

the COLLEGLIAN

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BJU welcomes freshman class

As the university family looked on, 921 freshmen marched into the Founder's Memorial Amphitorium Sept. 3 to commence their college journey as Bob Jones University's Class of 2013.

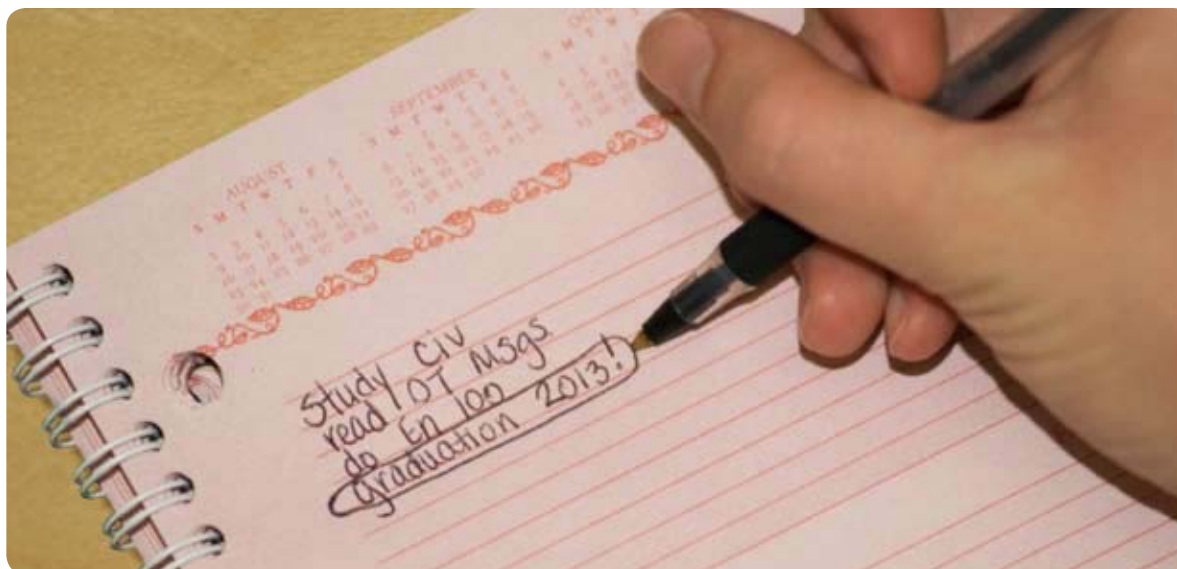
BY SONIA MOHINANI AND
JOSH PRIVETT

This freshman class includes students from 22 countries and 46 states—517 women and 404 men.

So many students! So many backgrounds and stories!

Yet, each freshman has a unique reason for coming to BJU, a story of how God led him or her here. They came to BJU for a variety of reasons, choosing different majors and looking forward to different aspects of college life.

Shannon Horner, a freshman early childhood education major from Burbank, Ill., quickly started making



AUDREY KROENING

am actually really enjoying my classes, especially my language ones, Spanish and German," he said. One class still worries him. "Speech is scary," he said.

String pedagogy major Samantha Branning was looking for a spiritual focus. "The main reason I came [to BJU] was because it was a strong Christian college with high standards." Part of what influenced her choice was the school's academic strength, but her primary motivation was its good reputation as a Christian school.

Even though Terra Griffin, a freshman culinary arts major

» Class of 2013 p. 8

CAMPUS NEWS

MENDELSSOHN SERIES

Dr. Karen Wilson, head of the music history and literature department, will present a lecture today at 5 p.m. in Stratton Hall. This lecture introduces a series of concerts commemorating the 200th anniversary of Felix Mendelssohn's birth.

MUSIC EDUCATION SEMINAR

Music education majors will meet today from 6:30 to 8:30 p.m. in FA 119 for a reception.

MODERN LANGUAGE CLUB MEETING

Members will meet Saturday at 7 p.m. in the Applied Studies Building Assembly Room for an opening meeting.

INTERVIEW WORKSHOP

Career Services will host a job interview workshop Monday at 5 p.m. in Lecture Room A.

Convocation to feature Cal Thomas

BRENNA SMITH



COURTESY CAL THOMAS

Cal Thomas will speak to the BJU family.

Cal Thomas, America's No. 1 syndicated columnist, will address the university family at a special convocation Tuesday at 7 p.m. in the Founder's Memorial Auditorium.

Mr. Thomas will discuss, among other topics, how Bible-believing Christians can be successful in an environment hostile to believers and in a culture that

opposes traditional Christian values.

Mr. Thomas' career in print and broadcast journalism spans four decades. He frequently contributes to the FOX News Network and has worked at NBC, CNBC and PBS. Mr. Thomas has written 10 books including *Death of Ethics in America*, *Uncommon Sense* and *Blinded by Might*. Additionally, his columns are printed in 500 newspapers.

"We are honored to have a man of Cal Thomas' stature address the university family," Dr. Stephen Jones said. "Mr. Thomas has a distinguished career of defending the Christian faith and promoting values that have made our nation strong."

Tuesday's event is open to the Greenville community. The FMA will open at 6:30 p.m. and seating will be on a first come, first served basis. No tickets are necessary.

Vespers: historic faith

ANDREA SANFORD

Sunday's vespers program, "Here Is Love, Vast as an Ocean," will challenge the university family through a drama and musical program.

Based on century-old historical accounts, the program will highlight man's need for salvation and responsibility to reach the lost no matter what the sacrifice.

Mr. Paul Radford, chief visionary and director of this vespers, said the program will have two segments. The first segment will demonstrate God's work in sinners' hearts, and the second will depict the need for Christians to witness to the unsaved.

Mr. Radford's vision for this program led him to history, where examples of widespread

salvation inspired him to piece together this drama.

The drama will be presented by five actors, three of whom are underclassmen.

Chip Wiginton, a sophomore premed major, plays a schoolmate friend of missionary William Whiting Borden. Mr. Radford noticed Chip's acting ability at BJU summer speech camps and gave him a part. "It's a good opportunity to expand my experience in more areas than just my field of study," Chip said.

Borden, a wealthy young man, gave up a life of luxury to be a missionary. God used him mightily but chose to take him home at the young age of 25. What the world would see as a tragic story, Christians can see as a powerful example.

In Borden's words: "I have so much of everything in this life, and there are so many millions who have nothing and live in darkness!"

Why should Christians not

» Vespers p. 8

**Rush by the minute:
Tales from across
campus**

Page 4

**Soccer season
starts with
jamboree**

Page 6



Friday	Saturday	Sunday
High 80° Low 65° chance of precip. 60%	High 80° Low 61° chance of precip. 30%	High 82° Low 61° chance of precip. 30%

the COLLEGIAN

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editor@bjv.edu
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Prioritizing our day, time with God

We're a little over two weeks into the semester—classes are in full swing and we've all probably taken, or are preparing to take, the first few tests of the semester. Not to dampen your spirits, but if you think *this* is hectic, just wait!

With the busyness of college life, it's easy to focus solely on our studies or time with friends and neglect personal time with God. While there will always be things in life—time, people, jobs, homework—that will pull us in different directions, it is imperative that we get our priorities right, especially at the beginning of a new school year.

At the recent Student Leadership Initiative retreat held for various student leaders, Mr. Al Carper, BJU's executive vice president, presented a seminar on time management.

He said many people have the misunderstanding that procrastination is a negative trait all the time, when the reality is each of us is always procrastinating something since it is impossible to do at once everything that needs to be accomplished. The problem comes when we choose to procrastinate doing things that are of higher priority.

What are you choosing to procrastinate about? Is your next test, sports game or date with that special friend making its way higher on your list of priorities than spending time with God?

As the semester moves on, challenge yourself to keep your time with God at the top of your "to do" list.

Don't let reading the Bible, spending time in prayer, or going to church and extension become items of procrastination. Be consistent with your spiritual walk.

Let your time with God be sweet this semester. Continually ask Him to help you grow in your relationship with Him.



JOHNNY FOUND THE 7TH WONDER OF THE WORLD
OUTSIDE THE DINING COMMON.



MOLLY JASINSKI

It's that time of year again—the time when teachers hand out the syllabi, and as we sit down with our planners and begin totaling up the number of tests, projects, quizzes and random other assignments that are due, we all suddenly realize: *This is going to be harder than I thought.*

This is the time of year when we have three choices: to fail, to succeed, or to go above and beyond.

The choice we make will affect everything from our study habits to how we interact with our friends.

I want to challenge my *Collegian* staff, the student body and myself for the next nine months to choose the latter.

As I was preparing to come back to school for my senior year, I began to feel overwhelmed—the amount of responsibility, the workload of classes, and the ever-increasing pressures of the world that await me after college began to weigh me down.

The Lord continually brought Colossians 3:23 to mind: "And whatsoever ye do, do it heartily, as to the Lord, and not unto men."

No matter what our classi-

fication, the temptation to just be "average" in hopes of surviving another year will always be there. We settle into the routine of mediocrity—shuffling from class to class, going from meal to meal, and having devotions day after day out of a spirit of duty.

History has a way of remembering those who challenged the status quo and went above and beyond.

Thomas Edison got tired of having to work by candlelight, so he went above and beyond.

The Wright brothers realized there had to be a faster way of getting around, so they went above and beyond.

Bill Gates and Steve Jobs weren't satisfied with the way that computers were being built and run, so they both went above and beyond.

Now, maybe we're not all inventors or visionaries and maybe history books won't record our great achievements, but does that really give us a reason to strive for any less, whether it is in our academics, spiritual lives or personal relationships?

"Whatsoever ye do, do it heartily."

Before us all lies an entire school year of possibilities, a year of opportunities, a year of decisions. We will all be faced with a myriad of decisions—some big, some small, some trivial, some life-changing. We all will take tests, survive pop quizzes and breathe a sigh of relief when we turn in a paper.

But will we be able to say, when it's all said and done, that we did it as unto the Lord?

Go above and beyond for the right reasons.

Event planning 101

Patrick Hulehan
Freshman

How to dress for
college 101

ClaraGuzman
Junior

Artist series etiquette 101

NoelRing
Sophomore

History of minorities 101

Michael Jiro
Freshman

Real-life
relationships 101

Holly Minniear
Senior

If you could create any '101' level class, what would it be?

talk
back

PHOTOS BY AUDREY KROENING

Stewardship: good time management

JOSH PRIVETT

The parable of the talents in Matt. 6:19-34 introduces the biblical principle of stewardship—the wise care and use of the resources (the “talents”) the Master has provided.

But how does that principle apply to the university family today?

STEWARDSHIP OF TIME

Your alarm clock rings incessantly: whoa, it's 7:48 a.m.! Quickly, you throw on some clothes, attack your bed-head and race to your 8 a.m. class. Well, you made it on time—you regret not brushing your teeth—but you forgot to study for the test; and it's only Monday! Looks like you could take a lesson in time management.

Below, some students give their strategies to being a good steward of time.

Tim Zellers, a junior Bible major, uses a thorough schedule to see how he is using each hour of his day.

“I have a planner to make the best use of my time. On that planner, I have the whole day [from] 6 a.m. to 12 a.m. blocked off in a simple spreadsheet,” he said. “It includes all of my classes, study times, meal times and the occasional free time, all in a simple, week-at-a-glance sheet.”


Not only does he map out each week—including when assignments and projects are due—but also he designates spots on the schedule to write non-academic tasks.

“I also have a to-do list on the bottom of the week-at-a-glance sheet where I can put any major things that need to get done in the week, like phone calls I have to make, or thank-you cards I have to write, or even major prayer requests,” he said.

Ironically, a R.A. walked in mid-interview and informed Tim that he had forgotten to check in that night. Actually checking the schedule would help, too!

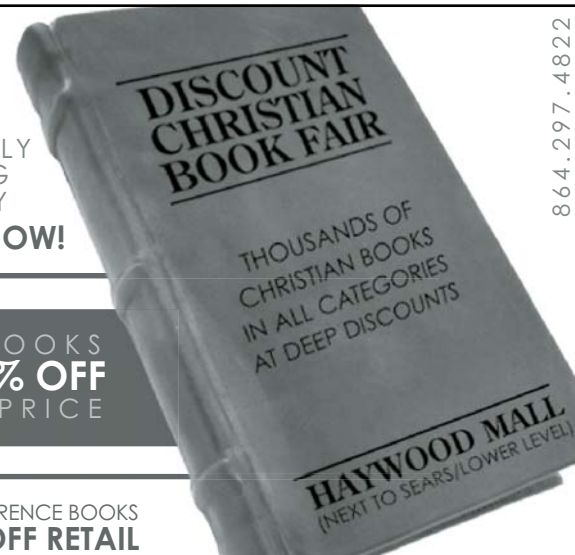
Pablo Gaspar, also a junior Bible major, started managing his time after realizing he was wasting much of it.

“I was not investing enough time in the Lord, and that was affecting a lot of my grades and other areas,” he said.



ACORN UNDER FIRE
The Senate voted Monday 83-7 to refuse federal housing grants to Acorn, the Association of Community Organizations for Reform Now, after hidden-camera videos showed Acorn employees in at least four cities providing illegal tax-evasion advice to undercover journalists posing as leaders of a prostitution ring.

YALE STUDENT FOUND MURDERED
Connecticut police confirmed Monday that a body found stuffed in the walls of a Yale laboratory was that of 24-year-old Yale graduate student Annie Le. Police have not yet released a cause of death.



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So, Pablo not only planned out his days but also learned how many things he could handle. “You cannot do more than you are capable to do, and I was doing something beyond my abilities and possibilities,” he said. “If you’re going to do something, you cannot do it in your own strength.”

He said that sometimes he gets more schoolwork done if he begins each study session with Bible-reading and prayer.

And that’s what being a good steward of your time is all about—giving God priority on your schedule; learning how you’re spending your time and eliminating wasted hours; and doing all of your tasks in His strength, not yours.

Issue two of *The Collegian* will focus on more practical stewardship principles that each of us can apply as well as results of proper stewardship principles the University has implemented.

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Chuck Lattin Owner

RUSH HOUR

To give the university family an inside look on the happenings of society rush, The Collegian sent two staff writers to cover both the men's and women's sides of campus during one night of Rush. Read on for eyewitness accounts on one of the most energetic nights on campus.

8:38 p.m. I step out of my dorm for the first time tonight. All of my senses are instantly alerted: strung lights enhance colorful booths, shoulders brush against shoulders as freshmen scramble toward the tents, and the smell of fresh popcorn permeates the air. I spot a group of three freshmen and decide to follow behind.



8:53 p.m. In the past 15 minutes I've witnessed freshman girls receive everything from candy to popcorn, cupcakes to hot dogs, in exchange for listening to members talk about the specific activities available through society. Not a bad deal—it's almost enough to make returning students wish they were freshmen again. Almost.

9:06 p.m. About a dozen or more freshmen are gathered around the Pirates' tent. I budge my way forward to take a closer look and spot a few girls wearing eye patches.



9:11 p.m. A group of girls led by someone in a tiger costume cheers as they parade down the sidewalk. I hop onto the street to avoid the passing cavalcade.



9:26 p.m. The Classics are all about unity. At least that's what a girl I'm interviewing is telling me before another girl decked out in a tiger costume comes barreling down the sidewalk screaming at me and some other freshmen.

8:30

8:37 p.m.

8:38 p.m.

8:39 p.m.

8:45

8:53 p.m.

9:00

9:06 p.m.

9:08 p.m.

9:15

9:26 p.m.

9:30



8:37 p.m. I approach the field of tents where a few clumps of freshmen stand at the edges. The scene before us is halfway between a carnival and a melee. Sounds of yelling, beating drums, and distant horns cut through the dull roar of hundreds of conversations.

8:39 p.m. Amused, I stop to watch several guys outside Phi Beta's tent beating each other with pillows and pool noodles. Moving on, then.



9:06 p.m. The traffic between rush booths splinters in all directions—some are lured away by the prospect of Rita's Italian Ice, but others wander on to find out who is blowing horns.

9:08 p.m. The trumpeting is coming from Beta Gamma Delta's tent. Beta guys hand out hot dogs to the freshmen crowded around a slideshow scrolling inside the tent. While munching Beta hot dogs, people have a chance to eavesdrop on the conversations going on all around. Not hard, since everyone has to shout to be heard.



9:15 p.m. Some freshmen lingering between booths are approached abruptly. "Are you going to join Alpha?" they're asked. They don't seem to know yet, judging from the awkward glances they exchange. They talk for a few minutes about the prospect, and then decide to head back to the residence halls.



After mixing with the freshmen for one night of Rush, we are reminded of the difficulty and awkwardness of it all—and how sometimes free food can go a long way. But beneath it all, Rush boils down to a memorable opportunity to meet people and find a like-minded society to invest in for the next four years.

TEXT BY MELISSA AFABLE AND TIM KESSEE; PHOTOS BY AUDREY KROENING, CAROLINE SEBRIS AND CHRIS TAYLOR; DESIGN BY JON MELTON

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SUMMER ABROAD

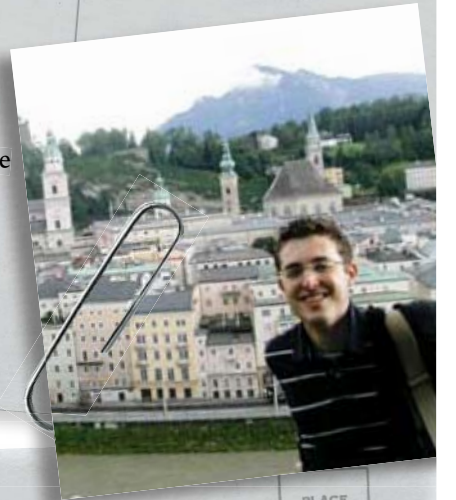
It's a big world out there—with a short summer to explore it. This past summer, students journeyed to all corners of the globe for work, academics, missions or leisure. Some traveled by rickshaw; others, by cruise ship. Either way, each student has a story to tell.

Grant spent five weeks studying in Austria's capital city.

Vienna, Austria
Grant Hartman
Senior accounting major

Grant also had opportunity to put his years of studying German into practice. "That guy [I witnessed to] wouldn't have been able to hear the Gospel unless I was able to share it with him in German," he said. "That was really rewarding."

He said he enjoyed learning more of Vienna's rich history and customs. It contains the birthplace of Mozart and one of the only synagogues not destroyed in WWII. "I hope to one day live [in Australia]," he said. "I loved it."



Paul spent eight weeks this summer ministering in New York's urban churches.

One of his most memorable experiences was leading three teenagers to Christ. "The smiles on their faces were just awesome," he said.

Paul saw many opportunities for English teachers in a city as culturally diverse as New York. "It definitely confirmed in my mind what God wants me to do for missions—teach English," he said. "It gave me a greater motivation to do that."

New York, New York
Paul Hudson
Sophomore English education major



The students were traveling on a cruise in Barcelona when the city erupted with a huge soccer victory. "We were there when they won the Triple Crown," Leyla said. "The city was insane. I was scared to get on the metro."

The cruise left Barcelona, making port stops in Monaco, Pisa, Rome, Pompeii, Santorini, Athens and Venice.

David collected souvenirs from many different cities. "I bought stickers to go on all my suitcases from everywhere we went," he said.

Leyla said she took hundreds of pictures of her trip, and it takes four hours to view all of them. "With friends I'm like, 'Pick your favorite city and I'll show you that.'"

Barcelona, Spain

Leyla Garcia
Junior international studies major

David Oliver
Senior biochemistry and molecular biology major

Jasmin Garcia
Junior nursing major

Mr. and Mrs. Garcia



Rachel traveled to Shanghai for two and a half months to participate in a medical internship.

Rachel stayed in the homes of two Chinese families. In exchange for their hospitality, she taught them English for an hour a day.

While the purpose was mainly academic, Rachel prayed for ministry opportunities. "My long-term goal is that I want to go back to China somewhere and practice medicine," she said.

The church Rachel attended asked for volunteers to take poor, orphaned or HIV-affected children on a trip to a technological museum. "It was great to hear their stories and get to know them," she said.

Shanghai, China
Rachel Willard
Senior biochemistry and molecular biology major



Stuart, along with 13 other members of the BJU mission team, traveled to Australia's eastern coast for eight weeks.

Stuart learned to surf on the Australian coast, and he spent two weeks counseling at a camp. "We had one week at teen camp and the last week was junior camp, and I really enjoyed that," he said.

At camp, Stuart became hero for a day. "I saved five girls from one of the top seven deadliest snakes in the world," he said. When a death adder lay coiled outside the door of the women's cabin, Stuart didn't waste any time. "With my knife, I cut its head off," he said. "It was great."

Ingham, Australia
Stuart Rogers
Junior youth ministries major



Jamboree kicks off 2009 soccer season

BEN OWEN, BRANDON HODNETT AND DEREK BREITENSTINE

The soccer jamboree last Friday featured interleague matchups of last year's top twelve teams.

The 25-minute games were meaningless to the standings, but provided teams the opportunities to discover their strengths and weaknesses.

Beta #1 vs. Basil #2

Beta hammered Basilean 3-0 in a rematch of last year's Turkey Bowl.

Jared Burr opened up Beta's scoring, slicing a groundball past Basilean's diving goalie.

Both teams had numerous shots on goal in the next 15 minutes, but were not able to score until Beta striker Jon Grant ripped a shot over the head of Basilean's goalie with three minutes left.

Anthony Lehn scored Beta's third and final goal on a penalty kick less than a minute later.

Basilean coach Ben Honshell said his team made some great plays but admitted that the Eagles' lack of conditioning kept them a step behind the Beta players.

Basilean lost seniors Spencer Schwartz, Rob Leatherwood and David Moore, who were all captains and key players last year. Despite the losses, Ben seemed confident that his team will once again be competitive.

Beta coach Anthony Lehn praised his team's intensity and communication. "We were a lot sharper than the first game," he said. "Both teams were evenly matched, but we were able to finish a few goals."

Beta will continue to work on team defense, and hopes for an

even better season than last year.

Omega #3 vs. Zeta Chi #6

Omega and Zeta Chi, two teams with a lot a promise, played to a scoreless tie.

There was not much give between these two as both rested some starters.

For Omega, they again will be without midfielder Preston Stadtmiller after he aggravated a knee injury. However, sweeper Zach Roschi has returned to the Lions' defense for his fifth soccer season.

Coach Adam Lowe said, "I'm glad that [Roschi] didn't have enough credits to graduate because we need him back there."

Adam also made it clear that Omega's goal this year would be to win the Turkey Bowl.

Zeta Chi surprised a lot of teams by fighting hard into the playoffs last year. This year the Tornadoes return all but one starter.

Coach Rob Shumate was impressed with the freshmen this year, describing them as amazing. "We finished in second place last year and we were kind of mediocre," he said. "But [this year] I think we'll be pretty good."

Pi Kappa #4 vs. Pi Gamma #7

Andrew Harrod's goal ten minutes into the jamboree match was all that Pi Gamma needed to defeat Pi Kappa 1-0.

Granted, Pi Kappa was missing some of its better players. This did not matter to the Royals, who had some very impressive showings from their team, especially their freshman class.

Freshman Kelvin Kim stood



The Zeta Chi Tornadoes and the Omega Lions battled during the jamboree, as did the Basilean Eagles and the Beta Gamma Patriots.

out, showing great touch on the ball as he set up a few of Pi Gamma's scoring chances and played fluidly with center midfielder Andrew Harrod.

Andrew, the Royals coach, spoke very highly of all their freshmen. He said, "We got a great freshman class, and these guys will really contribute this year."

On the other side of the ball, Pi Kappa coach Kyle Hayes was able to take a lot of positives away from his team's performance as they move forward this season.

"I expect us to play very well as a team and hopefully exceed what we did last year," he said. "We got a lot of talent, and if we can get it all together we will be good."

Phi Beta #5 vs. Chi Alpha #12

The Phi Beta Bulldogs defeated the Chi Alpha Cavs 1-0 with a goal during stoppage time.

With less than two minutes left in the jamboree game, Phi Beta's Adam Foss set up teammate Mike Ellerbrock in the box after a corner kick. Mike cut to the left and bent the ball into the right corner of the goal.

The Cavs pressured the Bulldog defense for the first ten minutes. However, the Cavs were

unable to capitalize after getting the ball into the box. Coach Tim Cahill said, "Our biggest concern was passing and ball control."

Tim mentioned conditioning as a weakness, but that is something they can fix. He predicted a playoff appearance.

Bulldogs' Jordan Moody also expects to make the playoffs.

He said that the key is to fill in positions on defense with some young, upcoming talent. "They're looking good now; they're getting used to college play."

Theta Kappa #8 vs. Sigma #11

The Theta Kappa Panthers and the Sigma Spartans battled to a 1-1 draw.

The Spartans struck first with a goal in the 12th minute by Jordon Meals.

The Panthers responded in the 17th minute. Freshman Caleb Gruendling launched a high arching shot to the right of the goal, which curved back to the left and over the hands of freshman goalie Seth Fortney.

Caleb hopes he can make an immediate impact on the team. He said that it's early in the season, and the team might be a little out of shape, but he has high expecta-

tions for the team.

Sigma's coach Bryon Kaufman said he's not going to set the expectations too high this year so that they'll be surprised. "We have a really young team," Bryon said. "We have to work on chemistry . . . and what we can do with the ball."

Nu Delt #9 vs. Alpha #10


The AL's Alpha Theta battled to a scoreless tie with the NL's Nu Delta Chi. Both teams found themselves in numerous scoring opportunities, but neither team could capitalize.

Alpha coach Michael Weathers thought his team played well but wants to see them gel. "I'd like to see consistency," Michael said. "We need to finish on our scoring opportunities and put the ball into the net."

Nu Delta coach Stephen Edwards liked what he saw from his team's first games, but admitted that improvement is needed.

"We need to move the ball up the field as opposed to playing boot-ball," he said.

Stephen also set a high standard for the Vikings, saying that their goal for the season is to make it past the first round of the playoffs.

JAMBOREE ROUNDUP							
Omicron Kappa Theta	0	0	Alpha Theta Pi Gamma	0	0	Beta Gamma Zeta Chi	2
Beta Basil	3	0	Pi Gamma Pi Kappa	1	0	Theta Kappa Sigma	1
Chi Alpha Sigma Alpha	1	0	Theta Chi Lanier	0	5	Omega Basilean	0
Omega Zeta Chi	0	0	Phi Beta Chi Alpha	1	0	Nu Delt Alpha	0
Kappa Chi Kappa Theta	1	2	Bryan Phi Kappa	5	0	Kappa Chi ZAP	0
Nu Delt Pi Kappa	0	0	Theta Chi Phi Kappa	0	2	ZAP Phi Sigma	3
Theta Kappa Phi Beta	1	1	Lanier Bryan	2	0	Omicron Phi Sigma	1



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BRANDON HODNETT

"It's been a while."

That's the excuse I hear most in the fitness center after a set.

It's also one I use quite frequently, especially after the summer.

Now it's a new semester, a chance to start over. For the few serious lifters out there (the ones who haven't missed a day in five years), you don't need to start over.

But for those who are still casual exercisers trying to get back into a routine or are completely new to the gym, here are eight pointers that should lift your workouts to the next level.

1. Dress for the occasion. Polos, khakis and boat shoes—guys, save them for the classroom. Last time I checked, the gym is for a workout, not a fashion show. If you're actually getting a good workout, you should sweat some.

So, unless you like soaking your dress clothes, you should wear shorts and a T-shirt that offer comfort and mobility.

It doesn't take that long to change after class. Put on a good

pair of sneakers too—they'll provide needed support for your legs and back.

2. Warm up. When you get into the gym, don't start out with your max right away. Give your heart a chance to get pumping first.

Try jogging over to the fitness center or running on the treadmill when you get there. The stationary bikes and the ellipticals are also great cardio warm-ups. After your heart rate is up, then you should begin your workout.

3. Watch your form, not your figure. There are mirrors in the fitness center for a reason, and it's not to see how big your muscles are getting (that's what the mirrors in your dorm are for). Nobody else wants to see that.

Use the mirrors to make sure that you're doing your exercises properly. If your form is wrong, you can seriously hurt yourself. I've seen many casual lifters turn every exercise into a back exercise. Focus on performing quality repetitions instead of trying to force ridiculous amounts of repetitions.

4. Graduate from the machines. If you really want to become a serious weightlifter, you need to use the free weights (dumbbells and barbells).

Machines are great for concentrating on a single muscle and developing proper form. Once that foundation is established, try to use free weights as much as possible. More progress is

gained by using free weights because they force the supporting muscles to work harder.

5. Stay hydrated. Your body needs water to carry nutrients throughout the body. When you're sweating, you're losing the water that your muscles desperately need. To replenish your water level, remember to take a drink after every set.

6. Clean up after yourself. Some casual weightlifters seem to struggle with this concept. If you were able to take the weight off the rack to begin with, you should be able to put it back on the rack when you're done.

7. Refuel after your workout. Working out breaks down your muscles and builds them back over time. You can help your body rebuild those muscles quickly by consuming protein and other vital nutrients as soon as your workout ends.

The protein can come from milk, meat, peanut butter or shakes. Just don't overdo it; too much protein at once can make you sick.

8. Develop a program and stick with it. This is the most important step to becoming serious about lifting. You'll never see progress in your fitness unless you get into a routine.

Talk to some regular lifters about their schedules and find a partner to lift with. If you don't stick with it, you'll have no choice but to say the old excuse, "It's been a while."



AUDREY KROENING

Classics' Jamie Jeffcott blocks a Cardinal's spike. The Classics won in three sets.

Classics win rematch of championship

TIANDRA WIGGS

The Pi Delta Classics defeated the Beta Epsilon Cardinals Saturday night in an intense 2-1 volleyball match.

Last year the Cardinals swept the Classics in the championship 25-22, 25-18 and 25-23.

On Saturday, the two teams were neck-and-neck again throughout the entire match.

The Classics started out the game strong, winning the first set. The Cardinals, however, dominated the second set.

Cardinals Piper Hendrick-

son and Rebecca Estrella scored several points with their effective teamwork. Rebecca precisely set up Piper's fast and low spikes.

Cardinals used the intimidation factor by spiking and hitting at lightning speed, forcing the Classics to scramble to dig up the hits. The Classics reverted to sloppy and impulsive moves.

The Cardinals finished off the second game with a win, putting the two teams at equal footing.

The third and final game went point-for-point. The Classics got it together with some impressive point-stealing serves.

Working in unison, the Classics built up momentum by grounding the ball repeatedly during the final half of the third game.

"The turning point in the game was when our passes started improving," Classics' Kristen Nelson said. "The passes started out weak, but they improved as the game went on."

In the end, the Classics came out on top and won their first game of the season.

Sports Lingo: Weekly Word



Meg (verb) to pass a soccer ball between a defender's legs either to oneself or another teammate



Game of the Week: Friday, 8:30 Editor's Pick

Zeta Chi Tornadoes 2
Pi Kappa Cobras 1

TOP 10

Soccer men

Beta Gamma 1
Basilean 2
Omega 3
Pi Kappa 4
Phi Beta 5
Zeta Chi 6
Pi Gamma 7
Theta Kappa 8
Nu Delt 9
Alpha Theta 10

Volleyball women

Beta Epsilon 1
Pi Delta 2
Theta Sigma 3
Theta Delta 4
Tri Epsilon 5
Nu Alpha 6
Alpha Gamma 7
Chi Epsilon 8
Beta Chi 9
Zoe Alethia 10

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« Vespers p. 1

get serious about reaching the lost?

“God worked mightily 100 years ago, and I know He can do it now,” Mr. Radford said. “I think people need to be remind-

ed of that.”

In addition to the drama, the Chorale will perform “Here is Love,” “O Great God,” and “O God Beyond All Praising”; all choral pieces arranged by Dr. Dan Forrest of the music faculty.

« Class of 2013 p. 1

from Bolingbrook, Ill., was not sure what to expect from her classes, she came ready for anything. “I just kept an open mind about things,” she said. “You just have to come and see

how it really is.”

Becky Yager, a public relations journalism major from Eastlake, Ohio, felt God’s leading through different aspects such as BJU offering the public relations journalism major.

“It was exciting because I was following God’s will,” she said while reflecting on her preparations to attend BJU.

Jessika Nimeskern, a humanities major from Alta Vista, Kan., said her first impressions were that everyone was really sweet and people were willing to help her settle in and find her way around. She had visited the University during high school and is enjoying attending now as a


student.

Some students traveled thousands of miles from other countries to attend BJU.

Ashley Lee, a premed major from Seoul, South Korea, learned about BJU through her Christian high school in Seoul. While she is here, she plans to focus on her goal of helping others. “I [have] a dream to be a physician to help others who don’t have money [to have] surgery,” she said.

Freshmen—they’re not just more people with whom to share a dorm room. The Class of 2013 is full of 921 new friends, stories, talents, encouragements and faces.


Welcome, freshmen!



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