

# The Signal

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WESLEY KLUCK/Courtesy

KRISTEN GLOVER, Miss Ouachita and Miss Arkansas, will host a tea party with Tri Chi for girls participating in the Big Sisters program on campus. The party is Wednesday, Nov. 16, in Walker Conference Center.

## Tea with Miss Arkansas Tri Chi hosts princess party for Big Sisters

By MAURI SPARKS  
Signal Writer

The women of Tri Chi are hosting a Tea Party with Miss Arkansas, Kristen Glover, from 4-6 p.m. on Wednesday, Nov. 16, in Walker Conference Center for girls in Arkadelphia involved in the Big Sister program.

"The tea party will consist of time to put on makeup, make a crown and have the actual tea and small desserts, and then a princess story will be read to the girls by Kristen," said Tri Chi philanthropy chair Devan Malone, a junior speech communication major.

Little Sisters of students involved in the Big Sister program will come to get pictures made with Ouachita alumnus Kristen Glover as well to get to do other activities with their Big Sisters.

"We will be drinking tea or hot chocolate with sprinkles, discussing princess manners, taking pictures and having fun," Glover said.

Students involved in Big Sister have a great impact on the Arkadelphia children, so through this event the women of Tri Chi and Glover want to encourage Big Sisters to continue mentoring their little sisters in the program.

"Because my Miss America platform is 'Second Chances and Mentoring,' I wanted to plan

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NICOLE MCPHATE/TheSignal

BIG SISTERS mentor and minister to Little Sisters in the community.

## 'Under Milk Wood' production receives regional nomination

By MARY CASTLEMAN and LEAH GARAVELLI  
Signal Writers

The theater production "Under Milk Wood" won a Battle of the Ravine victory of its own when it received a regional nomination from the Kennedy Center American College Theatre Festival (KC/ACTF) that was held at Henderson State University. The play is being considered for invitation to the Regional VI KC/ACTF festival in February.

"This is a huge honor considering many of the shows nominated from the region come out of large schools with strong graduate programs," said Mary Handiboe, associate professor of theater arts who designed costumes for the show.

This is not the first time Ouachita has been nominated for regional performance consideration. Other plays that have been recognized by KC/ACTF in the past include

'Under Milk Wood' is a very difficult play to produce, and most of our students who were involved took a great amount of ownership over their area of production. ...This is a huge honor considering many of the shows nominated come out of large schools with strong graduate programs.

— Mary Handiboe

"You Have to Serve Somebody" and "Is He Dead Yet."

"Under Milk Wood" is moving on to the deliberation part of the nomination process. The Regional Committee will meet in December to review about 25-30 plays out of the 70-100 plays that

were being considered for an invitation to the Regional VI KC/ACTF festival. Out of these, six will be invited to perform at the regional level.

"Whether we take the show or not, we still will take the Irene Ryan Acting Scholarship nominees to compete for a large scholarship and the opportunity to perform at the Kennedy Center in front of several casting directors," Handiboe said.

From "Under Milk Wood," the student nominees are sophomore musical theater major Timothy Drennan and

see **NOMINATION**, p. 2

## Health Services offers flu shots, prevention tips as cool weather approaches

By GLENN BOLTON  
Signal Writer

The cool days of autumn and the falling foliage signal that flu and cold season is just around the corner. One of the first steps in preparing for it is getting the flu shot for many on campus.

Ouachita Health Services has flu shots in stock. The cost is \$15 which can be paid with cash, check or the shot can be charged to individual Ouachita accounts if a credit receipt from Student Financial Services is presented.

Flu season has affected Ouachita in various ways throughout the years.

"I had one student who came in that said the flu took him out for two weeks," said Molly Wallace, campus nurse. "The severity of the flu depends on how fast you get treatment."

Flu season at Ouachita typically does not begin until around the end of January. When Ouachita's flu season begins "depends on how many students get their flu shots," Wallace said.

When students first feel ill, they can go to Health Services. "They can come see me, and then if they have flu-like symptoms, we can send them to a physician," Wallace said. "The earlier students seek treatment, the better."

Students can prepare for the flu season in more ways than just receiving a vaccine. "It's a good time to renew your hygiene habits such as washing your hands and covering your coughs," said Dr. Wesley Kluck, university physician. "Pretty much, do all the things your mom taught you to do."

Ouachita's flu season tends to follow a busy week on campus.

"Flu season typically accelerates during Rush/Pledge Weeks because of close contact with people," Kluck said. "The key is most people get colds and the flu from direct contact with a person, and the contact is usually hands."

According to the Centers for Disease Control (CDC), the flu spreads in respiratory droplets when infected people cough or sneeze. People can also become infected by touching something with the influenza virus on it and then touching their mouth, nose or eyes.

The CDC suggests three things to fight the flu. First, get the flu shot. Second, take everyday preventative actions to stop the spread of germs. Finally, take flu antiviral drugs if the doctor prescribes them. They will help your immune system fight the flu.

"Because colds and the flu are caused by a virus, the body's immune system is what actually overcomes the illness," Kluck said. "So you want to do things to ensure your immune system is at full strength."

To strengthen the immune system students can "eat well balanced and regular meals, get regular and adequate sleep and drink lots of fluids," Kluck said. "The most common causes of an improperly functioning immune system are stress, lack of sleep and an improper diet."

Another thing students can think about doing is having a flu preparedness plan.

"Have a plan worked out for how you will handle classes because if you get the flu, you're not going to class," Kluck said.

Flu shots can be received Monday, Wednesday and Fridays from 9 a.m. to 12:30 p.m. Shots may also be received Tuesday and Thursdays from 9 a.m. to 3 p.m. Health Services can be reached at 245-5244 or by e-mailing wallacem@obu.edu. ■



MOLLY WALLACE



DR. WESLEY KLUCK