

the COLLEGLIAN

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Faculty, staff and students will take time out of their busy schedules Wednesday to focus on a Day of Prayer.

Day of Prayer

With a month of school under their belts, BJU students have settled into a routine that demands they map their days by the minute—classes, work schedules, sports, social lives—so much to do, so little time.

BY BRENNIA SMITH

Many students admit that time spent with God in prayer is one of the first things they neglect when life gets busy.

The approach of this year's Day of Prayer on Wednesday, Oct. 1, encourages students to examine their priorities and the role of prayer in their lives.

WHY DON'T WE PRAY?

Mr. Jason Ormiston, a member of the Bible faculty, offered this explanation for why we don't pray. "[We don't view prayer as important] because we lack an understanding of our utter dependence on God," he said. "We do a lot, trying to be good, but if we are not praying, we are not acknowledging that we cannot do anything apart from God."

» Day of Prayer p. 8

CAMPUS NEWS

CHURCH MUSIC SEMINAR

Violinist Jonathan Albright, who has traveled with the Steve Pettit Evangelistic Team, will speak at this year's Church Music Seminar today and tomorrow. Church music majors are required to attend the sessions in Fine Arts 101 at 7 p.m. tonight and 9 a.m. tomorrow. Dr. Royce Short and Mr. Jason Ormiston will also speak.

PMA FORUM

Dr. Paul Catalana, associate dean of medical education at the USC School of Medicine, will speak Sept. 30 at the PMA Forum concerning admissions and application to medical school. Students with an interest in medical school should attend the 7 p.m. meeting in Science 137.

Student Body

Mix of video, skits, singing and challenge to focus on hypocrisy

DAN GASS

Students expecting to see the typical first Student Body program of the semester will be greatly surprised today.

"We're going to do some-

thing out of the normal, get people outside themselves, get the whole student body outside the box a bit," said Josh Kaighen, men's president for



(From left) Cyril Mirasol and Mark Egerdahl plan out their skit for this Friday's Student Body video presentation.

the Student Body Council.

Representatives from the Student Body Council did not directly mention how the program would begin but did say that it would involve singing.

After the singing, the program will feature skits and a video performed by various members of the student body. The video will be followed by some special music, and then

Josh will give a challenge.

While the program will begin and progress atypically, the program's theme will deal with a typical problem: hypocrisy.

"A lot of people tend to put on these faces," said Alyssa Gomez, the women's president of the Student Body Council. "We talked at the beginning of the year about how students, whether as a group of friends or individuals, care about how other people see them. Something that's going to be the underlying theme [in the program] is basically your image that you portray to other people."

Often Student Body programs do not carry a continuous theme throughout, but everything in this program will work together to demonstrate the theme.

"Josh and Alyssa both wanted to have a program that was themed, and they wanted

» Student Body p. 8



**The Big Dig:
BJU Students
Get Involved**

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**How to Avoid the
Freshman 15**

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Friday		Saturday		Sunday	
High 68°	Low 60°	High 75°	Low 60°	High 79°	Low 60°
chance of precip. 40%		chance of precip. 30%		chance of precip. 20%	

OPINION

the COLLEGIAN

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People can trust God in spite of gas price inflation

Rising gas prices are both outraging Americans and leaving them wondering what the solution is.

As prices continue to fluctuate based on global supply, consumer demand, the political race for the presidency and natural disasters, several options exist:

On the surface, Americans can dig deeper into their pockets and deal with unstable gas prices, or they can limit their use of gasoline as much as possible by carpooling or using other means of commuting.

Americans can also push for the long-term options of drilling in ANWR and off the shores of the U.S. and searching for alternative energies that the American economy can someday shift its dependence to.

While both options have their supporters, most Americans appear to have come to realize that the answer may be a hybrid of the two—drilling to relieve the struggling U.S. economy while searching for alternative energies to support the U.S. in the future.

Yet Americans are left to come to grips with the prices they currently pay at the pump until some decision is made. Remembering that just last year prices were substantially lower, Americans can blame politicians or large oil cartels for their price gouging, resulting in out-of-control prices at the pump.

But for those Americans who are able to take their eyes off their own situation for a brief moment and look abroad, they may gain a little perspective. In Europe, many are still paying double what Americans pay or more—a reality that's been in place for years. And if that's not enough, U.S. gasoline prices were actually on the decline until hurricanes Ike and Gustav rattled the economy.

In reality, drilling, developing alternative energies and conserving the energy that is available are probably all necessary. Additionally, Americans can look to God for answers and remember that He is in control—and this situation is something they can take comfort in.

There's no way that man can control the economy, no matter what type of stimulus package or synthetic fuel he may implement. But God doesn't expect him to.

Rather than consulting their own finite minds for answers to the economic problems they are facing now, Christian Americans need to appeal to God to guide their decision-making, rather than confiding in their own ingenuity and intellect.

Although it's man that ultimately makes these decisions, if God is the driving force in what choices are made, man can rely on God for the correct outcome.



SARAH DERSCH

Each year as the Day of Prayer approaches, I ask myself the same questions. What makes praying so hard for me? Why do I worry about circumstances in my life after I commit them to God?

I've learned that the answers reflect my personal view of God—my belief system, my personal theology.

Theology becomes personal to me when I take the facts that I know about God and apply them to my heart. Once a truth about Him becomes a reality in my heart, God begins changing my mindset. The result is tangible fruit. The process takes my head knowledge and transforms it into true faith.

For example, I've known in my mind for years that God is omnipresent. But I never let that truth about God affect my life. One day I realized that if I truly believed what I already knew about His omnipresence, my daily habits, speech and actions would be dramatically different. Since then I have searched the Word of God for

tangible evidence of God's omnipresence, and—just as He promises—the Word renewed my mind, and this basic attribute of God became a personal reality.

Back to prayer.

Whenever I neglect prayer, the question I should ask myself is: What truth about God am I not believing that keeps me from praying?

The answer could vary, depending on my motives for neglect.

Perhaps in reality:

I do not believe He will answer.

I do not believe He is good.

I do not believe He cares.

I do not believe prayer is important to Him.

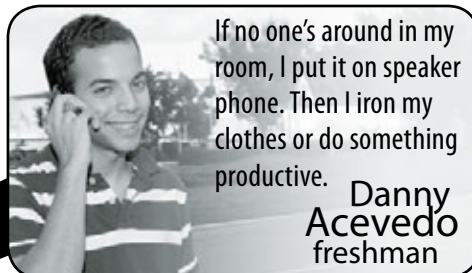
I do not believe I need Him.

After I determine what my underlying belief is, the next question I should ask is: Why do I believe this?

Maybe I have unconfessed sin in my life. Or maybe I do not truly understand the relationship Jesus had with His Father during His earthly ministry. Any answers to the "why" question point to a lack of belief, or true faith.

So the final question is: What is the source of true faith?

The final answer: not knowing facts about God, but knowing God Himself. I can only know God by communicating with Him. He talks to me through the Word, and I respond in prayer. As the relationship deepens, so does my faith. My theology becomes a reality.



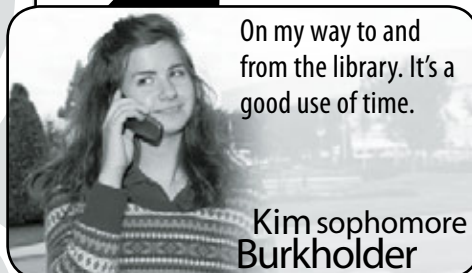
If no one's around in my room, I put it on speaker phone. Then I iron my clothes or do something productive.

Danny Acevedo
freshman



In my bed—I like to be comfortable.

Becky Kinkaid
GA



On my way to and from the library. It's a good use of time.

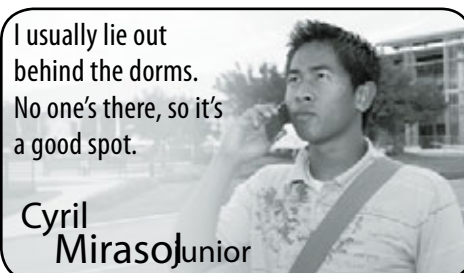
Kim Burkholder
sophomore

Where do you usually talk on the phone?



The vacuum closet in the hallway. I can talk out loud and not bother anyone.

Lindsey Dickson
sophomore



I usually lie out behind the dorms. No one's there, so it's a good spot.

Cyril Miraso
junior

talk
back

PHOTOS BY LYNDY HENDRIX

Ministry Market offers in-house job opportunities

JOSHUA PRIVETT

Prospective graduates can scope out future careers and network with representatives from university departments Tuesday at the BJU Ministry Market. All students are invited to stop by between 12:30 and 4:15 p.m. in the Riley Reception Room.

An in-house job fair, the Ministry Market provides students opportunities to window-shop for graduate assistantships or staff positions with most major campus departments. Mrs. Sheryl Kane, GA coordinator for BJU's Human Resources department, described the Ministry Market as an excellent source for students still thinking over their interests and future plans.

"The Ministry Market is the best way for the students to make contacts and network with representatives across the departments, so they can see what they might be interested in for future ministry," Mrs. Kane said. "We are specifically looking for [GAs and staff members] who are ministry-minded with a servant's heart—people who desire to challenge and mentor undergrad students toward Christlikeness."

New features of the Ministry Market this year include a graduate school advising station for seniors unsure of their future educational plans, an online graduate assistantship application for seniors unable to attend the Ministry Market and an Alumni Association booth.

CareerCentral, last year's

highlight from Career Services, remains a significant asset for job-hunting students. Located under the "Life at BJU" tab on the BJU intranet home page or on the sidebar of www.bju.edu, the online job database and placement service provides students the option of searching for specific jobs as well as submitting résumés to prospective employers.

"It's a prime spot to find current, up-to-date job postings and descriptions," said Dr. Steve Buckley, manager of Career Services.

Many staff members and GAs attest to the importance of the Ministry Market in securing their current jobs.

"It was a good chance to meet other people in the [admissions] department and meet the supervisor who does the hiring," said Thomas Sneed, a GA in the admissions department. "They see you in person, and you get to tell them who you are before they read your résumé."

Emily Lovely, a GA at Guest Services, agrees that the Ministry Market not only helped her get her job, but also continues to be a valuable asset.

"Altogether, I think there were six or seven different GA job opportunities that I had from the Ministry Market," she said. "I ended up with contacts all over campus, and that helps with my job at [Guest Services]."

Students can effectively plan

Departments with job openings:

ANCILLARY SERVICES

Bellis Copy Center
Campus Store
Child Development Center
Cleaners
Dining Common
Guest Services
Hospital
Snack Shop
Student Recruitment Office

FACILITIES MANAGEMENT

Operations & Services
Projects
Projects Design
Utilities
University Maintenance

FINANCIAL

Business Office

PUBLISHING

BJU PRESS

Customer Service
Distance Learning Production
Distribution Center
Educator's Marketplace
Printing Division
Product Development
SoundForth
BJU Press Testing and Evaluation

INFORMATION TECHNOLOGY

IT Help Desk
IT Telecommunications

STUDENT LIFE

Dean of Men's Office
Dean of Women's Office
Social Events

ACADEMIC

University Divisions and Departments
School of Applied Studies
Academy
Admissions
Costume Department
Elementary School
Extended Education
Junior High
Library
Media Center
Ministry Resource Center
Photo Studio
Stage

BJU MUSEUM & GALLERY

COMMUNICATIONS

Creative Services

BJU MINISTRY MARKET 2008

COURTESY OF PHOTO STUDIO

their approach and target desired departments by previewing the Ministry Market booklet that will be available on the intranet prior to the event. Also, seniors will soon receive the necessary applications in the mail to apply for graduate work.

Underclassmen are encouraged to attend the Ministry Market and begin the networking process that will prove essential

to securing a future job.

"Younger students will be able to see what on-campus ministry opportunities are available, which might help them as they sort out their major or minor," Dr. Buckley said. "As a younger student begins to identify with some of these unique opportunities, it makes taking certain courses much more motivating."

Emily Lovely said she understands that students might not attend the Ministry Market if they feel unsure that they are called to work at BJU.

"Students should definitely go to the Ministry Market, whether or not they think that the Lord has called them [to work] here at BJU," she said. "You never know where the Lord will lead you."

ISRAELI PRIME MINISTER RESIGNS

Israeli Prime Minister Ehud Olmert officially resigned Sept. 21 due to several corruption cases against him concerning the Lebanon war. He will remain in office until a successor is chosen.

CHINA SEEKS TO CONTAIN DAIRY CRISIS

China is trying to prevent the further spread of tainted milk that has caused more than 50,000 cases of illness, including many infants. The scandal has led to the arrest of government and dairy company officials and a recall on all Chinese dairy products.

NEW YORK STADIUM RETIRED

Yankee Stadium, one of baseball's most hallowed landmarks, was retired Sept. 21 after 85 years of service. The Yankees will begin next season in a new \$1.3 billion facility located across the street.



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Hair and humidity: fighting the frizz

AMANDA SAGER

Women students unaccustomed to South Carolina's humidity may feel as if they are fighting a losing battle when it comes to taming rebellious hair. Lucky for them, a few fresh ideas may be all that's needed in order to provide hope for hair that fights back.

Unruly hair does not have to rule a woman's life. Here are several styling strategies that several of BJU's cosmetology experts have shared that can

centuate the positive in your hair," said cosmetology faculty member Mrs. Kelly Biondo.

BLOW-DRYING

Next on the agenda is how to style hair each day. Rinsing hair with cold water is a great preparatory step to blow-drying and achieving a sleek, frizz-free style. Sophomore cosmetology student Megan Diez said doing this will close

the cuticles in hair, making it shinier.

Towel or air-dry hair first before blow-drying. "Blow-drying hair when

[hair] is soaking wet is really a waste of energy," Mrs. Biondo said.

When beginning to blow-dry, angle the hairdryer so that the hot air is blowing down, close to the cuticle.

To beat humidity's negative effects, always blow-dry the hair in small sections, and remember to dry the roots of the hair for an added lift. This

"I have really curly hair and have struggled with learning 'frizz' control. Usually bad weather loosens my curls, and I have volume galore to deal with."

— Tiffany Trometer, junior

technique ensures that the hair is completely dry and more manageable for styling.

Raechel recommends using a diffuser on curly hair or letting it air-dry, since using a



LYNDA HENDRIX AND GREG SCHMIDT

Humidity hanging in the air can mean the difference between a good hair day and a hair disaster for many women.

hair dryer can make curly hair frizzy.

Once the hair is dry, finish by applying a small amount of anti-frizz serum to help keep both curly and straight hair under control.

STYLING PRODUCTS

Standing in the styling products aisle can be a daunting task if something doesn't jump right off the shelf. It's smart to invest in a good mousse, hairspray or anti-frizz conditioner, since each of these can minimize humidity's undesirable effects. Megan also recommended shine spray, straightening spray, hair serum and leave-in conditioner as good choices.

Try these products to combat frizz, but use them in small amounts to avoid excessive buildup on the hair.

"There are a lot of good products for frizzy hair—products that retain moisture and control frizz," Mrs. Biondo said.

"You don't have to use really expensive things as long as you use the right products for your hair type," Megan said.

STYLING TIPS

Hair care products do nothing if used improperly.

Mousse can lend an added wave or curl to most frizz-prone hair. It's gentle, non-drying and also looks natural. Apply mousse

should appreciate their curls and encourage them," Mrs. Biondo said. Rather than straightening curly hair, which is very inclined to frizzing, try wearing hair naturally on a humid day.

STYLING ACCESSORIES

Once hair is in working order—or on those days when it just won't cooperate—accessories can add flair to a look or mask a potentially bad hair day.

Raechel recommended pulling hair up and away from the face to help eliminate the puffy, shapeless appearance that hair often takes on in humid weather. Experiment with various accessories such as hairclips and headbands to camouflage frizz and to achieve a polished look.

Follow these styling tips for

"I actually don't mind the humidity; it just seems to make my hair curlier—perfect when I actually intended to wear my hair curly, and not so perfect when it was supposed to be straight."

—Sarah Hart, sophomore

to wet hair, blow-dry to reduce excess moisture and then curl.

"The mousse keeps hair together," Raechel said. "It's great because it is light and controls fly-aways." Using mousse while hair is still wet or damp is key, though, she added.

A light crème is also a good choice, Megan said. It can help keep hair shiny and frizz-free.

And another tip: "Do not use gel. It will have a crunchy effect on hair," Megan said.

"People with curly hair

help "fight the frizz" even on the worst of days.

CUTS

When it comes to taming frizz, begin with the basics—first of all, women need to consider their cut. To reduce frizz and keep a nice shape to your hair, try a good haircut with layers. "Layers help to eliminate bulk," junior cosmetology management major Raechel Proffitt said.

Also consider asking for texturizing. It is another helpful technique that an experienced hairstylist can use to thin hair from underneath using shears or a razor.

Discuss your hair's capabilities with a stylist to prevent potentially bad cuts. "Ac-

Cosmetology Experts Suggest

- Redken Smooth Down Anti-frizz Conditioner
- John Frieda Frizz-Ease Straightening Spray
- Sunsilk Humidity Resistant Hairspray
- Sunsilk Captivating Curls Products
- Redken Frizz-fighting Conditioner
- Redken High Humidity Hairspray
- Aussie Flexible Hold Hairspray
- John Frieda Hair Serum

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Some students may have to do a double take when they run across the CSC logo this year. The Community Relations Council has been renamed the Community Service Council, and the logo has been redesigned to reflect that change.

"Community Relations Council sounds more like we're trying to relate to the community

and not necessarily serve the community," Mr. Kasey McClure, lead coordinator of student organizations, said. "We believe that Community Service Council more accurately portrays the goal of the organization, which is to serve the community."

Mr. McClure said the CSC strives to bring all volunteer-oriented events from throughout the community under one organization, allowing both residence hall and day students to invest in the community, whether they live here nine months out of the year or year-round.

What kid wouldn't want to climb into a giant bulldozer and move a ton of dirt around?

At the second annual Subway Big Dig Saturday, Sept. 20, kids of all ages had the opportunity to explore hands-on a construction site theme park in the Greenville area. The proceeds of the volunteer-run activity benefited Goodwill Charities.

Held from 1 to 4 p.m., the Big Dig brought children from the local community and their families together, letting them experience large machinery from different lines of construction work firsthand.

The Community Service Council (CSC) responded to the need for volunteers by sending more than 100 BJU students to help with the event. Students assumed roles wherever needed to make the event run as smoothly and safely as possible.

While some students directed traffic in the parking areas, others supervised crafts, facilities, games and refreshments. Many of the remaining volunteers assisted in the equipment pens where companies had practically every imaginable construction vehicle available for kids to ride. Volunteers took the \$5 ride tickets and safely directed the children to the equipment, helping them on and off as needed.



SUMMIT DRIVE ELEMENTARY SCHOOL FALL FESTIVAL

When: Friday, Oct. 3, 4:30-8:30 p.m.

Description: Thirty volunteers are needed to work carnival booths, face paint and play lots of games with the kids!

BACK TO NATURE

When: Saturday, Oct. 18, 10 a.m.-4 p.m.

Description: Twenty-five volunteers are needed for the Back to Nature Family Fall Festival at Pleasant Ridge Park, an event that will include children's nature crafts, concessions, vendors and lake activities. Volunteers will assist with the organization and operation of the events, direct participants and serve refreshments.

ENCHANTED TRACKS

When: Thursday-Saturday, Oct. 23-25

Description: Sixty volunteers are needed each day for Enchanted Tracks, an event sponsored by the Greenville County Recreation Department for children in the Greenville/Spartanburg community. Volunteers will have the opportunity to interact with children by operating games and rides, as well as performing a fairy tale story.

CSC BLOOD DRIVE

When: Monday-Friday, Oct. 27-31, 12-7 p.m.

Description: BJU students will assist the Blood Connection by advertising and recruiting students to donate blood. During the blood drive, volunteers will staff information booths and handle paperwork. Additionally, anyone over 17 and in good health is encouraged to donate.

Upcoming CSC Events



SPORTS & HEALTH

Former champs compete for another Turkey Bowl run

Omega and Phi Beta tie

ANDREW HARROD

National League rivals, Alpha Omega Delta and Phi Beta Chi, began their regular season schedules in a battle last Friday. After 80 minutes of play, the match ended in a 1-1 tie.

Phi Beta attacked early and earned some quality scoring chances. One Bulldog scoring chance came just eight minutes into the game. Striker Jordan Moody blasted a shot toward the goal that appeared to be going wide, but midfielder Matt Partin came sliding across the goalmouth almost putting Phi Beta on the scoreboard. Both teams played physically the first half to maintain possession of the ball.

Omega started the second half strong. The Lions' pass completion percentage rose significantly, and they began moving the ball throughout the midfield. Omega midfielder Justin Almas broke the deadlock nine minutes into the half with a goal off a diving header. The beautiful goal and 1-0 lead energized the Omega crowd.

Phi Beta picked up its play after the goal. A series of scoring chances from Jordan Fretz and Chris Arthurs left Phi Beta trailing. With 12 minutes remaining, Jordan Moody made a run through the Lions' defense. Jordan's ensuing shot slid off the hands of Omega freshman goalkeeper Michael Rogers, and Joshua Abu put the ball into the open net. The score remained tied the rest of the game and into overtime.



Omega's Curtis Taylor and Phi Beta's Joshua Abu chase the ball.

ALPHA PULLS WIN OVER Z

KENNETH JOHNSON

The Zeta Chi Tornadoes attempted 20 shots on goal Saturday night against the returning champions, the Alpha Theta Razorbacks. However, the Razorbacks denied 19 of those shots and won 3-1.

The loss of 11 seniors last year has given Alpha a

new look on the field.

"We are a new team with young players who have little experience on this level, but they are adjusting well," Alpha's Damian Petrykevych said.

The Tornadoes also bring a fresh team to the field with freshmen and returning upperclassmen. The team created offensive attacks and accurate shots.

Zeta Chi's Rob Shumate finally scored early in the second half. Robert's rocket from 25 yards sailed past the keeper's left side into the upper corner. The Tornadoes had finally gotten their break.

Six minutes later, Z's keeper rushed out to cut off an attack as David Harry delivered a pass to Forrest Berry for a goal.

A penalty kick save from Z's keeper Bryan McClintock gave Z a chance to strike back. Robert Shumate attempted another long distance shot. Amazingly, the ball pinged off the crossbar and out of the net.

With less than three minutes in the game, a penalty kick from Alpha's Michael Ward and a goal by Andrew Miller sealed the victory for the Razorbacks.



Phi Beta's Matt Partin and Omega's Harrison Musselman fight for ball possession.

Popular indoor facilities provide students many exercise opportunities

MELISSA AFABLE

WOMEN'S FITNESS CENTER AND AEROBICS ROOM

The Women's Fitness Center (WFC) is located on the first floor of the Davis Field House. This popular DFH service is fully equipped with treadmills, elliptical machines and weight-training equipment, as well as some lesser-known amenities, such as a stair machine and spa.

According to DFH hostess Jessa Pierson, a number of students do not take advantage of the fitness resources that are available to them. "Only a small percentage of the student population works out in the fitness center on a regular basis," Jessa said.

The most popular machines in the WFC are the elliptical and treadmill machines. Evenings are the busiest times. To avoid the nighttime rush, DFH hostess Krista Ruse advises students to call the WFC ahead of time to reserve a time for the machine of choice.

A definite advantage of the fitness center on campus is accessibility. Sophomore Laura Sawtelle visits the fitness center about three times a week. "I like how [the fitness center] is conveniently located to the dorms," Laura said. "It's a lot closer than the gym back home."

Next to the WFC is the aerobics room. A variety of TOP classes such as aerobics and kick-boxing meet in the aerobics room during reserved times. Students interested in a TOP class should contact the Office of Extended Education for more information.

INDOOR TRACK

The DFH's indoor track sits two floors above the main basketball court. The track hugs the side of the DFH and provides an inside view of the basketball courts and an outside view of the soccer fields.

Although the DFH has an outdoor track, the convenience of an indoor track becomes apparent during Greenville's often erratic weather. Senior Eric Allamon said that he appreciates the handiness of an indoor track. "When it's really hot, you can just run inside," he said. Eric also appreciates the fact that there is always something going on in the DFH. "There is lots to watch around here while running," he said.

An often mistaken fact about the DFH track is the number of laps that make a mile. DFH hostess Jessa Pierson sheds some light on the matter. "Many students think that seven laps equal a mile, but it's actually seven and a half," she said.

A flurry of activity usually characterizes the indoor track during the evenings. Senior Josh Primm visits the track six

times a week and said he

favors running in the afternoon best. "It's normally not as busy then," he said.

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SWIMMING POOL

The swimming pool is located along the southern end of the DFH. Students entering from the main entrance can find the pool on the first floor just beyond the basketball courts. The pool is three feet at its shallowest end and 10 feet at its deepest end.

The two swimming modes offered at the pool are lap swim and open swim. During lap swim, lanes are set up and swimmers can swim back and forth only in their lanes. For open swim, the lanes are taken down, and swimmers can roam free around the pool.

Since the pool is treated with a saline system instead of a chlorine system, eye irritation and damaged hair are less likely to result from a swim. "Saline is better for your skin and doesn't wear out swimsuits as fast [as chlorine pools do]," DFH lifeguard Danielle Stanton said. Danielle visits the pool three times a week outside of work. "I love the DFH," she said. "It's my second home."

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Tri Ep and Pi Delta add victories

HEATHER HELM

The Tri Epsilon Pirates defeated the Chi Kappa Dragons in two sets on Friday night. The score stayed close throughout the first game but ended with a Pirate victory 25-17. Dragon Sarah Bartlett had an amazing spike, but the ball was saved by Pirate Paige Payne. Payne racked up the points with her ace serves and consistent hitting.

The Pirates came back with a 25-13 win in the second set, working well together as a team through good communication.

According to the Dragons' Sarah Bartlett, winning isn't everything. "A lot of our team is about encouragement, so even if we don't win, we still come out on top," Sarah said.

Paige Payne said the key to the Pirates' success is everyone getting into the game and working well together as a team.

SARAH DERSCH

Pi Delta Chi kept its undefeated title from last season with a two-set win over the Nu Alpha Phi Flames, 25-15 and 25-22.

The Classics return this season with a nearly identical starting roster from last year. The team hopes for a repeat championship title, though another match against the Flames in the playoffs seems inevitable.

Player Stats

CLASSICS

Jamie Jeffcott	8 kills
Alyssa Woodhall	4 aces
Kelsie Heusinger	3 aces

FLAMES

Erin Twedell	7 kills
Tamra Jones	6 kills



AUDREY KROENING

Sophomore Paige Payne tips the ball over the net to add another Pirate point.

TOP 10	men	Alpha	Beta	Basilean	Omega	Phi Beta	Zeta Chi	Pi Kappa	Sigma	Pi Gamma	Chi Alpha
	women	Pi Delta	Beta Ep	Nu Alpha	Theta Sig	Tri Ep	Alpha Gamma	Theta Delta	Beta Chi	Zoe Aletheia	Chi Sigma

Weekend Scores

Men's Soccer

FRIDAY

ZAP	1
Kappa Theta	1

Omega	1
Phi Beta	1

Nu Delt	2
Phi Kappa	1

Beta Gamma	7
Lanier	0

Sigma	8
Phi Sigma	0

SATURDAY

Theta Kappa	3
Theta Chi	1

Pi Kappa	1
Chi Alpha	0

Alpha Theta	3
Zeta Chi	1

Bryan	3
Omicron	0

Basilean	12
Kappa Chi	0

How to avoid the Freshman 15

SARAH DERSCH

Though college students should expect to gain some weight during their college years, the dreaded "freshman 15" can be avoided. Along with 30 minutes of exercise at least three days a week, the following basic health habits can easily mesh into a busy college life-style to keep off (or shed) those extra pounds and boost energy.

Eat breakfast.

Eating a healthy, balanced breakfast boosts metabolism and gives the body the initial energy needed to get through a busy day of classes. Eating

breakfast gives energy to all sluggish "sleepy" cells, making the mind alert and the body ready for action.

Drink lots of water—at least eight cups a day.

When I first came to BJU, my default response to hunger between meals was to find the nearest vending machine. Then I discovered that I was actually thirsty, not hungry. Sipping water throughout the day eliminates those cravings to snack. An occasional snack between classes is no crime, but those drinking fountains are in the classroom buildings for a good reason.

Control food portioning and eating rate.

Eat only enough to nourish the body and keep the metabolism going. Health experts estimate that the stomach takes 20 minutes to signal to the brain that it is digesting and getting full. Rather than scarfing down large portions during the first few minutes of the meal, eat slowly over a 20-minute period. This habit is the key to taking in only as many calories as the body needs. You will eat less and enjoy your food more.

When you choose to snack while studying or hanging out with friends, try portioning your food into a small bowl instead of eating straight out of the box. Put the source of food away—out of sight and arm's reach. Many students tend to eat more when socializing or studying because they do not pay attention to how much they are eating. Think about it. Have you ever eaten a whole can of Pringles in one sitting?

Say no to sugar-loaded beverages.

Whether you call it pop, soda or coke, a single can of the stuff contains 30 to 45 grams of processed sugar. The body turns unused sugar into fat. Unless you plan to hit the gym hard every day, stay away from any sugar-packed drinks.

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NEWS

« Day of Prayer p. 1

Other reasons we don't pray range from the obvious to the obscure.

Pride is a major roadblock to any Christian's prayer life. "We are very self-sufficient," said Brittany Batdorf, a sophomore music education major. "We don't realize how much we need prayer, and then sometimes it takes something big or catastrophic to see how dependent we are on God."

Dave Brady, a freshman premed major, thinks that fear keeps us from communicating with God. "We're afraid that we're not going to get something that we really want—that it's not a need," he said.

Junior English education major April Burchett believes the answer is a misunderstanding of the nature of prayer. "We lack the realization of what prayer really is—communication with our God and our Creator," she said.

Mr. Ormiston continued by vocalizing what many Christians think but would hesitate

to say.

"We don't really believe God is listening to us," he said. "We view ourselves as having a religion, not a relationship."

WHY SHOULD WE PRAY?

According to Mr. Steve Sindelar, assistant to Dr. Stephen Jones and Day of Prayer coordinator, the answer is clear. We should pray because Christ prayed. "What a declaration of the worth, character and necessity of prayer," he said.

Christ relied on prayer to sustain Him during His earthly ministry. "He put crowds on hold, found a deserted place and prayed," Mr. Sindelar said. "Prayer was His source of strength, joy and communion. By His example and command we need to pray."

WHAT SHOULD WE PRAY FOR?

No request is too big or too small to be brought before the throne of heaven.

"I pray for daily strength,"

said Nathan Clark, a sophomore international studies major. "It's just a good way to start the day."

Not every request has to be focused on a personal need. "I pray for the safety of my family and for the salvation of unsaved friends and relatives," April Burchett said.

Some find that a tool, like a list, can aid effective prayer. "I have a prayer request list of friends, my society, the usher crew, salvations and friends who are preparing for the ministry," said Ben Adams, a sophomore graphic design major.

THE BOTTOM LINE

"Prayer is a power we do not possess in and of ourselves," Mr. Ormiston said. "We exalt Him by seeking a better understanding of Him, thanking Him for what He has done in our lives and confessing our sin. Prayer is real, and it does change lives!"

« Student Body p. 1

a strong theme to be seen through the skit, through the music, and tie that in with the culmination being the message," said Mr. Stephen Wetterlund, lead coordinator of Mentoring and Student Leadership Development at the Activities and Organizations office. "That's fantastic and it's not always possible, and I think they've done a good job of creating a program that is really well-themed throughout."

The program is the result of many hours of preparation. Josh estimated that he has spent three to four hours per week working for the Student Body Council, while Mr. Wetterlund estimated that working with the Council has taken him at least four to five hours per week.

Although preparing for the program makes all involved very busy, the preparation is the part they all like the best.

"Our council is kind of unique," Alyssa said with a laugh. "It's a lot of fun working

behind the scenes."

As the Student Body Council officers worked on the program, they also worked in step with the administration, brainstorming and developing ideas that would benefit the whole student body.

"Working with the admin is eye-opening, because you never really get to see the admin for who they really are, just when they get up and speak or teach a class," Josh said.

"Working with Dr. Jones and Dr. Berg and Mr. Daulton—just guys who are so real and such awesome, funny guys—it's been really cool to get to know them. I hope the whole student body can get to know them on a personal basis."

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