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Weekend Weather

Friday Hi 48° Low 40° Chance of precip. 70%	 rain
Saturday Hi 59° Low 36° Chance of precip. 10%	 mostly sunny
Sunday Hi 59° Low 37° Chance of precip. 10%	 mostly sunny

Campus News

JEN WRIGHT

Modern Language Plays

The Modern Language Clubs will present Spanish, German and French plays in their biennial Modern Language Program Saturday at 7 p.m. in the SAS Assembly Room.

This year's program will follow a medieval theme, with plays originating in the Middle Ages. Each of the language clubs will present a 20-minute drama featuring student actors and English translators.

The Spanish club will perform "El paso de las aceitunas" ("The Farce of the Olives"), a medieval comedy by Spanish playwright Lope de Rueda. Sam Jean-Baptiste will play Torubio, a Spanish peasant who cannot get along with his wife Agueda (Stephanie Zboran) until their neighbor Aloja (James Brazas) interferes.

Senior Jessica Andrews is this year's director, and Mrs. Marcy Wolsieffer of the Spanish faculty is sponsoring the production. Jessica encourages students to come to the play to deepen their understanding of Spanish culture and explore the feelings behind the language.

The German club under the direction of Mr. Phil Adams will present "Meier Helmbrecht," a medieval play by Wernherr der G rtner. Andrew Adams will play the title role, a young farm boy who goes against his father's advice to become a knight-robber and suffers the consequences. Greg

see **Campus News**, p. 3

Nutrition tips offer students ways to live more healthfully

DANIEL GASS



ROB WHEELER

Noah Smith prepares a salad at the salad bar in the dining common.

The five deadly nutrition sins for BJU students, according to Mrs. Anna Turner and Miss Deborah Karasek of the Family and Consumer Sciences faculty, are

1. Not drinking enough water.
2. Skipping meals.
3. Not eating a balanced diet.
4. Eating too quickly.
5. Choosing the wrong foods.

Drinking water is key to maintaining good nutrition. The proverbial eight glasses of water a day help greatly in staying healthy. Failure to do so is the first deadly sin.

"If you're drinking your water, you're less likely to be going to the vending machines, or going to the snack shop and getting snacks," said Miss Karasek, a registered and licensed dietitian. "Actually, sometimes, when you think you're hungry, it's actually because you're dehydrated, and you need fluid."

Unlike not drinking enough water, skipping meals sounds like a healthy idea on the surface. After all, eating less food should mean losing more weight, right?

Wrong. It's the second deadly sin.

"Skipping meals lowers your metabolism and makes it easier for you to gain weight," Miss Karasek said. "You're kind of doing your body

see **Nutrition**, p. 8

UBA offers students ability to network with future employers

BEN BLANTON

Employers seeking to hire entry-level college graduates in today's competitive job market are looking for more than a well-formatted resu   and an impressive grade point average. They want to see involvement in extracurricular activities and campus organizations  like the University Business Association, said Aaron Dresdow, senior accounting major and UBA Executive Council member.

"Employers look very hard for job candidates that have 'soft skills' and extracurricular activities as well as GPAs to back that up," he said.

Aaron said his experience in the UBA has built on what he has learned in the classroom.

"Most of my teachers give me very helpful hints for getting out there in the workforce, but the UBA adds even more to that," he said. "It also prepares you by letting you know what level of expertise is expected in the business world."

Dr. Aaron Goldsmith, dean of the School of Business, said the UBA is an important part of business students' preparation for entering the workplace.

"It provides a forum for them to meet and discuss with BJU graduates current business issues from a biblical life view," he said.

One of the largest student organizations on campus, the UBA has 180 student members, mostly from business-related majors or minors. But Dr. Mike White, faculty sponsor of the UBA, said membership is open to all career-minded students. Although business careers are the focus of the organization, Dr. White said the UBA is also practical for other students seeking to hone their professional skills.

"(Members) network with other students and often with the speakers and sharpen their social skills in preparation for many aspects of life," he said.

see **UBA**, p. 8

Debate team researches, prepares, argues

TALITA ARAUJO

How would you like to do something you enjoy and at the same time improve your research, speed-reading and communication skills? This is exactly what the members of the debate team do.

The debate team, composed of eight to 16 members, participates in eight tournaments during the year. At the beginning of each semester, students can apply to be part of the team by talking to Dr. DeWitt Jones, the team's head coach, or Miss Jeanine Aumiller, the coach.

The team's current members are Matt Baker and Michael Bixby on the varsity team, and Brittany Harper, Kara Arslain, Chara Yorde,

Joseph Hainsworth, Jeannine Malm and Amelia Pillsbury on the novice team.

According to Miss Aumiller, the team's coach and member of the speech faculty, nobody is denied a chance of being on the debate team. Interested students go through a training process that consists of working on their research skills and oral communication.

Their hard work becomes evident when they are ready to travel with the team and compete against other students in the inter-collegiate debate tournaments.

Miss Aumiller said there are a few skills that students must have in order to be good debaters: critical thinking, good analysis, fluent

communication, integrity and a likeable personality. But she also said that students can work hard to acquire those skills. She said experience is not a must because the coaches and the other debate members are willing to help newcomers.

Matt Baker, a senior accounting major, has been on the debate team since his freshman year. He has debated a variety of issues, including alternative sentencing, military action vs. diplomacy, immigration policy, corporate influence, and universal healthcare.

"I really recommend the activity

see **Debate**, p. 3

CAMPUS VIEWPOINT

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Opinion: Tasers should be used responsibly

Move over Smith & Wesson—a new weapon has hit the market in chic style, sporting a variety of modern colors including pink, electric blue and leopard print. But don't let its small size and cool style fool you. With one pull of the trigger, tasers zap their target into temporary paralysis.

The taser, which works like a cop's stun gun, is one of the newest popular lines of defense on the market for civilians. College students or recent graduates may be particularly tempted to buy a taser because they offer a stylish and affordable way to feel safe when starting out on their own.

However, while police spend hours training to tase, civilians can simply swipe their credit card, and with no experience can shock a person into immobility. Tasers can be an effective form of protection, but not just anyone should be allowed to have one. Ownership requires responsibility, and though tasers are effective, they are not risk-free and can cause injuries. Think carefully before purchasing a taser—it should not be just another item added to a weapon collection because it's new and cool. Read, understand and follow the instructions before using it, and store it in a safe place, particularly away from children. Always treat a taser like a serious weapon—not like a toy or a practical joke—and use it only as a last line of defense.



JEANNE PETRIZZO

"You have been punched in" echoed in my ears as I rubbed the sleep out of my eyes and glanced at the job chart for the day. I had to run the register at the drive-thru window.

My experience last summer at Dunkin' Donuts taught me more about people than any college-level psychology or sociology class I've ever taken. The nature of a coffee franchise draws people from different walks of life. I'd wait on the bejeweled woman in the 2007 Mercedes, and the next car to pull up might be a beat-up hatchback with a couple of teenage guys in it. I saw people in bathing suits, pajamas, business suits and sweatshirts. I saw moms, kids, dogs, carpenters, plumbers, lawyers, bank execs, mentally disabled, retirees and students. People from all walks of life, young and old, trekked in to obtain their dose of caffeine without a second thought as to what they looked like or how much they were spending.

You think people are nice until you get their food order wrong. Most of the time, it was the customer's ignorance and failure to order properly that brought about the mistake. Then the world is at an end. But of course, whose fault is it? The stupid kid behind the counter. Folks would come in, glance at the menu board and promptly say, "I'll have a humshlmenium." I'd reply with a very friendly "I'm sorry. Can you repeat that?" Only to be blasted with a "I SAID I WANT A BLUEBERRY MUFFIN. SNAP OUT OF IT, KID." Oh, but I was snapped out of it. I just didn't have the ability to understand people who are too lazy to open their mouths and speak their order succinctly.

And because of these kinds of individuals, I'd be much too scared

to ask the next guy to repeat his order. So, instead of getting the jelly crullers he asked for (in a mumbly sort of way), I'd risk thinking I knew what he said and get him the jelly donuts. "I SAID CRULLERS, KID. THE ONES ON TOP. UP THERE. TWO OF THEM." And he'd hold up two fingers because I was in kindergarten and unsure of how many two actually was. I had to bite my tongue to prevent myself from retorting with rude comments or sinister sarcasm. If only I could say what I wanted to say to prove who in fact was actually stupid.

Aside from the meanies, work provided me an opportunity to meet some very nice people. One lady in particular always paid for her order and for the car behind her. No kidding. One guy always left a tip that was almost or just as much as his actual order. I'd hand him his as-large-as-humanly-possible iced mocha latte with whipped cream, withdraw my hand back into the window before the Rottweiler in his car could bite my hand off, and expect him to drive off gulping his drink with his dog drooling beside him. But I'd glance over again to see he was waiting for me to take the several paper bills from his hand. With a "Here ya go. You all do a good job," he'd drive off, latte and drooling dog in tow. All I did was hand him his drink and make sure he got a long straw instead of a short one. But I guess I did it faster than usual or perhaps I was smiling my golden customer service smile. Needless to say, it was these kinds of people who made my job easier and a lot more meaningful.

My eyes were opened to demographics, to personalities, to lots of different people who just wanted a cup of coffee. Definitely more relevant than the tips, donuts and people—kind or mean—was the experience of the grace of God. Sarcastic retorts come too naturally to me, but God allowed me to control myself when dealing with obnoxious customers. If only working a job of this nature was required of every human being, we could all learn a whole lot more about ourselves, the world and the veritable nature of God's grace.

TALK BACK

How many steps do you think you take in a day?



Jared Richards
Senior
Brunswick, Ohio
Cinema and Video
Production

10,000—give or take. That's just a random guess.



Susanna Lovely
Sophomore
Danielsville, Ga.
Church Music

Well over 10,000. I walk a whole lot because I don't mind it.



David Minnick
Junior
Australia
Bible

I really have no idea. Maybe I'll get a pedometer one day.



Lauren Natal
Junior
Frederica, Del.
Business Administration

I'll say like 50,000 because I don't have a car.



Caleb Greene
Sophomore
Bloomsburg, Pa.
Humanities

I'd say 10,001.

CAMPUS



Jeannine Malm and Amelia Pillsbury study their notes while preparing to give their rebuttal during the debate that took place Monday evening.

Debate, page 1

for building life skills such as research, critical thinking capacity and writing skills,” Matt said. “Like most activities, debate is about 85 percent perspiration and 15 percent brains. If you are willing to put in the work, you can succeed.”

Miss Aumiller said the debates can be very intense, but that there is a difference between arguing and debating. Arguing takes place when the debater’s research and points are weak, and that’s when debating becomes name-calling, according to Miss Aumiller.

Because students don’t know which side of the issue they will defend until they arrive at the tournament, they need to have researched both sides of the issue well.

“A good debater needs to be able to affirm and negate a stance,” Miss Aumiller said.

Team members spend an average of 10 to 12 hours per week doing research and preparing for tournaments.

The key to being a good debater is to refute the opponent’s argument and still be personable and likeable, Miss Aumiller said.

She said when students put in 10 hours of research per week on a

certain issue, their research will be superior and the chances of winning the debate are higher. She also said by the time students are part of the debate team for about a year, their research skills are at the level of a graduate student’s. Most members’ GPAs stay the same or even improve, despite the extra time they spend working on research.

Louretta Landon, a senior creative writing major, was a member of the team last semester. She said a friend of hers needed a partner for debate and took her to one of the team’s meetings.

Louretta said her first thought about the debate team was, “What? The geek squad? No way.” Louretta said after being on the team for a semester, she proudly wore a “debate team member” button on her bag.

“The debate team helped me to become a better impromptu speaker and to think on my feet quickly,” Louretta said.

Having a debate team not only exposes students to other environments, but also exposes other students to Bob Jones University students.

“We are surrounded by schools who know very little about Him,” Miss Aumiller said. “Since we don’t participate in intercollegiate sports, intercollegiate debate is a way to participate in activities with other universities.”



Chara Yorke presents her case at the debate competition last Monday.

Campus News, page 1

Greg Turner, Charis Manka and Crystal Davis will also star in the play.

“This is a cultural experience,” Mr. Adams said. “Students will get to hear the language, and it’s definitely a valuable piece of literature with a good moral.”

For the French production, Mr. Rob Loach will direct the French comedy “Le Villain mier” (“The Peasant Doctor”), by an unknown playwright.

Adam Sculley will play a French king whose daughter (Melody Galvan) is slowly choking to death on a fishbone. The peasant of the title (Caleb Tluchak) is ordered to save the princess’s life after his vengeful wife tells everyone her husband is a great doctor.

Mr. Loach said students will be surprised by how easily they can understand the play, not only through words, but also through the actions and expressions of the actors.

Foundation Brass Concert

The Foundation Brass under the direction of Mr. Paul Jantz will play in concert this evening at 7 p.m. in the War Memorial Chapel.

The concert will begin with a 20th century fanfare, followed by selections from 18th century composers Adson, Handel and Albinoni. In the second half of the concert, the band will play “March for Timpani and Brass,” featuring Mr. Rob Schofield on the timpani. The march will be followed by a brass transcription of “Nimrod” by Elgar, a Romanian folk song motif by Matydas, and John Philip Sousa’s “Washington Post March.”

The Foundation Brass, composed of six members of the BJU brass faculty, plays two concerts on campus each year, one in February and one during Bible Conference week. The group also travels for three weeks each year giving concerts in schools and churches.

Prayer Rally

Pray Without Ceasing is the theme of this semester’s first Mission Prayer Band Prayer Rally on Feb. 23. Women students will meet in Performance Hall, and men students will meet in the Academy Auditorium at 8 p.m. for a time of singing, devotions and prayer. The rally will focus on the Lord’s Prayer from Matthew 6.

“The Prayer Rally will give students an opportunity to fulfill Christ’s command to ‘pray without ceasing,’” MPB Men’s President David Minnick said. “We will praise God through music as we sing the favorite songs of the student body. We encourage everyone to come and join us as we meet this Saturday night.”

The next prayer rally will be in April.

Local church grows, extensions help minister to lost

AIMEE AKAM

More than two years ago, a small group of believers began meeting in a trailer, praying that the Lord would bring revival to the neighborhood. Over the years, that church, Sonpoint Baptist Fellowship, has grown significantly, and today around 15 adults and 20 children attend each Sunday morning.

Susan Glatfelter, a senior elementary education major who is extension leader of the Bible club at Sonpoint, said she praises God for the church’s growth.

“Everything that has happened at Sonpoint Baptist Fellowship has been a miracle from God,”

Susan said. “The Lord has given us revival at Sonpoint. We hope it will spread through campus.”

Sonpoint Baptist Fellowship is pastored by Rev. Samuel Kioko, a senior practical Christian training major from Kenya. Rev. Kioko planted the church and has been instrumental in its growth over the years. After meeting in the trailer for a year and a half, the congregation began meeting in the fellowship hall of Bethuel Baptist Church, which is located on North Pleasantburg Drive. Last semester, Sonpoint Baptist Fellowship combined with Bethuel Baptist Church and became one church.

“(Bethuel Baptist) was actually a very small congregation before,”

Susan said. “They didn’t really think they were going to grow as a church so they wanted to combine with Sonpoint. So far it’s worked out really, really well.”

Four different extension groups currently minister at the church at various times each week. Susan’s Bible club meets every Friday night at 7:15 p.m. The members of the Bible club extension leave campus at 6 p.m. A few of the members go to pick up children who wish to attend. The rest will stay behind to welcome any children who decide to walk to the church. During Bible club, the children eat snacks, play games and learn songs and Scripture verses.

“Our overarching goal is to

give our children the gospel and encourage them to accept Christ,” Susan said.

In addition to Susan’s Bible club, three other extension groups travel to Sonpoint during the week. One extension group teaches Sunday school on Sunday morning, another extension group leads a basketball ministry for teenagers and another ministers during the Sunday night Spanish service.

“So many children have gotten saved as a result of these ministries,” Susan said. “This week with Bible club we’ve seen at least 15 children come to know the Lord. Their lives have been changed because of Christ.”

LIFESTYLE

BJU prepares students to succeed in various fields

AIMEE AKAM

The countdown has begun ... only 72 days left until graduation. As the days fly by, excitement on the campus continues to build. But while eagerly anticipating their diplomas, graduating seniors are also anxiously trying to secure a future job.

Not knowing what the future holds can be somewhat frightening, but students can take comfort in the fact that God is in control and that others who stood in the same place now have successful careers. We randomly selected a number of BJU graduates, and they agreed that they owe their success to the biblical training they received while in college.

Mrs. Eileen Guertler, a 1992 technical writing grad who now works as policy coordinator for the Virginia Department of Criminal Justice, said the disciplined, structured environment of BJU helped her to develop habits that placed her a step ahead in the work world.

"Bob Jones University provides an unusual and unique setting for any student," Mrs. Guertler said. "You have a tight time frame there. You learn to accomplish a lot more in a minimal amount of time. It was a lifestyle at Bob Jones University, and I would encourage any student who is graduating to adopt that lifestyle. Eat well, get up early, go to bed at a decent hour. It will make you a more productive person if you incorporate that."

Mrs. Guertler's job responsibilities include analyzing all legislation coming out of the Virginia state legislature, contacting people who will be affected by legislation and writing a summary of the analysis recommending the governor to support or



Mrs. Luann Whitaker of Hampton Park Christian School teaches her kindergarten class how to draw mittens.

oppose the legislation.

"I like analyzing the legislation," Mrs. Guertler said. "It's fast, relevant research. It gets us in touch with our constituent groups more handily throughout the season."

Before working for the state's criminal justice department, Mrs. Guertler worked for the governor of Virginia drafting correspondence related to Health and Human Services. That job helped her get her foot in the door and enabled her to seek further employment in the Virginia state government.

Over the years, Mrs. Guertler has been able to make her mark in the Virginia state government. Mrs. Guertler said she finds her job rewarding because she can be a witness for the Lord.

"The harvest in state government is really ripe," Guertler said. "It takes individuals to see it as a mission field. It is an opportunity to influence your government for righteousness."

Other grads said they were encouraged to succeed by supportive faculty members. Jon Blair, a 1994 graphic design grad who now works at a software company called INFOR, said the faculty persuaded him to pursue a career in the graphic design field. He had always enjoyed drawing but did not get into graphic design until he was a senior in college.

"There was a time when I didn't know if I was going to make it or not," Mr. Blair said. "They encouraged me to work harder, and I passed my platform. Now my career is in

design."

Mr. Blair now designs INFOR's company website as well as some of the company's brochures.

"I like seeing things from start to finish," Blair said. "I like drawing rough sketches for the website and seeing (the design) developed all the way up until it is launched and up and running. Seeing things to completion is pretty rewarding."

Other grads appreciated the strong educational foundation they received at BJU. Mrs. Luann Whitaker, a 1968 grad who is now the education supervisor for the elementary students of Hampton Park Christian School in Greenville, said the education she received at Bob Jones provided a solid foundation for her teaching career.

"Bob Jones grounded me in God's Word and got me ready to go out into the world," Mrs. Whitaker said.

Mrs. Whitaker taught first grade for many years at Hampton Park and now teaches half-a-day kindergarten in addition to supervising the elementary school. She loves her job and said she does not regret her decision to become a teacher.

"When you know you're (working) for the Lord, it makes it all worthwhile," Mrs. Whitaker said. "And when you see children's lives change, get saved and grow in the Lord, it just makes it really worthwhile."

Mr. Mark Cover, a 1982 accounting grad who is now the executive vice president of an international real estate firm called Hines, said his speech and writing classes helped him to become more successful in the business world.

"(The training I received) made me more able to interface with heads of corporations and heads of banks," Mr. Cover said.

Mr. Cover oversees all of Hines' development and operating business in the Southwestern United States, Mexico and Panama. He worked as an auditor at an accounting firm, Arthur Anderson, before joining the Hines firm.

Mr. Cover advised graduating seniors to found their lives on biblical principles.

"Our Christianity needs to form our life, whatever kind of work we do," Mr. Cover said. "The Bible talks about how as Christ grew; He grew in favor with both God and man. I think that should be the goal of every Christian. As we grow and mature, we would seek God's guidance and help in allowing us to grow in favor with both God and men."

Student workers at M&G monitor artwork, offer information



BJU's Museum & Gallery houses a large collection of art which draws crowds from across the country.

JONNA DAWSON

"It's like you're a forest ranger working at the Grand Canyon. You go to work and see this gorgeous thing, but it's something I have to constantly be reminded (to appreciate)."

That's how Laura Thompson, a senior English education major, describes her job as a Museum & Gallery guard. Laura is one of 40 university students who work in the M&G, serving as a protective presence for paintings and pieces of art.

The M&G "houses one of the most important collections of religious art in America," according to the M&G website (www.bjumg.org). The M&G has become an important part of student life at BJU through events like Living Gallery and classes like

Orientation.

Though simple in nature, being an M&G guard demands constant alertness. Each student worker's post includes three or four galleries that he or she is responsible to monitor and protect. Guards are allowed to study while working if no one is in their galleries, but they must remain vigilant.

"We are the emergency alarm system," Laura said. "When we let ourselves off our guard, that's when it gets dangerous. If these paintings get damaged, it's our fault. You've got Rembrandts, and you're here to protect them."

The tours at the M&G attract a diverse audience from the community. According to Mr. Michael Cohenour, a staff GA, most M&G visitors are not part of BJU campus family.

"They don't see the staff, they see the guards," Mr. Cohenour said. "(Our student workers) are the face of the Museum & Gallery."

Because the guards are reflecting both the M&G and BJU, they must develop confidence to do their job while presenting a pro-

fessional appearance. They must have a basic knowledge about the art pieces and remain alert to protect them.

For Laura, who has been working as a guard for almost two years, working at the M&G is much more than a mere matter of punching a time card and waiting for a paycheck. The intensely cultural atmosphere is a unique benefit.

"I love art," Laura said. "I love being able to step into a different gallery and know I'm stepping into a different time period."

"People come from miles and miles away just to see the Gallery, and (the student workers) get to see it everyday," said Mr. David Basinger, another staff GA at the M&G.

But that benefit, seeing the artwork daily, is also a danger that the guards must be wary of—becoming calloused to the beautiful works of art they are around every day.

"When people come through and 'ooh' and 'aah' over (the art), it really makes me appreciate what we have here," Laura said.

CAMPUS

On the Reel: Cinema and Video Production majors



Photo Story by
Lynda Hendrix

Sixty BJU students are majoring in cinema and video production this year. Freshmen cinema majors learn the basic functions of still, video, and film cameras as well as screenwriting, editing and audio techniques and the philosophies behind the writing and creating of films. An emphasis is placed on developing a Christ-centered focus on filmmaking.

As they progress in their education, cinema majors learn more detailed techniques in film and video production, including post-production sound editing and video editing, and they may opt to take specialized electives such as 3D animation, cinematography, and lighting. As upperclassmen, cinema majors focus on screenwriting and directing their own productions, leading up to their final senior project. After graduation, cinema majors are encouraged to use the techniques they've learned to go into independent filmmaking, missions work or video ministries in their churches.

Starting counterclockwise from top left: Mr. Wade K. Ramsey shows Rebekah Rebert how to properly use a Sekonic light meter; Lydia Halcott practices hot splicing 16mm film; Austin Reddington displays a strip of 16mm film he has successfully spliced; Cyril Mirasol practices sketches in the animation department; the Arri S16 camera is the preferred camera for sophomores to use for their platforms; and Grace Elsner edits part of her sophomore platform using the Avid editing software in the Unusual Films computer lab.

SPORTS

Alpha Razorbacks fend off young Chi Alpha Cavaliers



Chi Alpha's Tony Nelson tips the ball away from Alpha's Ryan Barnett.

BRANDON HODNETT

The Alpha Razorbacks ran all over the Chi Alpha Cavaliers Friday night, improving their record to 6-1 with a 76-55 win.

For Alpha's Jake Trout, the game against the Cavs was all about running. Coming straight from working custodial white glove, Jake ran onto the court and proceeded to control Alpha's high-paced offense.

"Running the ball was the key to winning tonight," he said.

Right off the tip, Alpha's Patrick Gomer sprinted down the court and hit a fade-away bank shot. Taking advantage of Cavalier turnovers, Alpha quickly dashed to a 10-point lead.

During the entire game, the Cavs' shots refused to go in. After an early score and a few foul shots by Kurtis Gilbaugh, the Cavs went cold. Turnovers and missed shots plagued the Cavs, setting up Alpha's transition game from defense to offense.

With 14:36 left in the first half, Alpha's Jake Trout took a defensive rebound and weaved

his way up court, finishing with a layup. A minute later, after several missed putbacks by the Cavs, Patrick Gomer grabbed a rebound, went coast-to-coast and scooped the ball into the basket. Three foul shots by Luke Cuthrell added to Alpha's lead.

A strong point for the Cavs was their presence under the basket. Big men Mark Zockoll, Tony Nelson and Josh Lindsey put up a fight, grabbing rebounds and deflecting shots.

Cavs' center Josh Lindsey was virtually automatic under the basket. He scored 21 points during the game, including 12 in the first half.

Josh's efforts weren't enough to keep the game close, though. The Cavs' defense couldn't find a way to stop the fast breaks of Jake Trout and Patrick Gomer. Tearing straight through the Cavs' defense, Patrick finished the half with a strong layup. At the half, Alpha held a commanding 45-29 lead.

Alpha came out running as soon as the game resumed. The scoring continued with a quick layup from Jake Trout followed

by a Patrick Gomer three-pointer off an inbounds pass. Patrick finished with 16 points.

While the Cavs' outside shots remained off target, Josh Lindsey and the other big men continued to dominate down low. However, turnovers and missed shots kept victory out of the Cavs' reach.

"We forced too many shots," center Mark Zockoll said. "We're a young team, and we made too many freshman mistakes. Some guys really stepped up and tried to carry us through, but it wasn't enough."

After Cavs' guard Scott Heath hit a buzzer beater (the Cavs' only three-pointer of the game), the game ended 76-55 Alpha.

Wade Hampton MUFFLER
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Cardinals remain undefeated in overtime match against Bear Cubs



Cardinal Cherith Douglass and Bear Cub Lindsey Brenneman both attack the ball in the match Friday.

HEATHER HELM

The Beta Epsilon Cardinals beat the Beta Chi Bear Cubs just minutes into overtime on Friday night.

The rival teams each entered the game with great intensity and played hard. "Our forwards and midfielders worked together, and both our defense and offense did a great job at meeting the ball and staying with it all the way," Cardinals' Jess Weckel said. The Bear Cubs' defense was relentless, but it was no match for the Cardinals' footwork, passing and communication. Jess said, "Our team has really come together this year and we are pumped about the playoffs."

Beta Chi's Emily VanHouten commented, "The game was definitely the most aggressive game we have played all season. We really struggled to move the ball like we wanted to

and had our usual problem of pulling the trigger on the shots."

In the first half, Cardinals' Shelly Barclay and Katie Gibson both had solid opportunities to score but could not overcome Beta Chi's defense.

Cardinal Bobbi Frank finally overcame the opposition when Beta Chi's goalie stepped out too far, leaving the goal open for a clear shot on the net.

After half time, both teams played with even more fervor, and the entire second half proved to be even more stringent than the first. Right at the beginning, Cardinals' Bobbi Frank took a perfectly placed shot as the crowd gasped, but the ball was saved by Beta Chi goalie Alaina Rogers.

During the last minute of the game, Bear Cubs' Emily VanHouten came through in the clutch as she dribbled the ball past defenders and

shot the ball into the left corner of the net. The teams then battled it out in sudden-death overtime.

"We came out ready for a good game, expecting Beta Chi to be some of our best competition of the season," Cardinal Katie Gibson said. "Our defense held them off as long as we could until the Bear Cubs tied up the score 1-1."

Just minutes into the overtime period, Cardinal Cherith Douglass received the ball at the top of the 18, crossed over the defender and finished with a hard low shot into the goal. This sealed the game with the Cardinals' 2-1 victory.

Beta Chi's Vanessa Vonderharr remained positive and said, "I'm very proud of the effort and fight my team put up. I think this game just goes to show that come playoff time, we'll definitely have some nail-biting games to see."

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SPORTS

Beta remains undefeated after Lions' strong charge

ANDREW HARROD

In a possible NL championship matchup, the Alpha Omega Lions met the undefeated Beta Gamma Patriots in Saturday night basketball action.

Society supporters flooded the Davis Field House for the game, forcing the field house staff to open additional bleachers. The crowd buzzed with excitement as the tip approached. The game could be characterized by one word: intensity.

Throughout the first half, both teams exchanged points. Beta's Ben Fetterolf played well down low. Ben had 15 points during the first half, and he helped rack up fouls against Omega with his aggressive play on the boards. Omega's Zach Roschi countered for his team, scoring 12 points in the first half.

Leading his team with 17 points in the half, Beta's Keith Rogers made a majority of his points from the charity stripe, making nine of his 11 foul shots. Beta had 19 foul shots in the first half, which was a result of Omega's 16 first-half fouls.

Foul trouble hurt Omega, and Omega's Dan Gray said, "When we were in foul trouble, it really hurt our intensity and ability to play in-your-face defense. As a player when you know you have a lot of fouls, you can't go after loose balls

or rebounds like you could if you didn't have those fouls."

Despite being outscored from the foul line 17-5, Omega managed to hang in the game by making eight 3-pointers. Omega's Dan Gray led the long-ranged charge with three 3-pointers and 10 points. Going into halftime, Omega held a two point advantage with the scoreboard reading 45-43.

The game's intensity grew during the second half. Although no one player on Omega stood out in the second half, Zach Roschi performed consistently, adding seven points to lead all Omega scorers with 19 points. Dan Gray was kept scoreless in the second half, and among Omega's scorers in the second half, none had more than seven points. Also, Omega made only three 3-pointers compared to their eight in the first half. Beta's big men dominated Omega on the boards.

Talking about his team's lack of defense and rebounding, Dan Gray said, "We did not play good defense at all the entire game, and we did not box out well."

For Beta, Ben Fetterolf continued his outstanding play. Ben added 16 points to lead all scorers with a game high of 31 points. Praising his teammates, Ben said, "Any time I scored, it was because someone on my team set a good screen or made a good pass for me



Omega's Dave Gray drives the lane past Jon Grant and Ben Fetterolf.

to score an easy layup. Most of my points came from directly under the basket. My team did a great job getting me the ball when I was in good position."

Working the post, Beta's Brett Smith contributed nine points to finish with 12 points for the game. In spite of showing obvious frustration, Keith Rogers still reached double digit points in the half. Keith finished with 27 points.

With seven minutes remaining in the game, no team had managed to take control, but Omega was beginning to show clear signs of frustration. With 3:52 remaining, Beta went up six points, and they never looked back.

Throughout the season Omega has used the full court press quite often, but Omega's coach Curtis Taylor elected not to press. Omega was unable to force turnovers, and the usually intense Lions showed no urgency in the final minutes. Beta walked away with the victory by a score of 84-71. Even though Beta pulled off the victory, the Patriots did not look impressive. Beta struggled to find their usual rhythm.

Beta players like Jon Grant, Micah Wright, and Austin Reddington had lackluster performances, combining for a total of only three points in the game.

Although you would not be able to tell from the final score, the game was exciting to watch, and it came down to the very last minutes. Omega will most likely get their desired rematch with Beta in the NL Championship game.



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Beta Chi claims water polo gold

SARAH DERSCH

While many on campus were still catching some Z's last Saturday morning, the Beta Chi Bear Cubs and the Pi Delta Classics battled in the pool for water polo championship. The Bear Cubs pulled away in the second half for a 6-2 win.

Inner tube water polo rules seem simple enough. Don't touch the pool floor. Hang on to the inner tube. Don't touch opponents who don't have the ball, but tackle the one girl who does.

"When you want the ball, you've got to do whatever it takes to get it," Beta Chi's goalie Chelsea Thomas said. "We're allowed to tackle or knock people off of their tubes. We left with bruises, scratches and even a few broken nails."

Beta Chi's Courtney Shorter also added, "The girl I was guarding was much stronger than I and very competitive. I basically ended up attacking her and stole the ball back, but I got a bloody nose."

The Bear Cubs took over a dozen shots at the Classics' goal in the first half. The Classics' goalie Emily Miller blocked all shots but two by Courtney Daniel and Emily VanHouten. Laura Osborne scored both goals for the Classics in the first half.

The score was 2-2 at the half.

"The Classics knew what they were doing. We realized that we had to get around their defense somehow," Chelsea Thomas said.

Both teams stepped up the defense in the second half, but the Bear Cubs' aggressiveness shut down the Classics' passing game. Beta Chi's Courtney Daniel scored three close-range goals, and teammate Emily VanHouten scored one. The Classics' Laura Osborne threw

a last-minute shot past Chelsea Thomas, but the ball bounced off the goal post.

"This was our most physical we've played all season," Beta Chi's Kara Potts said. "But we were in this to win. We worked together as a team and succeeded."

"Playing water polo is really fun and is a great workout," teammate Courtney Daniel said. "I wish the season could be longer."



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CAMPUS

Nutrition, page 1

a disservice. At least eat something nutritious to tide you over and give your body some energy. Even if you say, 'I'm going to skip dinner and work,' your brain cells aren't going to have the energy to think."

Skipping meals leads to perhaps the third and most common deadly sin—not eating a balanced diet. Those students who do eat something to tide them over often eat unhealthy foods like Ramen noodles, Pop-Tarts and Doritos.

Even if students do not have a lot of time to eat, stocking up at the store on some healthier foods can greatly improve both diet and health. Fresh fruit is better than juice or canned fruit. Baked food is better than fried. Whole wheat crackers are better than chips. If students must have their quick Ramen-style fix of the day, Miss Karasek recommended replacing the high-sodium Ramen with the healthier choice of oatmeal.

"Read the labels. (You) need to compare," Mrs. Turner said. "Just because the box says 'whole grain' or 'baked' doesn't mean it's healthier for you. You have to read the nutrition information, look at the calories, the fat grams, the serving size."

Students should not live on too many quick meals, or they will commit the fourth deadly sin, which is just that, eating too quickly. People who eat too quickly tend to eat too much.

"It takes about 15 to 20 minutes for your brain to register that you're full," Miss Karasek said. "Eat until you're satisfied, not until you're completely full and bulging."

The last deadly sin for students is not getting enough variety. According to Miss Karasek, women tend to not get enough calcium, while men tend to eat too much junk food. Students should eat fruits and vegetables daily. To find out how many servings they need, students can access the U.S. Department of Agriculture's website (www.mypyramid.gov) to learn how to structure their individual diet.

And, yes, the dining common can help. The buffet style meals at the dining common give students many choices and allow them to customize their meals to fit their needs.



The salad bars in the dining common offer a variety of vegetables.

"For example, they have a choice between the iceberg lettuce and the spinach," said Mrs. Turner, a nutrition teacher. "Go with the spinach. You're getting more vitamins and minerals with the spinach than you would with the iceberg. That's mostly water and roughage."

The dining common might not provide food as tasty as, say, a sit-down restaurant. But that's not the goal, said Mrs. Becka Loach, the menu-planner and dietary adviser at the dining common.

"We're not a restaurant, and I don't want us to be a restaurant," she said. "We try to make it healthful, not overly rich. We try to make it tasty but not laden with fat."

Students concerned about nutrition at the dining common can look up nutrition facts and serving sizes for each meal on the intranet by clicking the "Dining Common Menu" link on the homepage, and then clicking the "Weekly Nutrition Information" link.

Those bored with dining common food should try making new combinations at the salad bar and rice bar, Mrs. Loach said. She also said that the dining common reviews suggestions weekly and experiments with new recipes over the summer.

"College is about learning things," she said. "A part of learning is learning to eat new things."

UBA, page 1

The only eligibility requirement: a \$20 annual membership fee.

"I joined the UBA because of

the Golf Tournament, honestly," said Keith Rogers, a senior marketing management major and current president of UBA. "But I have since seen the importance of being involved in it. It has helped me rub shoulders with successful men in my fields of interest and learn from them."

Besides networking opportunities, the UBA provides many other chances to experience the business world up close. Christian business leaders speak at forums hosted by the organization, giving students the chance to interact with successful businessmen and women.

"I feel that through the speakers I have been able to gain clearer understanding of the big picture of the business world today even though I am still in school," said Heidi Schmid, a senior human resources development major and member of the UBA Executive Council.

The UBA also sponsors an annual trip to New York and Washington, D.C. Aaron Dresdow, a member of this year's planning committee, said the trip will include corporate tours, sightseeing and a Broadway show in New York, and tours of the Pentagon and Capitol in Washington. The trip is scheduled for April 7–13.

The UBA will host a panel discussion on "Biblical Approaches to Social Issues in the Workplace" at the next forum. Students will submit questions and learn from people with decades of experience in the business world how to handle situations such as office parties, Dr. White said. The forum will be held on Feb. 25 at 6 p.m. in the Faculty Room.

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