



Catharine Kendall Emerald

Senior fine arts major Brennan McCommon (right) and senior Japanese major Bruno Kamps practice push-ups.

By Lisa Toth
Oregon Daily Emerald

Drop and give me 20!
While some people spend their early mornings sleeping through class or eating Frosted Flakes, others hit the floor for the weekly push-up contest in the weight room at the Recreation Center.

Every Wednesday morning from 8 a.m. to 8:45 a.m., some 20-odd students, faculty and community members come to test their abilities. This free competition, which began three weeks ago, is under the direction of sophomore and international studies major Wes Hare, the judge and inventor of the contest.

"I came up with the idea for the contest while betting my roommates for money that I could double the number of push-ups they could do," Hare said. The weight room is slow in the morning so Hare wanted to do something to grab student interest. Hare said the push-up contest serves as a great "outlet for self improvement."

The rules, defined by the Official Guinness General Sports Record Guidelines and Hare are as follows: A push-up must be continuous, with the participant's body straight and lowered until at least a 90-degree angle at the elbow. Contestants compete in the event one at a time to proceed offi-

Push-up POWER

A weekly contest was created by a University student to get people in the Rec Center doors and spark some friendly competition

cially and with good form.

The most recent contest on Feb. 9 attracted a diverse group of participants. Bruno Kamps, a post-bachelor student studying Japanese, beat his first attempt of 60 push-ups with a mark of 61. He was this week's male record holder.

Jessica Cook, a senior general science major, was this week's female record holder. She said she expected to do 30 but finished with 41 push-ups.

This was the first time Cook had ever entered the Rec Center, let alone the competition.

Senior fine arts major Brennan McCommon offered Kamps competition by completing 56 contin-

uous push-ups. McCommon stays in peak athletic shape as a member of the crew team, running and taking a weight-training course offered at the Rec Center.

Christopher Swain, a Eugene acupuncturist involved with sports medicine, saw the sign announcing the contest when he entered the weight room on Wednesday morning. Swain completed 54 push-ups.

"I used to have to do 50 push-ups in Tai Kwon-Do practice, so I entered out of curiosity to see how far my ability has fallen," he said. Swain plans to come back again and attempt to beat his score.

Future goals for the contest include a "100 Club," a finger tip contest and push-ups using one arm or one finger.

"I would like to see a lot of people make it into the 100 Club," Hare said. He plans to invite the wrestling team to compete once the push-up contest becomes more established and receives sponsorship.

Molly Kennedy, the Assistant Director of Operations for Physical Activity and Recreation Services, helped Hare get the contest started. She said she supported his proposal for the program simply because it's for fun.

"It has been a success so far," Kennedy said.

which ranked first among fraternities fall term, in addition to performing community service hours, he said he hopes to get the chapter back faster.

"We are trying to do it in one year," he said.

Greek Life advisor Scott Rich said the Greek community will benefit from the chapter's reestablishment on campus.

"It's always nice to have well-established chapters return to campus," Rich said.

He said the colony's academic performance shows that the group of men is serious about doing things right.

Kevin Dodson, freshman pre-journalism major and the public relations chair for the Sigma Chi Beta colony, said the fraternity house has single rooms equipped with high-speed Internet connections for all members and is therefore conducive to academic success.

"That's something that from an academic standpoint is unique," Dodson said.

But Sigma Chi Beta members do not just sit in their single rooms and study all the time.

"One of the most important

parts of being in the Greek system is we really want to give back to the community," Dodson said.

While the founding members volunteered 600 hours working at the Women's Soccer World Cup last June, the full group remodeled some rooms in the St. Vincent de Paul First Place Family Center in February.

Dodson said there was a lot of work to do and the experience was eye-opening for many members.

Tim Rockwell, assistant director at the family center said many groups had offered to volunteer before, but Sigma Chi Beta members were the first ones to follow through.

"When we came in, you couldn't even recognize the place," Rockwell said. "We were just really impressed with all the hard work that they did."

Dodson said he hopes such volunteer work will help strengthen the chapter as well as the Greek system as a whole, especially when it comes to the negative stereotypes some people hold.

"The Greek system isn't just here to party," he said. "That's not the idea."

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Pick up your **application** in the Football Office, 2nd floor of the Casanova Center. Interviews will be held on March 13, 14 and 15. You may sign up for your interview time when you pick up your application.

Application deadline is March 10th.

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Sigma Chi

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"But it was worth it."

A colony is a part of a fraternity planning to open a chapter. Now the colony has created a 50-page proposal to the national fraternity, recruited 19 more members and is on track to officially reopening a chapter that was closed because of alcohol and hazing incidents a few years ago.

Merck said new members were recruited carefully with an emphasis on diversity.

"We wanted a very diverse group of guys," he said. "We didn't want all the same [type of] person. That really doesn't make a very good house."

And current members have no intentions of following in the footsteps of their predecessors.

"We only get one chance at this so we want to do it right and make sure we give it our all," Merck said. "Basically what we start here is going to be a tradition for years to come."

Usually re-establishing a chapter on campus takes about three years, Merck said. But thanks to members' academic performance,