

the COLLEGLIAN

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Blood drive goal: 1,000 donors

JONATHAN BROWN

Those familiar red and white buses will soon be rolling onto campus. The CSC and the Blood Connection are partnering Oct. 27-31 to recruit 1,000 donors for this semester's blood drive.

For one week each semester, the Blood Connection hosts a blood drive at BJU. Last October, BJU had 783 blood donors, according to Mr. Paul Bixby, donor resources manager for the Blood Connection.

In past years, the buses have parked in front of Rodeheaver Auditorium. However, because of this year's construction, the buses will park on the service road between the amphitorium and science building from right after chapel until 7 p.m.

Students interested in giving blood can sign up on site. CSC president Kellie McAllister said the entire process should take about 30 minutes. Kellie encouraged students to take the time to help the CSC and the Blood Connection reach the 1,000-donor goal.

"You can go through a little bit of discomfort in order to provide blood to save someone's life," Kellie said. Each person who donates blood will be entered into a daily drawing to win an iPod shuffle. Throughout the week, 10 iPods will be given away.

The blood drive's T-shirt also reflects the message of saving lives. For the first time, the Blood Connection has turned the T-shirt design over to BJU. More than 30 designs were submitted, and the winner of the T-shirt design contest was senior graphic design major Kristy Kuechenmeister. Her design states, "Save Three Lives: BJU blood drive 2008." (Blood donations can be split into components, allowing the blood to benefit up to three patients.)

Mr. Bixby said students often have varied responses to



ROB WHEELER

A Blood Connection bloodmobile sits in the parking lot of Hardee's in Taylors during a blood drive Monday.

the blood drive. "You get every reaction in the book," he said. Some students enthusiastically agree while others recoil in horror at the prospect of giving blood.

Mr. Bixby also pointed out the many health benefits of giving blood. For example, donating blood lowers the iron

content in the blood, reducing the risk of heart disease.

The Blood Connection offers several suggestions for blood donors. Before and after they donate, students should eat a good meal and drink plenty of water. Students should not lift anything heavy after donating to prevent bruising

at the puncture site and should not exercise strenuously for 24 hours. Kathryn Burgess, a senior interior design major, encouraged students to drink plenty of water and orange juice before giving blood. Having given blood every semester

» **Blood Drive** p. 8

CAMPUS NEWS

SPOTLIGHT ON MISSIONS

To close Missions Emphasis Week, the Spotlight on Missions at 6 p.m. Saturday will show a film, "Beyond the Night," in Stratton Hall. The film is based on the life of Dr. and Mrs. John Dreisbach.

COLLEGIATE CHOIR

The Collegiate Choir, directed by Mr. Fred Coleman, will perform a program of standard choral pieces at 5 p.m. Monday in the War Memorial Chapel.

UBA FORUM

The UBA Forum will meet Monday at 6 p.m. in the Faculty Room of the dining common.

STUDENT SUCCESS SEMINAR

Career Services will host a panel presentation and Q&A time at 5 p.m. Thursday in Lecture B.

Heritage Day

'A Gathering of Lights' to spotlight behind-the-scenes servants from BJU's past

JOSHUA PRIVETT

Behind BJU's successful ministry lie the sacrifices of concerned, loving individuals. These people seek neither fame nor recognition; their presence and influence are often unknown. This Thursday, in lieu of regular chapel, Heritage Day will publicly recognize and remember the behind-the-scenes faculty and

staff members who have sacrificed to further the ministry at BJU.

Miss Sharon Murry, member of the speech faculty and director of this year's Heritage Day, said this year's event spotlights the service of often-unnoticed faculty and staff members.

"The theme of this year's

Heritage Day [is based on] a quote by Dr. Bob Jones Sr. about the 'back-hall lights' that no one ever saw," she said. "[It's] not about the buildings but the people behind the buildings—the people that made our University what it is today."

Heritage Day's chapel will begin with a slideshow comparing past and current pictures of BJU and will also feature a miniature documentary titled "A Gathering of Lights."

Miss Murry hopes that the documentary will demonstrate the importance of BJU's history and help students see that

a tribute to past sacrifices is valuable.

"In order to understand this University, you have to understand its history," she said. "We're that much higher because of the people that sacrificed [for] us in the past. Hopefully [we're] grateful to those people and what they've done."

Miss Murry encourages students, faculty and staff members to view Heritage Day as applicable. "[We're] all these little lights [that are] a part of the University's heritage," she said. "No matter where God has put you, shine!"

Mail Message

Midterm grades are coming—how can you improve?

Page 3

Reply Properties
From: grades@bju.edu
To: All-University_students_dl
Subject: Mid-Term Grade Report

Volleyball champs: Cardinals claim victory

Page 5



Friday



High 55° Low 55°
chance of precip. 70%

Saturday



High 60° Low 53°
chance of precip. 60%

Sunday



High 66° Low 45°
chance of precip. 10%

the COLLEGIAN

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Facebook, MySpace impact employee hiring

Social networks like Facebook and MySpace are about as private as a postcard. Yet many users, including countless students, post personal information on these sites—from photos and videos to relationship status and venting about life in general—without much thought.

But it's not just friends who are watching.

Companies and organizations are increasingly turning to these collections of personal information to scope out potential employees. In a recent study by the Society for Human Resource Management (SHRM), 15 percent of HR professionals surveyed said they check social networking sites when considering job candidates. And their ranks are expanding: 40 percent of respondents said they are "somewhat likely" or "very likely" to turn to this avenue in the next year.

"I guarantee you that HR managers are looking at this stuff," said Colleen Dewan, an HR director at Frontline Placement Technologies who makes use of both search engines and social networks to research job candidates.

Background, credit and criminal checks—most of which require prior approval from the job candidate—have long been a standard part of the hiring process. The availability of information online, however, raises ethical and legal questions in the minds of many. Do organizations have the right to view potential employees' social networks?

Yes, organizations can and should utilize these online resources, provided that they use them responsibly. Job candidates, in turn, are responsible to use discretion in their online postings.

Organizations have this right because of the inaccuracy of a prominent myth that one's private life and work life are completely detached. Employers realize that their employees' personal lives often affect their work performance. Especially in light of today's economy, employers are being more selective in their job hiring and using every means at their disposal to research applicants.

While legally many companies are restricted from allowing personal online information to influence their hiring decisions, more and more employers are looking beyond job skills and experience to consider if the candidate is a good fit overall in the organization.

For job candidates, discretion is key. Facebook and MySpace are public sites, so users must realize that any information posted for the world to see may open them up to scrutiny from a potential employer. Students must take personal responsibility to monitor their own material. Not all material is necessarily offensive—it may simply be unwise to share, such as personal contact information or comments on past work experience.

Employers are vigilantly exploring new mediums in the search for qualified employees with integrity, and students must be above reproach in their conduct—online and off.



AMANDA SAGER

It's likely that I'm not the only student on campus who at times rushes from the dining common or a classroom, sets out in the general direction of a residence hall, glances over my shoulder and automatically calls to friends, "Catch you later. I'm going home."

Faster than I could ever click my heels three times and say, "There's no place like home," well-meaning pals attempt to enlighten me by thoughtfully pointing out the obvious—"home" is not synonymous with "dorm room."

Okay, so my friends have a point. God has led me to live the exciting life of a residence hall student for eight months out of the year, but realizing that I remain hundreds of miles away from my actual home also leads me to think on a much larger scale. This world, the planet we call Earth, is also as a temporary residence.

I'm not home yet.

At the start of my freshman year, things got a little intense when a co-worker asked me about my upbringing. I told her that I live in the suburbs of New York City. The unexpected response she offered: a gasp,

then a pause, which swiftly turned to a horrified look and a curious, "Oh, have you ever shot anyone?"

Whether or not it seems fair, we often readily judge others by our own preconceived ideas of the place they come from. We are fascinated when traveling guests have an exotic accent or a regional term for soda. The spiritual parallel is this: the distinctive characteristics of my life should also testify to the world that I am only a visitor on this earth, and that my residence is in another place. Consequently, I should live my life in such a way that reflects the characteristic holiness and brilliant light of my eternal home.

I never had a very solid grasp on the expression "homesick for heaven" before coming to college. Until my freshman year, I had not yet experienced an authentic, cry-in-your-pillow type of homesickness. While at school, I have opportunities to think about family and friends at home and to expectantly wait for the day that I'll put away the schoolwork and head home to see them again. Experiencing this new feeling first-hand opened my eyes to the meaning of longing for heaven. When the time comes for me to reach my eternal home, will I be ready to say goodbye to this world?

Just as homesick students often long to visit their homes, I should have an intense longing to feel the joy of seeing my God, and to spend forever in heaven with the One Who gave me life on earth and has promised eternal life to anyone who calls upon His name. To say that I am going home now takes on a vastly greater meaning.



After getting dressed, I read my Bible for 15 to 20 minutes.

Marie Craven
senior

I start off my day by opening my Bible and praying for wisdom.

sophomore
Anthony Milian



I stare at the top of my bunk without talking. My room has agreed on a rule: no talking before 8 a.m.

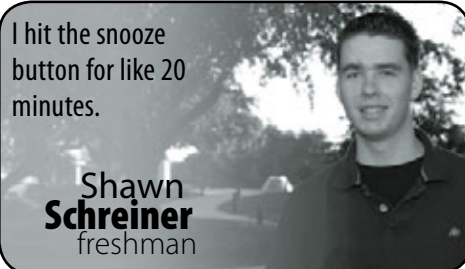
Brittany Titus
sophomore

What is the first thing you do in the morning?



I go jogging back behind the girls' dorms for about 30 minutes.

Frances Trinidad
senior



I hit the snooze button for like 20 minutes.

Shawn Schreiner
freshman

talk
back

PHOTOS BY LYNDY HENDRIX

Midterm grades: tips help students finish strong

BRENNA SMITH

You log into your e-mail account and see it—one new message:

Date: 10/28/2008 6:41 PM

From: grades@bjv.edu

Subject: Mid-Term Grade Report

If your stomach drops at the thought of opening it, take consolation in the fact you don't have to feel that way again. Improving grades after midterms isn't impossible, but it will require a game plan for success.

Although they may be tough, teachers really do want to see their students succeed. Mrs. Renae Wentworth, a professor of English language and literature, and Dr. Gary Guthrie, division chair of mathematical sciences, offered

valuable insights as to why some students have a hard time studying.

Mrs. Wentworth thinks distraction is one of the top reasons students struggle.

"They don't always concentrate on what they're studying," she said. "They're answering e-mail, they're text messaging, or they're talking to friends. Students need to discipline themselves to go to the library, find a comfy chair, sit in the corner by themselves, turn their phones off and just focus on what needs to be studied."

Dr. Guthrie believes students don't study wisely. "With the limited amount of time that we have, students must climb on assignments early," he said. "If you're behind, then you have to catch up. If you don't have enough time to keep up, how do you have enough time



Mr. Christopher Zydowicz speaks with freshman Sam Rigby about his Production Fundamentals class.

to catch up? It doesn't work."

What works for one person may not work for another, but these general study suggestions can easily be adapted to fit anybody's unique learning style.

PLAN AHEAD

Looking ahead at upcoming assignments, tests and projects for each class will help students budget their time and pinpoint their busiest days and weeks. Junior accounting major Justin Neal advises checking out your syllabi at the beginning of the semester. "See how the class is weighted so you know how important different tests and projects are going to be for your

final grade," he said.

Amanda Cassill, a junior political science major, stays organized with a planner. "Before a day begins, just write out a schedule for yourself," she said.

GET HELP

Your teachers are here to help you—in and out of the classroom. Michael Bixby, a senior political science major, says talking to your teachers really does make a difference. "Some will give you really good tips if you go to their offices," he said. "You [often] get brownie points, too, and info you're totally missing."

In order to get help, you must admit you need it. Getting help right away is important to Cindy White, a sophomore nursing major. "If you know you're struggling, don't keep blowing off tests and waiting until the last minute," she said. "You don't want to wake up one day, and your GPA is shot."

DEVELOP GOOD STUDY HABITS

Most of us have heard the common studying advice: find a quiet place, start early, eliminate distractions. And each stu-

» **Midterms** p. 8

CORRECTION

The Oct. 17, 2008, issue of *The Collegian* incorrectly reported that students are provided with \$40 of printing a semester. The correct figure is \$30 a semester. To check your print totals online, go to http://home.bju.edu/services/infotech/help_desk/printingpolicies.php.

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SECURITY PROPOSAL OPPOSED BY SHIITES

Radical Shiite cleric Muqtada al-Sadr condemned a U.S.-Iraqi security proposal that would keep U.S. troops in Iraq for another three years. Nearly 150,000 Shiites took to the streets opposing the proposal, which would set the date for the U.S. troop withdrawal at 2011.

2008 WORLD SERIES CONTINUES

The Tampa Bay Rays and the Philadelphia Phillies are competing in this year's World Series. Two games have taken place; game three will be played tomorrow at 8 p.m.

DEMOCRATIC NOMINEE SETS FUNDRAISING RECORD

Presidential hopeful Barack Obama set a new campaign fundraising record in September, raising \$150 million.

30 PEOPLE KILLED IN TERRORIST ATTACK

The Taliban killed approximately 30 people in a bus ambush Oct. 16. Taliban insurgents accused the passengers of being soldiers traveling in civilian clothing. Afghani officials said the passengers were civilians going to Iran to find work.



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Friendliness at BJU: faculty and students share thoughts

BRENNA SMITH

You've all seen it happen.

Someone nears the bottom of a flight of stairs, arms filled to capacity, when suddenly, *splat!* The student is sprawled on the floor in a pool of textbooks, class notes and pencils. You, the observer, have a decision to make. Do you a) pretend you didn't see it happen and scurry to lunch, b) feel bad and hope someone else stops before the papers blow away, or c) pick up the scattered books and lend a helping hand?

We all know that the correct answer is "c," but how many of us actually act upon what we know and reach out to others?

WHY DON'T WE REACH OUT?

Bible faculty member Dr. Dan Olinger believes that we often don't realize what's really important in life—other people.

"People are more important than processes or things or tasks," he said. "That means if you've got pressures on you, and someone needs help, you forget about the pressures and deal with them later. Sometimes that means you miss some sleep or a meal, but you're not going to starve to death in one day. You just get used to the idea that you're here for other people."

Amanda Koth, a junior elementary education major, thinks people are unwilling to help those in need because they

are self-absorbed. "They're only thinking about what's going on with themselves," she said. "They are caught up in their own issues and don't pay attention to the needs of others."

WHY SHOULD WE REACH OUT?

Dr. Olinger says building one another up is our primary purpose in the body of Christ and ought to be the driving force in our lives. "We are a single body looking out for one another," he said. "You really can't do that without interacting in a positive way."

Mr. Kerry McGonigal, another Bible faculty member, cites a biblical principle for reaching out to others.

"God Himself is the example of friendliness," he said. "We take our cue from Christ, and it is evident He showed Himself to be friendly. God's ultimate purpose for us is to be like Christ."

HOW CAN WE REACH OUT MORE?

Josh Yarusinsky, a sophomore accounting major, thinks Christians shouldn't be selective in reaching out to people. "We need to be friendly to everyone and not just pick out certain ones," he said. "We're friendly for our benefit."

Stacey Smith, a junior elementary education major, and Kris-topher Schaal, a junior church music major, both agreed that Christians need to change their attitudes about other people.

"We should always have the mindset that others come first," Stacey said.

"We need to really be willing to get out of ourselves," Kris-topher said. "We shouldn't see people as nuisances."

HOW DID CHRIST REACH OUT?

Ultimately, Christians need to look to Christ for the perfect example of reaching out. Dr. Olinger noted the focus and commitment Christ had when ministering to others. "He was always paying attention," he said. "He was not absent-mindedly going through life."

Becoming more Christlike is necessary but doesn't come naturally—it is work. "If I'm going to be like Christ, it necessitates an others-orientation that is not native to me," Mr. McGonigal said. "It requires God's Spirit and God's help. Christ didn't come to be ministered unto, but to minister."



LYNDA HENDRIX

One of five on campus, the amphitrium organ was purchased through funds donated to the University.

'King of instruments' at BJU

PAUL FINKBEINER

In the Gustafson Fine Arts Center lobby, a 16th-century painting by Raphael depicts St. Cecilia holding an instrument by her side with pipes and keys, a crude prototype of the modern organ. As the centuries have progressed, the organ has become a complex, powerful instrument

receiving the well-deserved name "King of Instruments."

BJU has five organs on its campus: one in War Memorial Chapel, another in the

amphitrium, a third in Rodeheaver Auditorium, a fourth one in a Fine Arts Center practice room and a fifth in the basement of the Gaston residence hall. Both the War Memorial and amphitrium organs have interesting backgrounds connected to their purchases.

In 1988, an Arizona church failed to build enough space for their organ's pipe chambers. Consequently, they had to sell their organ and purchase a digital one. BJU heard about the organ's availability, and since they had recently received funds given by a faculty member and her brother

» **Organs** p. 8

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Classics

VOLLEYBALL CHAMPIONSHIP 2008

Cardinals

Jamie Jeffcott

10 kills, 4 blocks for points

Amanda Christenson

6 kills, 1 ace

Alyssa Woodhall

1 kill, 6 aces

Tara Anderson

1 kill, 1 ace

Caitlan Reid

8 kills, 4 blocks for points

Piper Hendrickson

8 kills, 2 blocks for points

Lacey Hendrickson

7 kills, 1 ace

Bobbi Frank

7 kills



The Cardinals upset last year's women's volleyball champions, the Classics, in three close sets: 25-22, 25-18 and 25-23. Both teams showed up to play tough, but the Cardinals' rotation gave them a strong offense at the net and a consistent back row that outplayed the Classics. Statistics cannot

show the key digs of the Cardinals' primary defensive players Jess Weckel, Kylie Bullard and Lacey Hendrickson or the quick sets of last season's MVP, Rebecca Estrella. Since Lacey is the only senior for the Cardinals, the Cardinals have a strong chance for a repeat championship performance next season.

LACEY HENDRICKSON
MVP



SPORTS & HEALTH

Five sets of sisters play in NL and AL championships

MELISSA AFABLE

QUESTIONS

1. What is an interesting fact about yourself?
2. How do you get along with your sister on the volleyball court?
3. What is one of your most memorable "sister moments"?



ROB WHEELER

(Left to right) Kristen Nelson, Ali Nelson, Lacey Hendrickson, Piper Hendrickson, Jamie Jeffcott, Laura Jeffcott, Maria Estrella, Rebecca Estrella, Lauren Kern and Brittany Kern dress out and prepare for the National League championship game and the American League championship game.

Kristen Nelson
Junior, Nursing

1. Well, once I almost died in the ocean off the shore of an island in the Caribbean. It's a long story.
2. We get along well. In high school I think Ali got frustrated with me a couple times, but now we play great together.
3. One time Ali and I bought a kiddie pool for fun and then attempted to get it home by placing it on top of the car. We each grasped it with one arm and took off. It almost blew off about five times, but we held on.

Ali Nelson
Freshman, Humanities

1. I have enough time every day during the week to take long naps.
2. We grew up doing everything together, even volleyball. We get along fine. It is almost like she is just another player on the court.
3. When we were little we would set out on our "orphan adventures" in our forts in the woods in our backyard. Now during the summers we just hang out talking, laughing and watching movies. She is my best friend.

Lacey Hendrickson
Senior, Family and Consumer Sciences

1. There are 11 kids in our family. I'm No. 3 and Piper is No. 4.
2. We work together well and know how to encourage each other. There is no one else I trust more on the court than Piper.
3. We have more fun together than any two other people on the

earth. When we are by ourselves, the laughter is unstoppable. She's my best friend who just so happens to be my sister. I wouldn't trade her for the world!

Piper Hendrickson
Sophomore, Organizational Communication

1. I had plastic surgery when I was 2 years old.
2. Lacey and I get along well on the court. We have played together for seven years.
3. Back in Oklahoma, Lacey and I won the volleyball state tournament her junior year and my sophomore year in high school.

Jamie Jeffcott
Sophomore, Women's Ministries

1. I was Laura's setter in high school. Have you seen me try to set recently?
2. We have a playful rivalry, but it's so fun to play [against] her!
3. Every night when we were little, I would come to her room with my pillow and beg her to have a "slumber party." We prob-

ably would talk for two hours after we were supposed to be asleep! She acted like it annoyed her, but I think she liked it as much as I did.

Laura Jeffcott
Senior, Organizational Communication

1. My mom accidentally smashed my finger in the latch of the car door when I was in kindergarten (I still have the scar).
2. We get along well when we play each other. We didn't have much opportunity to play at the same time because of coaching decisions, but it has been fun.
3. When I played basketball in 8th grade, 5th-grade Jamie was the point guard for our team. We beat our rival by two points in a dramatic overtime. It was practically Stockton to Malone.

Maria Estrella
Freshman, Accounting

1. I love Sudoku.
2. We tend to critique each other's play so that we can improve.
3. In 2005 our school had our first basketball championship. It was

special. Becca was a senior, [so] it was my last year playing with her.

Rebecca Estrella
Senior, Interior Design

1. I hate spaghetti but love all other pastas.
2. We get along pretty well. There's definitely an advantage to her being on my team because I know how she plays. We balance each other out.
3. When I was 10 and Maria was 7, we fought about something that happened in a movie. We both thought our theories were correct. In the end, Maria had a bloody nose. It wasn't funny when it happened, but we laugh about it now.

Lauren Kern
Senior, Biology

1. I played middle hitter in high school, which is funny to think about now when I set for Susan Ross. Ask my sister.

2. Last year was the first opportunity I had to play volleyball with my sister and to set opposite her. We were taught by the same coach and so we both have similar mind-sets in approaching the game.

3. We were on opposite teams at camp one time and ended up in a mud pit against each other. We were in that mud a long time!

Brittany Kern
Sophomore, German

1. My senior year of high school my volleyball team went undefeated.
2. Lauren brings to the court a level of intensity. This [season] is the first time we have played together as setters, and I have enjoyed it. She gives good advice and encouragement when I need it.

3. Winning the volleyball state championship with her, her senior year of high school. I don't know my favorite, though, because we have so many!

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Weekend Scores

Men's Soccer

Friday

Basilean 9
Bryan 1

Basilean goals:

Rob Leatherwood, 2
Greg Thompson, 2
Andrew Adams
Rodolfo Dinardi
Dave Moore
Spencer Schwartz
Joe VanLeeuwen

Bryan goal:

Mark Wartak

Nu Delt 4
ZAP 1

Nu Delt goals:

Stephen Edwards, 2
Ryan Page, 2

ZAP goal:

Henry Kratz

Lanier 2
Phi Sigma 1

Lanier goals:

Buddy Smith, 2

Phi Sigma goal:

Unavailable

Phi Beta 3
Kappa Theta 0

Phi Beta goals:

Chris Arthurs
Jordan Moody
Matt Partin

Beta Gamma 2
Pi Gamma 0

Beta goals:

Jon Grant, 2

Omega 2
Sigma 0

Omega goals:

Harrison Musselman
Zach Roschi

Saturday

Basilean 5
Chi Alpha 0

Basilean goals:

Rob Leatherwood, 3
Za Luai
Spencer Schwartz

Phi Beta 5
Nu Delt 0

Phi Beta goals:

Jordan Moody, 2
Matt Partin, 2
Chris Arthurs

Theta Chi 2
Omicron 2

Theta Chi goals:

Timmy Miles
Michael Ryden

Omicron goals:

Unavailable

Bryan 2
Kappa Chi 1

Bryan goals:

Phillip Dahlhausen
Robert Snell

Kappa Chi goal:

Unavailable

Zeta Chi 1
Pi Kappa 0

Zeta Chi goal:

Josh Baun

Alpha 0
Theta Kappa 0

VITAMINS 101

Teachers and students explain the health benefits of vitamins for the body and where to get them.

BRANDON HODNETT

Feeling a bit run down now that you are halfway into the semester? You might want to check on your vitamin intake.

These organic substances are essential to sustaining the body. Mrs. Robin Vedders, a member of the BJU nursing faculty and teacher of Basic Nutrition, said, "Getting the balanced amount of vitamins boosts the immune system and allows the body to use the food it gets for energy."

In addition to combating toxins and supplying energy, vitamins promote strong teeth and bones, red blood cell production, healthy skin, good eyesight and a healthy nervous system.

Receiving the daily amount of vitamins only from food can be a challenge. "It's preferable to get all your nutrients from food today, but it is difficult because it is so processed," Mrs. Vedders said. "Also, people today are on the run and

are eating fast food instead of fruits and vegetables."

Fruits and vegetables are naturally color-coded, making it easy to know which vitamins

good multivitamin—one that's not cheap and has a multitude of vitamins."

Be cautious in choosing over-the-counter vitamins:

VITAMINS ANYONE? Health Poll

Question: How often do you take single vitamin or multivitamin supplements?

Every day	23%
Never	31%
Only when I'm sick	17%
Randomly, when I remember or think about it	29%

Survey sample facts:

200 undergraduate students surveyed; approximately 50 percent male, 50 percent female; excludes mineral and organic supplements such as iron and garlic

they contain. Mrs. Paula Phillips, who also teaches Basic Nutrition, said, "B vitamins are in the dark green leafies, and the bright melon colors are vitamin C."

Mrs. Vedders recommends choosing colorful foods. "In each meal, get as much color as you can," she said.

Mrs. Phillips said taking a multivitamin on top of a healthy diet is ideal. "Get the most that you need from real food, but still take a multivitamin like an insurance policy, just in case you're not getting one (vitamin) because of processed food," she said. She said to be sure to take a multivitamin with a meal so that the body absorbs it properly.

Sophomore biology major Jacob Rodecker regularly takes vitamins. "I've been taking vitamins for about a year," Jacob said. "I take a vitamin C and omega-3 supplement and a

too much of a good thing can be a bad thing. "Be careful when you look at the label," Mrs. Vedders said. "Stay away from ones that have over 100 percent of nutrients, because you can get toxic on vitamins, especially from fat-soluble vitamins. You can get too many and poison your body."

The fat-soluble vitamins A,D, E and K do not get filtered by the kidneys like water-soluble vitamins, and end up building up in body fat.

Drinking water is essential to the effectiveness of most vitamins. "If people would take just one multivitamin and eat well and drink lots of water, that's all they need," Mrs. Phillips said. "Water moves the vitamins through the body."

Jacob Rodecker credits vitamins for his good health while at school. "I feel really good when I take my vitamins," he said. "My diet's not that good, but vitamins help keep me from getting sick. When I exercise, eat healthy and take vitamins, I feel great."

Mrs. Vedders also emphasized the importance of living a healthy lifestyle. "It's not rocket science; it boils down to making healthy choices," she said. "Instead of going for that cookie, you go for fruit or salad, and once you start doing that, your body starts appreciating it, and it's worth it."

TOP 10

men

women

Beta	4	Beta Ep
Basil	3	Pi Delta
Pi Kappa	3	Theta Sig
Omega	4	Theta Delta
Alpha	3	Tri Epsilon
Phi Beta	3	Nu Alpha
Pi Gamma	7	Alpha Gamma
Zeta Chi	3	Chi Epsilon
Sigma	3	Beta Chi
Phi Kappa	4	Zoe Aletheia

HCA was founded in 1975. It now operates a K3-12th grade program with an enrollment of over 1,050 students. It is located on the Pacific Rim and is 7 hours west of Hawaii, 3 hours east of Manila, 4 hours from Japan, Korea and China, and 3 hours north of Australia. It has over 25 ethnic groups represented among the student body. There are constant mission opportunities: mission trips, hosting missionaries, teaching missionary children as well as outreach to Asia, Australia and Pacific islands.

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Blood donors will receive T-shirts with Kristy Kuechenmeister's contest-winning design.

« Blood Drive p. 1

she's been a student, Kathryn said she failed to stay hydrated one semester. As a result, her blood flowed more slowly, prolonging the donation process.

On the other hand, junior Ben Cole said he didn't experience any pain at all. "It was a lot easier than I thought it would be," he said. He also encouraged students to go with a friend. "It is a win-win situation: save a life and get a free T-shirt," he said.

Mr. Bixby said many students mistakenly believe urban legends about giving

blood. For example, he said some students believe they will be refused from giving blood if they have traveled outside of the country. However, he said students will be refused only if they have traveled malaria-affected areas in other coun-

tries. He encouraged students who want to give blood but are unsure if they will be refused to come and check anyway.

« Midterms p. 3

dent has to find the process that works best for him, whether it is studying in a group or alone. But Dr. Guthrie especially warns against a popular study habit: cramming.

"Virtually no studying the day before the test works," he said. "Most of us aren't intelligent enough to handle that situation. [But] most of us can unravel enormous amounts of information if we give ourselves enough time."

« Organs p. 4

in memory of their parents, they decided to purchase the instrument for the War Memorial Chapel.

"We were looking for an organ donor, and we found one," said Dr. Ed Dunbar, chairman of

the Division of Music. "We also had an organ transplant, since the organ came from Arizona to BJU."

A few years ago, the amphitorium organ desperately needed replacement after an organ student noticed smoke emanating from its insides. Providentially, money from an estate was donated to BJU, allowing the University to purchase a new organ for the amphitorium, where Sunday services and chapel make good use of the new instrument.

Although significantly smaller than the amphitorium organ, the Rodeheaver organ was regularly used for chapel and church services before the amphitorium was built in 1974. The Rodeheaver organ was renovated in 2004, receiving a new console and some digital enhancements after 35 years of use. W. Zimmer and Sons built the original one in 1968, which had 57 ranks (a rank is one pipe for each note on the keyboard or pedalboard; more ranks produce greater musical variety). Further, it had 53 stops (a stop is similar to a

piano note) and a total of 3,141 pipes. Cornel Zimmer, grandson of the original builder, designed the new console and addition.

Now, organists play it primarily for vespers, concerts and plays.

Not only did they build the Rodeheaver organ, but W. Zimmer and Sons also built the Fine Arts Center organ, which was installed at BJU in 1966. This four-rank pipe organ is mainly used for rehearsing and practicing.

A Christian company tunes and maintains the four BJU organs two to three times each year, an exhaustive task that requires thousands of pipes to be tuned individually by an A440 tuning device (a standard pitch device for instruments). Also, pedals and leather coverings often have to be replaced during the maintenance checkups.

The next time you hear the organ play to begin chapel or dismiss you from morning worship, take a moment to appreciate its history over the centuries and its incredible power and complexity.



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