

## Student job fair to bring opportunities

TAYLOR ANDERSON

The university's annual job fair will be held Tuesday from 12:45 p.m. to 3:45 p.m. in the Riley Reception Room of the Student Center.

The job fair is a chance for students to meet job recruiters who come onto the campus to recruit people for full-time or part-time jobs, internships and summer jobs.

More than 40 companies will be coming to look for prospective employees.

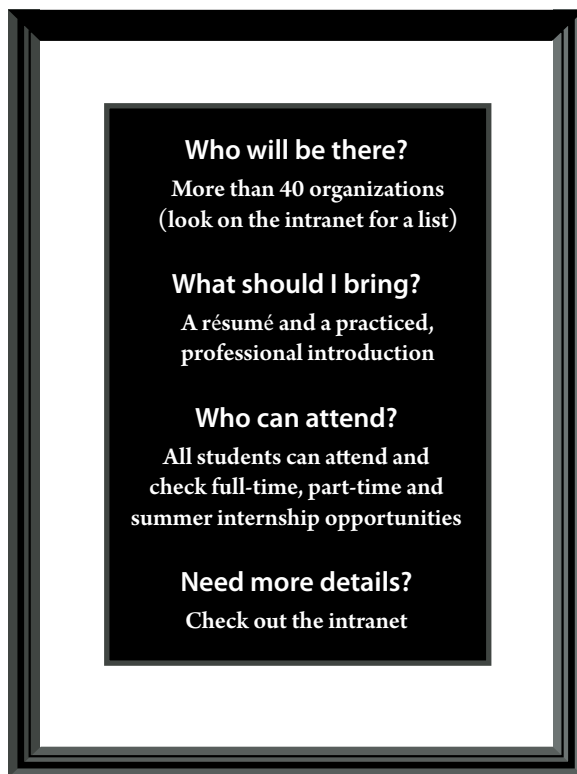
A variety of local, regional and national companies will be present, as well as some branches of the military. School systems,

financial companies, aviation specialists, law enforcement agencies and medical offices are some of the types of companies that are coming to the fair to recruit.

"Every year we have a number of returning recruiters, and these recruiters are focused on networking with BJU students," said Dr. Steve Buckley of the Career Services office. "This is the optimum opportunity for students to network for employment opportunities."

Several placement agencies will also be present seeking

» **Job Fair** p. 4



## Annual sermon contest reaches semifinals

TIM KEESEE

Six students will deliver sermons in the semi-final round of the Ministerial Sermon Contest Tuesday at 7 p.m. in Grace Levinson Chapel. The three finalists who advance from this round will preach in the Founder's Memorial Amphitheater on May 6 as part of the commencement activities that close the semester.

Dr. Bruce McAllister, director of Ministerial Training and Extension, organizes the annual sermon contest. He said he'd rather not even describe the event as a contest. "The occasion is always a spiritual occasion," he said. "It does not have the feel of a contest."

The event is voluntary and open to any men students, but participation requires significant preparation. Caleb Phelps, a freshman Bible

» **Preaching Contest** p. 3

## CAMPUS NEWS

### MEN'S VOLLEYBALL & WOMEN'S SOFTBALL TOURNAMENT BEGINS

The men's volleyball season and the women's softball tournament will begin Monday.

### UNIVERSITY SINGERS CONCERT

The University Singers, BJU's largest choir, will perform on Monday in Stratton Hall at 5 p.m.

### UNIVERSITY BRASS CHAMBER CONCERT

The University's brass students will perform Wednesday at 5 p.m. in Stratton Hall.

### COLLEGIUM MUSICUM CONCERT

The Collegium Musicum will perform works by Mozart, Bach and Brahms on Friday, April 9, at 7 p.m. in Stratton Hall.

## Students to greet Easter at sunrise

HEIDI WILLARD

Students will have the opportunity to begin their Easter Sunday morning with a sunrise service at the Alumni Stadium. "It's certainly something that's important, and it's been a blessing to me in the last few years that I've gone," said Brandon Hamilton, ministerial class president.

The service will begin at 7 a.m. and end at approximately 7:40 a.m. The dining common will be open for breakfast immediately following the service.

Mr. Samuel Hawkey, assistant to Dr. Bruce McAllister, will open the service in prayer. Mr. Hawkey works behind-the-scenes for the service. He organizes details, including reserving the sound system and

wiping off the bleachers if they are wet from rain.

Generally 400 to 500 people attend the service. Those in attendance will sing hymns and enjoy special music.

"It's a long-standing tradition," said Brandon, who will give a short message at the service. For Brandon, the sunrise service prepares his heart for worship in the Sunday morning service and throughout the day.

"I like to hear a powerful resurrection message," Mr. Hawkey said.

Easter is Mr. Hawkey's favorite holiday and he said likes watching the sun rise on Easter morning represents the new life Christians have in Christ because of His resurrection after His death.

## Faculty dinner auction raises funds for Bible Conference

ANDREA SANFORD

Women residence hall students had a unique opportunity on March 12 to participate in a Bible Conference fundraiser that has been dormant for several years: the faculty dinner auction where students "buy" dinner at the home of a faculty member.

The students assembled during the 11 p.m. hour in Performance Hall where Miss Deneen Lawson, assistant dean of women, auctioned off dinners with faculty members.

The winning bidders won four to eight places, depending on the number that faculty members said they would be able to host.

Participating members of the auction were Dr. Eric Newton, Dr. Royce Short, Mr. Kerry

McGonigal, Mr. Jeff Stegall, Mr. David Mellor, Dr. Jason Ormiston, Dr. Bob Jones III, and Mr. Jim Cook.

Miss Colleen Reilly, a resident supervisor, said she had the inspiration to rebirth the faculty auction, "to give both teachers and students a venue to interact a little more and obviously have it be something that supports Bible Conference."

She said that both students and faculty members are giving by participating, since faculty members provide the meal free of charge and all of the students' proceeds go directly to the Bible Conference fundraiser for the

» **Faculty Auction** p. 3



**Get involved:  
three speech  
organizations**

Page 5

**Tornadoes  
reach softball  
playoffs**

Page 6



Friday		Saturday		Sunday	
High 84°	Low 53°	High 78°	Low 54°	High 78°	Low 54°
chance of precip. 10%		chance of precip. 20%		chance of precip. 20%	



## the COLLEGIAN

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## One moment can sacrifice testimony

The countdown is on. As the end of the semester nears and the number of days standing between us and summer vacation begins to dwindle, many of us are beginning to finalize summer plans.

A lot of us have great plans for things we want to do for the Lord over break: mission trips, church ministries, working at camps and so on. While all of these things are glorifying to God, many of us may fail to realize that minute-by-minute decisions, and not just summer plans, affect our testimonies.

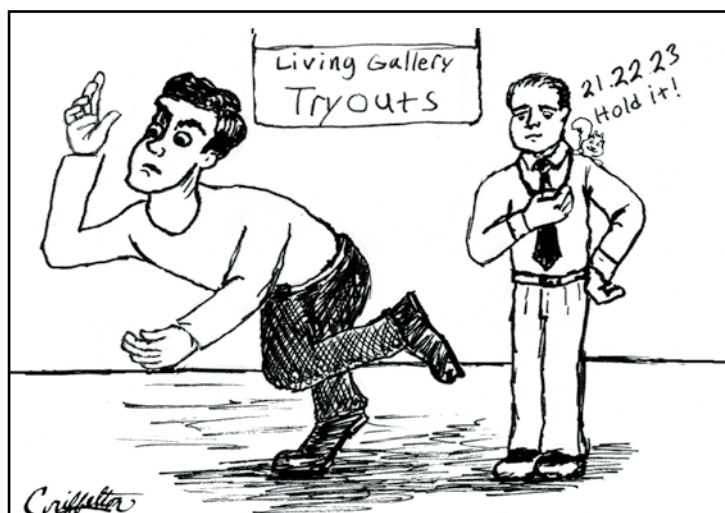
The founder of our school once said, "Don't sacrifice the permanent on the altar of the immediate." This can ring true for our testimonies. All it takes is one moment, one decision, one angry outburst to damage, or sometimes even reverse, a testimony.

We've all heard the stories of the public figures who had affairs and were disgraced from their positions, the leaders who misused funds and destroyed their organizations, the parents who decided to get a divorce and shattered a family.

While these stories are tragic and often make us stop and think, we also usually fail to see how easily this could be us, whether on the same scale or a smaller one.

It can happen when a cashier rings an item up for the wrong price and you're in a hurry. It can happen when your friends are all deciding what to do for the weekend and someone suggests something that's against your convictions. It can happen when a coworker says something off-color and you laugh along just to fit in. One second, one decision, one utterance can change everything.

So when you head into camp, an internship or a job this summer, don't forget to take into account your actions on a daily basis. Don't sacrifice your testimony in the heat of one moment.



"NOW TRY DOING THAT IN TIGHTS AND A BEARD."



MELISSA AFABLE

It's with deep regret that I write these words: my freshman year was the epitome of an unhealthy, college-student lifestyle. Too many sodas and vending machine meals, not enough sleep and exercise.

Thanks to good friends who've kept me on the indoor track and out of the snack room, I've since reformed my unhealthy ways. (OK, most of them. Sleep is still a work in progress—I'm on *Collegian*, after all.)

But by far, the reason I was unhealthy my freshman year wasn't because of the Pop-Tart breakfasts or the afternoon Cokes. It was something subtler than that—and it didn't have a nutritional label. It was worry.

I would worry about anything and everything. My school bill getting paid. Upcoming quizzes that I wasn't ready for. Following rules that I wasn't used to. I constantly had that aching, nagging feeling in the back of my head—the feeling that I didn't finish some homework that needed to get done, that a project or speech would turn out all wrong.

Worry is an emotion common to man. We've all worried about exams, job interviews and unknown things looming in the

future. In my almost three years of college, I've learned about (and experienced) three ways that worry affects health, both physical and spiritual:

1. Worry is bad for your body. Worry is a major reason people resort to junk food and desserts ("stressed" is "desserts" spelled backwards!). Worry can also have more long-term effects. According to webmd.com, excessive worry causes the body to release stress hormones, which can put the body at a higher risk for muscle tension, digestive disorders and heart attack.
2. Worry exhibits a lack of trust. When we worry, we show a lack of trust in God's providence for our lives. Trust in God is vital to having a strong spiritual walk; worry only tears down that trust.
3. Worry may be an indicator that we aren't praying enough. Although worry gives us something to do, like a rocking chair, it takes us nowhere. Prayer, on the other hand, gives us a direct line with God to unload our burdens. Philippians 4:6 warns us to be anxious for nothing, but to make our requests known to God instead.

Even though I've learned these lessons, I'm still constantly working on overcoming my tendency to worry too much. I don't know what I'm going to do with my summer. I don't like where this new health care bill is taking our nation.

Despite these pressures, I'm learning I don't have to worry. I have to remind myself to cast my cares on God. He cares for me. He gladly takes my worries away.

Seeing all the bikes in front of Rodeheaver.

Andrew Diaz  
junior

Dr. Olinger as the pivot man.

Andrew Willis  
senior

Game nights at the dating parlor.

Francine Hamann  
senior

## Apart from the services, what stood out to you from Bible Conference?

Mr. Matthews' dating tips. There's a lot of truth to them.

Jill Lee  
junior

The dining common.

Lisa Brown  
sophomore

talk  
back

PHOTOS BY AUDREY KROENING



# M&G gives up-close view of *Living Gallery* sets

SONIA MOHINANI

The Museum & Gallery at Bob Jones University is exhibiting some of the history and magic behind *Living Gallery* in their display “A Closer Look at the *Living Gallery*.”

The display highlights three artists who have created artwork for the *Living Gallery* productions. Miss Donnalynn Hess, the director of education for the M&G, said the purpose is to give people an opportunity to see the history of the *Living Gallery* and how artists create paintings and sculptures.

The display is housed in three different galleries of the M&G.

The first gallery focuses on the history and purpose of *Living Gallery* and, in particular, on Mr. Harrell Whittington. Mr. Whittington, who has taught in the art department since 1968, has created 22 pieces for the *Living Gallery* since it began. Because he will

be retiring this year, Miss Hess wanted to let people know all the work Mr. Whittington has done over the years.

“He’s a very talented painter,” she said.

The display in this gallery shows the progression from the artist copying the original artwork to the creation of the art as it appears in *Living Gallery*.

For *Living Gallery*, the artist paints a large copy of the original then cuts out figures in the painting to replace them with live models. He then works together with the costume room at Rodeheaver Auditorium designing a costume to match the painting.

Finally, for the production, the model is painted and fitted into the artwork.

This new M&G exhibit shows some of the stages of this process. Included in the gallery is a painting by the Italian artist Baglione that Mr. Whittington reproduced. The set used in *Living Gallery* is

there as well, along with the painted head of a character that the makeup artists copied and a model’s costume, including the handmade hair and beard.

Through the various gallery displays of the new exhibit, Miss Hess hopes to give people an opportunity to see these pieces up close.

“When you see it on stage, it is a completely different magical experience,” she said.

The second gallery displays the work of Mr. Kevin Isgett, a professor in the art department, who has also created many paintings for *Living Gallery*. Mr. Isgett copies the works of art for use in the production, such as enlarging a 3-by-4-foot painting into a 12-by-24-foot canvas.

This gallery shows the process of how Mr. Isgett creates paintings for *Living Gallery* such as the copy of “The Last Supper” he is preparing for this

» **M&G Display** p. 8



A set designed for *Living Gallery* by Mr. Harrell Whittington is shown next to the original painting by Baglione in the BJU Museum & Gallery.

## « **Preaching Contest** p. 1

major who is competing in the semifinals, said, “As I prepared to get my sermon, the first thing I did was pray. By myself I cannot

possibly preach a sermon that will bring honor to God, but with God’s help He can preach through me.”

John Pate, a junior Bible major who will also speak in the semi-

final round, said the 15-minute time limit forced him to shorten his thoughts as he prepared to preach. “Most of my preparation has consisted of lots of condensing,” he said. The seeds of his sermon started earlier this year. “God’s been working a certain passage of Scripture into my life, and I really wanted to be able to share it with others,” he said.

John enjoys hearing his classmates preach in the rounds. “There’s always much to learn from both their sermons and their delivery of the sermons,” he said. The semifinal round on Tuesday is open for anyone to come and listen to the students.

Dr. McAllister said, “It’s great to hear from some fine student preachers.”

Caleb views the sermon contest as a great opportunity. “I believe that even in a competition setting God’s Word will not return void when it is preached in a way that brings God glory,” he said.

## « **Faculty Auction** p. 1

new dining common.

Susanna Lovely, a senior church music major, began the bidding to build competitiveness and to split the price of a dinner with the McGonigals between her friend and their dates.

Sarah Braswell, a sophomore who works as a deaf interpreter on campus, bought a dinner at the home of the Stegalls, a couple she interpreted for once when

they spoke to students during a Christian Family Forum class. Even though she hadn’t been planning on purchasing anything when she went to the auction, she purchased a dinner with them because she remembered how much she enjoyed meeting the Stegalls and hearing them speak at the Forum. “I think it’s a really cool idea. Just for us to get to know faculty better and for them to open their homes,” she said.

Miss Reilly and several students expressed their desire for more students to participate at the next faculty auction. Miss Reilly said that teachers often want to interact with their students. She called the faculty auction “a win-win situation,” for both student and teacher.

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## **MOSCOW TERROR ATTACK KILLS 38**

Female suicide bombers are being blamed for two early morning bombings in Moscow Monday. The attacks, which happened in two of the city’s busiest subway stations, killed at least 38 and wounded over 60 rush hour commuters.

## **MIDWEST ‘RELIGIOUS WARRIORS’ ARRESTED**

Nine members from a group that is being termed as an anti-government, “Christian warrior” militia, were taken into custody Monday after being accused of plotting to kill several police officers. The members come from Michigan, Indiana and Ohio and were indicted on charges of seditious conspiracy, attempted use of weapons of mass destruction, teaching the use of explosive materials and possessing a firearm during a crime of violence.



# Dr. Bob Sr. quotations: from the pulpit to the classroom

AMANDA SAGER

Posted at the front of every classroom, repeated in books and sermons are the quotations of Dr. Bob Sr. These oft-repeated phrases have an enduring quality that communicate vital truth even today.

While not every quotation originated with Dr. Bob, he often repeated many sayings throughout his chapel messages and speaking engagements. Dr. Ron Horton, head of BJU's Department of Philosophy, said Dr. Bob Sr. drilled the truths into the students during chapel—both his sayings, and the principles behind them.

Dr. Ron Horton said he remembers a chapel service when one of Dr. Bob's sayings was born.

**"It takes evangelistic unction to make orthodoxy function."**

"He came out with this polished, formulated statement just extemporaneously," Dr. Horton said. "He looked back over his shoulder at the business major

R.K. Johnson, and he said, 'Lefty, write that one down.'" Alumni who were present when Dr. Bob Sr. preached often remember a particular one of his sayings that has had an anchoring effect on their lives.

**"There's no difference between the secular and the sacred."**

Dr. Horton said this saying has been very influential to him. "That

expresses what I think is unique, what sets this school off from other good evangelical schools," he said. "It's practical Christianity."

**"It's a sin to be upstairs praying when you should be downstairs doing the dishes."**

Dr. Horton said students at BJU have heard things that would not be heard from any other lecturer

or pulpit. "Now where would you ever hear that?" he said. "There's a common-sense practicality that is a hallmark of BJU spirituality."

Dr. Bob's sayings are diverse in subject and style. Dr. Horton described them as dynamic, interesting and often amusing. "These were almost like grenades that really made an impact," he said

**"Do right, do right, till the stars fall, do right,"** is one of Dr. Bob's most well-known sayings. "We heard them from him a lot," Dr. Horton said. "Those were just pounded into us."

Today, Dr. Bob's sayings survive beyond the classroom plaques.

They are also recorded on a monthly devotional pamphlet published and distributed by the University. The pamphlet is available at the Campus Store. "I think there's a legacy here that can be lost," Dr. Horton said. "And maybe in some people's minds, it's of a past era, but it shouldn't be."

He said Dr. Bob's sayings are catchy ways to drive home important truths. "They crystallize life truths," he said.



This well-known saying of Dr. Bob Sr. hangs in one of the many classrooms in the Alumni Building as a reminder to students.

## « Job Fair p. 1

potential employees on behalf of hundreds of other companies. According to Dr. Buckley, these agencies are a great way to find summer internships or jobs, which could be good résumé boosters for the future.

Dr. Buckley said that even though a freshman or sophomore may not be seeking employment right away, it is a good idea for undergraduate students to practice talking to recruiters. Then, when they are really looking for a job, they will be used to the "getting acquainted interview."

He also said if a graduating senior is looking for someplace to begin working, the job fair could help him or her find a full-time or part-time job. Even if a student only finds a part-time job, that company can decide to hire him or her full-time later, and the student can decide whether to stay with that company permanently.

The job fair is mostly a chance to network with employers and to look for opportunities for job interviews. Sometimes, the recruiter will schedule an interview on the spot if he is impressed with how a student presents himself.

Dr. Buckley suggested several ways students can stand out to

the recruiters. His most important piece of advice is to bring a polished résumé. A well-prepared résumé lets recruiters know that a student is serious about looking for a job and gives them a good idea of where a student's strengths and talents lie.

Dr. Buckley recommends students to give a company a résumé even if that company is not advertising the position the student is currently interested in. If there is a job opening later, the company might look through their résumés on file before

advertising the position to the public.

Before going to the job fair, students can benefit by preparing a 30-second introductory speech to present to recruiters. A brief introduction speech shows preparation and gives the recruiter an idea of a student's abilities early in the discussion.

Students are also encouraged to dress professionally. By coming in class dress rather than afternoon dress—which is usually more casual—students can further give the recruiters a good

impression.

Finally, students who are not actively looking for a job are advised to go with a friend. Underclassmen who are just attending to get the experience

may find it easier to talk to the recruiters if they are not alone. Upperclassmen who are seeking employment are advised to go alone, unless couples are looking for jobs together.

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# STUDENTS TAKE THE SPEAKING OUT Platform



## MOCK TRIAL

The Mock Trial team is composed of nine members, with six competing at a time. Their primary competitors are The Citadel, College of Charleston, University of South Carolina, Washington & Lee, Georgia Tech and the University of Georgia. The team participates in two competitions every year. Mock Trial mirrors an actual courtroom. The teams are given a case (either civil or murder) and prepare as actual attorneys and witnesses would. Real lawyers judge the competitions and third-year law school students act as the presiding judge and jury members. Much time and effort goes on behind the scenes. Lawyers must know the rules of evidence and be able to avoid questioning strategies involving hearsay. Witnesses must know their statements inside and out. Both sides must be polished without seeming rehearsed. Mock Trial improves speaking and communication skills and the ability to think on one's feet. It also encourages students to be outgoing and meet new people.

## SCSL

The BJU South Carolina Student Legislature delegation is comprised of 12 students. They meet twice a year with many colleges and universities including the University of South Carolina, College of Charleston, Columbia College, Clemson, North Greenville, Furman, Wofford, The Citadel and Converse. In this mock Congress, delegates write, present and debate bills. They learn the ins and outs of the politics behind politics. Each fall they travel to the South Carolina State House in Columbia to legislate. Each spring they meet in Myrtle Beach for their session. Some bills have actually been made into law by the state of South Carolina, including a bill proposed by BJU students. Student Legislature's main goal is to get students involved in the political processes. This group is right for outgoing individuals who have an interest in politics.



## INTERCOLLEGIATE DEBATE

The Intercollegiate debate team takes its six members to meets throughout the Midwest. Schools it competes against include Ball State, Duquesne, Ohio State and Anderson University. Members are presented with a problem and must analyze it from all sides to find the best solution. Members are required to research at least 10 hours a week during the debate season. Much of their time is spent writing a case and then finding evidence to refute others' cases. Intercollegiate debate prepares its members to present and defend ideas by strengthening thinking, communication and research skills. Students looking to join the debate team don't need to be knowledgeable about debate since they will be trained. They simply must be able to think on their feet and be willing to work hard.





## Z crashes Eagles' flight

MICAH WRIGHT

The Zeta Chi Tornadoes smashed the softball playoff hopes of the Basilean Eagles Friday afternoon with a five-run victory.

Jason Rush pitched well for Zeta Chi as the Eagles scored only one earned run in the 7-2 victory.

A stiff wind held most of the balls hit to right field in play, and defense proved to be the deciding factor in the game.

In the first inning the Tornadoes pushed in one run. In the bottom half, Basil's Ben Honshell reached first base on a throwing error by the Zeta Chi second baseman; Ben later went

on to score, leaving the game tied 1-1 after the first inning.

Zeta Chi benefited from several Basilean errors in the second inning and added four runs in the top of the second. Two Tornado baserunners were called safe at home, barely escaping the tag of Basil catcher Jon DeRyckere. Basilean's Travis Rehn powered David Lahl home with a double, but at the end of the second inning, Zeta Chi had a three-run lead.

After the second inning the game was a tale of missed opportunities. Basil missed chances to close out innings on the defensive side, and Zeta Chi failed to capitalize on the seven errors committed by Basil. Zeta

Chi left 11 men on base after the second inning and left the bases loaded twice to end innings.

Basilean struggled to get the bats rolling, which had not been a problem in other games. Poor plate discipline plagued the middle of Basil's lineup, and in the last two innings, three of Basilean's final six outs were strikeouts.

Basilean first baseman Travis Rehn commented that when in pressure situations his team tended to swing for the fences instead of settling for base hits.

Basilean's Jon DeRyckere credited his team's offensive struggles to the superb pitching of Zeta Chi's Jason Rush. Jon said, "He did an excellent job of



AUDREY KROENING

Zeta Chi Tornadoes' Allan Heney swings against Basilean in Friday's game.

getting pitches to drop late into the strike zone; he put a ton of backspin on the ball which was extremely hard to hit."

Zeta Chi propelled themselves into the playoffs with the win and faced the undefeated Cobras Tuesday.

## ZAP enters playoffs with win

MARY COLEMAN

The ZAP Hawks advanced to the men's softball playoffs after soundly defeating the Pi Gamma Royals 19-2 Saturday morning.

ZAP immediately took over the game with 16 runs in the first inning.

Holding the Royals to two runs, the Hawks added three to their total, finishing with a score of 19-2. The game was called in the third inning due to the 12-run rule.

ZAP's Jacob Fox stood out at the plate with two home runs in the first inning. Fellow team members Drew Grant and Brett Sanders also contributed to ZAP's five home runs.

Jacob said, "We tried to set our big hitters up. Everybody right now is really hot though, so I don't think it really matters where they're at."

Pi Gamma was less fortunate with only one home run by Jesse Drapinski.

Royals' Eric Woelkers

was disappointed in the loss, attributing it to the lack of offense in the game. "We weren't getting good hits," he said. "You can't win a game if you don't get good hits."

Because of the win, ZAP clinched a playoff spot against the Sigma Alpha Spartans in the playoffs Tuesday night.



AUDREY KROENING

ZAP's Alex Boese slaps a line drive against Pi Gamma.

### TOP 10

Softball  
men

- |                       |    |
|-----------------------|----|
| Zeta Chi Tornadoes    | 1  |
| Pi Kappa Cobras       | 2  |
| Sigma Spartans        | 3  |
| ZAP Hawks             | 4  |
| Chi Alpha Cavaliers   | 5  |
| Kappa Theta Stallions | 6  |
| Basilean Eagles       | 7  |
| Omega Lions           | 8  |
| Beta Patriots         | 9  |
| Phi Kappa Rams        | 10 |

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(noun) in baseball when an outfielder makes a running catch while reaching down for the ball at his shoes

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## 5K running benefits all ages

MELISSA AFABLE

Kai Hubbard ran his first 5K race, the Alumni Association's annual Turkey Bowl Run, when he was 14 years old. Now, at 19, Kai can say he has won the overall first place title in that very same race—for the second time in two years.

A former member of his high school's cross-country team, Kai has run approximately 50 to 60 5K races, most of them in South Carolina.

His desire to stay both physically and mentally fit are what keeps his love for running strong. "It's fun too," he said with a smile.

Kai, a freshman biology major, is one of many in the university family who have found physical, mental and social benefits to running in and training for 5K races.

The 5K, approximately 3.1 miles, is the shortest distance

that can be run in a road race. Its short distance is one of the main reasons it is so popular among so many age groups.

"It's doable for someone of any age—it's not a marathon," said Mrs. Vickie Britton, a professor in the health and physical education department.

Working on the side as a personal fitness trainer with 12 years of experience, Mrs. Britton has trained many runners for road races. "Running is one of the best aerobic exercises out there," she said.

### BENEFITS

As an aerobic exercise, running supplies the body with oxygen, which boosts energy.

Jaimie Wilson, 18, started running 5Ks after being inspired by her mom, 51, who has run several half-marathons.

A senior in the Academy, Jaimie said that running leaves her feeling more energized and gives her more freedom in her dietary choices. "I can eat whatever I want and justify that in my mind," she said.

Running, it turns out, energizes the mature as well as the young. Mrs. Susan Peck, 62, has run races for almost 30 years and competed in over a hundred races—more than half of which were 5Ks.

Mrs. Peck, who works as associate registrar at the Records Office, said that to train for a 5K, runners need both stamina and speed. "You ought to be able to run four or more miles so you can feel comfortable and keep your stamina," she said.

In addition to being energized, Mrs. Peck said she's experienced better posture and better movement because of running. "It's in my calendar. This is what I do," she said. "Four days a week I go out running and feel good every time."

Not only does it help runners feel like the Energizer bunny—running also aids in weight control. Mr. Brad Batdorf, 47, started running in February 2006, having never run before. Shortly before then he had started working at the BJU Press as a science textbook author.

"I spent probably 95 percent of my time sitting in a chair looking at a computer," he said. "It was the most sedentary job I'd had in years." In order to get more exercise and help control weight, he decided to take up running. Since then, he has run in 10 to 12 races, most of which were 5Ks.

Mr. Batdorf currently works as a supervisor for secondary-level authors at the BJU Press.

His job keeps him in the office most of the day, giving him either late at night or early morning to run. He said early-morning runs especially help him feel more alert and ready for the day. "It's given me more stamina for other tasks," he said.

In addition to aiding stamina, running has its social perks as well. BJU Press textbook author Mrs. Kim Stegall, 45, comes from a family with three generations of runners. She said she enjoys seeing her 72-year-old father run with her 14-year-old daughter two mornings a week: "I said to my daughter, 'You should know that not very many 14-year-olds have their grandfather running with them. That just doesn't happen.'"

Runners in different age brackets experience benefits in all areas: social, mental or physical. But to cross that finish line, one thing is necessary no matter what age group you're in: focus.

"Keep your eyes on the goal," Mrs. Susan Peck advised. "If you start looking off sideways or thinking about other things, just like in the Bible, you're going to lose your focus and you're not going to meet your goal as effectively."

### Tips for training for your first 5K

#### The weeks before a race:

- Buy a good pair of running shoes.
- Work up slowly. Start with what you're comfortable with—walking or light jogging. Then work up to interval running—walk for two minutes, then run for two minutes. Keep your pace steady during each interval. Generally, longer intervals provide better results.
- Improve your endurance level by increasing either duration or intensity of your runs.
- Find a 5K training plan that works for you. Websites that provide excellent 5K training plans include [jettgalloway.com](http://jettgalloway.com), [runnersworld.com](http://runnersworld.com) and [conrunning.com](http://conrunning.com).

#### The night before a race:

- Eat a good dinner with plenty of carbohydrates.
- Get a good night's sleep.

#### The day of a race:

- Get your race packet early.
- Get to the race early.
- Eat a meal packed with carbohydrates at least one hour before the race. Avoid foods high in fat, fiber or protein.
- Dress as if the weather is 15 degrees warmer than it really is—that's how much your body will warm up once the race begins.
- If there are water stations available during the course, take advantage of them.

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## « M&amp;G Display p. 3

year's production. The display compares that painting with the different version of "The Last Supper" he did for the 2006 *Living Gallery*.

The third and final gallery features Mr. Jonathan Andrews, who specializes in sculpting. The M&G is displaying his new sculpture, which portrays the idea of a sculpture being "a new creation," fitting with the theme of this year's *Living Gallery*.

Miss Hess said the M&G has been preparing this display since last summer. She interviewed each artist so that she could share a brief biography along

with the details of their work in the displays.

"It's a way to highlight the people who do all the work but who are never on stage," she said.

The display is open April 1-3 from 2 to 7 p.m. and is free for the university family. The display is also free to visitors with admissions to the M&G or a *Living Gallery* ticket.

Miss Hess said people are always asking the M&G how they create the works of art used in the *Living Gallery*.

"We're just satisfying that curiosity while at the same time honoring people who deserve the honor," Miss Hess said.



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