

The light at the end of the tunnel

BY CODY CAMPBELL
Staff Writer

Finals season is upon us! It's that lovely time of the year that results in hair loss, acne breakouts, sleepless nights and endless anxiety due to stress. In order to survive, students sometimes need creative ways to release stress. Before you turn in your tear-drenched essays, take a look at these tips to help reduce the stress of finals.

According to WebMD.com, the number one way to relieve stress is through meditation: "It's simple. Sit up straight with both feet on the floor. Close your eyes. Focus your attention in reciting—out loud or silently—a positive affirmation such as 'I feel at peace' or 'I love myself.' Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds." Meditation can go beyond positive affirmations and breathing. Meditation on the Bible and meditation in prayer works too. Number

10 on the WebMD list is gratefulness. Keeping a journal and writing daily about what you are thankful for releases endorphins and calms the body. You can integrate this into your spiritual life too, writing down what you are thankful for from the Lord.

If these things don't seem to fit you, there are other ways to reduce yourself stress levels. Get out. Be creative. Remember, staring at your computer screen for too long is harmful to your body and greatly increases stress. One of the most helpful ways to calm down is exercise—escape the dorm and go jogging or lift weights. Interaction with others also goes a long way to getting you on the right track. Venting about your stress is sometimes relaxing. Combine exercise with community, and jog and talk with a friend. Pick up the phone and dial a family member back home or a long-time friend.

And of course, there are other 'friends' that

light up our world. I am talking, of course, about food. Dieting can be very stressful, so ditch the healthy stuff for a minute and grab a chocolate bar! Chocolate releases exponential amounts of endorphins to the brain, decreasing stress levels. In the words of Tom Haverford from the show Parks and Recreation, "Treat Yo-Self!"

There are other personal ways to relieve stress, so try new things and see what works for you. Remember, just sitting around watching television is proven to be less relaxing than it may seem—getting active will release stress way more! Hang in there. The semester is almost over and we can see the light at the end of the tunnel. Don't let the train that is stress be the light in the tunnel that will run you over, ruin your grades, and ruin the semester you worked so hard on. You can do this!

Jim Ryun, running the race for Jesus

BY COLLIN SMITH
Staff Writer

Jim Ryun, world record miler and former member of the U.S. House of Representatives, delivered an exciting perspective on life and struggle to the students of Sterling College on Wednesday, April 22, in Culbertson Auditorium. Ryun, who would become the youngest male athlete ever to qualify for the Olympics, has run a long life race of ups and downs.

One of the most applicable things Ryun took from his time as an athlete was the importance of forgiveness. Ryun emphasized that we should be quick to forgive others since God always forgives us. He shared a personal story about his trip to the 1972 Olympic Games in Munich, West Germany. A favorite to win the gold medal, Ryun had victory snatched from him when he was pushed by another runner. One judge made it hard for Ryun to be reinstated, and he was denied his chance at gold. This was a very tough time in Ryun's life, but he learned a great deal from it. Many years later, Ryun saw the same judge that had refused to allow him to be reinstated in the '72 Olympics, and rather than feeling hatred towards him, Ryan chose to forgive the man. Ryun challenged Sterling students to let go of any wrong done against them and instead learn from the trials that occur in life.

Ryun found his love for running right here in



Jim Ryun with the Sterling College Track and Field Team
Photo courtesy of Jack Dillard, Head Men's and Women's Cross Country & Track Coach

Kansas at Wichita East High School, and later he ran track and field at University of Kansas. From there, Ryun would soon become one of the most decorated athletes of all time. He was the first high school student ever to run a mile under four minutes. Because of this accomplishment and the incredible success of his early years, Ryun was named the best high school athlete of all time by ESPN.com, surpassing household names such as LeBron James and Wilt Chamberlain.

Ryun's impressive career continued to flourish after high school as he went on to compete in two additional Olympic Games, winning a silver medal in the 1500m. He held the 1500m world

record as well as the 880 and mile records. Along with all of these amazing accomplishments, Ryun was named the Sports Illustrated's sportsman of the year in 1966, and he also served as a member of the United States House of Representatives from 1996 to 2007.

This incredible life journey, however, is not just about victories on the track, but victories in the spiritual world. Ryun is now using his accomplishments and his legacy for God, and the students of Sterling College were honored to hear from him about the power of perseverance and forgiveness.

Success for Love Sterling

BY KERRY BALCH
Co-Editor

Sterling College's sixth annual Love Sterling event went off with out a hitch Saturday, April 24.

The volunteer groups met at Sterling Lake at 8 a.m. gathered their needed supplies and headed off to their work sites. Their tasks ranged from cleaning dirty gutters, to painting

houses, or spreading mulch on the elementary playground.

At the end of the day, volunteers and the community congregated at Sterling Lake for the annual Celebration Dinner.

The Love Sterling Team wanted to send a big thank you to all who donated their time and money to help with the event. They are excited to start planning for next year and improving on the success of this year!



Top photo: President Scott Rich, Mackenzie McGuire '14, Renard Ballard '14; Left Photo: Community enjoying the cookout; Middle Left: Dixie Carpenter; Middle Right: Elijah Keller
Bottom: Warren Johnson, Donovan Smith, Nathan Frame
Photo courtesy of Sterling College Office of Marketing and Communications



Sterling Scoreboard

Baseball

April 23
W- Sterling 8 Ottawa University 3
W- Sterling 7 Ottawa University 6
April 26
W- Sterling 17 Ottawa University 2
W- Sterling 2 McPherson College 1
April 30
L- Sterling 1 Kansas Wesleyan University 6
W- Sterling 12 University of St. Mary 2
May 1
W- Sterling 7 Bethany College 7
L- Sterling 3 Kansas Wesleyan University 4
W- Sterling 8 University of St. Mary 0
W- Sterling 13 University of St. Mary 3

Softball

April 22
W- Sterling 2 Panhandle State University 0

L- Sterling 2 Panhandle State University 3

April 25
W- Sterling 3 Oklahoma Wesleyan University 1
L- Sterling 6 Oklahoma Wesleyan University 9

April 29
W- Sterling 6 Ottawa University 5

April 30
L- Sterling 0 Kansas Wesleyan University 7

L- Sterling 1 Bethany College 10 (5 Innings)



For more information on previous results or upcoming competitions visit www.scwarriors.com.