy, with the writing, directing, and acting talent that showed how one could be moved but also laugh at the memories of each character. The last play I had a privilege to be a part of was *One World We Must Preserve*, the only play that had no influence by any faculty member. The raunchy themes and language used was enough to get a disclaimer at the beginning of it. It was a wonderful way to end the evening.

Overall the project was a great success that reached its goal of raising funds for the Highland Players and hopefully will be a tradition for the theatre department of St. Andrews for a long time.

## Dr. Rona Leach Publishes Article In *READING TODAY* Magazine

From: Staff Reports

An article by Dr. Rona Leach, assistant professor of education at St. Andrews Presbyterian College, has appeared in the internationally published Reading Today magazine, the publication of the International Reading Association.

The article "Special Place Makes Books Special" talks about how a special bookshelf or location can give added meaning for a child's library.

"One way to help children learn to enjoy books is to encourage them to take ownership of their personal books," wrote Leach.

"Fostering this type of ownership can easily be done by creating a special bookshelf for your child. The process is easy and simple, but the rewards can extend into adulthood."

*Reading Today* is a bi-monthly publication that covers reading education in general and the activities of the International Reading Association. The association's board of direc-

tors includes educators from the United States and abroad. Members are individuals concerned with the improvement of reading and the development of literacy.

A native of Maxton, Leach earned her Bachelor of Arts degree from St. Andrews Presbyterian College and went on to obtain her Master's Degree at North Carolina A&T State University. She received her doctorate's degree in education from Nova University in 1987.

## Space still available for SAPC Religion and Science Roundtable

From: Staff Reports

Reservations are still being taken for the first Religion and Science Roundtable of the year at St. Andrews Presbyterian College on Feb. 19 in the Carol Grotnes Belk Main Room of the William Henry Belk College Center. Rabbi David W. Nelson, associate director of the Association of Reform Zionists of America, will share his insights as the featured speaker.

Members of the community are invited to a dinner prior to the moderated, balanced and constructive dialogue. This event, which begins with dinner at 6 p.m., is free and open to the public, but space is limited. Please make your reservations no later than Tuesday, Feb. 12, by calling ext: 5258 or emailing mehnetm@sapc.

edu. In your message, indicate the name, phone number, email address and any dietary needs of each person planning to attend.

Nelson is the author of *Judaism, Physics, and God: Searching for Sacred Metaphors in a Post-Einstein World* (Jewish Lights, 2005), and is currently working on another major project dealing with God and the science and philosophy of consciousness.

The Religion and Science Roundtables at St. Andrews are associated with the annual John Calvin McNair Lecture on Science and Theology. The McNair Lecture was established by his 1957 will that asked that "the object of which lecture(s) shall be to show the mutual bearing of Science and Theology upon each

other..."

Upcoming Roundtables

The Rev. Sally Grover Bingham, founder and president of The Regeneration Project, will be the featured speaker for the St. Andrews Religion and Science Roundtable on April 15.

Recently named one of the top 15 green religious leaders by Grist magazine, Bingham has received numerous awards for her work with the Interfaith Power and Light Campaign, including the 2007 U.S. EPA Climate Protection Award, the Purpose Prize, the Energy Globe Award and recognition as a "sacred gift to the planet by the World Wildlife Fund.

## Helping a friend with an alcohol problem

By: Carmen Lentz

It had happened so fast. Well, actually it hadn't. Amy had seen it coming for a while now. She had agreed to go with Dave to the party because at first, it had seemed like it would be a good time and a fun thing to do. And it was fun at first, lots of their friends were there, and everyone was laughing, talking, listening to music, and just hanging out. Amy really liked Dave. They had met during freshman orientation and had been friends ever since. There was just one problem. Dave liked to drink, and he liked to drink fast, and when he got drunk, which he usually did, it seemed like he'd had a personality transplant. He became somebody that Amy couldn't talk to, couldn't reason with. He'd get loud; he'd start getting an attitude. And that's what was happening tonight. When Amy saw Dave was getting drunk, she asked him to slow down. Dave turned to her and yelled 'Leave me alone, I know what I'm doing'. One of their friends, Tony, heard Dave yelling at Amy, came over, and asked Dave to calm down. Dave threw a punch and hit Tony. Once the fight was broken up, Amy was hurt,

angry, and frustrated. Why couldn't Dave see he had a problem, when it was clear to everyone else? What was she going to do?

Problems with alcohol range from a single episode when something bad happens, to recurrent alcohol related problems much like Dave's. Friends sometimes wonder if there really is a problem, or if they just think something is wrong. Generally, if alcohol use is creating strained relationships with friends and/or family, or when alcohol is related to poor academic performance, lost time from work or school, legal difficulties, experiencing blackouts or memory loss, then there is cause for concern. How can you help?

It can be scary to think about confronting a friend about your concerns. You don't know what reaction you'll get and you may be concerned that saying something will cost you the friendship. It is important to remember that doing nothing doesn't help your friend, and doesn't lessen your worries about your friend's behavior either. Chances are, if you've seen there is a problem, other mutual friends have as

well. You might ask another friend to join you in expressing your concerns to your friend.

When you do talk to your friend, you need to be specific about why you believe there is a problem. Let your friend know how you have been affected by their alcohol use. Try to remain calm and objective.

If your friend agrees to seek help, volunteer to go with them. The Counseling Center is a good place to start. If your friend doesn't agree to seek help, plan to try another time. Sometimes people will respond favorably to a second request.

Don't neglect yourself in attempting to assist your friend. Your stress levels may rise as you try to help. Find someone to talk to, express how you are feeling. Don't feel you have to go it alone.

If your friend continues to refuse to address the problem, you may have to ask yourself if you can continue the friendship. If you decide you can't remain friends, remind yourself that the alcohol, not you, ended the friendship.

## To Be or Not Be Social

By: Melody Kirkpatrick

Having a certain phobia does not mean you are crazy but it means you might want to get professional advice to help address your problem(s). Some people are afraid of animals like snakes or tigers. Others are afraid of heights and will make no attempt to get on a plane. These are phobias that are comprehensible to us. There are others not so common that may develop, like being afraid of midgets or clowns. I hope that gets a laugh out of most of you. There is another phobia in which some individuals have; it is a fear of socializing. It is known as Social Anxiety Disorder (S.A.D).

It is normal to fear certain types of socializing like asking someone on a date or going on a job interview. People who have Social Anxiety Disorder fear socializing on a day to day basis. They dread the small talks because they fear that something bad may happen. The average person with this disorder has difficulty talking and meeting new people and attending public events.

Someone who was more than average and was once richer than rich in the boxing world has really struggled with social anxiety disorder. He was born as Michael Gerad Tyson

but we call him Mike Tyson a.k.a. Iron Mike. He was a troubled young man landing him in juvenile as a teen. Mike was having problems in high school probably because he was not too stable, and so he left school train to be a boxer. He rose to the top becoming the youngest boxer to be the heavyweight champion.

Remember all the personal problems he had in and out of the ring. There were allegations of assaults and he even had to go to a correctional facility for several years for an alleged rape crime. Then there was the unthinkable incident in which he bit a piece of Evander Holyfield's ear off. His problems tell us that he may not be a socially normal person of society. He will be hopefully be remembered for his memorable knockouts and his talented fighting style.

Another athlete with Social Anxiety Disorder is Miami Dolphins running back Ricky Williams. He was the star of his team. One of the best running back players as far as talent is concerned. Williams was known for being really shy and very quiet. There may not be anything wrong with being quiet in fact he enjoyed

that part of his personality. He would always avoid eye contact and being socially withdrawn made his teammates aware of a bigger issue. Williams's social anxiety disorder set him apart, literally. He had difficulty communicating and coping with this disorder.

The causes of Social Anxiety disorder are believed by doctors that genetics may play a role or maybe it is a response to traumatic events. Traumatic events can affect a person's behavior. People with S.A.D handle themselves and situations differently. With Mike Tyson and Ricky Williams, there were differences in their personalities. Mr. Tyson was certainly more aggressive than Mr. Williams. Neither one could escape the wraths of S.A.D. If they were to get help from a licensed professional, they would have been in better shape.

Some treatments require using medication or practicing yoga. Even certain exercises could help you cope with anxiety problems. To get results treatments must be used consistently. It is always better to seek professional help for any problems rather than suffer through the pains of life.

## Dealing with Grief Ways to Cope

By: Carmen Lentz

- Talk about your feelings with someone you trust – share them, don't try to keep them inside
  - Take good care of yourself – eat healthy foods, get plenty of sleep
  - If your religious convictions are important to you, talk to a member of the clergy about your beliefs and how you are feeling
  - Maintain hope
  - Seek help if you feel you need it
  - Be patient with yourself. It takes time to heal
  - Exercise regularly
  - Expect and accept some reduction in your usual efficiency
  - Educate yourself about resources to help you heal
- How to help a friend cope:
- Listen well
  - Give the person private time or space if needed, but also offer assistance
  - If you don't know how to help, ask what is needed
  - Acknowledge the pain
  - Help connect them with other resources (counseling, clergy, etc.) if needed

Helpful resources;  
Carmen Lentz, LPC, NCC  
Counseling Center  
Health & Wellness  
Pate Hall  
Campus extensions 5040 or 5036  
lentzcs@sapc.edu

Jim Ewing, Chaplain  
Office of Student Affairs  
Belk Center  
Campus extension 5146  
ewingjd@sapc.edu

Hospice of Scotland County  
610 Lauchwood Dr.  
Laurinburg, NC 28352  
276-7176

www.ulifeline.org  
www.griefnet.org  
www.caringinfo.org

## New Fitness Center Hours:

**MONDAY: 10 AM-2 PM and 6 PM-9 PM**  
**TUESDAY: 10 AM-2 PM and 6 PM-9 PM**  
**WEDNESDAY: 10 AM-2 PM and 6 PM-9 PM**  
**THURSDAY: 10 AM-2 PM and 6 PM-9 PM**  
**FRIDAY: 10 AM-2 PM and 6 PM-9 PM**  
**SATURDAY: 1:00 PM-4:00 PM**  
**SUNDAY: Closed**

**The Pool will continue to be open from 6:30 PM-8:30 PM Monday through Friday and 1:30 PM-3:30 PM on Saturdays.**

**All users of the St. Andrews fitness center will still be expected to follow the rules of the weight room.**

## St. Andrews athletics recognized for its Outreach Program

From: Staff Reports

St. Andrews Presbyterian College was acknowledged as one of only five NCAA Division II institutions recognized on the 2006-07 Outreach Honor Roll awarded by the National Consortium for Academics and Sports (NCAS) at the Founders Luncheon of the NCAS Annual Conference in Orlando, Florida last week.

"This honor is a tribute to the dedication exhibited by Knights' student-athletes and coaches to try to make a difference in the Laurinburg community, especially the Student-Athlete Advisory Committee (SAAC) and their sponsor Liz Burris. St. Andrews is honored to be a contributing member of NCAS and hopes to receive recognition for outreach and community service on an annual basis," said St. Andrews Director of Athletics Brian Mand.

The National Consortium for Academics and Sports (NCAS) announced the honorees of the Outreach Honor Roll and Degree

Completion Honor Roll, both for the 2006 - 07 academic year. Of the 224 member colleges and universities across the country, 57 members stood out for their outstanding programs and dedication to their student - athletes and college communities.

Each summer, statistics are requested from NCAS members outlining their athletic department's time and impact in the community as well as the number of student - athletes they provide tuition assistance to after their athletic eligibility has expired in order to assist their degree completion and graduation. Based on the numbers collected, honor rolls are compiled recognizing the top 15 - 20 percent of the NCAS membership.

In the Outreach Honor Roll, 47 colleges and universities were recognized for their outreach total. St. Andrews was only one of five D-II colleges to make the list.

The National Consortium for Academics and Sports evolved in response to the need to "keep the student in the student - athlete." The NCAS was established by Dr. Richard E. Lapchick and since its inception in 1985, NCAS member institutions have proven to be effective advocates for balancing academics and athletics. By joining the NCAS, a college or university agrees to bring back, with tuition assistance, their own former student - athletes and were unable to complete their degree requirements. In exchange these former student - athletes agree to participate in school outreach and community service programs addressing social issues of America's youth. The Knights' student-athletes were active with Make A Wish Foundation and Toys for Tots during the 2006-07 academic year, while also helping out with several local churches and schools.

## St. Andrews Softball Excited About the 2008 Season

From: Staff Reports

The St. Andrews Presbyterian College softball team will take the diamond for the first time in 2008 this weekend and the Lady Knights are eager and ready to get their season underway.

St. Andrews will begin the 2008 season on Saturday, February 9 at Wingate University. The season-opening doubleheader is scheduled for a 1:00 p.m. start.

The Knights, under second year head coach Elizabeth Burris, will look to build on a 15 win season last year with an experienced squad that feature's all but one student-athlete from last year's very young team. Burris also added two key freshmen in Jasmine Dobbins (Pikesville, N.C.) and Kelsey McIntosh (Fairfax, Va.) that will not only help improve upon last years record but also become a dominate force within Conference Carolinas.

The '08 St. Andrews roster features 13 letterwinners that gained at least 25 games of experience last year including a solid core group of four senior infielders and a number of sophomores.

Senior right-handed pitcher Samantha Stewart (Ft. Pierce, Fla.) will lead the way for the Knights on the mound with her strong pitching and ability to lead the team. Stewart led St. Andrews in wins, innings pitched, strikeouts, ERA, and complete games last year.

Senior middle infielders Mika Tanji (Honolulu, Hawaii) and Erin Haugen (Ft. Mill, S.C.) teamed up as one of the best double play duo's in the nation, ranking 22nd nationally last year. Tanji and Haugen, who are the two most experienced Knights having each played in 119 games for St. Andrews, will look to turn even more double plays in their senior season. Tanji, who has pitched for the Knights in the past, may also see some time on the rubber.

Senior Ashley Shurtleff (Colton, Calif.) will continue to be a versatile player for the Knights playing both third base and in the outfield. Shurtleff started 72 games in her first two seasons at St. Andrews. Shurtleff added, "I am looking forward to making this season the best so far and cannot wait for game day to come."

A trio of junior Lady Knights have become seasoned veterans for Coach Burris. Brittni York (Indian Trail, N.C.) is multi-tool player who plays centerfield, adds depth to the pitching squad, and led last years club in stolen bases. Both Dani Ghramm (Hayden, Idaho) and Tiffany Capone (Jacksonville, N.C.) have played at SAPC for two seasons and give Burris more options on both defense and at the plate.

Burris will continue to develop a sophomore class of six talented players that provide a strong foundation that is needed for the upcoming season. Catcher Kailee Munden (LaVerne,

Calif.) had a .331 batting average in her freshman season; Lauren James (Bahama, N.C.) hit the pitchers mound 24 times as a rookie last year; Brianna Shurtleff (Colton, Calif.) has a good eye at the plate leading last years squad in walks; and Morgan Farroll (Newton Grove, N.C.) will continue to patrol the outfield in a Knights uniform.

The Knights, who were picked No. 11 in the Conference Carolinas preseason coaches' poll after winning five league games last year, will look to make big improvements this season with 20 scheduled conference games. SAPC's home opener is scheduled for Saturday, February 16 at 1:00 p.m. against non-conference Mars Hill College. The Knights begin conference play at home against Anderson University on February 24 at 2:00 p.m.

Burris, who helped St. Andrews nearly double their win total of two seasons ago, is also eager to start, "We learned a lot last year, both myself and the players. We have spent the fall and this preseason working on our mental toughness. We know that things at times will be rough, so this year we plan to be ready to meet those challenges head on."

## Knights baseball starts season with split against NGU

From: Staff Reports

Senior starting pitcher B.J. Horne (Hamlet, N.C.) allowed just two hits in six innings of work in a 5-1 season-opening victory for St. Andrews Presbyterian College but North Greenville University was able to survive a 5-4 battle in the nightcap as the two non-conference baseball teams split a pair of seven-inning contests on Saturday afternoon at Scotland High School's McCoy Field.

Junior catcher Kyle Norris (Laurel Hill, N.C.) collected four hits and three RBI's to lead the Knights (1-1) offensively as first year head coach Keith Williams picked up his first win at St. Andrews. A two-run home run by senior Curt Marshall (Rock Hill, S.C.) sparked the Crusaders (1-1) win in the finale.

"It was a good first day for us as the pitchers threw very well and we were in a position to win both games," said Williams.

Horne (1-0) collected his first win of his senior season allowed just two hits, two walks, and one unearned run over six innings. The rightie fanned five Crusaders while senior reliever Travis Lee (Frederick, Md.) preserved the victory with a scoreless seventh inning.

"B.J. did very well today and showed confidence in his pitches at certain points of the game. He was strong and after we got some runs on the board Lee did a good job finishing off the game for us," expressed Williams.

After four scoreless innings, North Greenville scored an unearned run in the top of the fifth on a sophomore Chad Drosieko (Easley, S.C.) sacrifice fly. Sophomore third baseman Charles Weber (Concord, N.C.), who had a great defensive day, made a diving-catch in foul territory to end the inning and keeping the Crusaders from a potentially big

frame.

The Knights bounced right back with a five-run outburst in the home half of the fifth. The surge included a Weber RBI-single up the middle and a senior Michael Eastwood (Grantsboro, N.C.) run-producing fielder's choice. Norris capped the rally with a two-run double to left field while also hustling around the bases and scoring on the same play because of a throwing error.

Crusaders junior pitcher Devin Vance (Taylors, S.C.) matched Horne with five strikeouts but allowed five runs (four earned) on seven hits in the loss. Freshman Justin Walters (Laurel Hill, N.C.) had two of NGU's three hits in the first game.

In the second game, senior right-hander T.J. Chrusch (Fleetwood, Pa.) gave the Royal Blue and White a chance to win by hurling 4 1/3 solid innings of solid performance in only his third collegiate start. Chrusch registered seven strikeouts for St. Andrews but was pulled in the fifth due to a high pitch count.

"It a shame T.J. did not win today as he threw extremely well. He pitched really hard, pounding it for us, but because of the pitch count we had to take him out. Today's performances by our starters shows we have a reliable top side of the rotation, and with the help of assistant coach Jim Blair, they will give us a chance to win every time they take the mound," stated Williams.

The Knights jumped out to a 1-0 lead in the first on Norris single that scored junior Ivan Rodriguez (New York, N.Y.) but the Crusaders were able to tie the game up with back-to-back doubles to lead off the fourth by Marshall and freshman Grant Kelley (Morehead City, N.C.).

Marshall followed his double in the

fourth with a two-run homer over the 375-foot sign in center field in the fifth to put North Greenville ahead, 3-1. However, a senior Sam Williams (Rockingham, N.C.) single through the left-side of the infield in the sixth plated Eastwood and cut the deficit in half.

The Crusaders took advantage of a fielding error in the seventh and scored two more unearned runs on a sophomore Randy Stegall (Spartanburg, S.C.) single to pull out to a 5-2 lead.

With their backs against the wall, the Knights started a rally in the home half of the seventh with a leadoff walk by sophomore Vince Giunta (Sewell, N.J.) followed by a double by senior Eric Stone (Laurinburg, N.C.). Rodriguez later scored Giunta with a sacrifice fly and Weber reached base as the potential tying run after being hit by a pitch. Eastwood then pulled St. Andrews to within one with an RBI single that scored Stone.

After a stolen base by Eastwood put the would-be tying and scoring runners in scoring position, junior reliever Mark Bordeaux (Sumter, S.C.) finally settled down and forced a ground-out as the Crusaders escaped with the 5-4 victory. Bordeaux earned his first save of the season while junior starter Grayson Smith (York, S.C.) was credited with the win.

"Our team showed a lot of heart to put some runs up late and rally and if they keep working at it and believing in themselves we will start winning those type games," added Williams.

Norris collected three base knocks in the final game while four different Crusaders had two hits as each team collected 10 hits in the finale. SAPC collected a total of 18 hits on the day but left 10 runners on base.

## Jacksonville Show Results Jacksonville International I Green Cove Springs, Florida January 16-20

From: Staff Reports

Taylor Saunders on her own Country Covergirl	ond in the Adult Jumper Level Three	placed in the Adult Amateur Hunter Division
Reserve Champion Classic Hunter	Kelsi Peterson riding her own Ramos was third in the Open Jumper Level Five	Jess Potts riding Harvest Moon placed third in the Adult Amateur Hunter Classic
Reserve Champion Pre-Adults	Kate McAlinn riding St. Andrews' Joe Brown won blue ribbons for clean rounds in Level One and Two	Betsy Kaplan riding her own Hott Java placed in the Pre-Adult Hunter Division
Reserve Champion Pre-Adult Hunter Classic		
Heather Wile on St. Andrews' Glenfiddich	Hunter Results	Equitation Results
Pre-Adult Hunter Classic Champion		
Jumper Results	Caroline Taylor riding her own Dashin Cash Dial placed in the Adult Amateur Hunter Division	Janelle Harcus and St. Andrews' Eastern Shore placed in the Ariat Adult Medal
Lindsay Gates riding her own Oscar G was sec-	Janelle Harcus and St. Andrews' Eastern Shore	

## Jacksonville Show Results Jacksonville National II Green Cove Springs, Florida January 23-27

From: Staff Reports

Taylor Saunders on her own Country Covergirl Champion Pre-Adults	Hunter Results	Betsy Kaplan riding her own Hott Java placed in the Pre-Adult Hunter Division
Robert Jacobs on St. Andrew's Glenfiddich Champion Classic Hunter	Caroline Taylor riding her own Dashin Cash Dial placed in the Adult Amateur Hunter Division and in the Adult Hunter Classic	Katie Lavery riding St. Andrews' Joe Brown placed in the Pre-Adult Hunter Division
Reserve Champion Pre-Adult Hunter Classic Jumper Results	Janelle Harcus and St. Andrews' Eastern Shore won the Adult Amateur Under Saddle, placed in the all the Adult Amateur Hunter classes and were fourth in the Adult Hunter Classic	Equitation Results
Kelsi Peterson riding her own Ramos placed in the Junior/Amateur Jumper Level Five		Caroline Taylor riding her own Dashin Cash Dial placed in the Ariat Adult Medal
Andrew Michael riding his own Kilfinnae won blue ribbons for a clean round in Level One	Jessica Potts riding Harvest Moon placed in all the Adult Amateur Hunter classes and in the Adult Hunter Classic	

## Pinehurst Schooling Dressage Show Pinehurst, NC February 3

From: Staff Reports

Class 9 - Intro B Open 9. Helen Adams on Moses.	6. Patricia Norris on Moses	Class 14 - Training 2 Division B
Class 11 - Training 1 Division A	8. Corey Krutsch on Corky	7. Alison White on Leggs
2. Jenna Branson on Gordon	Class 13 - Training 2 Division A	Class 17 - First 1
5. Christine Eidison on Alex	1. Laura Carson on Make Mine Chocolatey	2. Briana Scheele on High Sierra
Class 12 - Training 1 Division B	3. Christine Eidison on Alex	
2. Alison White on Leggs	4. Corey Krutsch on Corky	

## IHSA Region 3 Zone 4 WESTERN Martin Community College February 2, 2008

From: Staff Reports

High Point Team St. Andrews - 40	St. Andrews Presbyterian Martin Community College	170 131	Lauren Harris 23	Va. Tech
Reserve High Point Team	Virginia Tech	124	Jessica Cutler 12	St. Andrews
Virginia Tech - 29	Appalachian State	58	Allison Jones 11	Va. Tech
High Point Rider	Western Carolina	37	Kelly Shuster 7	Va. Tech
Kelsey Moody - St. Andrews	North Carolina A & T	32	Cassie Werner 4	St. Andrews
Reserve High Point Rider	AQHA HIGH POINT STANDINGS Kelsey Moody St. Andrews	59		
Sarah Woody - Martin Community				
TEAM STANDINGS	Sarah Woody Martin Comm.	51		

## Message from the Editor

By: Alicia Toke

The beginning of a new semester is always an exciting time. It is an exciting time especially for those graduating and those who are going to finish their first year of college.

Last semester was an amazing semester and I hope it will keep going that way for the rest of the year. I am hoping that there will be more interest in the newspaper this semester. I have been lucky to put out three editions and will put out at least three more before the semester is over. In order to put out more editions I need more help from YOU the student, faculty, and staff. I need people

who will write articles for me that will get people interested in life on and off campus.

In addition to more people writing articles I am going to be looking for someone to take over my position as Editor-in-Chief for The Lance next year. The position is a good one for people who are looking to go into Journalism and or are very good at editing and writing articles. In addition to this position looking good on a resume you might get the chance to go to New York City, and go to a NY Times conference in the spring semester.

Hopefully within this spring semester there will be a variety of articles to read. If there is anything you would like to see in The Lance feel free to email me or call my ext: 5630. Suggestions are always welcome and I hope we have a wonderful semester.

Respectfully yours,  
Alicia Toke Editor-in-Chief

ext:5630  
tokeaa@sapc.edu

## Losing Fascination with the Feminine

By: Matthew Peak

“... in the image of God he created them; male and female he created them” (Genesis 1:27 NRSV).

The philosophies of evolution and feminism have done much alter the way scholars view biblical texts, from the rejection of the creation account as historical, calling it myth, to the laborious efforts to create gender-neutral translations under the auspices that women are excluded if the text uses the word “man.” Yet, these newfound approaches to theology, especially from the left, cannot fully cover up the fact that God did not just create one man, but one man and one woman.

One of the paramount shifts in thinking concerning the sexes is that gender uniqueness, the idea that a man is fundamentally different from a woman, has been labeled as a social construct, established by biblical-based cultures that fostered male-dominance. The new thinking, stemming from Freudian psychology and feminist interpretation, is that there are no intrinsic differences, that man and woman are essentially the same. This of course would make sense in light of evolutionary thought placing all humans as just animals.

This thinking of gender neutrality is serving a very destructive role toward the relationships between the sexes and is killing something that has served societies for thousands of years.

Men are losing their fascination with women.

When a person loses fascination with the world around them, they cease to be a fascinating person. There are myriad things in the world to find fascination in, such as

mechanical science, mathematics and engineering as well as animals, biology and children. The biggest fascination of all for a man should be a woman.

Unfortunately, this fascination is being lost because men are being told that there is nothing special about women, that they are just as human as any man. If that is the case, then all a man has to do to learn about women is to hang around with his pals and a woman can teach another woman all there is know about men. Homosexual relationships become the same as heterosexual relationships, though in such a gender-neutral state, sex is all that is truly left. When men lack a fascination with women, the only real need they have of women is as a sex object to fulfill some innate urge to mate. Without natural fascination, men have nothing more to seek concerning women other than outside stimulation, which usually comes in the perverted form of pornography. Women have responded to this lack of fascination and sexual selfishness by either harboring bitterness toward men or presenting themselves as excessively sexual in an effort to relate.

Strangely enough, it is the observation of homosexuality that reveals that something is wrong. In a portion of homosexual relationships, there is one partner who carries masculine qualities and one with feminine qualities. We see this in women who carry themselves with a tough sort of masculinity and men who present themselves in a feminine way. Even in these confused relationship, there is some deep abiding sense that there should be one person masculine and one person feminine. Since they are not believed to be found naturally, given that the current social belief is that masculine and

feminine are not natural, but constructed, then the differences are manufactured as women act like men and men like women. The observable desire for a union of the masculine and the feminine cannot be hidden.

All this reveals that women are looking for men who are fascinated with them simply because they are women. A man who is fully aware of and settled in his masculinity (if he has not been emasculated by a fatherless home or feminist education) will look at a woman with incredible wonder and utter amazement because a woman has the one thing that a man does not: femininity. This natural fascination is what drives men to sacrifice their freedom and swallow their pride to invest their energies into a committed marriage and family.

As the left continues to purport that there are no differences in men and women, gender neutrality has become a genuine coerced social construct to smother the natural and God-given differences between men and women. At the same time they are smothering men’s fascination for women, they are also trying to eradicate women’s need for men.

Men need to set aside the external stimulations in their life and rediscover their natural masculine fascination for God’s world around them. As they search, they will inevitably run into a phenomenon that is sorely lacking under the artificial environment of gender neutrality, open femininity among women. When they find fascination with women again, they will become fascinating men in their own right and women may find that they can be feminine again and are actually wanted simply because they are women.

## Ways to be Eco-friendly While in College:

List compiled by: Tonja Hensley

Ways to Save Energy in the Dormitory:

- When drying laundry, do not over dry. Your clothing will need less ironing and will hold up better and longer if it is removed from the dryer while still a little damp. Instead of setting the machine to 75 minutes, try drying for 60 minutes.
- Don’t leave your computer, TVs, stereos or games on while you’re not using them. Rather than leaving your computer on, turn it off or use the sleep mode when not using it. This will help save energy and increase the longevity of your computer.
- It’s easy in a dorm to crank the A/C down to 50 or the heat up to 90 since you are not directly paying the power bill. Keep in mind that this wastes tons of energy and that one day you will be paying your own power bill and turning the thermostat all the way up or down can get expensive.
- Use energy saving light bulbs in your lamps. These light bulbs not only save electricity but also last longer than standard bulbs!

Useful Energy Saving Websites:

Consumer Reports Energy Saving List  
[www.consumerreports.com](http://www.consumerreports.com)  
U.S. Dept. of Energy - Energy Efficiency  
(<http://www.energy.gov/energyefficiency/index.htm>)

Ways to Save Gasoline:

- Walk across the lake instead of driving and carpool to the Equestrian Center, Wal-Mart or Mi Casita.
- Drive steadily and a bit slower! Remember that hard acceleration and abrupt braking uses more fuel than if you start and slow at a more moderate pace while putting undo wear-and-tear on your transmission. Increased speeds also lower your average mileage per gallon.
- Avoid revving the engine – this wastes fuel needlessly.
- Don’t let your engine idle for longer than necessary. Engines warm up faster while driving and it is more efficient to turn the engine off than to let it idle longer than 30 seconds.
- When traveling on highways, keep your windows closed. Open windows create a drag reducing your average gas mileage.

Gas Saving Links:

How to Advice  
<http://www.howtoadvice.com/SavingGas>  
Fuel Economy  
<http://www.fueleconomy.gov/feg/driveHabits.shtml>  
Bank Rate

<http://www.bankrate.com/brm/news/auto/fuel-efficient/5.asp>

Recycle:

While it is more difficult to recycle in a college environment, it can still be done. Scotland County has a recycling center that is equipped to accept your plastic bottles, beer cans, old batteries, and New York Times. Are you getting a new cell phone, a new digital camera, or have you gained the freshman 15? Donate your old cell phones, clothing and cameras to worthy causes. The How to Recycle Everything website listed below will tell you how!

Recycling Links:

How to Recycle Everything  
[http://www.lime.com/features/limes\\_guide\\_to\\_recycling/story/11485/how\\_to\\_recycle\\_everything?utm\\_source=adwords&utm\\_medium=plm&utm\\_campaign=tier+1&utm\\_term=recycling](http://www.lime.com/features/limes_guide_to_recycling/story/11485/how_to_recycle_everything?utm_source=adwords&utm_medium=plm&utm_campaign=tier+1&utm_term=recycling)  
Recycling Facts  
<http://www.recycling-revolution.com/recycling-facts.html>  
Earth Justice  
<http://www.earthjustice.org>

February 21, 2008  
 ENCCA Career  
 Fair  
 All Member Col-  
 leges and Universi-  
 ties  
 Jane S. McKimmon  
 Center, Raleigh  
 9:00 – 4:00  
 All majors

February 19, 2008  
 “Walk this Way  
 Bowling” @  
 Laurinburg Lanes.  
 Games paid for,  
 only need to pay  
 \$1 for shoes!!!!

Community Service Activities  
 This semester there will be a variety  
 of community service activities at  
 Scotia Village. Scotia Village is the  
 retirement community which bor-  
 ders the academic side of campus.

SPRING FLING  
 Saturday, March 29th, Time TBA  
 We are still in the planning process  
 for this event, so if you have any  
 suggestions let us know! Go ahead  
 and mark your calendars!

Remember, Scotia Village has and  
 continues to be a HUGE supporter  
 of the college, I know everyone is  
 busy, but I am confident you can  
 clear off a few hours of your sched-  
 ule to help with these events!  
 For more information contact Caitlin  
 Haney- [haneyc@sapc.edu](mailto:haneyc@sapc.edu)

Taste of the Town  
 On May 13th, the Scotland  
 County Literacy County will  
 be hosting its 12th Annual  
 Taste of the Town at Laurin-  
 burg Presbyterian Church.  
 Restaurants from across Scot-  
 land County will be partici-  
 pating. Tickets will be \$8.  
 Contact Matthew Hensley at  
[hensleyme@sapc.edu](mailto:hensleyme@sapc.edu) for more  
 information.

## ***The Lance 2007-2008 Staff***

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