Calendar of Events

**Monday, September 14**
6:00p-7:30p First Fair – SMC
8:00p McCubed – Student Center

**Tuesday, September 15**
12:00p RAs Meeting – Moody Dining Room
4:00p JV Softball vs. Three Rivers – Away
4:00p Soccer vs. Freed Hardman – Home
6:00p Volleyball vs. Hendrix - Home
9:00p Collide – Old Chapel

**Wednesday, September 16**
11:00a Chapel – Manley Chapel
11:30 Professional Development Series – MC 100
12:10-12:50p.m. Body Recall – Rose Room

**Thursday, September 17**
7:00p Cheerleading Practice – Rose Room
7:00p Life Group Meetings – Designated Areas
8:00p Dodge Ball - SMC

**Friday, September 18**
8:00a-1:30p Board of Trustees
11:30a Board of Trustees Luncheon – Moody Dining Room
12:50p.m. Body Recall – Rose Room
1:30p JV Softball vs. North AR - Home
6:00p Volleyball vs. Hannibal LaGrange - Away

**Saturday, September 19**
11:00a Baseball vs. Arkansas Baptist - Home
1:00p Volleyball vs. McKendree – Away
2:00p Soccer vs. Rust – Home
TBA JV Softball @ Dyersburg Play Day – Away

---

**English Proficiency Examination**

Friday, October 16, 2009
2:00-4:00 P.M.
Room 200 Maddox Center

Blue books will be furnished. Students may register by paying $15.00 fee in the Business Office and signing the official list in the English Hall of Maddox Center.
BODY RECALL

Do you want to:

Have more energy
Sleep better
Improve your strength
Lose some weight
Improve your flexibility
Have more stamina
Improve your balance
Slow down aging
Just feel better

The answer to obtaining all the above is EXERCISE!!

Join us each M/W/F at 12:10 pm in the Rose Room. If you can't make it every time, just come when you can. We will start class on Wed., September 9th.

First Fair
Monday, September 14
6:00 – 7:30 PM
Southerland-Mabee Center

Come join us for an evening filled with fun and loads of give-aways and prizes from clubs, local churches, businesses and organizations!

This week in Chapel

11:00a - Manley Chapel
Constitution Chapel – Dr. Kenneth Startup

Have IDs ready to scan!
After attending once with a paper slip, you’ll be counted absent for each subsequent use of a paper slip!

Save the Date
November 7th
Homecoming AND Parents Weekend!!!
There is much concern regarding the possible surge of Swine Flu (H1N1) among students, especially those living in close proximity as being on a college campus.

There are certain steps an individual may do to help minimize the impact of this illness, as well as guidelines issued by the Center of Disease Control.

Common symptoms of the Swine Flu, and the regular flu include:
Fever over 100 degrees, extreme fatigue, muscle aches, chills, runny or stuffy nose, cough, chills, and/or difficulty breathing.

The incubation period for flu is 1-7 days after exposure. A person may be contagious for up to 24 hours before the symptoms of flu appear.

- WASH HANDS OFTEN to protect against germs, use soap and water if possible, if not use a hand sanitizer.
- Keep room clean, using disinfectant wipes or spray for those areas commonly touched, ie key boards, door knobs, desks, etc.
- Avoid rubbing or touching nose, mouth, eyes.
- Dispose of tissue after each use and wash hands.
- Get plenty of sleep. Stay physically active. Drink plenty of fluids.
- Eat nutritious food.
- Cover mouth with cough or sneeze, if no tissue, sneeze or cough in sleeve.
- Do not share food or drink with anyone.
- With temp over 100, see nurse, or health care provider.

Should one suspect the flu contact the nurse or health care provider. (ie, have the above mentioned symptoms), stay in your room and, avoid groups of people, have a “flu-buddy” to assist with getting meals or class assignments. Do not leave room or residence until fever is gone for 24 hours.

If symptoms should worsen when Campus Health is not opened, notify RA of situation so medical help may be gotten.

Be sure to notify your professors of your illness.

**WASH YOUR HANDS! WASH YOUR HANDS! WASH YOUR HANDS!**

Betty D. Gregory, R.N.

The nurse is located in the Student Center
Campus Health hours are:
Monday through Thursday 9-3
Please note class hours on door.
Williams has long cultivated an attitude of Christian service, and studies have shown that students who get involved in volunteer service enjoy a more fulfilling life in college and beyond. This year, Williams is launching a new program in service learning, which allows students to help others and gain valuable experience while doing so.

We are teaming up with schools and agencies in our area to offer student volunteer opportunities that usually involve about one to three hours of service a week. Some of the opportunities include tutoring children, visiting terminally ill hospice patients, spending time with seniors in nursing care or kids in a children's shelter, assisting hospital staff with patients, mentoring adults recovering from substance abuse, and more.

For more information, please contact Dr. Harthorn (974-4152 or shorthorn@wbcoll.edu) or the Office of Student Affairs.
It takes a single drop to create a ripple.
It takes a single ripple to make a wave.
Let’s make waves…
Conserve Water!

September 22, 2009
Williams Baptist College
Midkiff Meadow
5:00-6:30 p.m.
Admission: 1 recyclable item

Enjoy eco-friendly games and booths, refreshments, music, and prizes. Help educate our community on the importance of recycling. You will also have an opportunity to win $100 if you participate in the scavenger hunt.