

# the COLLEGLIAN

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Bob Jones University, Greenville, SC 29614

## Student Care Office offers confidential biblical counseling

CHRISTINA LAIRD  
Staff Writer

Almost 40 percent of college students in the United States say they struggle with mental health to the extent that it is difficult to function, according to an article in the March issue of Time magazine.

Many students do not seek help from counselors, but BJU's Student Care Office wants to change that pattern.

Dr. Pearson Johnson, director of the Student Care Office and counselor, encourages any student with a need to speak to either him or the women's counselor, Rachel Dahlhausen, any time.

"If you're struggling with depression, fear, anxiety, being overwhelmed, a conflict at home, or moral issues, these are all issues we need to talk more about," Johnson said.

Rachel Dahlhausen, wom-



Pearson Johnson thinks it's important for students to receive a biblical perspective on mental health. Photo: Kayla Jacobs

en's counselor, is passionate about helping students at BJU. During her time as a student, she saw how the truth of God truly transformed her as a believer. "We are all sinners and sufferers, but as children

of God, we are also saints," she said. "[We should] let this be the thing that really defines our lives."

Even if students are not struggling with mental health issues but are simply bur-

dened by something and want to talk, they are welcome to visit the Student Care Office. "We want you to know that help is available," Johnson said. The office provides counseling but can also

help with other student life-related problems.

The Student Care Office offers biblical counseling and coordinates care across departments on campus, connecting students to academic,

financial or personal help. Johnson said the staff is available to help students succeed in all areas of life including and especially as believers in Christ.

See **JOHNSON** p. 5 »

## SLC to introduce new student body event, Ignite

DANIEL QUIGLEY  
Staff Writer

The first Ignite event—a new initiative from the student leadership council—will be held tonight from 10:30 until midnight at the activity center and on the lower soccer fields.

The bi-weekly event is designed to focus on both recreation and student life.

Natalie Larsen, SLC event coordinator, has been working closely with Alan Benson, vice president for Student Development and Discipleship, to make this event a reality.

If all goes according to plan, Ignite will be held every other Friday.

Jeriel Ontoy, a junior communication major and a member of the SLC events team, said the first Ignite will include s'mores, basketball, soccer, outdoor games at the activity center, singing, testimonies and prayer.

The name "Ignite" was suggested by Matthew Weathers, the adviser for the Center for Leadership Development. The term stems from the idea that fires spread quickly from a small spark.

"We wanted something to happen where it started small but it grew and that growth would become relationships through the Lord in friendship," Larsen said.

Students will be able to interact with each other during a time of open recreation, and they will also be able to pray and sing praises to the Lord together.

Although Larsen could foresee some more organized nights in the future, Larsen said Ignite would not be a heavily programmed event.

Tori Conover, women's student body president, said, "It's structured to be unstructured."

Conover said the typical Ignite event would have two halves. "Half the night is

just hanging out and playing games," she said.

For the second half of the event, a bonfire would be started, and the student body

would shift into a time of fellowship and testimonies.

One of Larsen's goals is to unify the student body by playing games and sharing

prayer requests.

"The goal is just to bring the student body together in a non-structured way that just allows them to share their interests, their joys, their week together," Larsen said. "I think sometimes we can get too stuck in our boxes."

She hopes this event draws people together as friends and brothers and sisters in Christ rather than as societies or other campus organizations.

Larsen is eager to see Ignite become a regular part of life at BJU.

Conover said they hope to bridge the gap between day students and residence hall students by allowing town students to stay overnight after Ignite.

The SLC event team plans on using a fire pit for the second half of Ignite, which will be a time dedicated to student testimonies and praise.

The Ignite events may have been designed as a

means of carrying out the SLC's theme for the year, which is gratitude. A key way of giving thanks and giving back is simply by sharing what Christ is doing in your life. The testimony time that the events team has baked into the Ignite event will be a great way for students to praise God for His continual work in their lives.

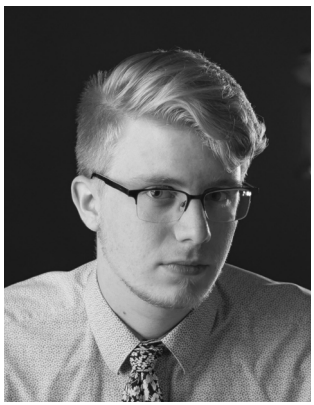
Overall, the SLC wants to encourage the student body to take ownership of this bi-weekly event by participating, sharing testimonies and focusing on community. It's easy on a college campus to have an in-and-out relationship with your peers. After all, many interactions take place on the sidewalk in between classes. Rather than maintaining surface-level relationships, the student body can use Ignite as a platform for forming deeper relationships.

The first-ever Ignite event starts tonight at 10:30 p.m. at the activity center.





## COLUMN



JACOB CLIPPERTON  
Editor

While researching for one of my classes the other day, I repeatedly ran across a type of article that got under my skin.

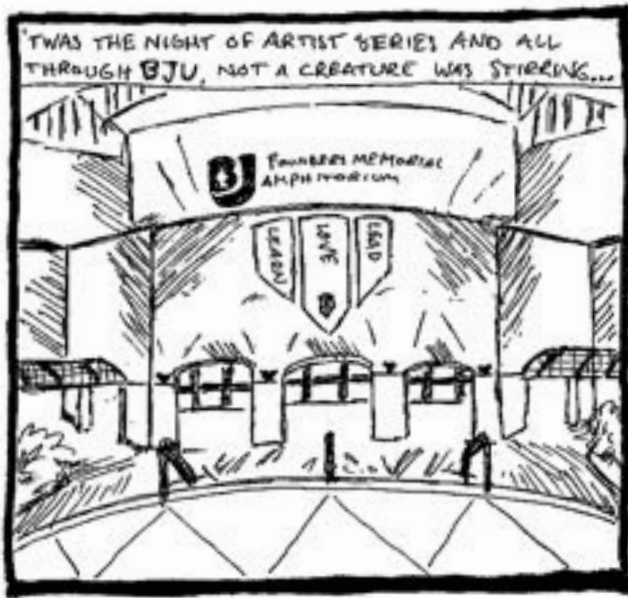
I'm sure you've heard the topic brought up in conversation over the dinner table, in your Facebook feed, and even in church. Millennials are "ruining America!" one article warns, before proclaiming that reason No. 7 will surprise me.

Marketing classes and board meetings are full of ways to "capture" the millennial market. Debates rage over whether this controversial crop of young people is destroying certain industries.

As a young adult on the tail end of the generation that can be properly labeled millennial, I have been simultaneously blamed and praised for just about everything.

Are millennials really any different from other generation? Is the reputation given them well-deserved or just a result of generation gap misunderstandings?

See **COLUMN** p. 3 >>



COMIC: MAX BURAK

## The Collegian Editorial

# How to weather the storms of life

It's been said that storms reveal what's weak. That statement seems to bear a heavier weight in the aftermath of Hurricane Florence.

Over the last week, our social media platforms have been overwhelmed with warnings of flash floods, pictures of devastation along the Carolina shores and discussions of the tropical storm that wept its way through inland South Carolina.

Before the tropical storm hit Greenville, it may have seemed distant. We'd only have to go online to be reminded of the devastating reality others were experiencing.

Consider the irony of the situation. As many of us sat yawning through our morning classes last Friday, homes along the coast were being flooded by saltwater or crushed by uprooted trees. In some cases, sailboats replaced porches. In

other cases, tree trunks crashed through front doors.

Yes, storms reveal weaknesses. It's true of the physical world, and it's true of the spiritual one as well. It's easy, when circumstances are in our favor, to dismiss the possibility of trial. It's hard to foresee floods when the sun is shining, and it's often hard to brace for trials when life is easy.

And yet, Christians are called to be ready for trials. James 1:2 says, "My brethren, count it all joy when ye fall into divers temptations." It's not an "if" you meet trials; it's a "when." They will come—of that we can be certain.

Let's approach it in the context of a new academic year. We're only a few weeks in to the semester. We're starting to understand the pace of our schedules. We're figuring out our homework loads. And, hopefully, we're

thrilled about the experiences we'll have throughout our year.

It's probably safe to say most of us are optimistic about the year to come. Or we're, at the very least, trying to start our year off on the right foot. A new year is exciting. It's a fresh start, and the exhaustion of midterms and final projects still seems distant.

Storms reveal what's weak. It's true of hurricanes, and it's true of hearts. There will come a time this semester when we'll feel overwhelmed by life. We might experience our own individual "perfect storms." We might feel drained socially. We might

get sick. We might feel like we're drowning in projects. Some of us might experience unspeakably difficult trials.

The truth is, none of us knows for sure what's ahead of us or what this semester will bring. And yet, as Christians, we have hope. Hope that suffering is not in vain. As we start this year, let's commit ourselves to preparing for the tough times that will come.

Hebrews 10:23 admonishes believers to "hold fast the profession of our faith without wavering." Let's anchor ourselves in Christ so that we may, with His help, weather the storms of life.



## TALKBACK

## Who is your alter ego?



sophomore  
ABIGAIL SNOW  
"Jennifer Lawrence"



sophomore  
STEVEN MANSFIELD  
"Snoopy"



senior  
ELIZABETH VALESKY  
"Dr. Mazak"



English faculty  
JESSANY KATKA  
"Meryl Streep"

PHOTOS: ROBBY JORGENSEN

## the COLLEGIAN

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Solomon imparted wisdom on this topic when he wrote Ecclesiastes 1:9 "The thing that hath been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun."

The same types of things that people have done for generation after generation, they will continue to do. No one generation is more inherently sinful than the next. People are still people and follow human nature.

While the state of the world is declining, waxing "worse and worse" (2 Tim. 3:13), I believe that no one generation is really any different than their predecessors.

Sure, there are plenty of differences in the way one generation was brought up in comparison to the next, or the benefits or surroundings they enjoyed. But each generation reacts to the circumstances given them in the way any generation would.

I have great-grandparents on both sides of my family who immigrated from Eu-

rope. They struggled through the Great Depression and a wide variety of societal and economic changes.

Their generation is vastly different from mine. I grew up in a mobile home. We had no television or internet until I was in high school, but many of my peers grew up inundated with an overload of technology.

People as a whole have become busier. Conveniences and gadgets may have made formerly time-consuming tasks easy and quick, but now we fill our lives with even more things to do.

Communication has become so rapid and accessible that the value we place on different types of communication has changed. These different experiences help shape who we are as people and what we value.

If Baby Boomers were born in the 1990s would they be similar in attitude and values to millennials? There is no way to know. I do believe people from generation to generation are very similar in general.

Regardless of generational differences, the importance of our mission as believers in this fallen world remains the same. God has called us to declare his Word even across generation gaps.

Psalms 71:18 says, "Now also when I am old and grey-headed, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to every one that is to come." Each generation has the unique ability to declare the glory of God to the next generation.

The differing experiences and trials we have are a testimony to God's grace in our lives. Many times we speak of a generation gap as if it were a chasm separating two cultures. God calls for generational unity through fellowship in Him.

Despite our differences, we have communion through the Holy Spirit who calls us to carry out His Word in our daily lives. Psalm 145:4 says "One generation shall praise thy works to another, and shall declare thy mighty acts."



I love Singspirations, can we please have more of those?

Can guys who went on missions trips this summer please stop wearing shell necklaces under their polos. It looks terrible. Thanks.

Ask Mr. Benson to use his Irish accent more!

BJU should put on an Artist Series event at the Peace Center. It would be so fun to go downtown and enjoy a fine arts event there.

Make your voice heard by visiting [uspeak.bju.edu](http://uspeak.bju.edu)

DESIGN: MATTISON DAVIS

# studentFOCUS

## "Favorite Picture On Your Phone?"

By Kate Jones



**Arantza Garcia**  
sophomore premed major

Her whole family visited Los Cabos, Mexico, on vacation this summer. "We were walking the pier," Garcia said. "It was supposed to be strategically placed between the two oceans...that's where we took the picture." Garcia's sister is in seventh grade back home in Arizona. "I don't have very many pictures with my sister so that's what kind of makes it special," Garcia said.



**Nathaniel Long**  
sophomore cinema major

"That's when four of my friends and I got together and directed a 24-hour film," Long said. The entire film was filmed, edited and exported in those 24 hours leaving no time to sleep and a lot of time for the friends to be around each other in some of their most stressful moments. "It's one of our greatest achievements as a group of friends," Long said. "That's what really tied us together: sleep never felt so good."



**Sylenthia Arnold**  
senior early childhood ed. major

The picture was taken this summer. "My mom came up to see me and I took her out for Mothers' Day," Arnold said. "I just really liked it because my mom took it and it just felt so professional; not like a regular selfie."

DESIGN: AMANDA BROWN, NATHAN BAUGHMAN PHOTOS: SUBMITTED



# Welcome Center to host guests for College Up Close

REBEKAH ANDERSON  
Staff Writer

Each semester, the Welcome Center hosts a series of campus visits called College Up Close.

The purpose of these specialized overnight visits is to give prospective students a thorough, in-depth experience of campus life.

Andrew Carter, university host, said College Up Close gives high school students a chance to get a complete snapshot of BJU. "It gives you an extended period of time to experience life on campus," Carter said. "The weekend trip allows prospective students to stay in the dorms with current college students, see what it's like at night in discipleship groups, attend chapel, meet faculty. You basi-

cally experience an entire day in the life of a college student."

College Up Close begins with breakfast at the Welcome Center on Thursday morning. Breakfast is followed by a brief video presentation in Levinson Hall, which introduces campus guests to BJU and gives prospective students the chance to hear from students, faculty and alumni.

After the 12-minute video presentation, Dr. Pettit or another executive introduces the BJU commitment—a promise that the BJU liberal arts education will promote a lifelong pursuit of learning, loving and leading.

Student ambassadors then lead groups of students across campus for a tour. The ambassadors tell the story of the university, sharing their

personal experiences and answering questions about campus life.

Bela Lopez Aguilar, a sophomore engineering major and student ambassador, said, "My favorite part is just being able to share my story."

Following the tour, College Up Close guests can attend classes, meet with faculty and discuss enrollment details with their admissions counselors.

Friday morning is another opportunity for students to attend classes and society, and parents get to participate in question-and-answer sessions. Later that evening, the student ambassadors lead groups of students to the heart of Greenville for the Downtown Experience.

This introduction to downtown Greenville al-

lows high school students to explore the community surrounding BJU. Student ambassadors take their guests to Falls Park and show them their favorite coffee shops and study places.

The Welcome Center works very closely with the events team and the Office of Admission to organize the weekend and make it a

success. And their efforts are making a difference. Carter said they have more registrations for the first College Up Close of this year than they did for the first one last year.

Carter works closely with David Orr, Welcome Center manager, to coordinate the schedule of events, working behind the scenes to ensure the weekend runs smoothly.

This semester's College Up Close events will take place during the following weekends: Sept. 27-28, Oct. 4-5 and Oct. 18-19.

Anna Joyce, a senior intercultural studies major and a third-year student ambassador, said, "My favorite part of College Up Close is seeing a student here after taking them on a College Up Close tour."



Katarina Shafer leads a College Up Close tour for prospective students. Photo: Hal Cook

BY SETH JOHNSON

## Maker Movement

Pinecones, snake skin, mammoth ivory and computer circuitry. The list may sound like a witch's recipe, but these items are actually examples of the ingredients used by Seth and Grayson Roland, freshman and sophomore brothers at BJU, to create the casings for ballpoint, fountain and rollerball pens.

After their great uncle showed them how to get started, the Roland brothers took off on their own. They have now made around 2,000 custom pens and created their own brand called WoodNotch.

"For pretty much all of our pens, there isn't one exactly like another, especially when we're using natural materials like wood or animal horn," Grayson said.



This combination of handmade goods and entrepreneurial spirit is essential to the maker movement, which encourages consumers to purchase handmade, one-of-a-kind items from individuals and small businesses.

In today's economy, this type of merchandise is often overlooked due to the dominating mass production that large companies generate. Therefore, individuals who enjoy making goods as a hobby or a side job have little room to market and sell their goods.



The current maker movement situation isn't new. In fact, the movement's roots can be found in the industrial revolution. Erin Jones, director of the Museum & Gallery, who arranges M&G's Makers Market at BJU's annual homecoming, said, "When you look back at the Victorian Era, there became a loss in the quality and beauty of detail and skill and true craftsmanship." This loss caused many to complain and maintain cottage industries for certain items.

Today, the maker movement has gathered momentum as many artisans market their goods through websites like Etsy and Amazon. Craft fairs have also become popular. The Indie Craft Parade, which has been hosted in the Greenville area the last eight years, is one local example of these craft fairs.

makers  
market





»JOHNSON p. 1

“We can only deal with students while they’re students,” he said. “Our goal is not to keep someone in counseling but to equip them to deal with the problems of life biblically so they can continue to grow long term.”

The Student Care Office places a strong focus on biblical counseling. Johnson said, “We believe the Bible does contain all [the truth] that is needed for ‘life and godliness’” (2 Peter 1:3). In fact, the counseling contract states they will address problems using principles found directly in the Bible.

Because the Student Care Office is not a medical facility, Dahlhausen and Johnson encourage students to seek medical assistance from qualified health professionals for any physiological

issues they may be facing.

“It’s not an ‘either-or,’” Johnson said. “We’re glad to meet with students who are also seeing doctors in the community.”

He said his office is not the only option students have for obtaining help. Staff and faculty members are always willing to talk to students as well.

Some students are concerned that a counseling office on a university campus would not provide the confidentiality they need.

Both Johnson and Dahlhausen emphasized that the office’s main goal is to provide confidential, biblical counseling to all students, and that is why the office was developed as a separate entity from other on-campus departments.

“You’re in the driver’s seat as far as information goes, and we think that’s extremely im-

portant for students to know,” Johnson said. “We want the Student Care Office to be a safe place for [students].”

Except for abuse of minors and direct threats to safety, topics which state law requires institutions to report, anything said in confidentiality will stay that way.

Since any counseling is entirely voluntary, students are never required to meet

multiple times or even come back at all.

These counseling opportunities are offered free of charge. Johnson said, “Students are never required to meet with us, but we certainly want them to know [our office is] a welcome place for them to come. We are simply here to serve students.”

Johnson and his wife live in Greenville and have two

children. Before counseling at BJU, Johnson was an assistant pastor at Inter-City Baptist Church in Detroit and spent a lot of time counseling those from the church and the surrounding community.

Dahlhausen is excited as she starts her time with BJU’s Student Care Office. Leaving her home in Ohio, she studied music at BJU for her undergrad and graduate degrees.

Dahlhausen found her love for counseling people, especially college students, after mentoring and then being the supervisor in the Mack residence hall.

For more information, contact Dr. Pearson Johnson at [pjohnson@bju.edu](mailto:pjohnson@bju.edu) or Rachel Dahlhausen at [rdahlhau@bju.edu](mailto:rdahlhau@bju.edu), or go to the Student Care Office located at the back of the Den.

THE COLLEGIAN IS LOOKING FOR

TALENTED, MOTIVATED AND DILIGENT STUDENTS TO JOIN OUR STAFF

PLEASE EMAIL [EDITOR@BJU.EDU](mailto:EDITOR@BJU.EDU) IF INTERESTED

The craft parade’s purpose is to celebrate and encourage the craftsmanship of homemade items made by small businesses and individuals. Around 7,000 people attend the parade each year. Because of the large crowds, the Indie Craft Parade, which was held Sept. 14-16, had to move their location to a larger facility this year at the Southern Bleachery Marketplace at the Taylors Mill.

Lewis Carl, a seller in the Indie Craft Parade for two years and a faculty member in the Division of Art and Design, said that even students who live in the dorms can find ways to create and sell products.

indie craft parade

You don’t have to be a maker to help the movement though. With all the options presented at craft fairs—from popcorn to paintings to purses and belt buckles—people can find items they need or want, buy local and help an artist. “You may spend a little more,” Carl said. “But you understand that there was a person behind each item that was creating and building with their own hands. And, more than likely, it’ll last for a lifetime.”

During homecoming weekend this fall, BJU will have its third annual Makers Market, which is an opportunity for students, grads, faculty and staff to sell the goods they make. The idea for the event came when a friend of Jones commented that BJU has a lot of gifted grads in the area and should do something to showcase their talents. The Makers Market will be hosted on the second floor of the Welcome Center in the Student Center, beginning at 10 a.m. on Saturday, Oct. 13.



This year, 26 vendors will be coming to campus from as far away as Delaware and Utah. Items such as minimalist wallets, journals, bracelets, candles and soaps will be available for purchase.



# Stage is set for student-written and -directed theatre

ANDREW SCHMIDT  
Staff Writer

Bake-Off, a BJU playwriting festival, offers students the opportunity to experience a unique type of new student-written, student-directed and student-performed theatre on campus.

Performance Hall will host three identical back-to-back performances of the production Saturday evening at 7, 8 and 9 p.m.

Bake-Off was started by David Schwingle, a theatre

arts faculty member, and it gives aspiring actors, playwrights and directors at BJU the chance to put together a production in a very limited amount of time.

Nathan Pittack and Ben Hamann are the theatre arts graduate students responsible for producing Bake-Off. Pittack said the event provides a good way for the theatre arts department to kick off the academic year.

"It's really just a great opportunity for us as a theatre department to provide a

night of fun for students on campus, and it's a great way to kind of show off our department right at the beginning of the year," Pittack said.

Pittack also said the fall Bake-Off provides an opportunity for freshman theatre arts students to become more familiar with the academic program and to meet upperclassmen and graduate students in their major that they probably would not meet otherwise.

Undergraduate students from any major were invited to attend the Bake-



Students have an extremely limited amount of time to put together the production. Photo: Derek Eckenroth/BJU Marketing



Brooke Henige performs in an arena theatre setup. Photo: Derek Eckenroth/BJU Marketing

Off Kickoff meeting, which took place in Stratton Hall Wednesday at 5 p.m. Writers were given prompts randomly selected from a hat to include in their scripts.

The prompts could have been anything from specific lines, props settings or character gender ratios. They add to the spontaneity and improvisation of the production while still leaving room for structural elements.

The writers were given approximately 24 hours to write a 10-minute play that incorporated the prompts

they were given. The theatre arts graduate students pick the top four submissions, and the winning plays will be performed in Performance Hall Saturday night.

The cast for these Bake-Off productions is made up of undergraduate students. Although first chance is offered to theatre arts students, any member of the student body is invited to participate.

Directors and actors will arrive in Performance Hall early Saturday with no knowledge of the show they will be performing in. The theatre

arts graduate students will distribute scripts to the participants, and the actors and directors will have between nine and 10 hours to memorize and rehearse the script for the first performance at 7 p.m.

Hamann, theatre arts grad student, highly recommends attending Bake-Off. "It's just a lot of fun," Hamann said. "You will laugh, and you will probably see some of your friends on stage. It's just a really fun evening."

Tickets for the performances are sold at the door for \$3 each, and availability is limited.

## Career Services emphasizes personal branding, job search skills

TABITHA LEAMAN  
Staff Writer

The Career Services department is located on the second floor of the Alumni building. Even though their office space is modest, Career Services has connections that reach across the globe.

The primary responsibility of the department is connecting the BJU family, both students and alumni, to jobs and career opportunities all over the world.

The staff members are dedicated to equipping students with the skills they need to complete a successful interview and present their personal brand. This semester, they are providing several themed workshops to educate students about the services available to them.

The first workshop was held last Thursday, Sept. 13. Thirty-seven students attended the session, which was titled, "Resumes: Nailed It!"

Natalie Smith, professional development and events coordinator in the Career Services department, will host another workshop next week on Tuesday, Sept. 25, at 4 p.m. in Levinson Hall.

This workshop is titled, "Interviewing: How to Ace your First Impression."

Shawn Albert, career services operations director, will present a workshop Oct. 1 at 5 p.m. on maximizing your four-year college experience.

Smith said Career Services wants to engage with students individually, and that the workshops will help students learn the importance of getting help with resumes, interviews and more.

"The workshops focus on various career development topics to give students a chance to hear a presentation from someone who has done the research and is keeping current on these topics," she said.

According to Smith, Career Services has offered workshops since she was attending classes in the early 2000s. She encourages students of every classification to take advantage of these workshop opportunities. "[Students] should begin thinking about the next steps in their career development now," she said.

In addition to offering on-campus workshops, Career Services assists students in other aspects of their academic and post-graduation

careers. They provide guidance within the context of each student's major, career goals, internship opportunities and general academics.

Career Services also provide resume advice, conduct mock interviews and teach students how to market themselves to potential employers.

The department helps both students and graduates connect with employers for internship and job opportunities. In fact, BJU is one of few universities that offers these employment services for free years after graduation.

One way Career Services exposes students to employers is by hosting recruitment events. The Christian School Recruitment Conference will be held in February.

The department will also host a career fair in February. Jane Smith, director of Career Services, Employer Relations and Recruiting, said the fair, which is normally only one day, had to be extended to two days because of the influx of recruiters on campus.

Jane Smith encourages students to take advantage of the online job board, Career Central, on the Career Services website.

This board provides a place for students to create an account that will allow them to upload their resumes for employers to view. It is also a place where employers post internships, part-time and full-time job opportunities.

Career Central is open to alumni and is a perfect place to find job opportunities. Smith said that while universities provide this service, it is often only available to alumni for and short time and costs money to have an account. She said Career Services' job

board is free and available for as long as students and alumni need it.

Students who have used Career Services also encourage their fellow students to take advantage of the services provided.

Natalie Smith encourages students to learn their strengths and skills. "Figure out what you are interested in that would be a good match for your strengths and skills." She recommends talking to people who work in your field and connecting with

them. "Networking is very important," she said. "Get on LinkedIn and research jobs and companies."

She also said students should consider jobs that may not be directly related to their major.

"Not everyone goes straight into the career field they want directly from college or even the job they will be in when they retire," she said. "Pray and seek the Lord's leading on how He would have you best use your gifts and abilities He's given you."



Jane Smith helps students prepare for the job market and also networks with area employers. Photo: Derek Eckenroth



Society athletic directors welcome freshman recruits

TABITHA LEAMAN  
Staff Writer

Societies are preparing to kick off this year's season of intramural sports, and many teams will be adding freshman names to their rosters.

Freshmen often consider the athleticism of a society prior to induction night, and now that the students in the class of 2022 have made their decisions, most are looking to get involved in their society's sports teams.

Sharon Kearns, freshman graphic design major, said she loved the atmosphere of her new society, Tau Delta

Chi Kangas. Kearns said society sports was a big part of her decision to join.

"I wanted to play, have fun and be a part of the competition," she said. "A society can really make a difference in your life, from the friends you meet to the sports you play."

Luke Sassa, freshman biology major, said he joined the Phi Beta Chi Bulldogs because they had the right amount of hype, were good at sports and loved God.

Sassa said, "I'm looking forward to the sports and having a group of guys I can relate to on a personal level."

He said he wants to con-

tribute to their basketball and soccer teams and grow in his abilities.

Society leaders often realize the important role freshman members play on their sports teams.

Katie Albert, who works on the inter-society council, said that freshmen are a major part of society sports. She said freshmen who play sports for society often have an even bigger platform for building relationships with society members.

"The society also benefits from the freshmen playing because they bring new and different skills and sometimes

you need someone fresh on the field that knows what they are doing," she said.

Albert said freshmen carry on the sports in a society. Last year, for example, Albert's society, the Tau Delta Chi Kangas, beat the Pi Delta Chi Classics in the women's basketball championships.

She said, "The reason the Kangas did so well is that the people on the team where upperclassmen who had played on the team since freshman year."

Albert said this combination of experienced upperclassmen and energetic freshmen makes a team great.

Jared Leith, athletic director for the Chi Alpha Pi Cavaliers, said the freshmen in his society last year that got involved in sports often possessed leadership capabilities that went beyond intramurals.

Leith said the freshmen supported their team in any way they could, whether it

meant boosting their team's spirit by having a positive, energetic attitude or encouraging their fellow society members. "They gave their all," he said.

Joshua Roach, men's athletic director for the inter-society council, said, "I think that freshmen have a big role in society sports, [and it's] probably a lot bigger than they think because they might not get a lot of playing in the first year but in a year or two they will be the leaders of the team."

Roach went on to say the freshmen can learn a lot from the older players on the team and learn how to lead their teams on to championships.

Roach said freshmen shouldn't be discouraged if, in the beginning, they don't get as much playing time as expected. His advice is to work hard and to help their teams in any way they can.

Kerry Illsley, women's athletic director for the inter-so-

cety council, said that freshmen bring an excitement to society sports because many of them come straight from high school sports teams to society teams.

She said freshmen also tend to have more free time and energy.

"They bring a new perspective," she said. "They see things completely different from what we do now. They're crazy! They're awesome!"

Illsley said the goal of society is to give everyone the opportunity to participate and have fun, even if no games are won.

She said her own experience of playing on a team that never won a game impacted her for the better.

"I learned so much more about my society, myself and having fun," she said. Illsley's advice to freshmen is to get involved early. "Jump in!" she said. "Be willing to try a new sport you've never played before."

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Jared Daulton guards the net for Kappy Sigma Chi. Photo: Robby Jorgensen

How to Stay Healthy In College

by Rebekah Anderson

1. Drink plenty of water.

It's important to stay hydrated, especially if you're a college student who just can't cut the caffeine intake. Practice earning your coffees by drinking water first. Get in the habit of carrying a water bottle everywhere you go!

2. Exercise three times a week.

By being intentional about your workout times, you'll allow your body to unwind. Exercise will actually help your brain take a break from the books, and you'll find yourself feeling much more refreshed after a workout, so your study time will be more efficient.

3. Prioritize sleep, even if it means you have to sneak in an occasional 10-minute power nap.

Even if you're not a believer in power naps, try lying down with your eyes closed for just a few minutes. Slowing down helps your body and mind restart and rejuvenate. Make sure you give your body time to digest the things you're learning in the classroom by getting plenty of sleep at night.

4. Disinfect your door handles.

Clean your room often. Use a wipe to clean off all surfaces, and pay special attention to your dorm room door handles. You may even want to disinfect your phone and laptop with tech-safe cleaning wipes.

5. Wash your hands often.

Do this more than you think you should. Try washing your hands before meals, after using the residence hall laundry machines and whenever you come into your dorm room. Get in the habit of keeping your hands clean to prevent the spread of sickness.

6. Eat nutritious meals.

Make healthy choices! It's possible to eat carefully on a tight budget. Plan your splurge days so you have something to look forward to. This intentionality will help you prioritize your physical health.

7. Set aside some time for relaxation over the weekend, even if it's only for two hours on a Saturday.

While catching up on schoolwork is an unspoken weekend "must," it's equally important to relax—to do nothing—on the weekends. Sleep in. Take care of yourself, and plan something special with friends. You need a change of pace, so don't feel guilty for getting a slow start on your homework load.

8. Get some fresh air.

Always spend time outside when you can! Walk just for the sake of walking. Study in the gazebo instead of your dorm room. Slow down, breathe deeply and enjoy the outdoors.

9. Invest in some hand sanitizer.

We're in tight quarters on a university campus. Prepare accordingly by keeping a bottle of hand sanitizer with you for coughs and sneezes.

10. Avoid caffeine.

Yes, for some of you, to avoid caffeine is to not breathe. But try backing off on your coffee intake. As tip No. 1 affirms, water is far better for you. Earn your caffeine, and avoid it when you're able.





Cassidy Harwood, Jessica Teruel and Lauren Jacquette represent Theta Delta Omicron. Photo: Kayla Jacobs



Beta Epsilon Chi members are all-smiles on rush night. Photo: Kayla Jacobs



Current society members hype up the crowd with cheers. Photo: Robby Jorgensen

## Freshmen experience Rush, choose societies

JO ELLEN WALKER  
Staff Writer

From the moment freshmen first set foot on campus in August, they were faced with the all-important question of which society they should join.

New students had two weeks to gather as much information as they could about the available societies and decide which one was right for them.

Everything culminated Friday night, Sept. 7, at Rush. Hundreds of freshmen lined up along the lower soccer fields, eagerly waiting for the party to start. At 8:30 p.m., they ran onto the field amidst cheering sophomores, juniors and seniors who were eager to have the freshmen join their societies.

Freshmen visited tents

where current society members offered tasty treats and shared reasons for joining their society. Students played games, participated in society cheers and paraded around the field bedecked in promotional apparel for the respective societies.

Kaitlyn Whaley, a freshman from Greer majoring in interior architecture and design, said she was looking for a society that would help her feel connected from the very beginning. She wanted a society that used sports as a platform for building relationships and having fun. Whaley also wanted her society sisters to have similar interests and prioritize a relationship with God.

Committing to a society after two weeks can be tricky for freshmen. "It's a very short time, and it's really hard to get to know the societies,"

Whaley said. However, she said it was a good thing her time was limited because she never would have been able to choose a society if she had the chance to spend time with each of them.

Anastasia Doyle, a freshman fashion design major from LaPorte, Indiana, said she wasn't expecting the rush party to be as big as it was. She was looking for a society that stuck together as a team and looked out for each other. Doyle joined the Dragons because she found them to be a very supportive group of girls who enjoyed spending time together.

Jared Smith, a junior graphic design major, said he remembers feeling very overwhelmed during rush as a freshman. "Everything was so loud," he said. He remembers standing in the Omega

tent on rush night and meeting someone from Beta. "He told me that I looked like a Beta boy, so I got rushed by Beta in the Omega tent."

Smith ended up joining the Tornadoes with two friends because they all appreciated the spiritual focus and great leadership. He said

he enjoys the rush party now because it gives him the opportunity to hang out with friends, play games and eat a bunch of food.



Benson rides on a couch carried by students. Photo: Robby Jorgensen



Chi Kappa Delta and Kappa Sigma Chi sport a dragon during rush. Photo: Robby Jorgensen



Class of 2022 enjoys the rush party. Photo: Kayla Jacobs



Epsilon Zeta Chi members shoot hoops during rush. Photo: Robby Jorgensen