



Seniors celebrate spirit week

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OPINION: Keeping up with current events

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Cardinals sweep BearCubs

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the COLLEGLIAN

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In the know:

Mission Team Chapel

Chapel on Monday will be dedicated to mission teams that ministered this past summer in countries around the world.

Math & CpS Party

Junior and senior math and computer science majors will gather Friday at 5:30 p.m. at the pavilions.

New Chapel Seats

New chapel seat assignments for Monday will be posted on StudentCentral.

JMC Picnic

Students in the department of journalism and mass communication will gather Thursday at 5:30 p.m. for a picnic at the pavilions.

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Saturday
High: 72
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Sunday
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CSC volunteers and children go for an off-road excursion at the Big Dig. Photo: Amy Roukes

Students participate in Goodwill Big Dig

CANDACE NEWTON

Blaring tractor horns harmonized with exuberant cries of delight as children rode on and drove mammoth construction machinery at this year's Big Dig community event last Saturday.

Heedless of the red dust clouding around them, children took turns climbing inside tractors, backhoes, steamrollers and even the bucket of a sky-high crane. A yellow dump truck carried dozens of children and their parents in its bed as it drove over bumps and dips in what must have seemed to them a life-sized sandbox.

The Big Dig event brought families from the community together to enjoy a day full of food, fun, and dozens of construction vehicles of every size and shape. More than 100 BJU students volunteered at this CSC event, and despite the 90-degree heat, they worked hard to make the event a memorable one for the children and their parents.

Meredith Nanney, a junior accounting major, helped hoist kids onto a tractor whose tires alone were taller than any adult. She said that kids really enjoy learning about the machines while getting the opportunity to climb on them, operate them and honk their horns.

Another volunteer, Moriah Merrill, a sophomore health, fitness and recreation major, said the Big Dig helped kids have a more hands-on experience with the equipment. "A lot of the kids say that they've seen them in pictures, but driving them is something really neat," Moriah said. He hopes that the event encouraged students to get involved in other CSC events. "You get here and it's so exciting, and that's contagious," Moriah said.

John Willard, one of the many Greenville locals who lent their services and machines to the community event, said, "This is just as much fun for us as it is for (the kids)."

Dahlia Saleeby, a junior human resource management major, was the main coordinator for the first shift at the Big Dig. She said that the sponsors were very appreciative of the students' hard work, and that they mentioned how impressed they were by the students' diligence and respectful attitudes.

"The ultimate goal of this event is to be a shining light to the community," Dahlia said.

As the shuttle drove locals back to their cars, Christian, a 3-year-old sporting a dirt-streaked face and Tonka T-shirt, pulled off his hat and pointed at the tractor emblem on it. "I rode one of these," he said proudly. "But it was a lot bigger, huh, Daddy?"

Volunteers assist at Washington Center Day

GLORIA GIBRAEL

More than 500 BJU students will help the special needs students from Greenville's Washington Center strive for success at this year's 20th annual Washington Center Challenge Day.

Washington Center, a Greenville County school dedicated to special needs students, helps students develop their potential by addressing each student's individual needs. The staff helps students develop their sensory, motor and communication skills.

About 100 Washington Center students, ranging in age from 5 to 21, will enter the Davis Field House today in Olympic style, with festive music performed by the University Band.

After the opening ceremony, the students will head for their individual competitions held inside the DFH and outside along the track.

Events will include racing in scooters or wheelchairs, throwing a ball into a low hoop, and rolling a ball toward a target.

One or two BJU students will spend the day assisting each contestant in his or her competition.

BJU students who

have participated in Washington Center Day before say this occasion is one of their favorite events of the year.

Senior special education major Ruth Whited said it is a unique experience.

"They [the students] get so excited," she said. "When they get off the buses, they come through a big balloon arch, and everyone in the stadium bleachers claps for them, and they just smile so big."

Senior English education major Jeannie Teachout helped a little boy in an event last year. "I helped him in his scooter race," she said. "We just give them as much help as they need, and they love the attention."

Sophomore elementary education major Katie Kruger helped a little girl in her race last year.

"She couldn't move her hands a lot, so we helped push her wheelchair," she said. "After her race, we pushed her around the DFH really fast, and she absolutely loved it. She was smiling so big."

Senior elementary education major Jeriah Garcines recounted a funny moment from last year. "When my student got

See **CENTER** p. 8 >>

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BRANDON HODNETT

“Enuf is enuf.”

Hopefully, you noticed something wrong with the above statement. If you didn't, well, you may have a serious problem. You could be suffering from a terminal case of Englicitis.

However, you're not alone. (Actually, if your condition is severe, that statement might look better as “your not alone.”) Millions of Americans have been diagnosed with this condition, but fortunately for you, I'm a doctor. (Well, technically not yet, but I'm hoping to earn an honorary doctorate from an online university for my work in this field.)

I'll perform a quick checkup and diagnose your condition. Since most people survive Englicitis, you should be back on your feet soon.

Do you ever experience feelings of antagonism towards the English language?

For example, did you dress up in a bee costume and join the June 2010 protest outside the National Spelling Bee holding signs that say “Enuf is enuf”? Did you cheer when columnist Gene Weingarten published an obituary of the English language in the Washington Post on Sept. 19? Do you gather “Companion to Col-

lege English” books and hold public burnings? Have you ever called the local asylum requesting them to cart away your English teacher?

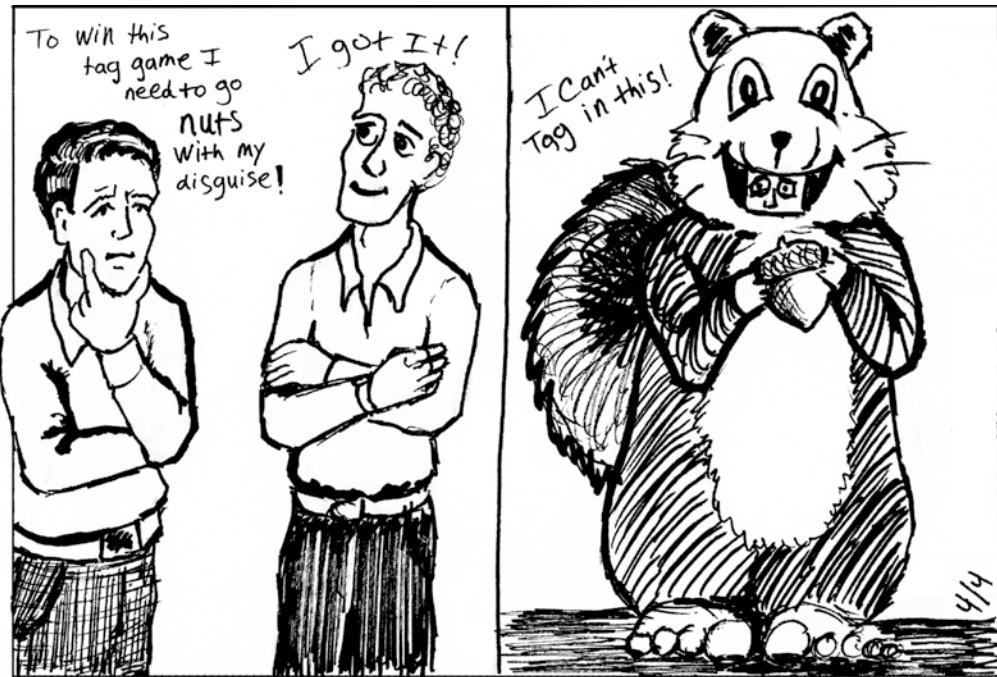
Do you ever experience strong feelings of fear around English? Do you suffer dry heaves, panic attacks or ulcers before a vocabulary quiz? Does your heart rate spike when you're called on to recite the alphabet because you can't remember where the number 8 belongs? Does the thought of having to use a semicolon correctly give you nightmares? Would you say that being trapped in a library is a fate worse than death?

Do you ever experience the feeling of not having enough time to think before writing? Have you ever texted, “Im ready 2 eat Mom” when you meant “I'm ready to eat, Mom”? Have you ever told a teacher you perused the homework, because you thought it meant “to scan”? Have you ever tweeted that you were attending a Super Bowl party?

If you answered yes to each question, I'm diagnosing you with a severe case of Englicitis. You're going to have to check into rehab before it's too late.

For rehab, start by proofing your texts before sending them, reading 15 minutes a day, and looking up words that you don't know (use an online dictionary, it's less intimidating.)

I can't prescribe any medicine for you. Beating Englicitis is a mental feat. Sure it will be hard, but you just have to tell yourself that enough is enough.



Carlton Riffel

Knowledge of current events a necessity

How often do you pick up a newspaper or check out an online news site?

If you're like the majority of college students, your answer is probably “rarely” or “never.” Between our endless class projects and homework, campus sports and meetings, work shifts and extension outreaches, it's no secret that we're all hard-pressed for time.

But just like with anything we care about, we make time for what we deem is important—even if that means pushing an assignment aside for a moment or two. So why is it when we're asked about what's going on in the world beyond our classrooms, we respond with a blank look, a plea of ignorance and a sudden, desperate desire to change the topic quickly?

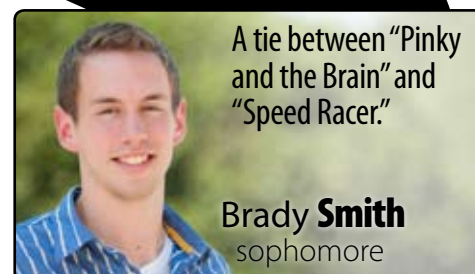
Amidst our hectic schedules, it can be easy to toss up the white flag of illiteracy about current events. Our excuses for staying uninformed about the day's news stack up quicker than dirty trays in the dining common: it takes too much time, it's not relevant, it doesn't affect me.

Au contraire, keeping up with the news is highly important, can take as little as 15 minutes of reading a day and impacts your personal life more than you realize. For example, look at last month's massive egg recall due to a salmonella outbreak in half a billion eggs. The outbreak was the largest egg recall in history and affected the entire nation. Or take a more recent incident, such as the Drug Enforcement Agency's initiative last weekend to collect unused and expired prescription drugs in an effort to keep public water supply safe from harmful chemicals, chemicals that are released into the water when medication isn't disposed of properly.

Both of these incidents were reported on to inform the public on how to protect themselves. It's undeniable that these stories acted as safeguards by informing us of potential dangers to our health. Other articles written and broadcasted daily inform us of changes in government, laws, business, opinion, technological advancements and our culture's way of life.

Take a break every now and then from your personal bubble and look at the world around you through a newspaper or news website.

If knowledge is power, and the news media is an extensive source of knowledge about our world today, then dismissing news is embracing ignorance, the greatest weakness of all.



What was your favorite cartoon show as a kid?

talk
back

PHOTOS BY CHRIS TAYLOR

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A day in the life: journal entries from a film extra

RACHEL PEED

A movie is all about its main characters. “Milltown Pride,” the 1920s movie Unusual Films is currently producing, is no exception. But what good is a baseball movie without the cheering fans?

On Saturday, Sept. 18, students, faculty and friends of the University had the opportunity to volunteer as film extras in the crowd during the scenes depicting Newton Mill’s away game against Anderson. *Collegian* staff writer Rachel Peed was on the set to find out what a day of filming is like for those people in the background.

8:47 a.m.

I’ve seen rooms in Rodeheaver this morning that I never knew existed. After arriving there at 8 a.m., I was sent to a dressing room to change into my costume. They called it a dress, but I think it looks more like a bathrobe. I guess that was the style in the ’20s.

The extras were next sent to the accessory station for hats and jewelry before getting individual pictures taken. The crew will use these pictures to match the right costumes if they need more shots. Everyone looks great, very authentic. I don’t think I’ve ever seen so many guys in overalls before.

9:55 a.m.

All signs of modern life have been removed from the Woodside Mills baseball

field in West Greenville, where the filming will take place. The crew has made sure that all contemporary aspects of the neighborhood, such as the new addition a family is building onto their milltown-era house, are hidden by fences and blue screens.

Mr. Tim Rogers, the film’s director, spoke to us once we were settled in the stands. “All of you must be in character when we’re filming,” he said. “You’re all going to have to be actors.” Everyone seemed eager to begin.

11:27 a.m.

We just finished the first two shots. The first was a very simple view of the crowd, but it took half an hour to set up. We’ve heard all morning that it’s going to be a long day, and now I believe it. Filmmaking is a meticulous business. We got to cheer for our team in the second shot, so it was a little more exciting. Mr. Rogers said our team gets an out in the next one, so I guess I’d better start working on my disappointed face.

12:18 p.m.

Home run! It took 18 takes to get the perfect shot because the batter had to hit the ball just right. It has become very hot out here. Between shots, people have been using umbrellas to block the sun, and cinema students have been serving water to keep everyone hydrated. When it’s time to resume filming, though, all modern items must be hidden from view.



Extras attend the “Milltown Pride” film shoot at Woodside Mills baseball field. Photo: Jon Baker

1:40 p.m.

The Dixon-McKenzie crew prepared a delicious lunch for us of sub sandwiches and coleslaw. And to make things even better, the shade has shifted to cover more of the stands. The film crew has moved everything farther out in the field to get some wide-angle shots. Mr. Rogers said the worst part is over, and the rest of the shots should be easy to get on the first few takes.

3:34 p.m.

More waiting—such is the life of a film extra. While the film crew got closeups of the main characters, we relaxed in the shade and watched from a distance. Crew members ran in between takes to wipe the actors’ faces

and keep them cool with electric fans and umbrellas. When they finished with the main characters, the crew moved behind the stands for the last few shots of the day. Seven hours since we began, everyone still seemed to be enjoying themselves.

4:28 p.m.

We’re done! Time to leave the field in West Greenville, go back to the University and re-enter the world of 2010. I’ve had so much fun today learning about the ’20s and all the work that goes into movie-making. This is a day I will remember for a long time. I almost don’t want to leave yet. Then again, wearing my own clothes and feeling air conditioning sounds heavenly right now.

Keeping BJU green: lowering costs on campus

EMMALEE HOITT

Students can impact the cost of university room and board a lot more than they might think. Whether it’s switching off lights before leaving a room, recycling old lecture notes in a blue basket and unplugging small appliances when not in use, students can take small “green” steps that can result in benefiting students’ wallets in the long run.

Reduce, reuse, recycle

The blue baskets around campus are a small element of a larger plan to help the University lower energy costs. Each classroom and residence hall room is equipped with a blue basket to encourage recycling as much as possible.

According to the Facilities Management Department, in 2009, the University recycled 138 tons of cardboard, 65 tons of mixed paper, 5 tons of plastic bottles, 5 tons of aluminum cans and 103 tons of mixed metal.

The total of all the recycled material equals the weight of nearly three commercial airplanes!

Mr. Doug Thomas, director of Operations and Services, said the goal for campus recycling is always to improve over last year’s figures. “Every one pound recycled is one less pound that goes to the landfill,” he said.

Students unsure of what can be recycled can check out the signs posted on the back of room doors, or may e-mail questions to recycle.bju.edu.

Turning down wasteful energy use

When it comes to energy, it’s the little things that add up. Leaving lights or air conditioning units on in a room when nobody is in can result in unnecessary energy costs for the University. If one residence hall room left on the lights for five extra hours per day for 30 days, the total energy used would cost \$2.80 a month, according to Mr. Kevin Ingalls of Facilities Management. He said


that the cost of leaving on a room light for eight hours in 100 rooms over a school year totals \$2,240. Multiply that by 10 residence halls, and the total amount of energy used equals \$22,400—more than the cost of one year’s tuition at BJU.

Every minute a light fixture can be shut off will save the University thousands of dollars each month. Keep that in mind the next time you run out the door for class.

Another big energy waster that gets overlooked is water. How many of us keep the water running while we brush our teeth? If 3,500 students leave the water running while brushing their teeth, the university’s water bill would end up costing a total of \$9,450 a month. Multiply that amount by eight and that’s the expense during the school year, according to Mr. Ingalls.

The University is already moving forward to implement an Energy Stewardship Plan. This plan has been in the works since 2009 and

will assist in energy savings campus-wide, according to Mr. Ingalls. The plan is still in its beginning stages, and more details will be announced to the student body next semester.



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the **beat**

This day in history:

1941—The first FM radio station in the country is opened in Nashville, Tenn.

This week in weird:

A fashion designer and a professor of particle technology revealed their new spray-on fabric technology. Manel Torres and Paul Luckham say the fabric can be sprayed from aerosol cans onto various surfaces to make clothes, bandages or upholstery.

They said it, not me:

“I’m not a fan of the government doing anything. But I’ve got to ask, Why isn’t the government doing anything?” —Stephen Colbert, addressing Congress about illegal immigrants taking jobs that Americans don’t want.

Notable news:

Iranian president Mahmoud Ahmadinejad accused the U.S. government of organizing the 9/11 attacks in a speech at the UN general assembly. U.S. delegates and delegates from several European nations walked out of the assembly hall.

FMA backstage pass: lights, camera, chapel



Stage department workers control the house and stage lights during chapel services. Photo: Chris Taylor

SONIA MOHINANI

Every member of the Bob Jones University family will sit through chapel hundreds of times. In 35 minutes of what seems to be effortless routine, everything happens at the correct time in the correct way.

But chapel doesn't just fall into place on its own, nor is it the work of any single department. Each chapel service is a product of many people working together and communicating with others, both in advance and the day of.

Here are some elements of a typical service:

Organizing executive offices and speakers

Dr. Stephen Jones personally chooses the themes and speakers for chapel services a semester in advance. Mr. Wil Messier, special assistant to the president, said, "That's part of his strategic role here: the spiritual welfare of our organization as a whole."

Mr. Messier also said that administrators who are in daily contact with students sit in the 30 seats on the platform during the service.

Mr. Messier and his office arrange the accommodations for speakers while they visit BJU. He said one time, a pastor arrived without his luggage just before he was to speak in chapel and Mr. Messier had to rush around campus to find him dress clothes and toiletries. He said the speaker had just enough time to change and slip onto the platform.

Audio preparation

Mr. Bob Johansen, manager of audio services, arrives early to set up the FMA with all the sound equipment. He sets up microphones for special music, microphones in the pulpit, and in the audience for recording chapel.

After setting up the stage, Mr. Johansen tests the microphones, both in the sound booth in the balcony and on stage. He snaps his fingers in front of the mike, satisfied by the crisp sounds that echo across the empty room. During chapel either he or another member of audio services will remain in the sound booth to adjust the microphones as needed and record the chapel service for later broadcast.

Music scheduling

A semester in advance, Dr. Ed Dunbar, the chairman of the Division of Music, and other music faculty put together a music schedule for chapel services. Mr. Duane Ream selects the pianists and coordinates with music faculty and students preparing special music for

chapel, and Mr. Fred Coleman assigns a song leader on a weekly basis.

Mr. Coleman also compiles a record of the hymns sung in chapel so that they are not repeated often and sends out a completed music schedule. "It's a huge process that starts with several people involved and comes down to Mr. Coleman finishing the schedule and sending it out," Dr. Dunbar said.

Prepping stage and lights

Philippe Allardice, a junior who has worked for the stage department for the last two years, is another one of the many people who make chapel possible.

When Philippe works, he comes in before chapel starts and turns on all of the house and stage lights in the FMA. He checks any lights that will be used for any music specials and places a fresh glass of water in the pulpit for the speaker. After he straightens the Bibles and hymnbooks on stage he turns on the new, 42-inch, flat-screen monitors that face the row of seats on the platform—monitors that look like wooden boxes from the audience's viewpoint.

During chapel, Philippe and two others from stage will operate equipment from the light booth, which hangs from the balcony above the center aisle, and from an office in the back of the FMA.

Duties of the presiding administrator

Dr. Dan Smith, Director of Educational Services and Registrar, assigns a member of the administration to preside over the chapel service to give announcements and prayer requests. He ensures that announcements for that day are accurate.

Every week, Dr. Smith's office also organizes the reminders that show on screen before chapel begins. He collects information from other departments and makes sure that the right announcements are made.

The result: a seamless chapel service

By 10:50 a.m., the FMA has been lit up, wired for microphones and students are beginning to fill the seats. Backstage, the presiding administrator receives the day's announcements and prayer requests. The other administrators gather in the doorways to the stage, talking quietly as the sounds of students' chatter mingle with the prelude drift backstage. Just before the top of the hour, the administrators take their seats on the stage, the song leader walks to the pulpit, the instruments conclude the prelude and another chapel service, the combined effort of many, begins.

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SENIOR SPIRIT DAYS



Senior spirit days may have had every student wishing to be a senior. Wednesday, Sept. 22, kicked off senior spirit days with free doughnuts, bagels and coffee at the gazebo and continued through last Friday morning.

The Student Leadership Council planned several events for senior spirit days to unify the senior class. “We wanted to put the spirit in senior spirit days,” said Kyla Hoefer, women’s senior class representative.



Picnic

The senior class enjoyed a meal of fried chicken at the Joneses’ house Thursday evening, followed by a chance to talk to and take pictures with Dr. Stephen and his wife, Mrs. Erin Jones, and Dr. Bob and Mrs. Beneth Jones.

Several seniors expressed their enjoyment of the different aspects of the picnic. “I want(ed) to see the Joneses’ house,” said Abigail Dahlhausen, a Biblical counseling major. For Will Nething, an aircraft maintenance major, the picnic was a good opportunity to talk to Dr. Stephen Jones.

And of course, since nothing gets a BJU student’s attention like free food, many students appreciated the chance to satisfy their appetites in a new environment. “I enjoyed the food there, and it was nice to see both Stephen Jones and Dr. Bob,” said Nate Fort, an engineering science major.



Tag

A massive game of tag called “Where’s the Senior?” began Wednesday morning—and may have helped bring that desired spirit to the week.

Modeled after a 2007 Bible Conference fundraiser, senior spirit tag involved participating seniors writing their name on a card that was put in a box and drawing another senior’s name out. After tagging their assigned senior, the tagger would acquire their victim’s latest card and begin looking for that senior. By Friday at 5 p.m., the senior with the most cards won the game.

The top three winners were announced Friday night during the halftime game between Chi Alpha and Zeta Chi. First place winner Jonathan Webster won an 8GB Apple iPod Nano, and second and third place winners Jamie Bumanglag and Brad Toulson each won a \$50 Target giftcard.

All in all, tag definitely provided some memorable moments and humorous stories. Some students took the game rather seriously, finding ways to learn people’s class schedules and chapel seats. “I was very stalkerish,” said Michael Pulver, a Bible major.

Other students weren’t quite so competitive. Marci Wexler said she innocently approached her assigned senior holding up the card with his name on it and asked if she had the right person. But before she could exchange cards with him, he ran away. “It’s been fun, and I keep seeing him everywhere now,” Marci said.

Another student was fairly sneaky in how he tagged his targeted senior. Andy Kinomoto, a graphic design major who works in the post office, tagged his assigned person by giving her a high five when she went in the post office to mail a letter. Later, Andy was tagged while he was there working behind the counter.



Golden goal gives Tornadoes 2-1 win

JOHN SHELPE

The Zeta Chi Tornadoes came from behind on Friday evening, sneaking past the Chi Alpha Cavaliers 2-1, thanks to a golden goal two minutes into overtime.

Freshman Evan Brondyke stepped up for Z, scoring the equalizing goal with three minutes remaining in the second half. Evan followed the late regulation goal with the game winner in overtime, after being set up perfectly inside the box by older brother, Mikah Brondyke.

Mikah threaded the ball through two Chi Alpha defenders, and Evan blasted a shot into the top left corner to seal the win.

“When you get the ball there, you just have to finish it,” Evan said, “especially when it counts.”

The Cavs battled hard all night but let the game slip away in the end. “We played

so well that we shouldn’t be down about the loss,” said Cavs’ goalie Cameron Lawson. Cameron praised both teams for the high level of play. “I felt both sides played really well, and they came out in the end.”

The game began with instant pressure by Zeta Chi as it moved the ball into scoring range within the first minute. Twenty seconds in, Mark Leeper ripped a corner into the box, but the Cavs cleared the ball away. Z would go on to take six corner kicks, and their offense produced 14 shots in the first half with only three on goal.

The Cavs’ interior defense was flawless in the half. Although Z had many opportunities, most of them were low percentage shots outside the box, thanks to intense pressure by Chi Alpha’s defenders. Goalie Cam Lawson took care of the rest, making three saves

on Z’s only attempts on goal.

Chi Alpha was unable to get into rhythm on offense, taking only three shots in the half, none of them giving Z keeper Ryan James any trouble.

The second half was similar to the first. Although Z outshot Chi Alpha 15-3, it was the Cavs’ defense that controlled the game. Goalie Cameron continued to keep the game even, making five saves in the half and finishing with eight on the evening.

Twenty minutes into the second half, Chi Alpha finally broke the deadlock. Cameron hurled a long goal throw to Ben Skaggs at midfield. Ben chipped a pass to Thad Yessa who found himself all alone with only the keeper to beat. Goalie Ryan James attempted to pressure the shot, but Thad calmly buried the ball into the right corner, giving the



Zeta Chi’s Mark Leeper takes the ball downfield in hopes of a shot. Photo: Amy Roukes

Cavs the lead.

Chi Alpha followed the goal with another similar opportunity minutes later when Brett Stowe beat the last Z defender and dribbled into another one-on-one situation for the Cavs. Zeta Chi’s keeper corralled the shot by Brett with one hand and kept the deficit at one.

With three minutes to go in the game, Z finally got the break they desperately needed. A cross off the foot

of Wesley Peters landed in front of Evan Brondyke, who ripped a shot into the net. Z also had an opportunity to win in stoppage time, but a free kick just outside the box by Z’s Dan Sells was knocked over the goal by Cam.

Zeta Chi and Chi Alpha exchanged possession in overtime, before Evan put in his second goal of the evening to win the game 2-1.

TOP 10	
Soccer men	Volleyball women
Patriots	1 Classics
Eagles	2 Cardinals
Tornadoes	3 Pirates
Lions	4 Bear Cubs
Royals	5 Tigers
Razorbacks	6 Kangas
Spartans	7 Gators
Bulldogs	8 Colts
Cobras	9 Flames
Cavaliers	10 Eagles

Cold stretching offers little benefit to athletes

ANDREW MISHLER

Most athletes at the college level have experienced it at one time. You’re running along, and “POP.” You know it immediately—you can say goodbye to another promising season.

This kind of episode is a common fear among athletes at all levels, but we know how to prevent it. Why then do athletes so frequently tear, sprain and strain their muscles?

The main reason is that 90 percent of athletes stretch in an incorrect manner.

The common stretches that most teams take part in, (the stretching of one muscle group without movement), is referred to as “static” stretching. Performing this type of stretching on “cold” muscles is not known to be helpful to the body in any way.

Dr. Mike Gray, chairman of the biology department and teacher of human anatomy and physiology courses, echoed that sentiment: “Conventional wisdom aside about exercise physiology, [static] stretching exercises appear to do little to enhance performance or prevent injuries.”

Perhaps athletes should just throw in the towel and declare inevitable injuries the victor. Such irrationality is unnecessary—there is a viable alternative.

Muscle and tendon tears occur because the force applied to them is greater than their inherent strength. Keeping this in mind, the best way to avoid injury should be to aim at strengthening muscles. So get in the weight room and build muscle strength.

Lifting weights directly before every practice and game is not viable, nor would it be beneficial. How then should one warm up?

Mrs. Vickie Britton, member of the physical education faculty and personal trainer of 15 years, agrees with Dr. Gray about static stretching. “If you are going to stretch before a workout, never stretch a cold

muscle,” she said. “You need to do what they call active stretching or dynamic stretching, and that is like stretching with movement.”

Dynamic stretching (i.e. stretching both your legs simultaneously by slowly moving back and forth) when done correctly can be an effective way to warm up.

This type of stretching gives you more flexible tendons and ligaments, which in turn helps your muscles generate more force in athletic activities.

Before any stretching is done, however, your muscles must be warmed up in some manner. The most effective activity to start a practice or game is running.

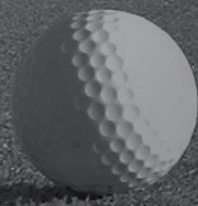
Running quickly gets the heart beating and blood

flowing to the muscles. Active muscles demand blood-flow because they have a huge need for oxygen (this explains our heavy breathing after running).

After running, dynamic stretching should ensue. Here are a few tips to keep in mind while stretching:

1. Try to stretch for at least 10 seconds.
2. Don’t mistake the idea of dynamic stretching for “bouncing” a stretch.
3. Don’t strain a muscle too far. If it hurts, listen to your body and ease up.
4. Don’t hold your breath.

Mild dynamic stretching and running should be completed after physical activity as well. Just a few minutes will greatly benefit your body.



GOLF

Goal: shooting from tee to green trying to get the golf ball into the hole for par.

Scoring Terms:

Par: the number of shots required to get the ball in the hole

Eagle: getting the ball in the hole with 2 shots under par

Birdie: getting the ball in the hole with 1 shot under par

Bogey: getting the ball in the hole with 1 or more shots over par

3 parts of the game:

Driving: hitting off a tee to advance the ball down the fairway towards the hole

Irons: using an iron to hit off the fairway and land the ball near the hole (hardest part for beginners)

Short Game: includes 50% of the game—putting and chipping—yet few people practice this part at all

Cardinals defeat Bear Cubs in two sets

ASHLEY WOLFE

The Beta Epsilon Cardinals beat the Beta Chi Bear Cubs Friday evening in two sets, in an impressive game with final scores of 25-18 and 25-23, respectively.

The Bear Cubs set the tone at the beginning of the first set and jumped in the lead.

Kaylan Whitaker contributed multiple kills and blocks throughout the match.

A Beta Chi out-of-bounds serve gave possession of the ball to the Cardinals, but they were unable to capitalize, and soon the Bear Cubs were

again several points ahead.

The game turned around starting with a kill contributed by Molly Kaminski. After that, the Cardinals dominated, working as a team and passing effectively.

Cardinals' Aleshia Weckel tipped the ball over the net for a final score of 25-18.

In the second set the Cardinals held their momentum. Caitlin Reid sent this message to Beta Ep's opponents with a strong kill.

Beta Chi's Angela Potts responded with a quick pass, causing the Cardinals to hit the ball out of bounds.

Both teams struggled to keep the ball in-bounds, which made for a nerve-racking point-for-point game.

Cardinals' Caitlan Reid and Maria Estrella worked together, setting each other up and pulling their team ahead, 10-7.

The Bear Cubs seemed to be losing their nerve, but Kaylan Whitaker and Angela Potts brought the score to a tie with effective serves and kills.

An out-of-bounds serve by Beta Chi tied the game 14-14.

After a time-out, the Bear Cubs successfully held the Cardinals. Kara set Kaylan up, and Kaylan



Cardinals watch their teammate anxiously as she goes up for the kill. Photo: Luke Cleland

tied the game 24-24.

In the end, a double hit by Beta Chi resulted in the winning point for Beta Ep.

Cardinals' Maria Estrella said, "I knew that we

needed to play scrappy and move a lot because they have a really good middle hitter."

She added that they needed to work on their

passing, defense, and being in the right place at the right time. "We could work on more blocking and positioning, especially against middle hits."

Kangaroos defeat Wildcats 25-14, 25-23



Wildcat Jess Phillips goes up for the block. Photo: Luke Cleland

ANDREW MISHLER

The Tau Delta Chi Kangaroos swept the Zoe Aletheia Wildcats in two sets Friday evening.

The first set stayed close, but the Kangaroos went on a 12-2 run, finishing off the Wildcats 25-14.

The second set looked to have a similar outcome, but the Wildcats fought valiantly and were able to tie it, only to lose in heartbreaking fashion, 25-23.

Many long volleys characterized this game, but the Kangaroos proved victorious.

The Wildcats had some depth problems

with only seven players present, as opposed to the 10 girls on Tau Delta's side.

Wildcats' Jess Phillips thinks that the outcome of the game may have been different had they been at full strength. "We were missing two starters . . . our top two setters," she said.

The Kangaroos exhibited excellent fundamentals with quite a few "bump, set, spike" possessions.

Kangaroos' Brittany Huet emphasized their focus in practice. "We do a lot of drills in practice," she said. "We just work on digging hard spikes on back line or practicing in game-like situations."

The Wildcats were paced by the strong play and wicked serve of Junior Jessica Phillips. She had three blocks and three assists as setter to go along with one kill and one ace. Cassi Tripp also

played well for the Wildcats, finishing with two blocks and two kills.

Setter Brittany Huet paced the Kangaroos with four assists and two kills. Brittany's favorite target, Madelaine Williams, also contributed three kills.


The Wildcats' nearly forced a third game due, in part, to the strong play of Jessica, but fell just short as the Kangaroos depth proved to be the difference.

The Kangaroos fell into the characteristic lull of "sustain-your-lead" mode, but snapped out of it just in time.

Brittany was glad her team was able to pull out the victory. "It's just a natural tendency in a game to think you have it in the bag," she said. "We just need to keep going and keep that momentum."

The Kangaroos hope to ride that momentum right into the playoffs.

SPORTS PICKS

	 Soccer	 Volleyball	 NFL Football
Collegian staff	Basilean vs. Beta	Alpha Gamma vs. Chi Kappa	Redskins vs. Eagles
Mary Coleman (4-6)	Beta	Chi Kappa	Redskins
Micah Wright (4-6)	Beta	Alpha Gamma	Eagles
Josh Kopp (5-6)	Basil	Alpha Gamma	Eagles
John Shelp (5-6)	Beta	Alpha Gamma	Redskins
Drew Mishler (4-6)	Beta	Alpha Gamma	Redskins
Ashley Wolfe (5-6)	Beta	Alpha Gamma	Eagles
Brandon Hodnett (4-6)	Beta	Chi Kappa	Eagles



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What have you learned most from working on Collegian?

You can meet someone's expectations and do ok, but you have to push yourself past that to make something great.

Carlton Riffel, comic artist

How to interview people effectively. I've learned to calmly yet professionally interview people who are "high up" in the school and how to casually interview students so they feel comfortable to share.

Heidi Willard, staff writer

What is the most interesting thing you've done on Collegian?

Interviewing Dr. Stephen Jones. I definitely would have never been able to do anything like that had I not been on The Collegian.

Jordan Wellin, staff writer



(From left to right) Jon Melton, Chris Taylor, Brandon Hodnett, Drew Mishler, Micah Wright, Gloria Gibrael, Ian Wagner, Mary Coleman, Luke Cleland, Amy Roukes, Sallie Harrison, Rachel Peed, Melissa Afable, Heidi Willard, Emmalee Hoitt, Taylor Anderson, Ashley Wolfe, Candace Newton, Zach Johnson, Josh Kopp, Jordan Wellin, Justin Wilson, Carlton Riffel, John Shelp. (Not Pictured: Sonia Mohinani)

What is your favorite thing about working on Collegian?

It's very fast-paced, and it gives me the opportunity to do something different each day.

Candace Newton, staff writer

Learning a lot of details about people and events on campus that I wouldn't have found out about otherwise.

Melissa Afable, copy editor

Do you think working on Collegian will help you with your career?

While being on The Collegian staff doesn't directly apply to my major, interior design, learning to work within boundaries and deadlines is an important skill for any career.

Amy Roukes, photographer

MEET THE COLLEGIAN //

Most Popular Staff Majors: Journalism and Mass Communication, Graphic Design, Print Journalism, **Other Staff Majors:** Accounting, Creative Writing, History, Marketing Management, Political Science, Premed/Preudent
1 Freshman, 5 Sophomores, 7 Juniors, 12 Seniors

Week 1

Monday: editor meets with faculty advisers to discuss issue
Tuesday: writers and photographers assigned articles
Wednesday to Saturday: writers and photographers work on articles

APPROXIMATE PRODUCTION SCHEDULE**Week 2**

Monday: writers turn in first drafts of articles to be edited
Tuesday: writers receive edited articles to revise
Thursday: revised articles due
Friday to Saturday: sports writers and photographers work on game-related articles, staff works on issue production

Week 3

Sunday: game articles due, issue production continues
Monday: editor reviews issue with faculty committee, makes final edits
Wednesday: issue sent to press
Friday: issue distributed to university family

»CENTER p. 1

off the bus, I introduced myself to the teacher and him," he said. "The teacher told me he was a big hugger, and right when she left me with him, he wrapped his arms around me instantly. Real sweet kid. The thing that made it humorous was, since I'm a pretty short guy, he was just as tall as I was, but much bigger than I, and so it looked like I was being mauled. It was still a funny moment."

Katie said she also

learned a lot from the Washington Center teachers.

"Watching the teachers just made me want to go into that [special education] field," she said.

"You could tell that this was more than just a job to them; they had a special relationship with each student, and you could see the love in their expressions as they talked to the kids."

The students' parents also come to the event. Students say the parents love watching their kids

compete in the games and the assistance that BJU students give them.

"The parents loved seeing us taking care of and helping their kids," Ruth Whited said.

"The parents were very appreciative," Josh Baxter said. "They came up to me and others throughout the day and just thanked us for what we were doing."

At the end of the day, an Olympic-style awards ceremony is held. Each special needs student gets a medal or a prize for his or her participation and

tremendous effort. After the ceremony, the Washington Center students head back to their school.

Mrs. Marlene Reed, head of the special education department, said Washington Center Day benefits the university students in a two-fold way.

"Our university students receive the privilege of demonstrating Christ-likeness by investing themselves in children and youth with severe disabilities that God has created and loves," she

said. "And the Washington Center students give our students endless joy of seeing someone accomplish a fear that might seem impossible."

Sophomore early child-

hood education major Sarah Sgro recounted her favorite moment in one sentence.

"The best part of the day was just watching those kids smile," she said.

Answers to last week's crossword puzzle**Across**

1. Volvo
5. Berg
7. Heritage
9. Kiln
12. Barge
13. CampusView
16. Squirrels
17. ChickenTenders
19. Fastbreak
21. Creed

Down

2. Vicarious
3. Stegall
4. Libera
6. Delta
8. Tie

10. Prayer
11. LittleCaesars
13. CRC
14. SoundForth
15. Haight
18. TurkeyBowl
19. Fix
20. Badminton
22. Rupp Room
23. GrabNGo

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