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# Student Body: 'Twas the night before break

KALYN KINOMOTO

It's only a dream—one the Student Leadership Council hopes students will laugh at. The light-hearted Student Body program will take place during the normal chapel hour Wednesday at 11 a.m. in the Founder's Memorial Amphito-

Emily Cheadle, SLC women's president, said the theme, "The night before you leave for Christmas break," will be portrayed through a series of events surrounding a student's hypothetical bad dream. "It's kind of a mix between things at Bob Jones, Christmas and weird things that happen," she said.

The program will feature a mixture of humorous skits, videos and songs presented by various members of the student body. The SLC men's president, Kristopher Schaal, will share a brief devotional at the end of the program.

With changes to the SLC structure this year, more students have more opportunities to participate in Student Body programs. Emily and Kristopher delegated tasks to a student committee formed specifically for the program. Members of this committee—Brett Smith,

Klayton Hoefler, Jamie Jeffcott, Hannah Summer, Bonnie Gerdt, Josh Johnson, Josh Kopp and Jack Harrison—helped coordinate the program and find other students who could be used in the program.

"[There's a] mix of some people we just knew as friends and other people who were suggested by the committee we didn't want to use people who are overused in the student body," Emily said. "When I went to our first rehearsal, I didn't know a lot of the people." She also said it's neat that so many different students are involved and have opportunities for leadership in this area.

Other individuals involved with the program include members of the WBJU staff,

who helped film the videos, and Christian Raab, a business and residential construction management major, who built the bunk bed that will be used in the skits.

Since most finals and responsibilities will be out of the way, Emily hopes the program will put students in the Christmas spirit and allow them to reflect on past events of the semester.



SLC women's president Emily Cheadle discusses the Student Body program.

#### **PREREGISTRATION ENDING**

Preregistration for second semester ends tonight at 5. Students should submit their schedules on StudentCentral.

#### **CHRISTMAS VESPERS**

The first performance of Handel's Messiah will begin tonight at 7 in Rodeheaver Auditorium. Additional performances will be held Saturday at 7 p.m. and Sunday at 2 p.m.

#### University final **EXAMS**

Final exams will begin Monday and end on Thursday. Students should check the exam schedule on the intranet and remember to bring their exam permits.

#### **CHRISTMAS BREAK**

First semester will end and students will be dismissed for Christmas break Thursday at noon.

## Students share unique holiday traditions

**BRENNA SMITH** 

It's officially Christmastime. Some retailers have been decked out with artificial trees and twinkling lights since Halloween. Milk and cookie consumption is up 237 percent. Rumors of snow have been flying around campus faster than Santa and his reindeer.

Yep. It's Christmastime all right.

Thankfully, there is more to Christmas than calories and commercialism. Many students have their own unique way of celebrating the holiday, and these traditions never fail to make the season bright.

For Christopher Nicholas, a senior organizational communication major, Christmas is all about making the holiday special for others. He and his cousins used to enjoy watching his father dress up as Santa Claus. "[He] found an old Santa suit at

work and had the 'build' for it," Christopher said. "Even once my cousins figured out who it was, they expected it each year and got really excited."

Then the unthinkable happened. "My dad 'outgrew' the suit, so I had to start wearing it," he said. "It lasted well into my high school years."

Whether people believe in Santa or not, each year the gifts somehow make it under the tree. But Kiley Godsey, a junior church music major, said her mother got fed up with her three children figuring out what their presents were before they opened them. Kiley said her mother either numbers their presents or labels them with code names like Santa Claus, Rudolph, and Frosty. "She started it probably 10 years ago because she wanted to make it harder to figure out the gifts," Kiley said.

Jen Vanaman, a sophomore health, fitness and recreation ma-

jor, draws names with her mom, five sisters and three nieces for secret sisters. "We draw names and just get that girl presents," Jen said. She said her dad thinks it's hilarious to write his name on all the cards before they draw so they conveniently choose his name.

"We have to redo it so we all get one of the girls' names," she said. "It's ridiculous."

Although some holiday traditions stray from the stereotypical "over the river and through the woods, to Grandmother's house we go," they are holiday traditions nonetheless. Ben Senn, a sophomore Bible major, celebrates the season with his father and brothers by not shaving. "My dad is able to grow a very nice gray beard of wisdom," he said. "My brothers and I are working on the wisdom part. And the gray part for that matter," he said.

Karis Lundvall, a junior practical Christian training major,

never gets to experience peace on earth when her mom's side of the family gets together at Christmas. "We always have some sort of 'war'," she said.

On Christmas afternoon she heads outside with her grandpa, aunts and uncles as they all attempt to wound each other. "The last couple of years we have had massive paintball wars," she said. "We have also had potato gun wars, sling shot wars, etc."

"I think one of the things that really got it started was when one of my uncles made homemade potato guns for all of my other male family members," she said. "They were dangerous!"

However your family chooses to celebrate Christmas, either with old traditions or new experiences, be sure to keep in mind the real reason of the season, Jesus' birth, and make it your own personal tradition to thank God for sending His Son to die for your sins.



**Christmas spirit** across campus

**Classics beat Cardinals in** championship



### Sunday Saturday



chance of precip. 20%

Page 6

Low 35° chance of precip. 40%

# The Collegian · Dec. 11, 2009

### COLLEGIAN

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# Wishing others a 'Merry Christmas'

It's that time of year again: you run around, desperately trying to find last minute gifts. After battling crowds, waiting in line and checking out, you wish your cashier a "Merry Christmas." "Happy holidays" is the response you get back.

Retailers are under an increased amount of pressure to change policies regarding greetings, decorations and advertising during the Christmas season, all in the name of not offending customers who may be averse to religion. As a result, many employees are told to say "Happy Holidays" instead of "Merry Christmas."

Clothing retailer Gap recently came under fire for its TV commercial with song lyrics, "Go Christmas, go Hanukkah, go Kwanzaa, go solstice—Do whatever you wannukkah."

After a backlash of angry phone calls and e-mail petitions, the company released another commercial, with their trademark-talking mannequins wishing everyone a "Merry Christmas."

In an effort to answer back to general retail policies, the self-titled grass-roots "Campaign for Christmas" has risen up. Its call of action? "Wish me a Merry Christmas."

The campaign, which is supported by churches across America, solicits people to wear a button that says, "Wish me a Merry Christmas." After one million buttons are sold, the campaign plans to mail a letter to the top 30 retailers, including corporate giants Wal-Mart and Target, requesting they revert to saying "Merry Christmas" and put more religiously oriented decorations back up in their stores.

Doing away with "Merry Christmas" is, in a sense, displacing the religious significance of this season, as well as eroding American history and tradition.

This year, let's all take a stand and wish people a "Merry Christmas."



THE INTERNET WASN'T THE ONLY PLACE WHERE THE LIGHTING CEREMONY WAS SEEN THIS YEAR.



#### **MELISSA AFABLE**

On Christmas day, most Americans will be eating ham and mashed potatoes. In my family, Christmas dinner isn't complete without rice.

I used to be embarrassed that my Filipino family couldn't last one day, let alone one holiday, without eating white rice. "We live in America," I'd tell them. "Why can't we celebrate Christmas this year the American way and lose the rice?"

But in the past year, I've gained a new respect for rice—and it's not just because I'm away from home and don't have to eat it every day.

No, my newfound admiration is due to a surprising power that rice holds: rice miraculously reverses the effects of my clumsiness around electronics.

#### MIRACLE No. 1

I'm sitting in a coffee shop, sipping on a London Fog and showing a friend my new MacBook. Somehow in the process my Styrofoam cup accidentally gets nudged and four droplets of Earl Grey and milk magically land on the nearest surface (i.e., my MacBook's keyboard).

Shock keeps me silent; my screen turns blank.

My roommate drives me to the closest Mac store where I find I have two options: pay \$800-plus for extensive repairs, or keep it in a

New Zealand.

Casey Cho

freshman

Ziploc bag with rice for a few days. I've heard stories of friends who've used rice's absorbent power to save wet electronics before, so the idea doesn't sound totally insane.

Since I'm a college student, I choose the inexpensive, albeit dubious, option. I stick it in a large, resealable plastic bag with rice.

Three days later, I pull my laptop out of the bag, praying fervently the entire time. My MacBook comes to life. The *Hallelujah Chorus* starts playing in my head.

#### MIRACLE No. 2

I'm walking to the *Collegian* office to work on an article. In my book bag resides what every journalism student needs to write articles effectively: a laptop, voice recorder and water bottle (writing can make one thirsty).

Somewhere en route my water bottle lid goes on strike. I arrive in the office and realize that 70 percent of the water that was in my water bottle is currently resting at the bottom of my book bag. My MacBook, enclosed in a separate case, escapes unscathed. But my voice recorder is soaked, and the three interviews I need for an article are pretty much gone.

Once again, I'm shocked to silence. But this time, I know what to do. I hunt down some rice and a Ziploc. Less than 24 hours later, my recorder turns on, and all three interviews are fully recovered. Handel's oh-so-familiar chorus resounds in my mind once again.

After these two experiences, I can't help changing my attitude. When Christmas rolls around, I will embrace my Filipino roots with an extremely grateful heart as I pile my plate high with rice.



Where's the most unique place you've ever spent Christmas?





A random hotel in Illinois.

We got stuck there during

a snowstorm.

Jo **Banister** 

freshman





# Healthy habits aid exam performance

#### **SONIA MOHINANI**

Exams. The very word can make students feel tired and stressed. But by taking proper care of themselves during exams, students can stay healthy and perform better on their finals. The following are some tips on staying healthy during the busyness of exam week.

#### **SLEEP**

Eight hours a night—it's not just a suggestion. Getting adequate rest strengthens your autoimmune system, the most important defense against sickness, said Dr. Tonya Wren, a physician at University Medical Associates. She advises students to limit caffeine intake because it can disrupt sleeping patterns for up to 12 hours.

Miss Deborah Karasek, a registered and licensed dietitian in the family and consumer sciences department, recommends no more than one cup of coffee a day.

#### **STRESS**

Exams are sure to cause some level of stress, but the key is learning to deal with it rather than avoiding it, Dr. Wren said.

She tells her students not to panic while taking tests. "Panicking never helped anyone ever in the history of the world," she said. Instead, students should stay calm and focus on the information they do know.

A good outlook can also help ease stress. "Have a positive attitude," said Mrs. Anna Turner, a professor in the family and consumer sciences department. "It makes a big difference."

#### **EATING**

A balanced diet is essential to staying healthy. Miss Karasek said the best way to boost brain power is by having a balanced diet rich in fresh fruit, vegetables and adequate protein. The B vitamins—thiamin, niacin, riboflavin, folate, B-6 and



Ricky Hurt, freshman church music major, prepares for exam week with a balanced, nutritious snack.

B-12—boost metabolism and energy, and are found in meats and green, leafy vegetables.

Carbohydrates, the body's primary source of energy, should make up 50 percent of the body's daily caloric intake, Miss Karasek said. Carbohydrates are found in grain products such as cereal, pasta, rice and bread; fruit (fresh and dried) and 100 percent fruit juice; milk and yogurt; and starchy vegetables such as potatoes, corn and peas.

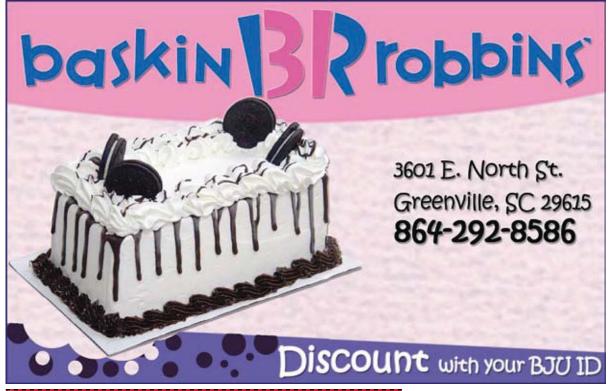
Sticking to a regular meal schedule is a must during exam time. "Don't skip meals," Mrs. Turner said. She emphasized that students need to eat breakfast because the brain needs food after resting all night.

#### **EXERCISE**

Maintaining regular exercise is important, even during exams. Breaking up study sessions with any form of exercise, such as taking a 10-minute walk, can clear the brain and aid regular blood circulation.

According to Mrs. Turner, studies show that regular exercise helps people think better. "It's amazing how clearheaded you are when you have all those endorphins going through your brain," she said.

To save time while getting some exercise in, Mrs. Turner suggests making note cards or term sheets to take while running.





#### EIGHT CHINESE STUDENTS KILLED

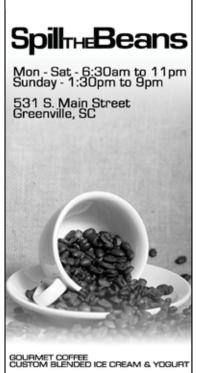
Eight students were killed and 26 others were injured at a school after several students slipped down the stairs, creating a domino effect.

#### Virgin Galactic unveils 'SpaceShipTwo'

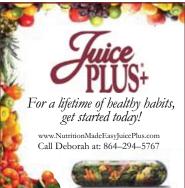
Virgin Galactic introduced its new spacecraft "SpaceShipTwo" Monday in Los Angeles. The first commercial passenger spacecraft is hoped to launch in 2011, allowing tourists to soar into space.







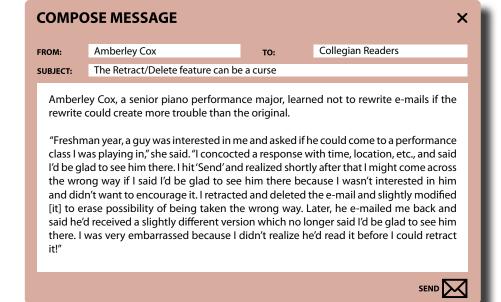


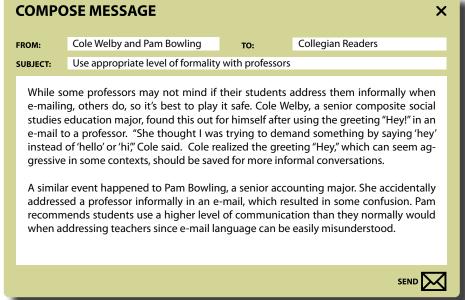


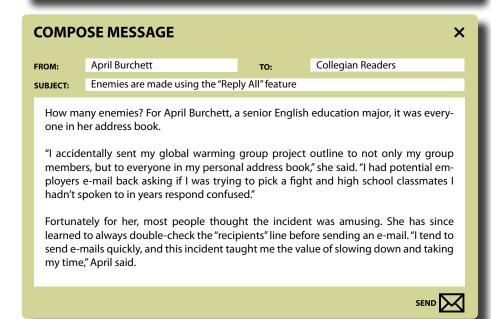
## NEWS

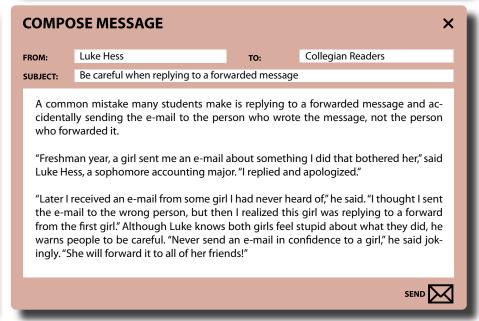
## **E-MAIL ETIQUETTE**

There is no denying that BJU students love their e-mail. But—as with all good things—it has its own set of accompanying pitfalls. The following are some tips from students, to students on how to practice proper e-mail etiquette.













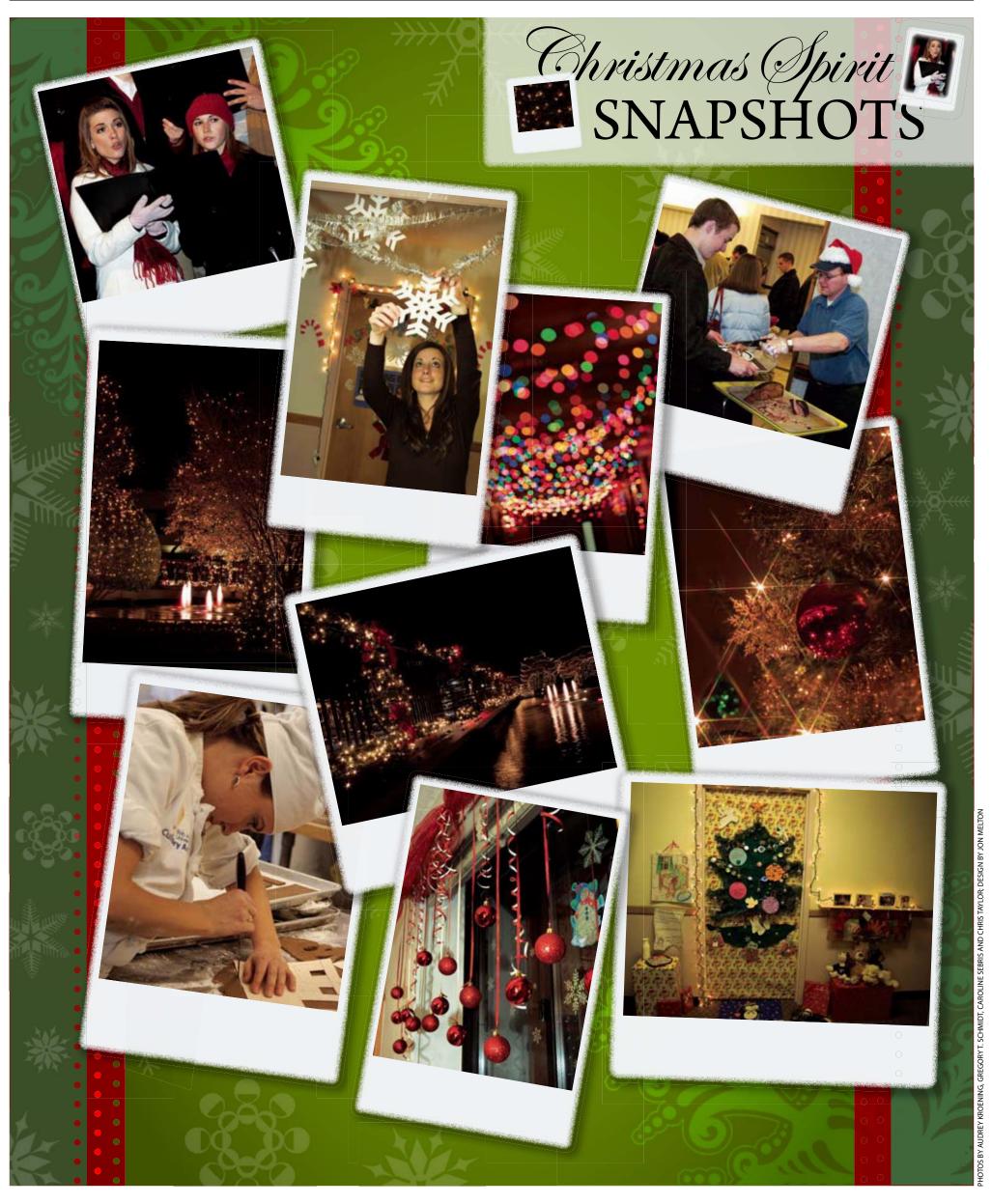








# NEWS









# The Collegian · Dec. 11, 2009

### **Classics take championship**

**TIANDRA WIGGS** 

The Classics reclaimed the title previously owned by the Cardinals by narrowly overcoming the Cardinals in Saturday night's women's championship basketball game 69-60.

In the first half, the Classics had a 16-point lead with eight minutes left. But at the end of the first half, the two teams were tied at 35.

The Cardinals' scoring was spread throughout the team. Molly Kaminski and Bobbi Frank led the scoring in the first half, with 10 and 13 points respectively.

Bobbi Frank led the Cardinals with 23 total points. Cardinal Molly Kaminski finished with 14 points. Bre Harbin also chipped in eight points.

Bre Harbin said that their

focus wasn't just on the outcome of the game. "[We wanted to] come out fighting and keep our testimony," Bre said.

The Classics were led by Jamie Jeffcott and Abbi Gregory for a combinded 43 points. Jamie scored 23 points, including seven from the free-throw line in the second half.

In the last half of the game the Cardinals stepped up the intensity to get ahead of their opponents.

They held the lead with four minutes left, but at the two minute mark, the Cardinals stopped scoring

The Classics' Kristin Jeffcott shot the game's sole 3-pointer in the first half of play and helped lead the Classics' second-half comeback. She scored 13 points.

The Classics were excited

to play in a tight game. It was a much-welcomed challenge. "It's exciting when it's a close game," Abbi said. "That's what basketball is all about. When it's a close game, it's fun because you have to think."

The Classics outscored the Cardinals by nine points, taking home the victory, winning the game 69-60.

"We knew that the Cardinals were an aggressive team," Abbi said. "We just had to have confidence, do all the little things right, and play hard."

While time ticked off on the scoreboard, "playing hard" understated what Abbi did. Abbi burned up the court during both halves of the game, especially at the end, ultimately winning the honor of being named MVP.



Classics' Kristin Jeffcott drives to the hoop, sparking a comeback.

"It was very humbling," Abbi said about the honor. "To be recognized for something that the Lord has given you—that's nice." Abbi had one regret about

claiming the award. "I only wish I could split it into twelve pieces for every one on the team, because they all contributed," she

### Zeta Chi beats Eagles

**DEREK BREITENSTINE** 

Top-ranked Zeta Chi outplayed No. 4 Basil in the second half on their way to a 37-18 victory in their Friday night flag football matchup.

Basil came out strong with Tom Drake and Gus "Bus" Vanaman marching the Eagle offense down the field, setting up an eventual touchdown run by Tom.

Confusion ensued on the extra point when Z's safety Steve Knapp intercepted a pass and returned it the length of the field for three points in the Tornadoes' favor.

Steve, who also plays quarterback for Z, was just getting started. On the next two possessions, he connected with Jordan Michaud and Mark Leeper, who each made spectacular catches in the end zone for two more scores.

Basil was able to answer Z's touchdown with a big play from receiver David Lahl. Tom Drake dropped back around midfield and threw a bomb to the back corner of the end zone. David went up and barely caught the ball above the outstretched Cliff Gossin for a

touchdown, making this a 15-12 game at halftime.

Zeta Chi came out on fire after halftime, taking the opening drive for a score when Steve Knapp again found Jordan Michaud in the end zone.

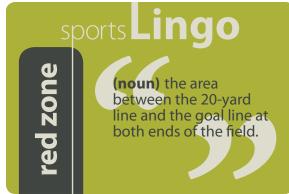
Tom Drake and the Eagles answered again, but it would be their last score. Tom hit Aaron Thompson for the score, making the game 21-18. But Z's experience took over in the game's final stages.

Steve Knapp took over the game and sealed off Z's win by throwing two more touchdown passes and coming up with another interception in the game's late stages. He finished the night with five touchdown passes and made two interceptions on defense, one of which he returned for a score.

Crediting hard work and strong practices, Steve complimented his teammates, especially his wide receivers who made some big catches in this victory.

Big plays powered the topranked Tornadoes to victory, and with a little help on defense, they may be the favorites as they enter the playoffs.







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# SPORTS&HEALTH

### **Lions top Royals with late TD**

**BEN OWEN** 

Omega quarterback Justin Almas connected with receiver Zach Roschi for a last-second 26-20 win over the Pi Gamma Royals in Friday's flag football game.

Justin carried Omega, completing 10 of 21 passes with two touchdowns and rushing for one more.

Omega jumped to a 12-0 lead, scoring on their first two possessions with touchdown passes to Will Keller and Duane Anderson. Omega was not able to convert the extra points on either score.

Pi Gamma's offense was held to a scoreless standstill on its three first-half possessions as Omega held its 12-0 lead into the break.

Led by sophomore quarterback Preston Bullard, Pi Gamma stormed out of halftime and scored easily on its first possession.

On third-and-long, Preston dodged Omega defenders and ran into the end zone. Eddie Barrett made a leaping catch over Justin Almas for the extra point, bringing Pi Gamma within six points.

On Omega's ensuing possession, Justin was picked off by James Moreno after Pi Gamma lineman Caleb McKisic tipped a pass intended for Will Keller.

Speedy Pi Gamma hybrid running back and receiver Chad Andrews made Omega pay for their mistake. The Royals' new-found weapon raced past the Omega defense for a first down, finished the drive with a touchdown reception on the next play, and caught the extra point to give Pi Gamma its largest

lead of the game, 14-12.

Omega wasn't ready to give up. Backed up in his own territory on third-and-long, Justin Almas raced up the left side of the field and into the end zone for six points. Justin hit Zach Roschi for two extra points to give Omega a one touchdown lead, 20-14.

Preston Bullard and Chad Andrews quickly connected again on Pi Gamma's next possession to tie the score, but the Royals were unable to convert the extra point as the ball was snapped low and into the dirt.

With the clock winding down, Justin marched Omega within five yards of the end zone by completing passes to Will Keller, Harrison Musselman and Zach Roschi. Omega hiked the ball as the game clock wound down and Zach Roschi caught a jump ball on the goal line to give Omega a 26-20 victory.



Omega Lions' Michael Rogers makes a leaping grab.



#### **BRANDON HODNETT**

I typically get accused of making the *Collegian* Top Ten every week. Apparently my arbitrary designation actually determines how good a team is, or isn't.

To relieve some of the pressure, and the threatening stares I get on Friday morning, I've decided to pass off some of the responsibility to an impersonal system. This new system rivals the NCAA's great BCS ranking system. Now all I do is input some data into a spreadsheet every Monday night and let my Mac do the magic. The computer crunches the data from these highly specialized factors and, voilà, out comes the rankings.

Here are the factors I work with:

1. The Mascot Factor: The computer simulates who would win in a face-off between the mascots. Societies named after small birds or other docile animals generally don't fare well here.

2. The Team Spirit Factor: Societies that generate the most fan-based support at games earn big points in the rankings. Teams with cheerleaders also usually top the charts: Beta, Omega, Phi Beta and Basil for example. Girls, I'm not sure if you've considered having male cheerleaders—just throwing that out there—but support by your brother society helps too.

3. The Linguistical Factor: Whichever Greek letters come first in my Greek New Testament reading earn a few points in their quest for number one. Zoe Aletheia, Bryan and Lanier—sorry.

4. The Dartboard Factor: I have a dartboard hanging in the *Collegian* office with society logos on it. After donning a blindfold and spinning three times, to keep the process randomized, I throw ten darts at the board. I'm not sure how long this factor will apply since apparently some other staff members have been complaining. Something about their safety, I think it was.

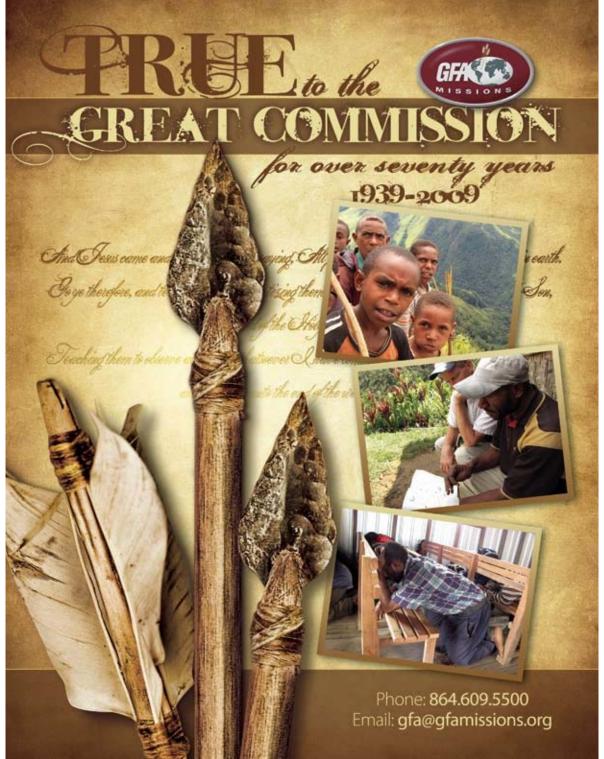
5. The Night Mail Factor: Ladies, I love cookies.

6. The Jersey Color/Style Factor: Colors close to purple fare well. Argyle is also intriguing and provides a boost in this category.

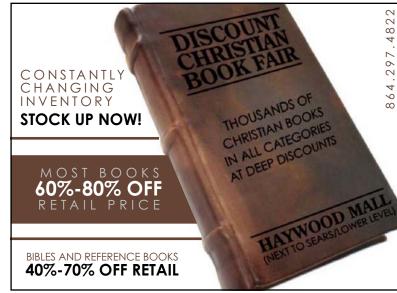
7. The Feng Shui Factor: Based on ancient Oriental secrets of layout, this factor helps determine which society name looks best at different spots on the page.

8. The Standings Factor: A team's wins and losses significantly affect their ranking. When teams are tied, the head-to-head matchups are considered.

So, now that you know the secret to the Top Ten, be sure to e-mail your concerns to sportseditor@bju.edu, and I'll be sure to pass them along to the computer.









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