

The Mercury

Student Congress Speaks

by Miranda Hathaway

On Monday, March 25, 2002 at 5:00 p.m. the Student Congress Installation Banquet was held in the Verona Maple Room.

The evening began with outgoing Student Congress President, Brandon Riffle leading the capacity room with the Pledge of Allegiance. The pledge was then followed by a brief message from Glenville State College's First Lady Irene Powell, who began her speech by offering greetings on behalf of GSC's President Powell who could not be in attendance. She then presented the outgoing and incoming Student Congress with the words of wisdom, "those who show up run the world." She next congratulated the Student Congress on all their future and past achievements and read a poem entitled, "Which Are You?" She warned that Student Congress needs to offer solutions or they are part of the problem. She ended her message by saying, "We are very much in your (Student Congress's) gratitude."

Mr. Jerry Burkhammer, who offered greetings from the Student Congress advisors, then followed up Mrs. Powell. He called the banquet a "celebration of our youth, our students." Burkhammer then lead everyone in the invocation and then dinner was served.

After dinner, Jeanine Walker, outgoing and incoming Student Congress Vice President, recognized all the special guests in attendance at the banquet.

Marty Barnett, outgoing Student Congress Treasurer, recognized the two graduating seniors who served on the congress. These members were Trena Williston, outgoing Secretary, and Megan Miller, outgoing Commuter Representative. Both Williston and Miller served on the congress for three years.

Williston then gave the final roll call of the 2001-2002 Student Congress.

Burkhammer had the roll of recognizing the 2001-2002 Student Congress officers. He began with the quote, "If everyone is thinking alike, then everyone isn't thinking." Burkhammer.

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Garden In Honor of First Ladies

By: Abby Garvin

In addition to the new sign at the north entrance, the college will be welcoming a new memorial at the end of this semester. Named after the wife of President Harry Heflin, the Dora Heflin Garden is being built to honor the former first ladies of Glenville State College. The circular garden is being erected in front of Clark Hall, which will include a four-tier water fountain and many attractive flowers for several of the former first ladies. The garden's purpose is to honor all the first ladies for their time, effort, and hard dedication into GSC. The Dora Heflin Garden is scheduled to be completed on Saturday May 4th before Glenville State's 2002 commencement. All do-

nations have been contributed by GSC alumni and students, in addition to "gift bricks" donated from the Office of College Advancement. The garden was created and is being built by Bob DuBray and his men from the GSC Physical Plant. When it is completed it will be 56 feet in circumference and will contain over 2,000 bricks and blocks.

"This garden is intended to serve as a lasting tribute to Mrs. Heflin and to the other first ladies who have given their time and talents so unselfishly for the benefit of the college." says President Powell.

For more information about the Heflin Garden, please visit the college web at: www.glenville.edu.



The New GSC Student Congress
Photo By: Patrick Hall

GSC Week

Beginning on Monday, April 15 and running through Saturday, April 20, 2002 Glenville State College will be experiencing the yearly tradition of GSC Week. During GSC Week there will be an entertaining myriad of activities taking place and many wonderful opportunities for lots of social interaction and celebration as the end of another academic year begins its countdown. Throughout the week students, faculty, staff, and the community will be treated to music, food, exhibitions and even an old time Street Fair.

The week kicks off on Monday the 15th at 8:00 pm in the HSU Ballroom with NACA Entertainer of the Year, Hypnotist Fredrick Winters.

Fredrick will simply astound the audience with combination of comedy and wizardry while reminding his audience they can "See the show - or - BE the show."

April 16th starts off the evening with a Martial Arts demonstration by the world renowned John Casare at 6:00 pm in the HSU Ballroom. Immediately following in the Fine Arts Auditorium at 8:00 pm will be GSC's very own Concert Choir who will perform a variety of melodic tunes for you to savor.

Midweek activities roll into action on Wednesday, April 17 beginning at 12:00 noon with a campus-wide picnic and the always entertaining Sandy Sowell who will provide us with a lively rendition of a game show and hot new craze "Dance Evolution". Prizes

Reader's Theater:

Letters From Home, Speaks Out About War.

These days, war is on everyone's mind. People can't help comparing September 11 to Pearl Harbor, today's events to World War II. But what about those who chose not to fight in that war?

On April 25 and 26, in the Fine Arts Recital Hall, GSC and the WV Humanities Council will present a Readers' Theatre piece entitled "We Don't Tell Them Any Better: Letters From Home."

Based on letters sent from an isolated Gilmer County community of religious conscientious objectors, the piece combines sound, images and words to weave a tapestry of life in the area during World War II. The cast is made up of students, faculty, staff and community members. Dennis Wemm and Dr. Foxworthy developed the script from letters from community members, with historical background provided by Dr. Tom Trice.

The performance will begin at 7 p.m., and will last about an hour. Thanks to generous support from the West Virginia Humanities Council, there is no charge for admission.

will be awarded by Sandy for both events.

Thursday, April 18th starts to wind down the week in an engaging and fun filled night beginning at 8:00 pm in the HSU snackbar, PG's, with the humorous comedic talents off Sherry Davey and kicking into overdrive with the soulful, enchanting sounds of singer, musician Beth Wood at 9:00 pm.

The crowd-pleasin', down home Bluegrass singing of Jim and Jessie and the boys highlights the events of Friday, April 19 at Glenville State College and GSC Week. Superstars of the Grand Ole' Opry, these folks are sure to leave you with a toe-tappin', finger-snappin' good feeling at the evenings end.

Saturday, April 20 brings GSC Week to a close with Alumni Day activities that are sure to be enjoyed by all. So come and take part in this and all the other GSC Week events that are sure to leave you with a lot of memories and a special feeling that reminds you just how great Glenville State College really is.

Frequent Urinary Tract Infections in Women

By: *Melissa Hinterer, RN, BSN*
Director of Campus Health Services

Urinary tract infections (UTIs) are painful, annoying and are the reason for over 7 million trips to the doctor annually for American women. UTIs can cause back pain, painful urination, abdominal pain, fever, cloudy urine, and a frequent and urgent need to urinate. If you have these symptoms for more than 24 hours, you should seek treatment.

Most UTIs are caused by a bacteria called e-coli...

Women are 8 times more likely to develop a UTI than men. This is largely due to the anatomy of the urethra as it is shorter in women than men. This allows bacteria from the outside to more easily enter the bladder through the urethra. Normal urine is free of bacteria. Most UTIs are caused by a bacteria called e-coli which is normally found in the gastrointestinal tract. When present in the bladder, e-coli is sure to create disaster.

FACTORS CONTRIBUTING TO UTIs

- **Sexual activity:** Sexual intercourse may facilitate the transfer of bacteria from the outside to the urethra and then traveling to the bladder. It may also irritate tissues, making them more susceptible to infection.

- **Low water intake:** If your water intake is low, you will urinate less frequently. Bacteria that enter the bladder would have more time to multiply and take hold, causing an infection.

FACTORS MOST LIKELY TO PREVENT FREQUENT UTIs

- **Drink plenty of liquids** to flush bacteria out of your system.

- **Practice good hygiene** at all times.

- **Schedule frequent bathroom breaks.**

- **Avoid caffeine, acid foods, spices, citrus fruits, tomatoes, alcohol, and chocolate.** You may find these things increase your discomfort.

- **Attempt to change the pH** of your urine to decrease the chance of bacteria growing in your urine. You

may do this by: 1. putting 1 teaspoon of baking soda in one-half cup of water once or twice a day; or, 2. drinking at least 8 ounces of cranberry juice cocktail daily.

TREATMENT

The first step, if you have symptoms of a UTI, would be to visit the Campus Health Center or your family doctor. A simple urine test will be done to determine if there is bacteria present in your urine. Normally, an uncomplicated UTI is treated with a three day course of antibiotics. It is possible, however, if you have had several UTIs, you may need to have a longer course of treatment with an antibiotic. Unfortunately, the more times a person takes an antibiotic, the higher the chances are of that person becoming immune to that antibiotic. This can become a long-term problem for frequent UTI sufferers. Therefore, it is very important to try to avoid developing a UTI so that you do not need to take an antibiotic. If you have any questions about this subject or would like additional information, please visit your Campus Health Center in the Heflin Student Union.

Life Outside the Toy Box

By *Abby Garvin*

For most people living on campus this is their first time out on their own. Living in the dorms for the first time has a large effect on the students' lives. Like balancing study time and hanging out with friends. For many new students the change from having your own personal bathroom to sharing one with twelve other people is a challenge as well.

For others it was the beginning of freedom towards becoming adults. With that freedom comes responsibility. With responsibility, some times, come consequences. Living on campus gives more opportunity to do things other than that 500-word essay paper due tomorrow or to cram for that last final.

Some of the new freshmen enjoy living on the campus, especially at Pickens Hall, because it is so close to their classes. Some students also see it as freedom away from annoying brothers and/or sisters.

For example, Susanna Meadows, who lives on the third floor of Pickens, says, "The dorms are great. They give a sense of being on my own, away from home."

The dorm life also has its disadvantages. Like the visitation hours, between 12 midnights and 11 in the morning, but students that have lived here even just for this short while has learned to deal with it.

At the beginning of the school year it was hard for some to leave home behind in particular for those who had to come from out of state but now with the school year close to an end it may just be as hard for some to leave (which includes me).

Student Congress

Continued from Page 1

Student Congress Advisor, then presented Riffle, Walker, Williston, Barnett and outgoing Parliamentarian, Jennifer Butler with pens engraved with their names and the offices they held. He ended his speech by saying, "Thanks for not only being an outstanding Student Congress, but wonderful people, as well."

Cheryl McKinney, Vice-President of Student Life, gave a message to the crowd and began by thanking the Dining Service for their help in preparing the meal. She then told the outgoing and ingoing Student Congress members that "you are pure potential." McKinney subsequently gave the definition of leadership, followed by the quote, "Leadership is the only ship that doesn't pull into a safe port during a storm." The Student Life Vice-President then commended Student Congress for having made a commitment to find the time to make things better for GSC. She next gave her appreciation to Student Congress Advisors, Burkhammer and Connie Argento. McKinney then gave a brief history of Student Congress since it's formation in 1935. She then gave a brief list of some of the accomplishments that the 2001-2002 members of Student Congress met. These accomplishments were: the 2001-2002 Student Congress met every week and held a congressional forum about the new residence hall policy. They changed the policy for GSC Homecoming to allow for a King to be crowned, as well. The 2001-2002 Student Congress sponsored the Spring Formal and helped to organize the Sep-

tember 11th tribute. Not only this, but they have organized an upcoming campus cleanup and held read-aloud's in public elementary schools, helped with the Adopt-an-Angel program and revised the constitution.

The crowd reciting the Oath of Academic Excellence and singing GSC's Alma Mater followed McKinney's speech.

The 2001-2002 Student Congress Officers then exchanged their medals with the 2002-2003 Student Congress Officers. Followed by upcoming President Butler, Vice-President Walker, Secretary Jodi Ocheltree, Treasurer Justin Simmons and Parliamentarian John Ratliff taking the oath of office.

The officer's oath was followed by the oath of the remaining members of the 2002-2003 Student Congress.

Standing in front of the crowd, Class Representatives Stephanie Hamilton, Jamison Miller and Jiketta Underwood; Senators at Large, Brian Burge, Jeremy Kirk, Nicole Maxwell, Jeff Sanders, Sarah Roach and Jerry Thomas; Commuter Representatives, Shaun Davis and Greg Richmond, took the oath of office for their respective appointed jobs.

Riffle, then gave his farewell Student Congress Presidential address and began by wishing the new Student Congress good luck. He called the 2001-2002 Student Congress "remarkable." Riffle stated that he believed they had met the mission of GSC and called serving as President the "most rewarding learning experience of my life." He then presented Burkhammer, Argento, and McKinney with inscribed desk clocks.

Butler next gave her Inaugural Address as the new 2002-2003 Student

Congress President. She opened with thanking the outgoing congress for a year of service and called it the "most productive year ever." Butler then challenged the new congress to radically change how student's view GSC, which she followed with a short story entitled, "The Builder." She subsequently dared the 2002-2003 Student Congress to make decisions as if they were only affecting them and told them that years from now, they can look back at GSC and say, "This is the school that I helped create." The evening ended by Butler thanking the past student congress, advisors and the guests.

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Your Name Could be here!!!

Freedom

By Caleb Perkins

In this nation have we taken the word freedom for granted? I believe we have been so use to the words of a free nation that we as citizens are not proud, as we should be to uphold and to live in a free nation. We (as a nation) have indeed forgotten about how we have freedom here in the United States compared

to other nations. We also have rights: we have the right to say what we want, to bare arms, to not incriminate ourselves, and to be innocent until proven guilty, most countries do not have these rights.

On Sunday, 28th of October 2001, a Roman Catholic Church in the town of Bahawalpur located in Pakistan was attacked while people were inside the



building. The church had over 100 members that attended regularly. One witness said six men on three motorcycles rode up to Saint Dominic's Church and pulled out AK-47 assault rifles, shooting two police guards before entering the packed church. The

men then unloaded their ammunition into the crowded church. The men killed 18 people in their gruesome massacre. The reasons for the attack were

based on the religious fighting going on in Pakistan. Our country was founded on God as his name is stated in many of our documents "In God we trust", "One nation under God indivisible with liberty and justice for all", how grateful we should be to praise him without being killed. Do not take your freedom lightly because thousands have died for it.

Grand Ole Opry's Jim & Jesse and The Virginia Boys

Deep in the mountains of southwest Virginia, still stands the white aging farmhouse Jim and Jesse first called home. Raised in the small community of Carfax, located near Coeburn, VA, the boys grew up in a family steeped in traditional mountain music. This background made it natural for them to follow in the footsteps of their grandfather Charlie McReynolds, who was one of the first to record for RCA in Bristol, VA in 1927.

Their harmony is exceptional, as only brothers can produce. Jim's enhanced high tenor combined with Jesse's deep lead and unique mandolin style sets this duo apart in the world of music, now termed Bluegrass. Very early in their career, Jesse developed a "cross picking/McReynolds style" technique on the mandolin, which distinguished his picking from others. Many have imitated, but few have successfully mastered this unique style of fast alterations of repeated melodic patterns.

In 1952, Jim & Jesse debuted on their first major label, Capitol. Since that time, they have recorded for various labels including: Columbia, Epic, again for Capitol, CMH Opryland, Rounder, their own Old Dominion Label, and currently, Pinecastle. In 1960, their first single for Columbia, "The Flame of Love" backed by "Gosh I Miss You All The Time" spent weeks climbing the top 100 national charts. "Cotton Mill Man", "Diesel On My Tail", "Are You Missing Me", and "Paradise" are a few of the songs regarded as Jim & Jesse classics.

They are backed by their band, The Virginia Boys, who are always top-notch musicians featuring the various traditional acoustic instruments: guitar (Jim), mandolin (Jesse), five string banjo, and fiddle; with the exception being the electric bass. During their career they have toured all the 50 states with the exception of Alaska, and have traveled worldwide including: Canada, Mexico, Japan, Europe, The British Isles, and Africa in 1985, for the U.S. State Dept.

In the late '50's and early '60's, Martha White Mills sponsored most of their live weekly radio and television shows throughout the southeast. They also sponsored a portion of The Grand Ole Opry, and invited Jim & Jesse as guest hosts. This led to their membership on March 2, 1964, and their move to Gallatin, TN, near Nashville, in 1965.

Their numerous honors include induction into the Country Music Hall of Fame's "Walkway of Stars", the Virginia Country Music Hall Of Fame, IBMA's Hall of Honor, and the Bill Monroe's Bluegrass Hall of Fame. They also received the National Heritage Fellowship Award from the National Endowment for the Arts, presented by Hillary Rodham Clinton and Jane Alexander at The White House, September 23rd, 1997. This is folk and

traditional art's most prestigious honor. Their most recent award was the Bluegrass Golden Voice Award on June 14th, 2001 in Nashville TN.

Jim & Jesse are known for their consistent conduct whether performing at the Grand Ole Opry, signing autographs at a festival, or just driving a tractor at home on the farm.

For additional information contact: Jim McReynolds, or Janeen McReynolds Allred, P.O. Box 304, Gallatin, TN 37066 Phone/Fax (615) 452-6994, E-mail JJVBOYS@aol.com www.JimandJesse.com

The Samples Brothers will also be performing at the Bluegrass concert.

The GSC Percussion Ensemble will share the stage with Jim & Jesse for part of the performance

Grand Ole Opry's Mike Stevens

Hailed as an innovative musician and author, this artist transcends the perceived limitations of the instrument in virtually every musical genre. His aggressive soulful approach to the harmonica takes audiences on an incredible journey. Best known for his groundbreaking work in the bluegrass field with legendary Grand Ole Opry members "Jim & Jesse" (with whom he has preformed on The Grand Ole Opry over 300 times); the artist was able to create an original, much sought after and often copied, style of playing the harmonica.

The artist hails from Canada, and has won "Entertainer of the Year" at the Central Canadian Bluegrass Awards 5 consecutive years – after 5 years he was retired in this category. To his credit he adds many other accolades, including "Best Selling Album of the Year" in 1992 for his recording on the Pinecastle Label – Blowin Up a Storm; "Album of the Year" 1990 for "Harmonica"; and in 1994 he was made a "Kentucky Colonel" for his accomplishments in Bluegrass music.

In 1998 the master instrumentalist and composer gained new fans with the release of the recording entitled "Normally Anomaly". This recording is a blend of musical influences that begins with a base of bluegrass; adds a healthy dose of Son House; equal parts of Gamelan music and Middle-Eastern rhythms and is performed live by the artist with no samples or synthesizers.

This musical versatility enables the artist to perform in many different situations. His performance schedule includes bluegrass dates with, "Jim & Jesse", "The Lewis Family"; "The McLains" as well as selected dates with other bluegrass bands. He performs solo harmonica concerts combining his musical influences, as well as selected dates as a duo with Raymond McI ain. In addition he books shows as "The Mike Stevens Project" – a group of musicians that perform original rocking blues based music. Mike can also be booked as a "hired gun" to perform in various musical situations.

Announcements

A Springtime Concert

Featuring The Concert Choir and Chamber Singers Charles W. Miller, Director; Anita White, Pianist Thursday, April 16, 2002 8:00pm Fine Arts Auditorium

The Physical Plant is looking for student workers who are interested in grounds upkeep.

If interested stop by the office

If you are an education major, it is imperative that you meet with the chair and division faculty on one of these dates: Thurs, April 11th at 11:30 – 12:30 am or Friday, April 12th at 8:15 – 9:15 am in the AB Auditorium.

Celebrating Women in Sport Dinner "Celebrating the past, shaping the future." April 24th 2002 to be held at Glenville State College in the Verona Mapel Room. Reception at 5:30pm Dinner at 6:00pm Reflections of women's athletics in the past 50 years also recognition of current GSC female student athletes Tickets \$10.00 RSVP to 462-7361 ext. 281 (Janet Bailey) by April 15th, 2002 Sponsored by SAAC.

Grand Ole Opry Stars

Jim & Jesse & The Virginia Boys Special Appearances by The Samples Brothers & The GSC Percussion Ensemble Fri, April 19th, 02 7:00pm FAB Auditorium Reservations Required \$10 General Admission \$5 GSC I.D. Phone 304-462-4130 Visa, MasterCard, and Discover Accepted

GSC Percussion Ensemble

April 11, 12, & 13, 2002 8:00pm Fine Arts Center Auditorium Tickets on sale Monday, March 25, 2002 \$5.00 GSC Students \$7.00 Other Students \$10.00 General Admission GSC Students Special – Thursday Night Only Present you ID and reserve your ticket at no charge. Only one ticket per ID.

Residential Life Incentive Pride Program

Glenville State College you like to reward its resident students for taking care of the residence halls. We know that it is with your help that we can ensure that future generations of students can have a decent and well-maintained place to live. This is why we have initiated an incentive program that rewards residents for keeping their living area the best it can be.

Twice a Semester

One male and one female from each residence hall will be selected through an evaluation process. They will be selected on neatness, cleanliness, and care of their living area. The scores will be tabulated and the winners be given \$100 rewards. This will be received as a credit to their tuition. Graduating residence will receive the reward in cash.

Once a Year

At the end of the year, each students score is tallied and the top female and male from each resident hall will receive an additional \$150 reward. This will also be received as a credit to their tuition again, unless the student is graduating.

Group Prizes

The score for each building (PV) and floor (PH) will be tallied and the best of each facility will either split a \$400 reward or if they chose, can have the money applied to a picnic or activity.

Wedding Announcement

Susie Cogar, daughter of Loyd Cogar of Sutton and Susan Beck of North Carolina, and Dallas Hashman, son of Lee and Cindy Hashman of Normantown, have announced their plans to marry. The wedding date is set for May 18, 2002 at the Days Inn in Flatwoods, West Virginia at 4:00pm sharp.

Sports



Congratulations Ladies!



You Made us Proud!

