

I-40 closure affects travel plans

AMANDA SAGER

Repercussions from a rockslide on Interstate 40 near the North Carolina/Tennessee state line continues to affect drivers traveling through the area. Students traveling on Interstate 40 to go home for the holidays will need to plan ahead and map out their trips in advance.

On the morning of Oct. 25, a rockslide shut down both lanes of Interstate 40 in North Carolina's Haywood County, just three miles east of the Tennessee line. All lanes of the interstate are closed while construction crews clear the road. The road is expected to remain closed until late January.

BJU Chief of Public Safety Mr. Scott Bingel encourages students to plan ahead and decide on alternate routes before traveling home for Thanksgiving and Christmas.



Huge boulders cover I-40 in North Carolina.

"If students are unsure of the detours, they should print out their own map," he said.

On Public Safety's homep-

age on the intranet, students will find a travel advisory, a link to the website for North Carolina's Department of Transportation

(DOT) and a PDF file map of I-40 detours.

Road signs for the detours have been posted in North Carolina,

but Mr. Bingel suggests having a map in hand.

Mr. Bingel also suggested that students who have memberships in motor clubs, such as AAA, call for information on their route. To receive updates on detours or travel conditions, such as traffic and weather, students may also contact North Carolina's DOT by dialing 511.

"Plan ahead. Make sure you know where you're going," Mr. Bingel said. Drivers should rely on a GPS only if it receives reliable map updates regularly. "If students have a GPS, and it does automatic downloads for construction, it would be helpful," Mr. Bingel said.

Three detours are included in the map link on Public Safety's homepage.

» I-40 p. 8

CAMPUS NEWS

LOAN MEETINGS

Students can attend loan meetings on Friday at 11:45 a.m. in Grace Levinson Chapel, Saturday at 4 p.m. in Stratton Hall, or Monday at either 11:45 a.m. or 5 p.m. in Stratton Hall.

TURKEY BOWL

Turkey Bowl pregame festivities will begin at 6:30 p.m. Saturday, with the game starting at 7 p.m.

FLUTE CHOIR AND ENSEMBLE

The flute choir will be performing Friday in War Memorial Chapel at 5 p.m.

THANKSGIVING DISMISSAL

University students may leave for Thanksgiving break after their last class on Tuesday afternoon and will return from break Monday by 10 p.m.

Chapel to focus on the truths of God

SONIA MOHINANI

The Thanksgiving Praise Service will provide spiritual refreshment with uplifting songs, edifying testimonies and meditative Scripture on Monday during the normal 11 o'clock hour before students leave for the holiday.

Dr. Jones' assistant, Mr. Steve Sindelar, planned the service and said the theme is "Portraits of Praise." The testimonies, which will be presented in video format, and songs for the service will concentrate on three truths: God is my salvation, God is my joy and God is my strength.

Mr. Sindelar hopes the student testimonies, along with the songs and Scriptures will be a catalyst for praising God. Although the length of the service limits the number of testimonies, he hopes that people will apply the principles to their own situations.

"We are highlighting only six testimonies but [we want] everyone to walk away saying, 'yes my story is different, but my response should be the same,'" he said.

The testimonies were selected from volunteers who saw God working in their lives and wanted to share with others what they had learned.

The inspiration for a Thanksgiving Praise Service came three years ago when Dr. Jones asked for a special service to remind students about the spiritual focus of Thanksgiving.

One of the ways this service is different from a regular chapel session is that the congregation has the opportunity to interact throughout the entire service by singing, as well as listening and meditating, Mr. Sindelar said.

In this year's service, similar to last year, a vocal ensemble will

lead in singing with the congregation. An orchestra will accompany the singing.

Mr. Bruce Polhamus, director of the animation department at *Unusual Films*, designed the graphics in the video presentations of the testimonies. He carried the theme of "portraits" into the videos, adding illustrations and graphics to enhance each testimony. The videos of testimonies will be interwoven throughout the service with the live musical performances.

Mr. Polhamus began working on the presentation in the middle of September. He said the work—including the shooting of the videos, the work of sound technicians and video editors, and the directing of the videos—was a collaborative effort on the part of several departments in the actual service.

Mr. Polhamus gave the credit for the work to God. "The Lord is really the ultimate authority,

» Praise Service p. 8

Meeting to inform about loan options

HEIDI WILLARD

Students finding themselves short of cash to make their final school bill payments of the semester will need to attend one of four loan meetings held this week.

The first meeting will be held today after chapel at 11:45 a.m. in Grace Levinson Chapel.

The other meetings will be held Saturday Nov. 21 at 4 p.m. in Stratton Hall and Monday at 11:45 a.m. and 5 p.m. in Stratton Hall.

The meetings will inform students of two types of loans.

The short-term loan is for

» Loan Meetings p. 4



Quick and Easy Snack Ideas

Page 5

Flag football season kicks off

Page 6



Friday	Saturday	Sunday
High 68° Low 50° chance of precip. 20%	High 57° Low 46° chance of precip. 40%	High 66° Low 45° chance of precip. 30%

the COLLEGIAN

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Embracing others' gifts and our own

In the classroom. On the basketball court. In the choir loft. You fill in the blank.

No matter where you are and no matter what you do, it often seems like someone is always better than you.

In a school with 3,367 students, it can be especially easy to look around at the abundance of talent, brains and beauty that surround us and become discontent with our own abilities (or our lack of them). The result? A discontented attitude toward how God made us.

When we as Christians fall into the trap of comparing our individual gifts and abilities with those around us, we begin focusing on our shortcomings rather than using our talents to glorify God.

As members of the body of Christ, we must realize what Paul means in Romans 12:6 when he writes that we each have "gifts differing according to the grace that is given to us." We have all been given different talents and levels of ability. Where one person may be a gifted speaker, another person may be a proficient writer. Where one person excels in sports, another person may exceed in music.

David reminds us in Psalm 139:14 that we are "fearfully and wonderfully made." God created each of us in His image and has uniquely equipped us with gifts appropriate for His perfect plan for our lives.

Instead of wishing you had a friend's straight A's or a roommate's impressive vocal range, thank God for the talents He's placed in your life. Rather than using your inadequacy as an excuse to do less than your best, aim to glorify God by doing our best with what He has given to you. Appreciate other people's talents—but don't forget to embrace your own.



MIKE SHROCK: THE ORIGINAL ENERGIZER BUNNY.



KALYN KINOMOTO

I can't believe it. This is my final *Collegian* column—my last byline—my turn to write the infamous "Yay, I finally made it!" senior column.

And though it seems this chapter of my life, known as college, has just begun, it will all come to an end when I graduate in 27 days.

A huge lesson I've learned by going through trials and changes to my plans is to never say never. It's cliché, but it's so true.

I said I'd never change my major. But I did. Twice.

I said I'd never stay longer than the usual eight semesters. It's been nine.

I said I'd never participate in extra-curricular activities. Hah, that was funny; you're reading the product of an extra-curricular activity!

Each of my "never" statements became reality. But if I hadn't gone through the various trials that lead up to this point, sure, I would've graduated by now, but I wouldn't have the friendships and experiences I have now. I wouldn't have the peace knowing that I did what God wanted me to do.

Through my major, I've met some of my closest friends, my

fellow "news junkies." We've been in the same classes every semester. We've traveled to Washington D.C. together to learn more about journalism—that alone is one of my best college memories.

Currently, I'm completing an internship in town—something I wouldn't have had the opportunity to do if I had rushed through my program just to get done. I love seeing what my field is like outside of the classroom. The experience is irreplaceable.

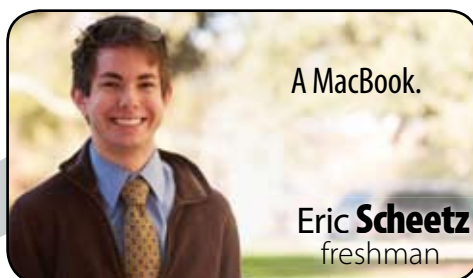
Through *The Collegian*, I've been given an endearing nickname that will last forever. I've come out of my shell—any staff member will tell you that my volume in the office is more frequently "on" rather than "off".

The friendships I've made with fellow staff members are incredible; some of the best times we've shared together have been (not all at once) drinking pots upon pots of coffee, making cinnamon roll oatmeal, having late-night production proofing picnics, adding to the quote board and attempting to change printer toner.

While my college path has been somewhat irregular, complicated and frustrating—lasting four-and-a-half years and taking me three very different majors, 63 classes and 16 roommates to get to this point—it's been exactly what I needed.

The most significant lessons I've learned have been through those irregular, complicated and frustrating times—the times when God was there waiting for me to realize His plans were far greater than mine.

What's your all-time favorite Black Friday purchase?



talk
back

PHOTOS BY AUDREY KROENING

Thanksgiving at BJU: a look at the past, present

MELISSA AFABLE

Food. Family. Football.

After their last class on Tuesday, students can look forward to all three of these things during the much-anticipated Thanksgiving break.

After approximately 116 days of classes, with their many quizzes and tests, professors and students alike will put aside schoolwork for six days and enjoy spending quality time with family, friends and one particular feathered fowl.

But Thanksgiving break at Bob Jones University hasn't always involved a six-day respite from school. As little as six years ago, the Thanksgiving holiday was much more of an on-campus event.

PAST THANKSGIVINGS AT BJU

The way that BJU celebrated Thanksgiving in decades past has undoubtedly changed with the times.

Mr. Joe Allen, director of Mack Library, was an undergraduate student at BJU from '63 to '67. Since the majority of students spent the holiday on campus at that time, the University scheduled Artist Series, Turkey Bowl, morning praise services and special dining common banquets for the Thanksgiving weekend.

Mr. Allen said the biggest event of the week was Turkey Bowl, which took place Thanksgiving Day. Although Mr. Allen's family was unable to visit him for Thanksgiving during his time as a student, he said the extra events on campus "made it special."

A staff member since 1970, Mr. Allen has observed the many changes that have been made to BJU Thanksgivings.



In previous years, a big banquet and parade were main activities for the Thanksgiving holiday at BJU.

He said Thanksgiving at BJU is not like it was during his time as an undergraduate student. "In my time as an undergrad you had the excitement [of the holiday], particularly if your society was represented in the Turkey Bowl," Mr. Allen said. "However, it's nice to be with family, and that's the big difference now: students can have their time with their families."

Having extra time to spend with family is something Mrs. Carole Eby appreciates as well. Mrs. Eby, coordinator of the Music Library, was an undergraduate and graduate student at BJU from '72 to '80. Mrs. Eby said she was unable to go home

for Thanksgiving during her eight years as a BJU student, and Thanksgiving her freshman year was the hardest. "It wasn't like having your family around and watching football in the afternoon or going out to play or just doing the traditional things that a lot of families did every holiday," Mrs. Eby said. "Being away from that was pretty difficult."

Thanksgiving dinners in the dining common were preceded by special music to celebrate the holiday. Food was served family-style then. "The banquets they had were just wonderful," Mrs. Eby said. "They made it very, very nice."

Mrs. Eby said many visitors would come on campus and sit in on "kaleidoscope classes," which were special classes held on the Friday after Thanksgiving Day for the benefit of prospective students. "Thanksgiving was the prime focus of student visitors on campus during first semester," said BJU's Provost Dr. David Fisher.

After BJU extended Thanks-

giving break in 2004, the atmosphere around campus during Thanksgiving changed dramatically. "In the last decade, Thanksgiving has really seen a shift," Dr. Fisher said. "It was once the busiest time in the school's calendar—now it's one of the quietest times."

"It's like a ghost town," Mrs. Eby said, describing BJU during the holiday.

MORE RECENT THANKSGIVINGS AT BJU

Junior business and technology major Melissa Hoyler said that her family spent Thanksgiving on campus in 2000 to be with her sister, Amanda, who was a freshman at the time. After her sister's freshman year, Melissa's family met up with Amanda halfway in Tennessee for the following Thanksgivings.

Melissa said she's grateful BJU decided to make Thanksgiving break last from after classes on Tuesday to Monday, allowing students more time to be with their families during this traditionally family-oriented holiday. "Thanksgiving has become such a family holiday," Melissa said. "I'm glad they changed [the policy]."

Junior special education major Janine Salazar said traveling home to New York every Thanksgiving is worth it because of family. "I'm very grateful [for the break]—even if it's just six days," Janine said.

COURTESY PHOTO STUDIO



ARMY MOM MAY GET JAIL TIME

Spc. Alexis Hutchinson may be sentenced to jail time after skipping her deployment flight earlier this month. Hutchinson said she chose not to go because no one was available to care for her 10-month-old son in her absence.

PRESIDENT OBAMA VISITS CHINA AND JAPAN

President Obama continues his tour of Asia, making stops to talk with leaders in China, Japan, Singapore and South Korea. This trip sets Obama ahead of all previous presidents for most foreign travel in the first year of presidency.

CNN HOST LOU DOBBS RESIGNS

Lou Dobbs, who has been a part of CNN since its debut in 1980, resigned last week from his nightly show. Dobbs has come under fire in the past for his strong stance on issues such as illegal immigration.

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Campus isn't really a ghost town over Thanksgiving

TIM KEESEE

After many of the residence hall students mass migrate back to their homes for Thanksgiving break, the campus becomes a quiet place.

Yet the empty halls and sidewalks are deceptive because some students and staff alike continue to labor faithfully, keeping the wheels of the University spinning and preparing for the final stretch of the semester.

In preparation for the annual lighting ceremony, the interior design department and grounds crews use Thanksgiving break to get a majority of the Christmas lights and decorations in place. Work crews begin hanging smaller



Grounds crew members Mandy Hoffman, Samantha Branning and Hannah Pulver work to put Christmas lights on shrubs.

lights around campus before Thanksgiving and put up the garlands and other Christmas decorations after the campus empties.

"We work every evening usually," said Mrs. Teresa Armstrong, manager of the interior design department. "When we come back to work on Monday, we will work flat out, staying past supper till 2 or 3 o'clock in the morning if we have to."

The interior design staff makes around 1,200 bows by hand. Staff members from other departments on campus are also enlisted to help with the project.

"If we didn't do that, we would not be able to get it done because it's too many man-hours and too much territory to cover," Mrs. Armstrong said. She has been involved in decorating the campus for Christmas for 20 years. "It's still fun," she said.

The dining common stays in operation throughout the entire break, though serving only Grab 'n Go for breakfast and supper because the staff is significantly reduced after residence hall students return home.

While operating with a smaller

staff, the dining common hosts a Thanksgiving banquet every year on Thanksgiving Day. "We're still able to handle it," said Mr. Tim Davis, manager of the dining common. "We've got [day] students that stay and work even though our [residence hall] students are gone." Even so, the dining common serves more people for the Sunday lunch before classes resume than for the Thanksgiving banquet. "We rotate so that everyone gets some time off," Mr. Davis added.

Administrative offices are closed on Thanksgiving Day and the following Friday, but administrators and staff do not get as long of a break as students.

"Many people still have Wednesday and Monday as a regular work day," said Miss Carol Keirstead, BJU's chief communications officer. The administrative staff works during the break to keep the campus organized and running so that the semester runs smoothly to a close.

Because many departments on campus do close for the holiday, a list of campus business hours is available on the intranet.

« Loan Meetings p. 1

students who are planning to return to school in the spring, while the installment loan is for students who will not be returning.

Individuals who have made sacrificial gifts to the University have made the BJU student loan fund possible. As students pay back their loans, that money goes to other students taking out loans.

Alternate loan options that students can look into for future semesters are the federal

Stafford Loan and Sallie Mae loans.

For students, finances can be one of the most stressful parts of the semester. But Mr. Andrew Cropsey, a member of the business faculty, reminds students that God places each of them in our financial situation for a reason.

All students can benefit from money-saving tips.

Dr. Mike White, a member of the business faculty, suggests that students keep track of every dime they spend over a one week period. Then at the end

of the week, they can look at the journal and evaluate their spending.

For many students, the realization of how much money they spent flippantly on a regular basis may help them become more disciplined spenders.

"The key thing is your attitude toward money," Mr. Cropsey said. He explained that just as God keeps His promises and supplies for our needs, He wants us to practice good stewardship.

So as you pay your school

bill this semester, remember God's faithfulness.

"God has a great opportu-

nity for you, but it's individual to you," Mr. Cropsey said.

CORRECTION

The Nov. 13, 2009, issue of *The Collegian* incorrectly identified Mr. Ryan Pennington as the head of the electrical department. Mr. David Brown is the head of the electrical department, while Mr. Pennington is a full-time worker in the department.

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When the red cheese cracker box lies empty, the ramen tastes stale, the vending machine is void of honey buns, and your mother’s kitchen is a light-year away, rest assured that your hunger pains and picky palette can be satisfied. Like gourmet culinary fare, whipping up a quick and simple snack is limited only to your creativity and appetite. If you lack either, this photostory is for you! So get ready to step beyond shrink-wrapped chicken ramen and embrace simple snack culture.

CINNAMON APPLE CRISP



Serves: 2
Prep Time: 20 Minutes

Utensils & Appliances:
Microwave, 2 microwave-safe
containers, 1 small bowl, knife

Ingredients:
3 apples (preferably Fuji or Gala)
2 packages of Brown Sugar and
Cinnamon or another type of instant
oatmeal
4 tablespoons cinnamon
1 cup sugar
¼ cup flour
4 tablespoons butter

STEP 1: Peel, Slice and Dip

Peel and slice apples, dividing into the two dishes. Add 1 ½ tea-
spoons cinnamon to each dish, making sure the apples are covered.
Add 1/3 cup sugar to each dish and stir apples until sugar coats the
apples. Microwave dishes on high for 5 minutes and then let settle.



STEP 2: Mix It Up

In the small bowl, combine the oatmeal, remaining 1/3 cup sugar,
flour, butter, and ½ teaspoon of cinnamon, crumbling mixture with
fingers until it is in pea-sized crumbs.



STEP 3: Heat, Cool and Serve

Divide the flour mixture between the containers and spread on top,
pressing the dough firmly onto the cooked apples. Microwave both
dishes on high for 3-5 minutes. Let cool for 5 minutes.



PEACH-BERRY SMOOTHIE



Serving Size: 16 oz.
Prep Time: 5 minutes

Utensils & Appliances:
Blender, Ice Cream Scoop, Cup

Ingredients:
5 oz. V8 Splash Berry Blend Juice
3 oz. frozen strawberries (preferably sliced)
3 oz. frozen peaches (chunk or sliced variety)
3 oz. strawberry yogurt or orange sherbet
2 oz. ice

STEP 1: Add Yogurt/Sherbet, and Fruit

Add the ingredients from softest texture to hardest texture
(yogurt, sherbet, fruit, and lastly ice). Adding ingredients
with the softest being the first to make contact with the
blender blades will assist the blending process.

STEP 2: Add Fruit Juice

STEP 3: Blend and Serve

Blend smoothie on pulse setting if possible. If your blender
stalls, remove the blender cup and give it a few firm taps on
the side to loosen the ingredients, then commence blend-
ing. When the smoothie can be blended continually with a
swirl at the top for 5 seconds, it is ready to be served. While
serving, firmly tap the side of the blender cup to loosen
and avoid spilling the contents.

CHOCOLATE-DIPPED OREO BALLS



Makes: About 20
Prep Time: 45 minutes

Utensils & Appliances:
Microwave-safe bowl, microwave,
medium-size bowl, waxed paper
or tin foil

Ingredients:
1 package Oreos
1 package (8 oz.) cream cheese
1 bag (12 oz.) chocolate chips

STEP 1: Crush and Mix

Crush the Oreos completely in a plastic bag and pour the
crumbs in the medium-size bowl. Add room temperature
cream cheese and stir until smooth. Shape into small balls and
let cool in the fridge for 30 minutes.

STEP 2: Heat and Dip

In the microwave safe bowl, heat the chocolate chips in the
microwave, stirring frequently until just melted. Using a
spoon, dip the balls in the chocolate, placing them on a sheet
of tin foil.

STEP 3: Chill and Serve

Cool in the fridge until the chocolate has hardened.

Razorbacks tackle Cobras in opener

DEREK BREITENSTINE

Alpha and Pi Kappa took the field for their first flag football game of the year Saturday. The Razorbacks dominated the Cobras 21-0.

Alpha's quarterback Cole Welby ran an option attack that the Cobras had great difficulty stopping. On Alpha's first possession, Cole marched the offense down the field and capped off the drive with a touchdown pass to wideout Jeremy Spiecker. Alpha converted a one-point conversion for a 7-0 lead.

Pi Kappa's offense had problems moving the ball against a well-organized defense from Alpha. Quarterback Anthony Giampapa had problems get-

ting in rhythm with his receivers and misthrew on a few different routes.

At the end of the first half, the Cobras mounted their best drive of the game, marching all the way down to Alpha's goal line. On the last play before halftime, Anthony dropped back to pass, but was forced out of the pocket. Alpha's Chad Pack pursued and was able to get the sack and send the game to halftime.

The Razorbacks came out running in the second half, and Cole Welby literally took things into his own hands. Rolling out to his left and avoiding pressure, Cole darted into the end zone, giving Alpha a 13-0 lead.

The Cobras offense continued to sputter in the second

half as Anthony Giampapa threw an interception to Alpha's Chad Pack on the Cobra's second drive.

The Alpha offense capitalized on the pick and scored another touchdown on a run by Cole, putting them up 21-0.

Time was running out for Pi Kappa, who was now forced to throw every play. Anthony dropped back to pass, but was picked off by Alpha's Brad Gray.

Cole Welby came back onto the field to run the clock out and seal off the victory for his Razorbacks. Cole said after the game that the option offense worked well for his team and defensively they did a great job containing the Cobras and keeping pressure on the quarterback.

Only needing three wins to make it into the playoffs, Alpha is now one step closer. They have a key matchup with Chi Alpha coming up.



CAROLINE SEBRIS

Pi Kappa's Bart Tuck tries to sprint past Alpha's defenders.

Bandits caught napping, Cardinals soar

TIANDRA WIGGS

The Cardinals winged past the Bandits Saturday night winning 57-32.

The Cardinals soared high in the game with fast moves and perfected plays. The Cardinals' main asset in the game was their shot consistency.

Although allowed inside the paint, the Bandits had countless failed attempts at the net. As many times as the Bandits shot, the Cardinals were there to sweep up the trash and convert it to points on their own end.

In the first half of the game, Cardinals' coach Bobbi Frank and Bre Harbin helped to shut down the Bandits and racked up points on the offense. Wasting no time to jump on the scoreboard, Bobbi scored two points for the Cardinals in the first eight seconds of the game.

The Cardinals were pretty

far ahead by halftime. The score was 35-14 for the first half of the game.

Bobbi shot 14 field goals in the first half. Scoring a total of 22 of the 57 points netted in the game, Bobbi was a crucial piece of the Cardinals' success.

The Bandits attempted to keep up with the Cardinals' forward motion to the net. Priscilla Peterson worked hard to boost the Bandits' numbers by adding 13 points to the Bandits' side of the scoreboard throughout the game.

Bandits' point guard Abbey Conner said that their biggest strategy was to just play hard and fun.

"We knew it was our last game, so we wanted to work hard and finish strong," Abbey said.

In the second half of the game, Abbey added three points to the Bandits' score by

shooting outside of the arc.

The Bandits continued to endure the Cardinals' skill for most of the second half, but the Cardinals were an experienced team.

"We like to play fast-paced ball, using speed to our advantage," said Bobbi Frank.

The Cardinals were relentless with both their defense and offense toward the end of the second half of the game. Bobbi closed off the game by scoring two in the final two minutes.

"It was a good game to end the regular season on," Bobbi said.

The Cardinals defeated the Bandits with a final score of 57-32.

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WEEKEND ROUNDUP

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Zeta Tau Pi Delta	15 64	Beta Epsilon Theta Mu	57 32
Theta Delta Zoe Aletheia	33 31	Beta Chi Chi Theta	41 56

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Omega 4

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Tornadoes' offense whirls past Panthers 36-8

BEN OWEN

Zeta Chi picked up its first win Saturday by defeating the Theta Kappa Panthers 36-8 in both teams' first game of the flag football season.

The Tornadoes were able to score on five of their seven offensive possessions, while the Panthers scored on 1 out of 6.

Z's first touchdown came when quarterback Steve Knapp rolled right out of the pocket and hit an open receiver in the end zone.

Theta Kappa quarterback Matt Schnebelt was forced to throw high on the Panthers' second possession and was intercepted by Z's Brad Bristol. However, Z was not able to capitalize on the Panthers' mistake because they fumbled the snap into the end zone, resulting in a safety.

The pass-happy Panthers



Zeta Chi's Steve Knapp rolls out and winds up to pass.

were intercepted again on their next possession as Steve Knapp leaped high into the air and snagged the ball from the receiver. This time, Steve made the Panthers pay for their mistake and eventually ran the ball in for another Z touchdown. The half ended with Z in control, 14-2.

Both teams started the second half with turnovers on downs on their first possessions. Z, however, scored on its second possession when Steve connected with receiver Mark Leeper on a long touchdown pass.

Theta Kappa was finally able to make it into the end zone on the next possession. Receiver Daniel Baird was able to snag a pass from QB Matt Schnebelt to bring the Panthers within 14 points.

The 14 point gap was as close as the Panthers would get. On Z's next possession, Knapp again threw a long touchdown

pass to Mark, and threw a complete pass to Andrew Cline for the two point conversion.

Z defender Jonathan Hicks sealed the game moments later by returning the third Zeta Chi interception for a touchdown, ending the game 36-8 and giving Z its first win of the season.

Zeta Chi QB Steve Knapp, who really stood apart for his skill on the field, has a background of playing high school football as a running back.

Steve said he tried to start out with short plays that would lull the defense to sleep and open up the deep ball. "It's really all about scrambling around," Steve said. "I try to get my receivers time to get down-field where we can score TDs."

Steve also stressed the importance of practice for all the teams. "The speed of the game is a lot different than practice," Steve said. "Everyone needs to get used to playing with a guy in their face."



TIANDRA WIGGS

I can remember the effects of sleep deprivation all too well. Sophomore year, the relentless tossing and turning in my small bunk left me with just a messy bed to make in the morning. When the sun finally came up and I hadn't found a way to keep my eyes closed, I knew that it was going to be another tough day of classes.

That year, every day was bursting at the seams with activity. I was exhausted! Staying awake was almost impossible to manage.

I turned to what at the time seemed like the best possible solution to my narcoleptic problems. My vice became caffeine.

Hot coffee, iced coffee, frappuccinos, espresso, lattes, chocolate-covered coffee beans—I loved and consumed it all.

The immediate change in me was noticeable. I was on my A-game. For the first couple of weeks I aced every test that I took. Not being able to rise for my eight o'clocks was a thing in the past. I was happier and way more focused than I'd ever been.

Now, I wasn't new to coffee.

Before my run-in with the beast that is college, I sipped on java chip fraps occasionally. But I had never taken in as much coffee as I had been consuming. Five cups of coffee were the minimum consumption for the day. Drinking only five cups meant that it was one of my more relaxed days.

Go back to my first caffeine-induced insomniac night. That was the first day that the adverse effects of coffee had begun to take their toll on my body. Getting ready for class, I realized that in order to make it through the day, I knew that I had to once more take in a higher level of caffeine.

If you're wondering where I am going with my story of caffeine addiction, I'll let you know now. Caffeine has adverse effects. Sure. Most coffee drinkers are aware of the side effects of caffeine.

The truth is most coffee drinkers feel the pros outweigh the cons.

Look at some of the drawbacks to coffee drinking. Bone loss, cancer, high blood pressure, calcium deficiencies, dehydration, heart disease, yellowed teeth, digestive disorders, blood clots, and loss of sleep are all possible side effects of drinking coffee.

But on the flip side, there are benefits to drinking coffee. The most obvious benefit to its consumers is the ability it has to keep the drinker alert. Coffee can lift moods, treat headaches, and reduce the risk of Parkinson's disease, according to the John Hopkins School of Medicine.

My purpose is not to persuade you to make a choice on whether or not to drink coffee. My purpose is instead to allow you to learn a lesson from my bad experience with coffee. Not only did I have sleepless nights, but I began to have mood swings, jitters and night sweats.

Sounds fun, right?

Self-control is key. My problem didn't lie in drinking coffee. My problem stemmed from the amount of coffee I was taking in.

All I needed was a lesson in self-control.

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« I-40 p. 1

DETOUR 1:

North Carolina's DOT advises drivers on I-40 West to take I-240 West, to I-26 West out of

Asheville, to Johnson City, Tenn., then onto I-81 South to get back on I-40.

"Traffic will be a little bit heavier because everyone is taking that detour, but if they want all

interstate, take I-26," he said.

This detour is 53 miles longer than the original I-40 route, so students should plan for a slightly longer drive. "It's not going to be too bad," Mr. Bingel said. "But now [students] have this idea, 'I've got to make up the time!' So don't speed."

DETOUR 2:

Alternatively, students may choose to follow I-25 North, through Asheville, past Newport, Tenn., and up to I-81, which will take them back to I-40.

This route is recommended if students are going through Knoxville. "I-25 is a little bit wider road than the one through Gatlinburg," he said. "It's a little bit more direct."

DETOUR 3:

Students may take the Blue Ridge Parkway using U.S. 441-321 through Gatlinburg, Tenn. This will take them directly to I-40.

"Through Gatlinburg is a little slower because they're going through more small towns," Mr. Bingel said. "It's mostly just two-lane, two-way traffic."



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Huge boulders cover I-40 in North Carolina.

RETHINK YOUR ROUTE

ROUTE 1
Take I-240 West, to I-26 West out of Asheville, to Johnson City, Tennessee, then onto I-81 South to get back on I-40.

ROUTE 2
Follow I-25 North, through Asheville, past Newport, Tennessee, and up to I-81, returning you to I-40.

ROUTE 3
Take the Blue Ridge Parkway using 441-321 through Gatlinburg, Tennessee. This will take you directly to I-40.

For additional route information including maps and traffic updates, consult the Public Safety Home Page on the internet, motor clubs such as AAA, or call the North Carolina DOT by dialing 511.

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« Praise Service p. 1

power or ability behind this," Mr. Polhamus said. "When we do something like this we recognize that it's not our own ability, but it's the Lord's that allows us to pull this stuff together," Mr. Polhamus said.

Mr. Sindelar hopes that students will take away a valuable truth from the service. "Every situation that you find yourself in,

whether good or bad, every situation is designed to show forth God's praise, to be a portrait of praise," he said.

Mr. Polhamus agreed and said that everyone involved in the preparation for the service wants the same thing: for students to "walk away recognizing what Christ can do for them and wants to do, like He's done with these people in their testimonies."

"As long as I have **VOICE**, I want to proclaim and exalt the lovely name of **Jesus**, particularly to those who have never had a clear presentation of the **Gospel**."

- Dr. John Dreisbach

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