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The Rhodes Experience Abroad

Roz KennyBirch
Staff Writer

As some students begin to coordinate spring break plans with their friends, others are taking on even more ambitious travel adventures through various study abroad programs offered by the college and other providers. Whether students hope to travel for a month, or a year, during an academic semester or over the summer, to Europe or to South America, Rhodes and its partners have strategies for every type of international experience.

Freshman Lee Silberburg will be attending the Rhodes Intensive Spanish Maymester in Buenos Aires, Argentina. Rhodes has usually offered the Spanish language program in Ecuador, but has decided to change the location. When asked whether this was a positive or a negative, Silberburg responded that "Argentina versus Ecuador was not a big deal to me...I would have been happy anywhere". He also claimed that he was unsure of whether a Rhodes program would be more or less academically challenging than other offered summer immersion experiences, but felt confident "that (the Spanish department has) done fantastically" in preparing him for the immersion. Although the Maymester is centered around improving students speaking abilities, Silberburg is more excited at the prospects of "learning about the culture".

Junior Elizabeth Ross recently returned from the well-established Rhodes European Studies program, which Sewanee: The University of the South also helps to manage. Ross noted that the professors "at Oxford were phenomenal in welcoming us into the European culture as well as introducing us to learn in the classroom alongside an interactive field approach style we never would have had access to". These are the reasons that she believed set the program apart, along with exclusive tours. For example, one tour allowed students to view the Sistine Chapel in complete privacy. Ross recommends the program because "never in your life will you have the experience to visit the number of locations, travel across as many countries, or absorb as much information that we were achieving on a daily basis". European Studies is an excellent way to view vastly different cultural aspects of Europe while also staying connected to certain comforts that Rhodes offers.



Photo courtesy of Carlywill Sloan

Sierra Gaffney '15 and Katie DuBose '15 in Grenada, Spain

Sophomore Akvile Zakarauskitė opted for a vastly different abroad experience than Silberburg and Ross, and most Rhodes students. Zakarauskitė explained that she chose a non-Rhodes abroad program because "though Rhodes has some wonderful study abroad programs, there are many more to choose from that are more specific to (her) interests". She also mentioned that she actually found her program, the School of International Training, through the study abroad office at Rhodes. She highly recommends that students use the vast assortment of resources that the office offers. Zakarauskitė is ambitiously planning to study abroad not once, but twice. When asked why, she explained that "I knew before freshman year that I wanted to study abroad more than once - I love to travel and will probably never stop, but study abroad is a unique experience that one really only gets to experience in college and I want to take all the opportunities presented to me. Next spring I hope to go to either Istanbul or Prague depending on what turn my studies take while in here in the Balkans". In the Balkans, Zakarauskitė will be studying the Yugoslav wars and how the countries have been affected by them, as well as their rebuilding efforts. She will also be completing an internship in the Lithuanian parliament at the conclusion of her official path of study.

While Silberburg, Ross, and Zakarauskitė chose extremely different study abroad programs, they all tout Rhodes as being an excellent place to learn about different programs, and to take part in highly academically challenging and culturally refreshing experiences.

The Active Fight Against Mental Health Stigmas

Julia Fawal
Layout Editor

The statistics are striking: 50% of students report feeling so depressed at one point that it was difficult to function. Two-thirds of students who need help do not receive it. 1,100 college students commit suicide each year. One in four Americans suffer from a mental health disorder. These numbers were taken from Active Minds, an organization that strives to educate its fellow students about mental illnesses and additional mental health issues that particularly abound the 18-24 age range. The statistics depict the prevalence of mental illness, yet it is a subject many fear discussing, and the consequences are clearly severe. For that reason, Active Minds takes on "Changing the conversation about mental health" as their slogan and works to fight against the stigma surrounding depression and mental illness.

This year, an Active Minds chapter was formed at Rhodes. The chapter was started by Mark Farley, who is bipolar and understands first-hand what it is like to manage a mental disorder alone. "When people find out, many react differently towards me. They act as if they must walk on eggshells," he said, "I want to change this and eradicate the stigma associated with this disorder." After transferring to Rhodes from Washington and Lee, Farley quickly realized that Peer Advocacy was the only group on campus that dealt with mental health issues. Though the Rhodes Active Minds chapter is still in its beginning stages, it is already building a reputation as a solid forum for advocacy and raising awareness.

During Fall 2013, Active Minds hosted National Day Without Stigma, a day devoted to eliminating the shame and discrimination surrounding mental health disorders. Farley and other Active Minds members wrote chalk messages all around campus, spreading encouraging messages and emphasizing the amount of support available on campus. So far, Farley has received overwhelmingly positive feedback, and it has definitely surpassed his expectations. "I received emails and text messages about how much people liked the chalk messages, and how they inspired them. I did not think we would receive this type of response from the student body. Because of this, I cannot wait for NEDA Week."

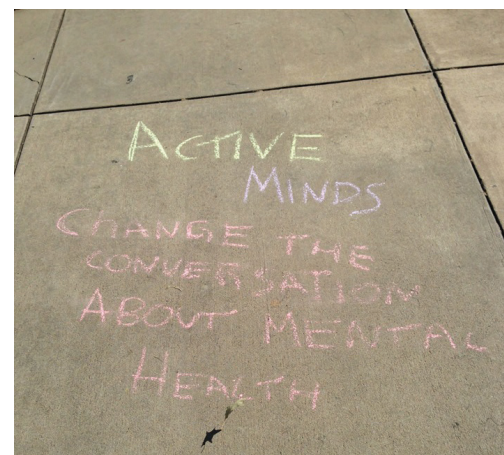


Photo courtesy of Active Minds

One of the sidewalk messages written for "National Day Without Stigma"

workshops, and a lecture given by a professor.

Poor mental health affects all aspects of students' lives, impacting their ability to sustain meaningful relationships, focus on their studies, and look towards their post-grad future. However, studies show that suffering students are more likely to turn to their peers than anyone else, and that is where Active Minds steps in. "People in today's society hear about mental health from the news or pop culture. In most cases, both sources negative portray people with mental illness," Farley said. "This, I believe, is why we need to start an open dialogue." By creating an accepting environment and initiating a discussion about these issues, Active Minds is a space for any student looking for help or simply someone to talk to. "Creating a safe community is key," he added. "In the future, I would like Active Minds to play an important role in teaching others about mental health, helping to create a safe environment for students, and working to eradicate the stigma here on campus." Thanks to Active Minds, there is no need to be silent about mental health anymore.

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NEDA Week stands for National Eating Disorder Awareness Week, and it starts on February 22. On that same day, Rhodes Active Minds is hosting a NEDA Walk to promote solidarity and spread awareness about the prevalence of eating disorders. The walk will go through Rhodes College and Overton Park, and check in starts at 9:30 am. The actual walk begins at 10 am, and there is a fundraising goal of \$5000. In addition to the walk, the week will continue until March 1 and feature a speaker, student panel, various

Top Five: Romantic Movies (That Aren't Romantic)

Shelby Lund
A&E Editor

It's nearly Valentine's Day, so romance is in the air—and in the theaters. There are many romantic films out there suitable to enjoy with your significant other. These five films below, however, are not, though they present themselves as if they were. For your consideration, in order from “best” to worst, here are five secretly-not-romantic movies to avoid this year.

1. *Pretty Woman*: This 1990 film about the romance between a prostitute (Julia Roberts) and her wealthy client (Richard Gere) seems like a rags-to-riches fairy tale. But the entire basis of the romance is formed on Gere's character treating Roberts' like a commodity. Their love affair may help Gere's character become a better person, but for Roberts' character, falling in love with someone who treats you like a literal accessory is not a healthy move, especially when it means giving up on working hard to improve yourself just so you can get “rescued” by “Prince Charming.”



2. *Big*: The entire premise of this 1988 comedy—that Tom Hanks' character is really a little boy who wished to be an adult—makes the film's entire romantic arc creepy. Especially since Elizabeth Perkins' character is still in love with Hanks' even after finding out that he is a kid, though they do break up when he turns back into a child. However, since the ending implies that she's going to wait for him to turn eighteen, the movie basically ends up being about pedophilia.

3. *Overboard*: This 1987 film tells the story of a wealthy married socialite (Goldie Hawn) who falls off her yacht and gets amnesia, only for a widowed carpenter she hired and mistreated (Kurt Russell) to pretend that she's his wife to get free domestic help. Not only does he virtually kidnap her, he treats her like a slave at first and keeps the truth from her for months before she gets her memory back. Yet she falls in love with him anyway. That isn't romance, it's

Stockholm syndrome.

4. *The Phantom of the Opera*: This 2004 film is actually very romantic—if the couple under consideration is Christine (Emmy Rossum) and Raoul (Patrick Wilson). But this particular film is largely considered the tragic romance of Christine and the titular Phantom (Gerard Butler), which underneath the gorgeous music is completely messed up. Not only has the Phantom been obsessed with Christine since she was a little girl, he tricks her by impersonating her dead father so that she'll trust him, then abducts her when she's older with the intent to make her marry him. Then there's the fact that he will gladly kill anyone who stands in his way. The film expects the audience to find his level of devotion to her romantic, and her ultimate rejection of him tragic. But there's nothing romantic about a murderous stalker, and by turning him down Christine is actually smarter than most people on this list.

5. *Twilight*: This 2008 film, despite being touted as a great love story, is probably one of the least romantic films ever. Edward's (Robert Pattinson) stalking and murderous vampire tendencies put him on par with the Phantom in terms of unhealthy obsessions. But what seals the deal is that Bella (Kristen Stewart) stalks him right back, pursuing him even after he admits that he could snap and kill her at any time. She's put in constant mortal danger from being around him, making her determination to stay with him border on suicidal. And after having known the guy for only a couple months at most, she's already willing to throw away her humanity and spend her life with him. Everything about the pair and their obsessive codependence is creepy, extremely unhealthy, and the exact opposite of genuine romance.



Student Musician of the Month: Teddy Nollert

Molly Whitehorn
A&E Assistant Editor



photo courtesy of Molly Whitehorn

Sophomore Teddy Nollert started playing the violin when he was 4 years old. His first version of the instrument “was a cardboard box held together by duct tape and my bow was a simple dowel,” but Nollert eventually graduated to the real thing. He now plays in several Rhodes ensembles, including the orchestra and chamber groups. “I love chamber music—the intimacy of a ‘music with friends’ setting has great allure. The professors are all eager to facilitate collaboration, which is awesome. If you play an instrument, sign up for something or ask about chamber music! It's totally rad.”

Originally from a suburb of Oklahoma City (which Nollert calls “a fine place to grow up”), the violinist was drawn to Rhodes' “traditional liberal arts environment, close contact with expert faculty, and the way in which the school works to help students identify and pursue opportunities that hone skills and experience needed to compete in the workforce.” He has also grown increasingly attached to Memphis, and appreciates the city's cultural history, both its rich musical past and its deeply rooted tradition of delicious food. He also lets the city serve as an example that it is not always easy to make a living in music. “The Memphis Symphony is struggling financially, which reminds me that it's a constant battle to get people interested in music.” He also notes that it is particularly challenging to get people interested in classical music. “People tend to appreciate it more once they've tried to play [classical] themselves. At the same time, Memphis is a great example of what cross-genre collaboration can do, which is really neat.”

Although Nollert is planning neither to major nor minor in music (“I'm happy to be involved in as many ensembles as I can be, but I want to take advantage of the vast concentration of other interesting academic classes we have here”), he does plan on taking a gap year after Rhodes to study music. He also envisions playing music for the rest of his life in some form or another (but his primary ambition is to publish “really cool novels”). “Realistically, I can guarantee that music will be in the picture, at the very least in the chamber music with friends mode. If I can make it into the back of mid-tier orchestra, I'll definitely shoot for it. But as a primary job, well, the odds are against it this late in the game.”

As for his advice to fellow Rhodents, Nollert shares some wisdom that was once bestowed upon him. “One of my teachers once said he wished everyone could have the opportunity to play at least one beautiful note in their life. If you don't play an instrument, don't deprive yourself! It's never too late to start.”

Spring TV Preview

Shelby Lund
A&E Editor

While winter doesn't seem to be leaving Memphis anytime soon, TV is quickly approaching its Spring season. For your viewing pleasure, here are five new shows and five returning favorites to get you warmed up:

Returning:

- **House of Cards** (February 14th): This acclaimed Netflix drama returns to great excitement from fans and critics alike. Frank Underwood (Kevin Spacey) has accomplished his goal of becoming Vice President, but how long will it be before his enemies catch up with him? Season 2 will be available in its entirety—all 13 episodes—on Netflix on February 14th.
- **The Americans** (February 26th): After ending its critically-praised first season with a slight cliffhanger, the FX Cold War returns to pick up where the last episode left off. Elizabeth (Keri Russell) and Philip (Matthew Rhys) deal with the aftermath of Elizabeth's shooting, while daughter Paige (Holly Taylor) may have discovered their secret. Season 2 premieres on FX at 9 pm.



- **Hannibal** (February 28th): Everyone's favorite cannibalistic serial killer (Mads Mikkelsen) returns for another round of mind games and murder. But now Will (Hugh Dancy) knows that Hannibal is dangerous—and so does Hannibal's psychotherapist (Gillian Anderson). Season 2 premieres on NBC at 9 pm.

- **Game of Thrones** (April 6th): Winter is Coming—back for a fourth season. Power struggles both bloody and otherwise continue throughout Westeros in the aftermath of the Red Wedding, while Jon Snow (Kit Harrington) returns to the Night Watch. Across the sea, Daenerys (Emilia Clarke) prepares to take back the Iron Throne. Season 4 premieres on HBO at 8 pm.

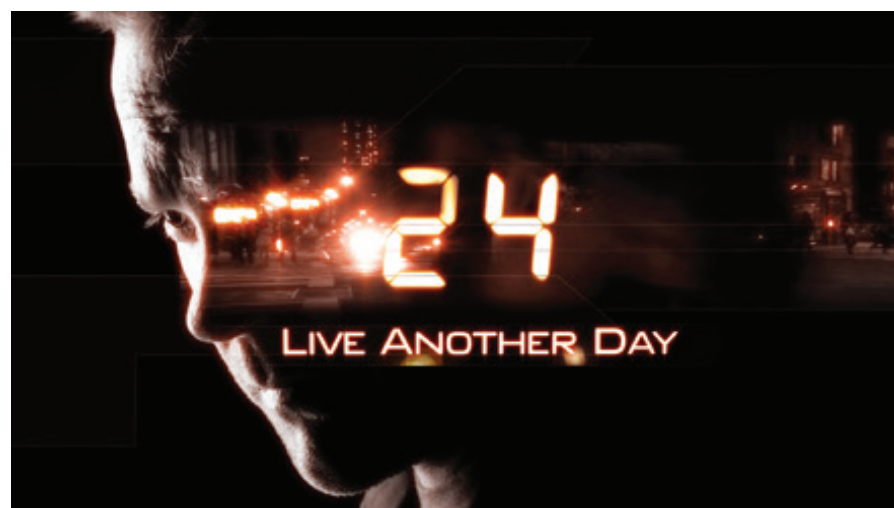
- **Mad Men** (April 13th): The hit AMC drama begins its final season this spring. There are few plot points available, but for certain Don Draper's (Jon Hamm) life will continue its downward spiral, particularly in the aftermath of the board forcing him into a leave of absence and rising problems with Megan (Jessica Pare). Season 7 premieres on AMC at 9 pm.

New:

- **Mind Games** (February 25th): This quirky new show features a surprisingly original premise. Brothers Ross (Christian Slater) and Clark Edwards (Steve Zahn) run The Edwards Agency, which utilizes Clark's extensive psychological expertise as a former university professor to help its clients solve their problems. Provided, of course, that ex-con Ross can keep his literally bipolar brother under control. The show premieres on ABC at 9 pm.
- **Resurrection** (March 9th): This new fantasy drama follows the inhabitants of Arcadia, Missouri as they deal with their loved ones mysteriously coming back from the dead, completely unaged since their deaths. This includes the Garland family, whose son Jacob (Landon Gimenez) drowned thirty-two years ago at the age of eight. Jacob's return inspires Sheriff Martin Bellamy (Bobby Masters), whose wife died trying to save Jacob, to investigate the returns. The show premieres on ABC at 9 pm.

- **The 100** (March 19th): Marking TV's first attempt to re-create The Hunger Games, this sci-fi drama is set on a barren, post-apocalyptic Earth. The remaining humans live on a space station called the Ark, but the station's population has begun outstripping its resources. As a partial control measure, the station's government secretly exiles 100 juvenile delinquents to Earth as a test to see if the planet is inhabitable, forcing the teenagers into a fight for survival. The show, which stars Henry Ian Cusick from LOST as a potential villain, premieres on the CW at 8 pm.

- **24: Live Another Day** (May 5th): The long-awaited sequel to FOX's hit drama 24 finds Jack Bauer (Kiefer Sutherland) on the run in London. Mary Lynn Rajskub reprises her role as Chloe O'Brian, who is now aiding Jack in evading capture by the feds, particularly CIA operative Steve Harris (Benjamin Bratt). Season 1 premieres on FOX at 8 pm.



- **Penny Dreadful** (May 11th): Taking place in Victorian London, the show weaves classic horror stories like Dracula, Frankenstein, and The Picture of Dorian Grey together to create a single narrative. The show's protagonists, however, appear to be original characters: American man-of-action Ethan Chandler (Josh Hartnett) and mysterious British Vanessa Ives (Eva Green). The show premieres on Showtime at 9 pm.

THIS WEEK IN ENTERTAINMENT

New Movie Releases: 02/14/14

About Last Night
RoboCop
Winter's Tale
Endless Love

Television Highlights: (2/12-2/18)

XXII Winter Olympics, Wednesday, 7 pm, NBC. From Sochi, Russia. Alpine skiing: women's downhill; figure skating; snowboarding; speed skating.

XXII Winter Olympics, Thursday, 7 pm, NBC. From Sochi, Russia. Figure skating; freestyle skiing; speed skating; skeleton.

XXII Winter Olympics, Friday, 7 pm, NBC. From Sochi, Russia. Figure skating: men's gold medal final; alpine skiing; freestyle skiing.

Be My Valentine, Charlie Brown; A Charlie Brown Valentine, Friday, 7 pm, ABC. When Sally sees the box of candy Linus brought for his teacher, she thinks it's meant for her.

XXII Winter Olympics, Saturday, 7 pm, NBC. From Sochi, Russia. Alpine skiing: women's Super-G; short track; speed skating; ski jumping.

Up, Sunday, 7 pm, ABC. Movie. A crotchety balloon salesman discovers a stowaway aboard his flying house. Animated.

XXII Winter Olympics, Sunday, 6 pm, NBC. From Sochi, Russia. Figure skating: ice dancing; alpine skiing; snowboarding; speed skating.

XXII Winter Olympics, Monday, 7 pm, NBC. From Sochi, Russia. Figure skating: ice dancing; snowboarding; freestyle skiing; ski jumping.

XXII Winter Olympics, Tuesday, 7 pm, NBC. From Sochi, Russia. Alpine skiing: women's giant slalom; freestyle skiing; bobsled; short track.

Marvel's Agents of S.H.I.E.L.D., Tuesday, 7 pm, ABC. Coulson discovers important information about his mysterious death.

Restaurants Outside of the Bubble

Bangkok Alley

Gabriela Mackiw



Rhodes and steps from historic Beale Street, it is a place you cannot pass up.

The food is exquisite and far different from any ordinary food; do not come here and expect to order a burger and fries or typical late-night college cuisine.

Friendly for carnivores as well as vegetarians, no one will go unhappy. The staff is very attentive to the needs of individuals with food allergies and was very careful with my gluten allergy. Prices are moderate, but worth every penny.

By far the most delicious meal I have eaten in a long time, the taste was not only

divine, but the dishes were presented with a true culinary finesse.

We began our meal with the fresh basil spring roll appetizer (\$6). A bed of shrimp, lettuce, and basil wrapped inside a roll of rice paper, the shrimp flavor was overwhelmed by basil, but still pleasantly flavored, especially when dipped in a sweet hoisin sauce.

The second course was a set of sushi rolls: the Red-birds Chef Special Roll (\$15) and the Casino Roll (\$11). A delicious roll of crawfish, shrimp, cucumber, and avocado wrapped and topped with a crab and fish egg mix and scallions, the roll, formerly called the Special Explosion roll, exploded with flavor. The Casino roll was also a uniquely flavorful delight; asparagus and shrimp sat carefully wrapped with seaweed and rice topped

with seared tuna and fresh shrimp. The Casino roll was so pleasing that a second was ordered out of necessity.

The Chilean Sea Bass (\$24) was prepared with incredible care and opened up so easily it nearly rendered the knife obsolete. A gorgeous plate featuring the head of a pineapple for décor, the sea bass was doused in a chu chi chili curry sauce that could become an easy favorite. The grilled pineapple was sweet and rewarding and added a nice contrast to the sauce.

As far as the service, the wait staff was very friendly and accommodating, but do not plan on being there any less than an hour and a half. This food is prepared with care, and one must be patient to appreciate the full experience.

Looking for a new place to take your date for Valentines Day? Bangkok Alley is an intimate, one of a kind, authentic Thai restaurant. Located in the heart of downtown Memphis, just ten short minutes from



Erica Morozin



Nestled between Muddy's Bakeshop and Cosmic Coconut in Sanderlin Shopping Center, newly-opened Skewer is a rare bargain gem. A rustic lounge atmosphere, everything about Skewer seemed to pair a high taste with down to earth southern flair and accessibility.

Thai native and former Bangkok Alley chef Gai Klaimongkol, opened Skewer on January 30 of this year, effectively bringing the first Japanese Yakitori restaurant to Memphis. With a Northern feel and Southern charm, this restaurant's customer-base is sure to grow exponentially

in the next few months.

Seated at a table beside the gorgeous open kitchen, we experienced both the comfort and warmth that newness and acute attention to detail have to offer. As we waited for our meal to arrive, we watched the glowing passion of Skewer's chefs and their skilled cooking techniques, epitomized by their smiles and the use of a blowtorch to rapidly yet attentively sear sushi.

Our first dish was the Black Alaska sushi roll (\$7), a roll of rice, impressively fresh salmon, avocado, cucumber topped with delicious black caviar. It set the tone for the delicious and

fresh meal to come, and its complex yet unpretentious rewarding flavors.

The next course to arrive was the restaurant's namesake; we tried the Shrimp Skewer (\$4) and the Tofu Skewer (\$3). While the shrimp was very pleasant in taste, it was not as impressive as the other parts of our meal. The tofu was sautéed in a sweet chili peanut sauce so pleasing that, had they sold it, I would have purchased a bottle and drank it.

Our next course arrived in a beautiful black box akin to a mahogany jewelry box. This box of Unadon (\$13) featured a sweet barbecued

eel atop a bed of incredibly fresh white rice. Incredibly soft yet tender, the eel was the perfect way to end our meal, and no room left for dessert was to be had.

After such a rewarding meal, I was the perfect level of full and satisfied. My only regret was that I was unable to try their signature ramen, but thankfully can use that as an excuse to return in the near future.

At the end of our visit, the host met us to open the door and thank us and to express his desire that we return again. After the impressive and affordable meal we experienced, I surely will return many times to come.

THE SOU'WESTER

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All staff editorials published in *The Sou'wester* represent the majority opinion of the Editorial Board composed of section editors and executive editors. Opinions expressed in opinion columns and letters-to-the-editor do not necessarily reflect the opinions of *The Sou'wester* Editorial Board. Letters-to-the-editor are encouraged, but cannot exceed 350 words; all letters must be signed and will be edited for clarity.

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