



**OPINION:** Delivering **lofty political promises**  Beta secures No. 1 seed with victory



# CheOLEGLAN

www.collegianonline.com www.facebook.com/BJUCollegian Vol. 24 No. 9 • Friday, November 12, 2010 • Bob Jones University • Greenville, SC

## In the know:

#### Mission Prayer Band Hosts Praise Event

Mission Prayer Band will host "Triumphs of Grace," a special event featuring stories and songs of God's grace, at 9:30 a.m. Saturday in Levinson Hall.

#### Mack Library Used Book Sale Mack Library will hold a

used book sale Saturday from 9 a.m. to 5 p.m. in the Periodical Room.

#### Woodwind Choir & Flute Choir Concert

The Woodwind Choir and Flute Choir will team up to present a concert of overtures and symphony movements Monday at 5 p.m. in Stratton Hall.

## facebook.





# Forgiveness brings peace amid `Tempest'



Classic Players perform a scene in this semester's production of "The Tempest." Photo: Jonathan Baker

#### EMMALEE HOITT

With a fresh set, new costumes and special illusions, the Bob Jones University Classic Players will present "The Tempest" on Nov. 17, 18 and 19 at 8 p.m. and at 2 p.m. on Nov. 20. the physicality to the voice of the actors makes this production truly unique."

Mr. Ron Pyle, who plays Prospero, the Duke of Milan, had some of his own difficulties to work through.

"My biggest challenge is trying to help the audience understand the story," Mr. Pyle said. "Because it's Shakespeare, I hope to make the theme clear through the 17<sup>th</sup> century language." New to the Rodeheaver stage this year are special illusions that will run throughout the production.

"Not only are the set and costumes new, but we will also be using new special effects," Mr. Stegall said. "Making sure the cast has their lines down, while trying to perform these tricks has been quite difficult." goals to be in a Rodeheaver production," Emily said. "It's easy for me to get a big head, but I am doing my best to honor the Lord with this role. He gave it to me, and it's my gift back to Him."

Throughout the rehearsal process, she has

"The Tempest" reflects many similarities between Shakespeare and Prospero, Mr. Stegall said. Many associate Prospero's blowing out the candle at the end of the play with the fact that "The Tempest" was the final play of Shakespeare's career.



Saturday High: 63 Low: 46



According to the play's director, Mr. Jeff Stegall, "The Tempest" features a strong cast, and with each rehearsal he leaves more encouraged.

"We have an unusual, ideal cast," Mr. Stegall said. "Everything from

Prospero's daughter, Miranda, will be played by junior performance studies major Emily Arucri. Emily said she works hard at staying focused and striving for excellence.

"It's been one of my

seen all the behind-thescenes work that is put into a production.

"There are so many talents that won't even be mentioned--from the costumes to the lights, these individuals work so hard," Emily said.

Mr. Stegall said he could not have accomplished all this work without help from many individuals.

"Whenever you collaborate you rarely end

See TEMPEST p. 3 >>



# OPINION

### COLUMN



#### TAYLOR ANDERSON

On a recent run to the store. I was shocked to walk in and see Christmas garlands and baubles strung from aisle to aisle. I stopped and stared for several seconds, my mouth hanging open slightly.

Once I had ascertained that I hadn't lost my mind and that time had not warped, I did some quick calculations. It was Nov. 1, the day after Halloween. That left almost two whole months until Christmas.

I had to wonder: What happened to the good old days when Thanksgiving came before Christmas? When Christmas decorations were a sign of the imminent arrival of... well...Christmas?

Don't get me wrong. I love Christmas as much as the next person. Thinking about it always makes me giddy. But the commercial effort to get every last penny possible out of the holiday seems to be starting earlier and earlier.

I remember when it was considered jumping the gun to decorate for Christmas anytime before Thanksgiving.

Then, Thanksgiving was given its proper place as a separate and important holiday to enjoy, not just another stop on the way to Christmas Day.

Now, Thanksgiving might get a few perfunctory nods from the consumer market, but it also gets barreled over by the holiday that retailers care more about. Why emphasize a day that doesn't rake in the number of customers that the Christmas season does?

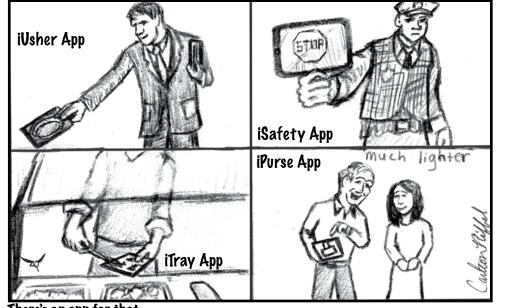
Nobody gives gifts on Thanksgiving; no trees with elaborate decorations adorn homes; no fictional character captures children's imaginations. So the stores tell us Thanksgiving is not worth our time. We believe them, rushing eagerly and with zealous devotion toward Christmas, letting Thanksgiving become little more than a blip on our radar.

Another side effect of this Christmas overenthusiasm I've noticed is that it negates the enchantment of the very holiday being promoted.

The early Christmas mania is such that, by the time Christmas actually rolls around, the songs are worn out, the cheery decorations seems commonplace, and the "magic of Christmas" has been diluted to near nonexistence.

Christmas morning should be fresh and exhilarating. Instead,

See COLUMN p. 8



There's an app for that...

# **Promises require action**

#### **The Collegian Editorial**

In 2008, the Democrats tasted sweet victory as Obama took 67.8 percent of the electoral vote over McCain's 32.2 percent. The Democrats looked forward to the change that Obama promised, and the Republicans were left to lick their wounds.

But two years since Obama entered the Oval Office, the left is not as ecstatic as it was on that historic November night. Obama looked like the perfect candidate. But was he what the Democrats needed?

As he left office, George W. Bush and the Republicans handed Obama the recession, war and a nation looking for a rescuer.

The war so many Democrats voted against is still going on, much to their dismay. The President also signed the controversial 2,500-page healthcare bill, and many Democrats who supported that bill lost their seat in Congress last Tuesday.

Instead of being the political savior the left imagined, Obama has admitted that he has not been able to make the progress he hoped.

Last Tuesday's election flipped the House of Representatives into a Republican majority, while the Democrats barely clung to their Senate majority, albeit suffering some painful losses, including Obama's former Illinois seat.

Now the Republicans got what they wanted, in the House at least. But is it what they need? The GOP may have cleaned the House, but Republican actions in the next two years will tell whether they truly can "clean house."

It's not enough for the Republicans to oppose everything Obama. The GOP needs to show voters that officials are proactive on behalf of the will of the people. Otherwise, if voters like those in the Tea Party feel they aren't getting what they bargained for, we could see another major shift in 2012.

The Democrats got what they wanted in the 2008 election in the executive and legislative branches. Now they have to face a divided Congress as the clock runs down to the 2012 election.

The Republicans, with the help of the Tea Party, gained ground, but only time will tell if those they put in office will come through on their campaign promises.

Maybe both parties need to see that those who promise voters everything they want don't always deliver on the dreams of the electorate.



## **COLLEGIAN**

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# Senior artists' works culminate in display of imagination, talent

#### RACHEL **PEED**

As senior art majors near the end of their days at BJU, they have one additional thing on their minds besides final exams and graduation: their senior art shows. The result of numerous studio art classes and countless hours spent working on projects in the Sargent Art Building, art shows are a chance for students to display what they have learned and the artwork they have created over the previous four years.

Mr. Jay Bopp, chairman of the Division of Art, said preparation for senior art shows begins long before the senior year.

"The students, probably around their sophomore year, definitely their junior year, start setting aside the best work from their courses for their shows," he said. Students



Michael Blaj and Leigh Anne Wetzel examine art work at David and Jeremiah's show. *Photo: Chris Taylor* 

also take several sections of a class called Directed Studies, he said, where one of the professors works with them as they create their own artwork.

After two-dimensional pieces are completed, they must be prepared for exhibition—matted and framed. Mr. Bopp said the hardest part about putting on a show is that it is so time consuming. "When a senior is getting ready for a show, they are up here in this building literally every free hour that they have," he said. "Some students, if their exhibition is first semester, actually stay here for a month or two in the summer, and just spend 40 hours a week, eight hours a day working, building their frames, cutting their glass and putting everything together."

Jeremiah Langner, whose art show is currently on display in the Sargent Art Building, said he created pieces for his show from the summer after his freshman year to this past summer. Even with most of his artwork complete before the semester began, Jeremiah still described the process of organizing a show as hectic and frantic. He began working on preparing his pieces for exhibition immediately after returning to school this semester.

Despite the stress, Jeremiah said putting together a show has better prepared him for a career as a professional artist. "It's well worth the experience because if I have to organize another show, which I will have to if I'm going to be a fine artist, I'll know what to expect," he said.

David Lompe, whose art show is also being exhibited, said he finished most of the pieces for his show within the past two months. Many of these most recent pieces are part of a series involving robots, which he created specifically for the show. David said that working under deadline improved his abilities. "The time frame and pressure for doing [the work] helps me learn to develop my art rapidly," he said.

Every show is different because every artist is inspired by something different. David said he was inspired by the science fiction of Isaac Asimov and the abstract art of Mark Rothko, while Jeremiah said he drew his inspiration from his surroundings and things that were going on around him while he worked.

Mr. Bopp said he recommends that people who come to the show talk to the artist and find out what he was thinking while creating the different pieces. "There's usually a lot of thought and care that's been taken with a piece of art that may not be apparent at first glance," he said, "but if you understand what the artist was doing, it makes it so much more interesting, so much more enriching."

#### **>>TEMPEST** p. 1

up with one person's idea," he said. "One hundred percent of the time collaborating is going to guide the concepts in a different direction than originally planned."

In the end, Prospero is presented a choice: to forgive or to take revenge. He ultimately chooses to forgive. As with many of Shakespeare's plays, "The Tempest" reflects Christian themes. Forgiveness as the only means to peace is Shakespeare's theme in the play. "[The theme] is a little bit of a picture of what God does," Mr. Pyle said. "God recognizes that we all have sinned against Him, yet He still chooses to forgive."

To learn more about "The Tempest," students can pick up a SMART guide in the Music Library or in the Rodeheaver lobby. Guest tickets can be purchased in the Rodeheaver lobby as well.





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#### This day in history:

1979: President Carter shut down oil imports from Iran after 66 Americans were taken hostage at the U.S. Embassy in Tehran by terrorists.

#### This week in weird:

Harry Potter fans in India are obliterating India's owl population according to a wildlife group in New Dehli. Fans have been purchasing the owls as pets, mimicking Potter. Most purchasers don't realize they're threatening the owl population by caging the owls—they need space to fly and hunt.

#### They said it, not me:

"I'm not recommending for every future president to take a shellacking like I did last night." —Barack Obama's response to the overwhelming victory by the Republicans in the midterm election.

#### **Notable news:**

Chilean miner Edison Pena, 34, completed the New York City Marathon in 5 hours, 40 minutes, 51 seconds. Pena ran six or seven miles a day when trapped underground.

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# Golden Rules of dorm life

#### GLORIA GIBRAEL

Slamming the door when leaving a room while someone is sleeping. Flipping on the overhead lights while a roommate on the top of the double tries to sleep. Blaring music when someone is trying to study.

Room troubles such as these are not uncommon. Sometimes the best way to handle room problems is unclear. The following are some helpful room etiquette tips that can help all students in a room to treat others as they would want to be treated.

#### Noise & lights

If you're the first person up in the mornings or the last person in bed at night (custodial workers, Collegian staff, Vintage staff, advanced privileged students), be considerate of your sleeping roommates. Try to make as little noise as possible, and don't turn on the main lights. Use small desk lamps or flashlights to get around the room. If you find that you are still making too much noise or needing more lighting in the morning, use the bathroom to get ready.

Be careful not to slam the door on your way out of the room in the mornings if your roommates are still sleeping. You can close it very gently or keep the handle down as you shut it and bring the handle back up once the door is closed.

If someone in the room is doing homework or studying, make sure your roommates are OK with having music in the background before you play your favorite CD. Junior nursing major Anna Niarchos said this was a problem for her one year. "As a room, you can decide to not have any music after a certain time since some can be studying," she said. "Then playing it would be the exception when everyone agrees, not the norm."

Anna said having a room meeting for a few minutes at the end of room devotions can set up room guidelines like that.

Some students like to set off several alarms in the morning to wake themselves up gradually. But this might also gradually wake up and irritate your roommates. If you do need to set several alarms, use your cell phone and put the ringer on vibrate so it doesn't wake anyone else up.

#### Phone calls & visitors

If your roommates are in the room and you get a phone call, either keep the call to a couple of minutes or leave the room, especially if your roommates are doing homework or studying. The same rule could apply for visits from friends: if it's going to be a long conversa-



Bad room manners cause roommate tension. Photo: Amy Roukes

tion, suggest to your friend that the two of you chat somewhere else.

#### Sharing & space

Sharing is important, but always ask permission before you borrow or use anything that belongs to one of your roommates. You would want your roommate to ask before using anything of yours. Space in the rooms is limited, so divide room space evenly and be mindful of the space that belongs to you. Respect your roommates' space and don't get your things all over someone else's dresser or desk space.

#### **Solutions & advice** Johnson counselor Mr.

Adam Joyner suggested that midway through the semester or when something comes up, roommates should sit down and talk over those areas that irritate each other.

"This time should never be a war of words between the roommates over who is the most irritating but an honest effort to work through the problem," he said.

Graves supervisor Mr. Jay Cross suggested one way to avoid room conflicts is for roommates to ask one another if they are doing things that are irritating the other people in the room.

"Sometimes a person does not even realize what he is doing is bothering others," he said. "Other times a person becomes bitter at his roommate for doing certain things and has not lovingly asked him to consider stopping or changing something that he does."

Junior piano pedagogy major Alayna Pennington said it is best to deal with the problem before it gets too big. "Also, make sure it's a

See **RESPECT** p. 8 **>>** 

# Vespers program reflects on God's uniqueness, glory

#### SONIA MOHINANI

In the second vespers of this semester, the University Brass Choir and Concert Choir will present "None Like You," a program of sacred songs and testimonies at 11 a.m. on Friday, Nov. 2.

Dr. Beth Eubank, who directs the Concert Choir, said that the program is in four parts. The first three concentrate on the glory and the work of the Father, the Son and the Holy Spirit. The fourth part is about the "response of the redeemed" to the first three parts about God.

"I would like [the audience] to walk away feeling refreshed and excited about the glory and the majesty of God," said Dr. Eubank. "I want them to understand that our God is so unique and that there is none other like Him."

The musical program will be interspersed with Scripture and student testimonies in between the songs. The program will also use visual effects such as the recorded testimonies, some text from songs and pictures. Mr. Paul Jantz, who directs the University Brass Choir, said the visual elements are to help focus the audience's attention on the particular mood or theme of the songs.

Mr. Jantz said he wants the audience to grasp the themes presented in the songs, such as the love of God. After the performance, he says the audience should walk away thinking about who God is and what He has done for us and that thought progression should lead to an attitude of worship.

Much of the music in the program will be from the tours of the two choirs. Dr. Eubank, who recently returned from tour, said that she built her tour repertoire on the songs that were scheduled for vespers. Mr. Jantz's brass choir is using music from their tour during the spring of last year.

The songs include "I Run to Christ," arranged by Molly Ijames, "There is a Balm in Gilead," arranged by Moses Hogan and "None Like You" by Craig Courtney, which is the theme of the vespers.

The two choirs will perform the 11 songs in the program both together and separately and the vespers will end with the brass, choir and congregation joining to sing, "O Worship the King."

Concert Choir member and senior church music major Dave Galvin said the program is meant to give an enhanced awe of God and who He is and a better appreciation of who He is and what He has done for us.

In keeping with the new schedule this semester, the program is on a Friday during the day and Dr. Eubank said that having vespers on a Friday instead of a Sunday has made it much less stressful because the program happens right during the day and it flows so naturally into schedules.

"Don't come to this like you would just any other program," Dave said. "Prepare yourself for God to open your eyes and teach you something new."

# <sup>4</sup> NEWS





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# **Get a FREE SMOOTHIE** with any sandwich purchase!\*

\*Includes all wrap, deli sandwich and panini purchases. Offer valid Nov. 15-20, 2010



It's the weekend, which should mean more time for relaxing and recreation before the rush of classes begins again on Monday. But for most students, weekends are set aside for studying, working and extension, making it difficult to find time for unwinding. Greenville offers plenty of activities to explore and take advantage of as a group. Here are The Collegian's suggestions for the best off-campus activities that will provide the perfect diversions from the busyness of your week.

#### Cost: \$2-\$6 per activity www.frankiesfunpark.com/greenville

There's no better way to beat the stresses of studying than taking a trip to Frankie's. The possibilities for fun are nearly endless, as the park includes activities such as gokarting, mini-golf, laser tag, batting cages and countless arcade games. With this many possibilities for having fun, you may be coming back for your Frankie's fix every weekend.



#### Cost: \$9-\$17

🕕 Frankie's Fun Park

**2** Greenville Road Warriors

**First Fridays** 

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Mountain

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www.greenvilleroadwarriors.com The newest attraction to hit

hockey team that plays at the BI-LO Center in downtown Greenville earlier this year, and their games have quickly becomeoneofthemostpopular attractions in Greenville.



#### **Cost: Free admission** www.firstfridaysonline.com

Greenville has a thriving arts scene, and there's no better way to get acquainted with it than by attending First Fridays. On the first Friday of every month, more than 20 art galleries in Greenville welcome visitors from 6 to 9 p.m. to soak up as much art as they can. Make it a weekly event and take some friends to check out a few galleries every week. You might surprise yourself with how much of an art critic you grow to become.

#### Cost: \$2 www.southcarolinaparks.com

With more than 1,500 acres of beautiful scenery, Paris Mountain is one of the most breathtaking sites in Greenville. The park is op

G Pavilion Ice Skating Rink

#### Cost: \$8.50 (includes skate rental) www.rinktime.com

As the winter months approach it's not uncommon to get urges to snow is necessary to go ice skating at The Pavilion, an indoor ice skating rink that's open year-round.

#### Cost: \$7.50 per game (includes shoe rental) www.strikingfunbowling.com

Sure, you can playing bowling on Wii Sports. But with a bowling alley just minutes away from campus, there's no easier way to take a break from studying than to head over to Wade Hampton Lanes and work on your bowling abilities. And if you bring a few friends along, you won't have to worry about facing a computerized Mii.

Greenville Zoo Cost: \$7.75 www.greenvillezoo.com

You might have not been to the zoo since you were a kid. But with its convenient location within Cleveland Park, the Greenville Zoo is the perfect way to relax with friends as you take in the sights of giraffes, elephants and other exotic animals.

GREENVILLE

# **7** Wade Hampton Lanes

**Greenville Zoo** 

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**Skateland USA** 

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**Falls Park** 



**The Peace Center** 

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year-round and provides ample opportunity for bicyclists, hikers and casual picnickers to come and take in the sights.



#### **Cost: Varies depending on event** www.peacecenter.org

World-class entertainment meets downtown Greenville at The Peace Center for the Performing Arts. Though tickets to concerts can be on the pricey side, the performances are sure to be top-rate and unforgettable. Whether it's a Broadway musical, classical music concert or theater production, an evening spent at The Peace Center is well worth the cost of admission. (For more information, check with the Fine Arts office before ordering tickets.)



#### **Cost: \$7 (includes skate rental)** www.rinktime.com

It can be hard to find time for exercising at college. But if roller skating gives you motivation to exercise, then Skateland USA is your destination. Bring your friends along and make it a group event, and you might even find that exercising is more fun when you're on wheels.

#### Cost: \$6 per round www.fallsparkfun.com

Greenville's only indoor mini-golf course is always a popular attraction, especially during the colder months of the year. So don't worry about the rain spoiling your intense mini-golf matchup—golf in the comfort of Falls Park's indoor facilities.

# 6 SPORTS & HEALTH The Collegian · Nov. 12, 2010

## COLUMN



#### DREW **MISHLER**

Athletes often struggle when faced with the dilemma of choosing what foods to eat on game day. Consider this diet:

**Breakfast:** Three fried egg sandwiches loaded with cheese, lettuce, tomatoes, fried onions and mayonnaise, two cups of coffee, a five-egg omelet, a bowl of grits, three slices of French toast topped with powdered sugar and three chocolate chip pancakes.

**Lunch:** One pound of enriched pasta and two large ham and cheese sandwiches slathered with mayonnaise on white bread and 1,000 calories worth of energy drinks.

**Dinner:** One pound of pasta and an entire pizza and another 1,000 calories worth of energy drinks.

Sound like an absurd amount of food? Not for U.S. Olympic swimmer Michael Phelps. This is just an average 12,000calorie day for the greatest swimmer in the world.

Michael Phelps' daily training regimen is so rigorous that he must eat mammoth amounts of food. With hours of weight and strength training, and swimming over 50 miles a week, he is able to burn up those 12,000 calories.

So when faced with the question of what to eat on

#### required.

Over the course of four years, the average student will have eaten more than 1,700 meals in the dining common before he or she graduates! There are definitely some choices at the DC that should be consumed and others that should be avoided.

Eating a substantial number of carbohydrates is the most important thing. Carbs are high in energy and are easily digestible. Pasta and rice are frequent options at the DC and are excellent selections on game day.

Some protein is also necessary, but there is no reason to overdo it. Eating 30 boneless chicken wings will not be helpful. Usually there is a good choice on the hot bar, but if not, try a low-fat meat from the deli bar, such as turkey.

Excessive amounts of fats are never a good idea on game day. They linger in your stomach and are usually the culprit when you are feeling sick after doing your sprints. Stay away from the round pizzas, tangy Asian chicken and desserts. Fats do contain a high amount of energy but have a tendency to become stored in the wrong places, which is undesirable for most of us.

With a game looming on the horizon, soft drinks will dehydrate your body and provide little benefit (that goes for sweet tea, too) and should be avoided. Water is the best choice on game day.

You don't want your meal in your stomach while you're running all over the field, so your food should be consumed

# Colts gallop past Bandits

#### SONIA **MOHINANI**

The Theta Sigma Colts trounced the Theta Mu Bandits with a decisive victory of 48-21 on Saturday night.

The Colts' Staci Ross led all players with 16 points and Susan Swehla led the Bandits with 10 points.

The Colts took the lead right from the tip-off, setting the tone for the game. Two minutes in, Juli Smith drew first blood, and the Colts picked up speed, scoring six more points in the next three minutes through a combination of jump shots, foul shots and rebounds.

Bandit Eliza Vandelinde started the scoring for her team a couple of minutes into the game, and the Bandits began a night of fighting for each point as the Colts defended their basket fiercely.

Soccer		Basketball			
men		Noweu			
Patriots	1	Classics	)		
Royals	2	Cardinals			
Razorbacks	3	Pirates	)		
Tornadoes	4	Colts	)		
Eagles	5	Seagulls			
Lions	6	Bandits			
Cobras	7	Kangas			
Bulldogs	8	Bear Cubs			
Cobras	9	Eagles	6		
Cavaliers	10	Wildcats	AS OF 11/9		
			AS		

Bandit Coach Becca Hartman said Eliza did a great job of getting down low for the ball and penetrating the defense to make her shots without being intimi-

dated by the other team. Throughout the night, the Colts ran a quick game, characterized by fast breaks and long passes. When the Bandits had possession, they set up their offensive each time before moving in for shots.

Seconds before the first half ended, Susan Swehla scored a shot for the Bandits that was heralded by a vuvuzela from the stands and brought the score to 24-11, Colts lead.

"It was a tough game," Becca said, "but what really stood out was the girls' attitude and not giving up, even though there was a wide difference in the score."



Colts' Stacie Ross shoots against the Bandits. Photo: Chris Taylor

She said the Bandits brought enthusiasm to the game tonight and did not let themselves get discouraged.

During the second half, the Bandits stepped up their game, fighting hard for each ball, but the Colts were closing in with the victory.

The Colts were at their best 10 minutes into the second half with a series of quick passes directly beneath the net with Chels Kern racking up another two points.

Chels, captain of the Colts, said her team is very fast, which really helps them. The Colts continued to lead in scoring throughout the second half. "Stacie Ross was on tonight," Chels said. "And Juli Smith has a fast shot; not only that she's strong, she's willing to go up for the ball."

In the last minute of the game, both teams went all out and with the clock at 20 seconds, Chels raced down the court to score one last time for the Colts. Steph Monroe swished three points for the Bandits, closing the game with a win for the Colts, 48-21.

While most of the Colts' players are freshmen and sophomores, Chels said it was neat to see how her girls came together on the court to be a strong team.

SPORTS PICKS						
	Soccer	Basketball	NFL Football			
Collegian Staff	Zeta Chi vs. Basilean	Tau Delta vs. Nu Alpha	Jets vs. Browns			
Mary Coleman (18-6)	Basilean	Tau Delta	Browns			
Micah Wright (14-10)	Basilean	Nu Alpha	Jets			
Josh Kopp (16-8)	Basilean	Nu Alpha	Jets			
John Shelp (17-7)	Zeta Chi	Nu Alpha	Jets			
Drew Mishler (18-6)	Zeta Chi	Nu Alpha	Jets			
Ashley Wolfe (15-9)	Basilean	Nu Alpha	Jets			
Brandon Hodnett (16-8)	Basilean	Nu Alpha	Browns			

game day, should you eat two pounds of pasta and a whole pizza? Not exactly, but the fundamental principles hold true.

Physically active college students consume large amounts of energy when partaking in physical activities. Logically, this energy must be replaced. The calorie label on all foods is basically a measure of the energy contained within that food or drink.

Eating foods high in calories is beneficial to the athlete. But don't indulge just yet; discretion of food choices is still at least three hours ahead of time. An energy bar or light snack is often a good idea for halftime or after the game.

Gatorade (along with water) is the best drink during the game. Not only does it hydrate you, but it also replenishes nutrients that are lost in sweat.

Having discipline in the dining common is undeniably a challenge for everyone. Making the right choices will not only boost your performance on the athletic field but will also make you happy that you did the right thing.

# **THE COLLEGIAN BOWI**

The four semifinalists in the soccer playoffs compete in the Collegian Bowl video game tournament each year. Society soccer coaches select one or two players to represent their society Friday night after prayer group. The winner walks away with bragging rights.

THE GAME: FIFA 2011 for Xbox 360 THE FORMAT: head to head, single elimination THE REWARD: Collegian Bowl Champion

#### **DEFENDING CHAMPS:** Basilean



# The Collegian · Nov. 12, 2010 SPORTS & HEALTH 7

# **Beta slips past Pi Gamma**



Beta's Jordan Allen challenges Pi Gamma's Shin Ho Oh. Photo: Amy Roukes

#### MARY COLEMAN

The Beta Gamma Patriots will advance to the National League playoffs as the No.1 seed, after a narrow 1-0 win over the Pi Gamma Royals Saturday night.

Beta appeared to be caught off guard in the first half, allowing Pi Gamma to control the field for the majority of the time. Pi Gamma's Stephen Lovelace, Caleb McKisic and Kai Hubbard stormed Beta's half, repeatedly working the ball up field for shots on goal.

The Patriots attempts to respond were squelched by the Royals' defense, headed by Eric Woelkers and Shin Ho Oh.

Although Pi Gamma had numerous shots on goal, they were unable to place a shot in the net.

In the second half Beta realized the danger Pi Gamma posed and intensified its level of play. Beta struck back, pounding Pi Gamma's goalie with shots. Pi Gamma's goalie, Eddie Barrett, displayed excellence in the goal, continually rejecting Beta's attempts to score.

The Patriots' offense, led by Anthony Lehn, Jon Grant and Caleb Franco, determinedly pressured the Royals' goal box. Anthony took several shots that narrowly soared over the goal.

Caleb had several breaks down the field, feeding the ball into the center and setting Anthony Lehn and Jon Grant up to take shots on goal.

Beta's determination paid off in the final two minutes of the game. The goal was the result of a designed play, with Micah Wright throwing the ball in to Anthony Lehn, who passed the ball to Jon Grant for the shot. Jon came through and placed the ball in the net, putting Beta up 1-0.

If Beta and Pi Gamma win their upcoming playoff games, they will face each other again. Kyle McVey, Beta's right fullback, said that Pi Gamma presented a challenge but was enjoyable to play. "Pi Gamma is the best team that we're going to face all year," he said.

# Alpha fights Basil to stalemate

#### MICAH WRIGHT

The Alpha Theta Razorbacks snatched the first seed in the American League playoffs from the Basilean Eagles on Friday night.

Two late goals by the Razorbacks tied the game, and neither team broke the tie in overtime.

Joe Van Leeuwen and Andrew Adams scored for Basilean, and their two-goal lead looked secure. But Tommy Sims scored off a rebound with seven minAlpha forwards created several scoring chances.

A golden opportunity was missed when an Alpha winger whiffed on a cross with 13 minutes left, but Alpha persisted. Nate Netz tried to surprise Basil keeper Brandon Stevens, quickly taking a free kick from the top of the 18. Brandon saved the shot, but the long rebound was netted by Tommy Sims.

Momentum was clearly with the Razorbacks, but six minutes of furious effort had not produced a goal. After several cleared attempts, Brandon Moss unleashed a shot from about 25 yards that scored the tying goal. The Razorbacks had some scoring attempts in overtime, but they were not able to net a game-winner. Brandon Moss said, "After they scored their first goal, we didn't come back with the intensity that we should have, but we picked it up after halftime."





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utes to go. Then with a minute remaining, Brandon Moss settled a deflected pass and struck a brilliant dipping shot into the back of the net.

The game flowed smoothly in the first half, with few whistles or interruptions. Only two fouls were called, and both teams possessed the ball with poise and fluidity. Basil struck first with Joe's goal and took a one-goal lead into halftime. Andrew weaved through the defense and finished Basil's second goal with 30 minutes left in the second half.

Alpha's first two goalies on the depth chart were absent, but Austin Wright played well against Basil with 11 saves. Basilean's already battered lineup took three more blows when Joe and Zach Sprunger suffered injuries and Daniel Lee went out with cramps. Basilean was already missing three key players: Jacob Farley, Ben Adams and Greg Thompson.

Alpha took advantage of Basilean's injury-ridden lineup and controlled the midfield for the last 30 minutes. Jonathan Monczewski distributed wellplaced passes throughout the entire game, and the

Alpha finished the season without any losses in the American League, and with the tie Alpha secured the first seed in the American League. Brandon said, "We are confident heading into the playoffs, but we still have some things to work on. Obviously a tie is not what we're going for."

Basilean has fared well considering its injury situation and difficult schedule. Ted Finn said, "We're coming together. Our freshmen are playing well, but I think at the end we got kinda lazy, just lazy and comfortable." He admitted that his team got outplayed in the last 20 minutes, but said, "Hopefully everyone is healthy next week and we can make a run in the playoffs."

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#### The Collegian · Nov. 12, 2010

# Snack Shop raises drip coffee prices

#### MELISSA AFABLE

Coffee patrons shelled out a few extra cents for drip coffee this past week.

Beginning last Monday, all Snack Shop venues—Cuppa Jones, the FastBreak, Markham Center—raised the prices of all drip coffee sizes, including personal mug refills, by 10 cents.

The price increase affected Alumni Association members as well: Alumni mug refills went up 25 cents.

Snack Shop Manager Mr. Jeff Hagans said the Snack Shop could not absorb recent price hikes in wholesale coffee without changing prices on its menu accordingly. Until this last week, coffee prices had stayed the same since August 2007.

NEWS

Hina Rogers, a Snack Shop student manager who frequents Cuppa Jones, said the changes will make her reconsider how often she purchases coffee, even with her Alumni discount. "I got used to carrying around two quarters," she said. "But I'll still take advantage of [the discount]."

Hina said she doesn't think the change will bring about a dramatic change in students' coffee spending habits because those who consume coffee regularly will still make their way to the Snack Shop.

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#### **>>RESPECT** p. 4

real problem and not just a personal pet peeve," Alayna said.

Exhibiting a respect for roommates ultimately reflects living and growing in the Gospel.

Junior biblical counseling major Matt Davis suggests that students always keep in mind a principle that summarizes Christ's command to love others: "Do unto your roommate as you would have him do unto you."

#### >>COLUMN p. 1

Christmas is spread so thin that the actual day becomes a bit of an afterthought to weeks and weeks of buildup. We're getting conned out of the excitement of our celebration.

I'm all for Christmas, and I love the anticipation and joy that permeates the air in the days leading up to it. I just wish some people didn't try to cash in on that joy too quickly and inadvertently ruin one of the best seasons of the year.



