# In the know: 

## Chamber <br> Singers <br> Concert

The Chamber Singers choir will perform Saturday at 9 p.m. in War Memorial Chapel.

## Milltown Pride

 PremiereUnusual Films' production Milltown Pride premieres Friday with additional showings Saturday in the FMA and Saturday and Sunday in Rodeheaver Auditorium. Tickets can be found at milltownpride. com.
AACS National Competition BJU will host the AACS National competition Tuesday through Thursday.

## facebook.


Friday
High: 77
Low: 62

Saturday
High: 84
Low: 62

Sunday
High: 82
Low: 57

## Milltown Pride premieres on campus



## AACS chance for students

 to welcome visitors, serveEMMALEE HOITT

In a few short days, more than 1,800 high school students will flood the campus for three days. Wednesday the University will give college students a day free of classes. Even though classes will be dismissed, many volunteer opportunities are available.

Mr. David Orr, as sociate director of the Admission, oversees the "big picture" of AACS and encourages university students to help out where they can. "[AACS] serves as a tremendous opportu-
nity to meet people, and many individuals who are current students are here because of a great experience they had when they visited in high school," Mr. Orr said.

According to Mr. Orr, volunteering during this important week for the high school visitors is a great opportunity to establish relationships and be a tremendous help where help is needed. "Part of our mission statement for BJU is to 'grow Christ-like character', and what a wonderful way to live that out," Mr. Orr said.

Mr. Dan Kirsop of the music faculty is overseeing the music aspect of the competition. He said the music department will need many students to monitor, which consists of helping the judges and in general just being friendly.
"This is a great opportunity to help the visiting students to feel welcome and comfortable in this contest setting," Mr. Kirsop said. "They look up to university students and it gives visiting students a chance to see what a great place this is." Students interested in volunteering in this department, can sign
up for an hour or more by sending their name to Mr. Thomas Grimble at tgrimble@bju.edu.

Along with the music department, the speech department will need assistance as well. This department is looking for students who can serve as helpers, monitors and runners to assist in several buildings. Time slots for helping vary from 60 to 90 minutes. Those interested can contact Mrs. Brenda Lurtey, administrative assistant for the Division of Communication, at blurtey@bju.edu.

If you cannot volunteer your time on Wednesday, the Bible competition will need assistance on Tuesday. Student helpers are needed in the quizzing rooms assisting with scor-
ing the quizzes, keeping time and assisting the quizmasters to confirm quizzers' answers.
"I'm sure everyone is personally challenged as they observe how well the team members know the books of the Bible that are being quizzed over and sense the wonderful spirit among them as they compete with each other," said Dr. Ward Andersen, Bible faculty and Bible competition coordinator.

There will be a link on the intranet home page to a form which students can fill out to indicate how and when they would be able to help. Mr. Andersen will contact the applicants after they submit the form and let them know when and where they are needed.


864-242•1961

ing home after 20 years, Rip finds his house in ruins and his children grown. In his quest to escape his problems, he has slept away his life and abandoned his home and family. What would it be like if I slept for 20 years? I would wake up as a nearly 40-year-old college dropout, unknown by my own family and friends. What a horrible thought!

Fortunately, I don't have to worry about that because, after all, people can't sleep for years to escape their problems. Often, however, we can and do try to run away from responsibilities by procrastination and mindless recreation.

Just like Rip Van Winkle, many of the activities that we fill our time with are not bad in themselves. We just have to be sure that while we are doing these things, we are not neglecting our farm, so to speak.

## We should fulfill our

 responsibilities first so that later we will have plenty of time to do things we enjoy. If we don't, we may not wake up from a 20 -year nap to find our house in ruins, but we may wake up from an entertainment-induced daze at the end of the semester to find our GPA or job in shambles.It's 6:30 p.m. My alarm buzzes, jolting me out of my contemplations. I roll out of bed and look again at my assignments. My "farm" needs a lot of work. At least I know once I get the job done, I can go socialize with the "villagers" without worrying about returning to a dilapidated house ready to fall in and crush me.

But then I remember that Rip Van Winkle's tale doesn't end happily. Return-


No wonder they had to add additional showings!

## Striving to make beauty point to something greater

The Collegian Editorial

This week's photostory focuses on the topic of fashion, specifically frugal fashion. Two students were asked to find several outfits at area thrift stores that were both fashionable and inexpensive. The task brought up the questions of what is beauty as it relates to fashion and what it is in God's eyes.

Christians may differ on the issue of fashion-some believe in remaining totally ignorant of "fashion," while others believe in earnestly keeping up with every new fashion trend. Still others fall in between these two extremes. With so many perspectives out there, it's no wonder Christians are confused over the issue of fashion and how that relates to beauty.

Merriam-Webster defines fashion as "the prevailing style during a particular time." This definition already points out the short-lived, ever-changing nature of fashion: nothing is constant.

Being in tune with the latest fashion is used to express beauty-both correctly and incorrectly. Fashion is a man-made expression of a person's idea of beauty, and therefore not equivalent with God's idea of beauty. While we can use fashion to reflect His concepts of beautydesign, color, balance-fashion can also detract from what God calls beauty.

In Genesis, God looked at His creation and saw that it was "good." David wrote in Psalm 139:14 that he was "fearfully and wonderfully made." One look at the world around us shows that God's creation is beautiful-beautiful in a way that points to the One Who created it. The fact that God made beautiful things to bring glory to Himself shows that God Himself enjoys beauty. At the same time, in 1 Samuel 16:7 we read that "man looketh on the outward appearance, but the LORD looketh on the heart." Peter admonishes believers in 1 Peter 3:4 not to focus on external adorning, but instead to "let the hidden man of the heart" and "a meek and quiet spirit" be what they seek after most. These verses point toward the importance of an individual's inward character traits rather than outward apparel.

In light of these verses, we recognize that God views beauty as starting from the inside and manifesting itself on the outside. Fashion, while not inherently evil, can detract from the glory we should be giving to God. God created us in His image, beautifully. As image-bearers of a beautiful God, we should strive for beauty to point not to ourselves, but to Him.

COLLEGIAN

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## SLC NOMINEES <br> What to know before you vote.

## Men's President

## Luke Hess

Major/Minor: Accounting/Chinese Home state: Nebraska
One word that describes you: Contemplative
How your sibling(s) would describe you: Spoiled ("I disagree")

## David Freeman

Major/Minor: Accounting/French Home State: North Carolina One word that describes you: People person
How your sibling(s) would describe you: Generous

## Ken Troutman

Major/Minor: Christian Missions
Home state: Michigan
One word that describes you: Multifaceted How your sibling(s) would describe you: Loud/crazy

## Women's President

## Carrie Bird

Major/Minor: Speech Pedagogy/English Home state: Vermont
One word that describes you: Dedicated How your family would describe you: Hardworking, enthusiastic, loyal, passionate, fun and loves the Lord

## Alena Dean

Major/Minor: Biblical Counseling Home State: South Carolina One word that describes you: Congenial How your siblings(s) would describe you: Determined and strong-willed

## Alicia Weckel

Major/Minor: Nursing
Home state: North Carolina
One word that describes you: Considerate How your sibling(s) would describe you: Comely and enjoyable

## Men's Chaplain

## Jeremy Mooney

Major/Minor: Accounting/Rhetoric and Public Address
Home state: Alabama
One word that describes you: Passionate How your siblings would describe you: Family loudmouth

## Greg Buchanan

Major/Minor: Youth Ministries/Couseling
Home State: New York
One word that describes you: Intentional How your sibling(s) would describe you: fun and outgoing

## James Gass

Major/Minor: Actuarial Science/Organizational Communication Home state: South Carolina One word that describes you: Enthusiastic How your sibling(s) would describe you: Happy, thoughtful, entertaining

Women's Senior Class Representative

## Laura Hart

Major/Minor: Dramatic Production/Art Home state: Ohio
One word that describes you: Eclectic How your sibling(s) would describe you: Short, feisty, bouncy and hyper

## Shannon Mercado

Major/Minor: Organizational Communication
Home state: Arizona
One word that describes you: Fun How your sibling(s) would describe you: Crazy and makes us laugh

## Men's Event Coordinator

Luke Goodwill
Major/Minor: Biblical Counseling Home state: Indiana One word that describes you: Driven How your siblings would describe you: considerate, concerned with what is right spiritually, gentle, committed, honest

## Dan Bonin

Major/Minor: Business (Concentration in Trades)/Residential Construction Management
Home state: Maine
One word that describes you: Redhead How your sibling(s) would describe you: Funny, active and sincere

## Women's Chaplain

## Jessie Piper

Major/Minor: Business and Technology/Performance Studies Home state: Virginia
One word that describes you: Lighthearted How your siblings would describe you: A fairy

## Brittany Wright

Major/Minor: Prelaw
Home state: South Carolina
One word that describes you: Determined How your sibling(s) would describe you: Sweet and sassy

## Men's Senior Class

Representative

## David Miller

Major/Minor: Humanities
Home state: South Carolina
One word that describes you: Confident How your sibling(s) would describe you: slightly crazy and his buddy

## Matt Davis

Major/Minor: Biblical Counseling
Home state: Virginia
One word that describes you: Forgiven
How your mom would describe you: A gift
from God ("It's what my name means.")

## Daniel Davenport

 Major/Minor: Health, Fitness and RecreationHome State: South Carolina One word that describes you: Athletic How your mom would describe you: Quietnature, Conscientious, Missionminded

Women's Event Coordinator

## Lana Tagli

Major/Minor: Dramatic Production/ Spanish
Home State: Georgia
One word that describes you: Innovative
How your sibling(s) would describe you: thoughtful, uplifting, fun-loving, crafty

## Tessa Parker

Major/Minor: Studio Art/ThreeDimensional Concentration Home state: South Carolina One word that describes you: Curious How your sibling(s) would describe you: antastic if only by reason of my family connections
How your sibling(s) would describe you: Funny, easygoing and loyal-until you trespass in her room

## Women's ISC Director

## Tessa Parker

## (See above)

## Lisa Popwell

Major/Minor: Humanities
Home state: South Carolina
One word that describes you: Bubbly How your sibling(s) would describe you: Energetic, sweet

## Christina Thompson

Major/Minor: Creative Writing/Art
Home State: Michigan
One word that describes you: reticent
How your mom would describe you: Her right-hand man (er woman)

## Hannah Thompson

Major/Minor: International Studies
Home state: North Carolina One word that describes you: Outgoing How your sibling(s) would describe you: The compliant child

## Men's ISC Director

## Craig Brunson

Major/Minor: Bible
Home state: New Hampshire One word that describes you: Focused How your sibling(s) would describe you: sometimes teases me, but still thoughtfully looks out for me and enjoys spending time with me (-from his sister)

## Micah Talbert

Major/Minor: Engineering
Home State: South Carolina One word that describes you: Learning How your sibling(s) would describe you: Special

## SLC Treasurer

Kinsey Lundvall
Major/Minor: Culinary Arts
Home state: Wyoming One word that describes you: Talkative How your sibling(s) would describe you: Food-lover, driven and detailoriented

## Meredith Nanney

Major/Minor: Accounting/Organizational Communication Home state: South Carolina One word that describes you: Focused How your mom would describe you: hard working and dedicated in everything that I do

## Mareena Register

Major/Minor: Accounting/Business
Technology
Home state: Missouri
One word that describes you: Animated

DESIGN: JUSTIN WILSON; TEXT: SUBMITTED; COMPILED BY: HEIDIWILLARD

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## 四eat

This day in history:
1789—First meeting of the House of Representatives.

## This week in weird:

People in 130 cities worldwide took part in mass pillow fights Saturday, April 2, in honor of International Pillow Fight Day.

## They said it, not me:

"We were in shock. We were in row 16 and my husband and I could see blue sky . . . the wiring, the cabling. It actually was terrifying." -Debbie Downey, a passenger on board the Southwest Airlines flight that made an emergency landing Friday, April 1, after a hole was found on the surface of the plane.

## Notable news:

Afghans continue to protest in Afghanistan's main cities for the third day in a row after the burning of a Quran in Gainesville, Fla., under the supervision of Pastor Terry Jones. At least 22 were killed and dozens were injured as a result of the protests and the march on the UN compound in Mazar-e Sharif.

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## Local church sponsors Greer Earth Day 5K, half marathon

TAYLOR ANDERSON

A local Greer church will be volunteering at the Greer Earth Day Run Saturday, sending both volunteers and runners to contribute to the event.

About two dozen volunteers from Suber Road Baptist Church will assist the runners in getting off to a good, trample-free start, staff one of the six or seven water stations along the way, help out with food and beverage stations and give out commemorative medals to those who finish the run.

Mr. Dave Vandeventer, who is heading up the volunteer effort from the church, said the church likes to get involved in the community and has been interested in helping out with a run for awhile.

Suber Road's assistant pastor, Mike Wyatt, approached him about sending volunteers to the event, and Mr. Vandeventer has been gathering people to help from the church.
He said those in charge of the race have been very welcoming and given him a lot of freedom.

He said Suber Road volunteers in community events not only to give back but also to be a light in the community for the gospel.

He said, "We look for op-
portunities to reach out to the unchurched and open up our doors and welcome them in."

He said students are still welcome to contact him if they want to volunteer. Interested students can e-mail the church at outreach@suberroad.org.

The event will include both a half marathon, starting at $7: 30$ a.m., and a 5 K , starting at 8 a.m. The starting lines will be at the intersection of Randall Street and Trade Street, and the half marathon will serve as the South Carolina State Championship Half Marathon for the second year.

Late registration for the runs will end at 9 tonight.

Several BJU students and staff members will be participating in the event, particularly the half marathon.

Senior Katie Kopp, an organizational communication major, said she frequently runs half marathons and is constantly in training for a race.

She has been using an online training program to prepare for the Greer Earth Day Run for about eight weeks. She said she runs six days per week, running seven or eight miles on her highest weekday and 11 or 12 on Saturdays.

She has also been doing stair workouts to prepare for the
more hilly terrain in Greer and upper body work so that her whole body is in shape.

Katie said she had a surgery four years ago that should have left her a paraplegic. The fact that God still allows her to run has encouraged her to keep doing so.
"For me, it's kind of like winning a fight against myself," she said. "because it still hurts a lot to do it, but nothing's going to stop me."

Some like to train and run with friends to motivate them. Residence hall supervisors Laura Cross and Natalie Smith have been running their long runs and will run together on Saturday.

Miss Cross said she enjoys the training because it makes her feel accomplished.
"Training and having a goal and being able to check it off every week, running more than you thought that you could," she said. "It's pretty rewarding."

Miss Terrianne Jones, a graduate English major, said she is most looking forward to finishing an entire half marathon for the first time.
"At this point I've only run 12 miles," she said. "Actually getting to 13.1 , reaching that goal, is what I'm looking forward to."

## Frugot <br> Fashion

They say one man's trash is another's treasure. But when it comes to clothing, many people feel uneasy when they hear the words "thrift store."That's why we set out to prove the naysayers wrong. So read ahead. You just might be impressed with what you can find at local thrift and discount stores without having to break the bank.
The Challenge:
We chose two students to visit three area thrift and discount shops with the goal of finding two outfits at each store: one for casual dress and the other for dressier occasions. The participants were given a budget of $\$ 25$, but as you'll see, they weren't always able to stay within the limit.



## Food Science students seek volunteers for taste tests

RACHEL PEED

Few people will refuse free food. The nine foods and nutrition majors in Food Science are counting on this fact to attract volunteers to taste test their cookies, cupcakes and other tasty concoctions on April 12, 14, 19 and 21.

The foods that will be presented in these tests are the culmination of a project that the students have been working on all semester. The goal of the project was to find a recipe they were interested in and modify it in some way, adding some ingredient that people would not normally expect or substituting an ingredient to make the
product more nutritious. Mrs. Deborah Hutcheon, who teaches Food Science, said, "The purpose of the project is to expose the students to how food companies develop new products." Experimental product testing is an important part of the food industry and something that students choosing a career in this area will experience frequently, she said. In order to prepare the students for such careers, the project is as similar as possible to the process used by actual food manufacturers.

After choosing a recipe and deciding what to change, students were required to research similar
past experiments and the properties of certain ingredients in order to form a hypothesis about the outcome of their product. The evaluations from the test panelists will determine if their hypotheses are correct.

The taste tests will take place in the FCS foods lab (SC 125) immediately following chapel until about 12:30. Each day of testing, two or three of the products will be featured.

Stations will be set up around the kitchen with two samples of each product-one made from the original recipe and one made from the modified recipe. Without knowing which of the two is modi-
fied, the volunteers will taste each sample and fill out an evaluation sheet on which they liked best and what they thought of certain aspects such as color, texture and smell.

Junior Juli Shukri, who did her project on vanilla ice cream, said she is excited to see how the taste panelists respond to her altered recipe. "I hope a lot of people come out," she said, "because the more people that taste the ice cream, the more results I'll be able to get and the more accurate my conclusion will be."

Mrs. Hutcheon said at least 60 panelists are needed for the taste tests. Everyone-faculty, staff and students-are eligible. "If they're willing to volunteer, we'll take them," she said. "They can come for only one day, or they can come for all the days."

Amy Gregory, a junior, said she hopes the taste tests will change people's perception about healthier food options. "People tend to have a misconception about healthy eating, believing nutritious foods to be tasteless and boring," she said. "I hope that this will help people understand that eating well doesn't have to be boring or taste bad."



The tey was the sueder, and the tie was a nice addition. Pand then | foond those pinstripe ants and | was like. Th wow. thank youl' Andrew Tieney

Andrew Tierney, a junior humanities major
On the differences between style in America and his home, Japan:"[ln Japan] guys prefer clothes that are slim-fitting." Andrew also said that in general, guys in America have very different tastes in style than Japanese guys do.
Favorite stores: H\&M, Zara

1. FASHION SHACK: Dress Shirt: $\$ 8 \cdot$ Cardigan: $\$ 10 \cdot$ Tie: $\$ 5 \cdot$ Jeans: $\$ 12 \cdot$ TOTAL: $\$ 35$
2. PLATO'S CLOSET: J.Crew Coat - $\$ 14 \cdot$ Lucky T-Shirt - $\$ 10 \cdot$ Old Navy Jeans - $\$ 12 \cdot$ TOTAL - $\$ 36$
3. PLATO'S CLOSET: Green J.Crew Polo - \$10 Pink Lacoste Polo - \$12•American Eagle Pants - \$14•TOTAL - \$36 4. SOS THRIFT STORE: Land's End Shirt - \$3.25 • Sweater - \$4 • Tie - \$1.50 • Pants - \$4.25 • TOTAL - \$13


# Cavaliers stampede past Razorbacks, claim win 

ABBY STANLEY
The Chi Alpha Cavaliers recovered from a rough game against Omicron earlier this week to swamp the Alpha Razorbacks 12-5 Friday night.

Although it took a few innings for the Cavs to fully warm up, they used the last five innings to solidly defeat their opponents.

Alpha seemed strained from the get-go, making weak plays and losing potential runs to errors.

The first two innings saw tired and sluggish play from both teams as popups were caught for easy outs and base hits weren't followed up on.

In the bottom of the second, Chi Alpha's tempo picked up when outfielder Hans Bauman made a diving catch for
an out that left Alpha stunned.

Chi Alpha's base hitting improved as three players made base. Alpha pitcher Joe Tillman walked Philip Ohler.

Brett Stowe had an RBI as he brought in Philip on a throwing error by Alpha.

Up by one, Chi Alpha's third baseman Thad Yessa shut down Alpha's pitcher Joe Tillman with a line drive hit.

Heading into the top of the fourth inning, Chi Alpha's Zach Bruce unexpectedly scored a homer after an Alpha outfielder dropped the ball.

A flurry of hits followed as Thad Yessa made base and Philip Ohler brought him in on a popup to left field. Chi Alpha scored three more times.


Thad Yessa connects with the ball to make base. Photo: Luke Cleland
Chi Alpha's Josh Per- homer deep into right kins made second base, and Ryan Nichols hit a
field, bringing in Philip and Josh.

Alpha recovered some ground in the bottom of the fourth when Aaron Armstrong batted a triple after Chad Pack and Ben Scheele connected on low pitches to make base hits.

Alpha continued an ill-fated set of hits as Chris Jones, Joe Tillman and Tommy Lamper loaded the bases.

Josh Rizzo attempted to bring them in but with the count at two balls, two strikes and two outs, a fly popup landed as a foul ball, ending the inning.

Chi Alpha continued its hitting stretch with big plays at the plate. Tony Nelson made base on a catching error by Alpha outfielder Chris Jones, and following close behind with a base hit was Zach Bruce for Chi Alpha.

Thad Yessa continued his successful game by bringing in Tony Nelson.

Philip Ohler had a three-run homer when he nestled a line drive in the trees.

Tyler Shaw added two runs in the top of the sixth inning wth a homerun, bringing in Tony Nelson to complete the hitting streak.

A discouraged Alpha could never fully recover, although David Freeman narrowed the margin with a single in the bottom of the seventh to bring the score to a final 12-5.

Chi Alpha third baseman Thad Yessa said his team's keys to the game were having a solid defense in the outfield and making smart throws.
"Ultimately, it's all about the teamwork," he said.

## Cobras narrowly slip past Eagles with 8-6 victory



The Pi Kappa Cobras pulled out a close win over the Basilean Eagles, 8-6,


Pi Kappa pitcher, Levi Hopper. Photo:Amy Roukes

Friday. In a back-and-forth contest, the Cobras made just enough plays as a team to win the game.

Timely hits from Andy Dulin, Noah Smith and several other Cobras capitalized on the Eagles' mistakes and ultimately led to victory in a close game that featured three lead changes in the final four innings.

Most of the game featured strong winds but the ball carried surprisingly well despite the weather. "[The wind] definitely affects the game as far as pitching and hitting," Cobras' pitcher Levi Hopper said. "The wind makes it hang there more."

Neither team's offense began the game well. The Cobras left four runners on base in the first two innings and the Eagles' Brandon Stevens and David Lahl led off the first and second innings respectively by striking out. At the end of the second inning, the score remained tied at zero.

The third inning finally provided some scoring as a double from Noah and an error by the

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owner's manual.


Eagles helped bring in two runs for the Cobras. Joel Searle nearly scored for the Cobras as well, but Eagles' catcher Ted Finn tagged him out at home to end the scoring threat.
The Eagles' offense came to life in the fourth inning, throwing four runs on the board. Both Andrew Adams and Ted Finn hit singles, Ben Adams added a double, and the Cobras helped the Eagles with two costly errors as the momentum of the game began to shift.

A quick response came from the Cobras in the fifth. Andy Dulin doubled to bring Noah Smith and Jon Edwards in, and the Cobras regained the lead, 6-4. The damage could have been worse, but the Eagles made another tag at home and added a force at the plate as well to get out of the inning.

The fifth inning ended especially painfully for the Eagles. With runners on second and third, the batter hit a long pop fly. Andrew Adams believed he tagged-
up at third, but the umpire ruled that he left early and took the Eagles' run off the board.

Seemingly energized by the controversial call, the Eagles picked up their play. Tom Drake made an outstanding diving catch in the outfield to end the top of the sixth, and Travis Rehn followed in the bottom of the sixth by crushing a two-run homer to tie the game.

However, the Eagles' rally proved short-lived, and their fourth error of the game and clutch hits from the Cobras in the top of the seventh gave the Cobras an 8-6 lead.

The game ended anticlimactically as Ben Adams fouled out in the final play of the game.

Levi credited his team's smart play and clutch hits for earning the win. Levi also said that the win is big for playoffs seeding but cautioned against becoming overconfident. "We can't get too high on ourselves," he said.

Men's Games
Volleyball and Softball

1. Softball Tournament
April 9,10 a.m.
2. Volleyball - Omega vs. Lanier
April 9, 9 p.m.
3. Volleyball - Beta vs. Phi Beta
April 9, 8:15 p.m.

## Women's Games

 softball1. Theta Delta vs. Nu Alpha

April $9,10: 45$ a.m.
2. Pi Delta vs. Theta Delta
3. Beta Epsilon vs. Beta Chi

# SPORTS \& HEALTH SPORTS PIcks 

# Sports drinks boost performance, energy 

JOHN SHELP

Athletes are constantly looking for an edge. The smallest edge could mean the difference between victory and defeat. An athlete can gain an advantage by drinking the right beverages during a game.

Keeping yourself hydrated during exercise is very important. According to Mrs. Vickie Britton of the physical education faculty, even a little bit of dehydration will affect your coordination and will cause muscle fatigue.

Overall, dehydration will keep you from performing at your optimal level. Mrs. Britton suggests that an individual should drink before, during and after the sporting event or exercise. The amounts will differ based on the duration and intensity of the activity and on how much you sweat.

She said a general guideline of drinking during an activity would be "anywhere from three to eight ounces about every 15 to 20 minutes."

But what drinks help our bodies perform optimally during physical activities?

Nothing can quite beat a nice cold cup of water, especially when you are exerting a lot of energy playing sports, working out or running.

Water serves its purpose well in hydrating the individual. It is also cheap
and readily available.
The main drawback of water is . well, it is water. The initial gratification of water goes away quickly, often before an individual has consumed the needed amount to fully rehydrate. Water is also unable to replenish carbohydrates and electrolytes that are lost during intense exercise.
"For the average person who is exercising for 30 to 60 minutes, water probably is all he needs," Mrs. Britton said. "If you are exercising for more than an hour, you might need some type of sports drink."

Sports drinks help to fill two of the body's needs during more intense activity. Not only do sports drinks rehydrate the athlete, but they also help to replenish electrolytes and sodium that are released through sweat.

Because of their sweet and appetizing flavors, sports drinks encourage athletes to drink more, further aiding in the process of rehydration.

The sugar and calories do present a drawback, especially if the individual is seeking weight loss in his or her exercise.

Currently some of the most popular sports drinks include Gatorade, Powerade, Cytomax, All Sports and Revenge Sports. Most of these perform similarly, and all help rehydrate and replenish the body.

| Softball (Women) | Softball (Men) | MLB |  |
| :--- | :--- | :--- | :--- |
| Staff vs. Students | Theta Delta vs. <br> Pi Delta | Softball <br> Championship | Yankees vs. <br> Red Sox |
| Staff | Mary Coleman (14-14) | Theta Delta | Zeta Chi | Yankees.

While water and sports drinks are encouraged, drinks with caffeine, such as soft drinks, coffee or energy drinks are not the best choices.

While caffeine has been proven to help with physical performance, the stimulant has a lot of controversy as to its effects. Some researchers have said that caffeine actually dehydrates the body.

Junior health, fitness and recreation major Levi Hopper explained another reason you may want to stay away from soft drinks.
"Pop has a lot of empty calories which are hard for your body to burn up for energy," Levi said. "This definitely would not help an athlete during sport competitions that demand a lot of energy."

The key to gaining an edge
in physical activity is to personalize a plan. Think about how long you are going to be exercising and how much energy and sweat you will lose.

If water is not sufficient for your needs, try a couple of different sports drinks and see how you react to them.

Once you find one you like, stick with it, and ideally it will give you that needed edge for victory.

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## Snack Shop will be open until 11p.m. after the Milltown Pride premiere!

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## Student cast, crew members of Milltown share stories



Students Ben Ascher, Zoey Cook and Michael Ferrari work in various cast and crew roles. Photos: Submitted

## JORDAN WELLIN

When the premiere of Milltown Pride is held tonight on campus, those in the audience will finally be able to see the finished product of years of hard work and preparation. But what they won't see is all the behind-the-scenes work that went on in order to make the film a reality.

Over the course of two summers and several semesters, many students were enlisted to help with the production of the film. At one point, as many as 50 students worked on the crew. Each student put in a variety of hours on the production (some as little as six, others as many as 150 ).

For Zoey Cook, a junior cinema production major, the work began during the summer of 2009 when she first started working as a costume assistant on the production. Much of that summer was research to find how to best replicate Southern life in the 1920s. "We had to find details on everything, even on how many buttons a character would wear," she said.

Michael Ferrari, another junior cinema production major, has three different credits on the film, including production assistant.

Although some people might think of working on a film set as all fun and games, Michael discovered it to be quite the contrary. "To create a film with craft, art and technical competence is not one big party," he said. "You have to love it in order to stick with it."

Senior biblical counseling major Ben Ascher plays Chick Spangler, one of the main characters in Milltown Pride. But being an actor in a sports movie doesn't require acting talent alone. Although Ben played baseball in high school, he attributes his real love for the game to his grandfather, who was a lifelong fan of the sport.

As is common with any film production, things don't always go as planned. One experience in particular stands out in Zoey's mind. For one of the scenes in the film, the crew was shooting on location at a waterhole. As the costume assistant, it was Zoey's job to keep the actors' clothes dry in between takes. "We actually brought a dryer and plugged it into a generator in order to dry the clothes in between takes." But after the first take, the dryer broke, forcing Zoey to resort to holding up the costumes to the sun instead.

But regardless of the memories (good or bad) of filming, the entire cast and crew are eagerly awaiting the film's premiere. "I hope the audience will be able to see themselves in one of the characters, or at least be able to put themselves in [the character's] shoes," Michael said.

Zoey said it will be hard separating herself from the production when she watches the film. "I have a feeling we're all going to be sitting there saying, 'I remember that day and how hot it was, or how hard that was to do,' " she said. "But I hope the audience will be able to appreciate all the work, time, effort and prayers of the people that went into it."


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however, his life begins to fall apart.

Mr. Thomas Sneed, a GA in the Unusual Films department, plays the role of Will. "With all the increase in popularity, he makes a series of bad decisions," Thomas said. He mentioned that Will is a character many will relate to. "It's somewhat modeled after the story of the prodigal son," he said. "At some point in your life, you're in darkness, and you're searching for something more valuable than what you have. Christ becomes your treasure."

Thomas is one of about 2,000 cast and crew who have worked for years to bring this movie to life. BJU cinema professor and casting director for the film, Mrs. Sharyn Robertson, has been hard at work to complete the sound design for the film.
"The advantage of working on a Christian film rather than a secular one is that we have such a higher calling," she said. "I may not get to actually go out and witness to some of these people, but I can still show them God's love."

Mr. David Lovegrove, manager of creative services, has worked hard to promote the film. "We've had a much larger response than we expected," he said. "The premiere night was originally going to be our only showing. And we thought it was going to be a stretch to completely fill that showing."

After opening night filled, three more showings were added in order to accommodate the massive demand. "This film wasn't really for our own people
[at BJU] as it is an outreach."
Having advertisements in print magazines and newspapers in addition to posters at the mall and on city buses has created quite a bit of local buzz for the film. Thomas is accustomed to getting texts from friends saying they "saw" him at the mall or on a poster. "But this isn't about me," he said. "People talk about 15 minutes of fame, but it's really 15 minutes of having a platform that I wouldn't have otherwise had to make much of Christ."
Mr. Lovegrove warns viewers expecting a light-hearted baseball flick: "It's not what you're expecting," he said. "It's dealing with a young man who's destroying his life. We've promoted it as a baseball movie," he said, "but that really is secondary."

The film will run for about two hours and 15 minutes. Following the film, the Snack Shop and Campus Store will offer specials on Milltown Pride paraphernalia. The DVD will be available in late May and can be preordered at the campus store. The "mill band" that plays in the film will also be playing live music in the student center.

After the film premieres in Greenville, it will be shown on Saturday afternoon in Demorest, Ga., where much of the movie was filmed. From there, Milltown Pride will travel nationally to more than 60 different churches in two weeks, spreading the message that the film has to offer.

Mr. Eoute said the desire of all who worked to bring Milltown Pride to life is to "wrap this premiere event in prayer. The film has a powerful message but the Lord needs to do the work in the hearts of the viewer."


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