



*Creative gifts to
delight your date*

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nickname "The Gipper?"*

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*Knights storm
Vikings, win by 27*

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the COLLEGLIAN

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Vol. 24 No. 14 • Friday, February 4, 2011 • Bob Jones University • Greenville, SC

In the know:

Scholastic Bowl

Societies will face off in the first round of the scholastic bowl competition today at 11 a.m. in society rooms across campus.

String Chamber Recital

The Chamber Strings will perform its first recital of the semester today at 5 p.m. in the War Memorial Chapel. The second recital will take place Monday at 5 p.m. in Stratton Hall.

Concert, Opera and Drama Series

The world-renowned orchestra Opole, Philharmonic of Poland will perform Tuesday at 8 p.m. in the FMA.

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Friday
High: 44
Low: 32



Saturday
High: 52
Low: 34



Sunday
High: 56
Low: 33



Maestro Boguslaw Dawidow directs a group of world-renowned musicians. Photo: Submitted

Philharmonic of Poland to display world talent

GLORIA GIBRAEL

The Opole, Philharmonic of Poland will be performing a concert of classical masterworks Tuesday at 8 p.m. in the FMA. This will be the orchestra's first tour in the United States and Bob Jones University is one of its first stops, according to Miss Jenny Klipp, assistant to Dr. Darren Lawson, dean of the School of Fine Arts and Communication.

Miss Klipp said BJU contacted the orchestra two years ago through an arts management office in New York that the university works with to coordinate Concert, Opera and Drama Series performances.

Maestro Boguslaw Dawidow has conducted the Opole, Philharmonic of Poland since 1999. He has directed leading orchestras in France, Austria, Germany, Italy, Switzerland and Russia, among many other countries. He has also made several recordings with the orchestra. Maestro Dawidow was awarded the title "Man of the Year" in 2002 by the

American Biographical Institute in New York in honor of his numerous musical achievements around the world.

The 90-member orchestra started its inaugural tour of the United States Jan. 10. Traveling with the group is one of Poland's leading violin soloists, 19-year-old Marta Kowalczyk. Marta started playing the violin at the age of 7 and is currently studying at the Zenon Brzewski Secondary Music School in Warsaw. She has performed as a soloist with several Polish orchestras as well as with orchestras in Italy, Germany, the Czech Republic, Norway, Canada and China. She has received many prizes for performances in Polish and international competitions.

The program is expected to last about 90 minutes, including intermission.

"We are excited about the opportunity for the university to present this group of top-notch musicians and enjoy an evening of great culture with an international orchestra," Miss Klipp said.

Mission Prayer Band takes new name, image

CANDACE NEWTON

Mission Prayer Band has changed its name to Missions Advance to encourage students to become more involved in praying and supporting missionaries around the world. The changed name is symbolic of the newer approach that the group is taking as it works to support those planning to go to the mission field as well as praying for those who've already gone, according to Jonathan Biddle, senior Christian missions major and men's president of Missions Advance.

Missions Advance will meet for a prayer and praise service each Monday, Tuesday and Thursday in Levinson Hall at 9:30 p.m. Rather than meeting at 6 p.m. as in past years, the adjusted later time will enable many students who play sports or work during the afternoon to attend the meetings. A special introductory meeting will be

held on Monday at 9:30 p.m. to give students an opportunity to learn what Missions Advance is all about and to see how they can get involved.

Jonathan said the traditional name "Mission Prayer Band" did not connect well with the current student body. "Prayer band," he said, conjured up images of trumpets and flutes, and he hopes the updated Missions Advance will cause students to realize that Missions Advance is for all students, not just Bible and missions majors. "We're students just like everyone else," he said. "God gives us all a burden to spread God's glory throughout the earth."

Societies can now choose to adopt a missionary for their society to support with prayers and fundraisers. Societies, with the help of Missions Advance, will find inven-

See **MISSIONS** p. 8 >>



The Missions Prayer Band rebrand includes a new logo.

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Group Discounts!



COLUMN



EMMALEE HOITT

We all want a good deal. A good deal on pants, shoes, coats, shirts, accessories and just about everything. I think it's safe to assume that the majority of people want a discount and are hesitant to pay full price, especially college students who are strapped for cash because of college expenses.

Almost two years ago, my mom opened a consignment shop in my hometown in New Hampshire. My mom, for as long as I can remember, has been a big fan of consignment shopping, and opening one of these stores has always been a goal of hers. Her philosophy is, "Why spend full price on something when I can find the item a whole lot cheaper?" I'll be honest; it's taken me a while to realize the truth in that.

Practicing her wise advice, the other Saturday my roommate and I decided to go consignment shopping. We really didn't have an exact plan of where we wanted to go; we just decided to look up stores on Google Maps. I was surprised at the number of chain and even locally owned consignment shops in Greenville.

We found many different styles of consignment shops too. You have your "everything-is-acceptable" to "we-are-picky-and-higher-end." I couldn't believe the good deals we found. At SOS Thrift Store I found a beautiful skirt for \$2.12, and I've seen the same skirt go for \$30 or higher! So that leaves me with a savings of \$27.88. And that's just one example. I will be the first person to tell you that some second-hand shops are hit or miss. Perseverance is key. You have to keep going back and trying new stores.

In 2008, *USA Today* published an article discussing the growth of second-hand stores in this recession. It's true: today people are less likely to pay full price. According to a poll performed by Harris Interactive and eBay, 70 percent of adults said buying used is more socially acceptable now than five or 10 years ago.

God's Word challenges us in the Gospels to be good stewards of what He gives. I believe that God is pleased when I am wise with the finances He has entrusted to me. I still go to the mall and look for good sales. There's nothing wrong with that. But once you go consignment shopping, even once, you will find yourself less likely to spend that \$49.50 for a pair of jeans. If you have never been, just go once, whether in town or on eBay. Just be careful—you might get hooked.

Comic Contest!
Do you need an outlet for your creativity?

Steps: 1. Think of a hilarious comic idea (Something unusual or clever about life.)
2. Draw it up and add a caption (size: 5" wide x 3.5" high)
3. Send it to Carlton Riffel (E-mail/nightmail it by 10 p.m. Saturday.)
4. Have it published in *The Collegian* (If it's the best one, of course.)

Funny applicants only.
Contest lasts from Feb. 4 - March 5

CARLTON RIFFEL

Obama's 'Reagan moment' simply political rebranding

The Collegian Editorial

Almost immediately after President Obama's State of the Union address Tuesday, all three media networks, CBS, NBC and ABC, hailed the speech as "Reaganesque" and "optimistic," comparing the president's can-do tone to that of the Gipper's. *TIME* magazine's most recent cover even features the story, "Why Obama loves Reagan," along with a photo-shopped picture of the two with Reagan's arm approvingly around the president.

Perhaps it was Obama's emphasis on innovation, his call to "reinvent ourselves" and desire to build a stronger America that made many hear echoes of Reagan's charisma. Maybe it's the fact that both presidents faced similar economic downturns and unemployment surges. Whatever starting point they choose for their comparison, one thing's for sure: Barack Obama is not Ronald Reagan.

Obama and Reagan may share outward similarities—similarities in communication, such as persuasiveness and energy. But the substance of what both men stood/stand for couldn't be more opposite. To claim that Obama is like Reagan is like saying Coke is like Dr Pepper. They might look similar outwardly, but their substance is not the same.

When Obama was inaugurated in 2008, he was the new JFK and FDR at the same time: young, charismatic, pro-big government. *TIME* magazine's cover just after his swearing in featured an FDR-like Obama, comparing Obama's policies to FDR's New Deal. Reagan's ideology remained opposed to large-scale social programs throughout his presidency.

For *TIME* magazine to go from portraying Obama as FDR two years ago to comparing him to Reagan now is a 180-degree change, an effort to reintroduce the president to appeal to his more conservative opponents.

Whether or not the Obama/Reagan connection clicks with Americans, there's no disputing the facts. Obama's plan for rescuing America from economic turmoil involves bigger government. Reagan's plan was the polar opposite; he famously stated: "Government is not a solution to our problem; government is the problem."

talk back

What is the average number of texts you send and receive in a typical day?

Eric Ritchardson Junior 20

Katie Altizer Freshman 5-10

Bruce Jensen Freshman 150

Melissa Mason Freshman 100

PHOTOS BY JON BAKER

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This semester's music ministry team is currently serving in the Southeast. Photo: Photo Services

Ministry teams serve through music, drama

HEIDI WILLARD

While most BJU students spend the semester rushing from class to class and studying constantly, some do not.

These students are part of the drama and music ministry teams that BJU sends to churches and Christian schools across the country every semester. This semester, the music ministry team is traveling in the Southeastern states.

What they do

Each team has six members—four undergraduate students and two married graduates. They spend a great deal of time together in a 15-passenger van, driving through the specified region of the country.

Several of the team members said that being in the same van with the same people for nearly four months was a challenge and a learning experience.

When they're not in the van or at a church or school, the teams stay in homes of families who are members of the church or involved in the school where the ministry team is serving. Several past ministry team members commented on how gra-

cious and welcoming their host families were.

The drama ministry teams minister through both humorous and serious dramas as well as some music while the music ministry teams share music and Scripture. The primary goal of both teams is representing the university through ministering.

Until 1990, the teams were known as BJU Ensembles. In an attempt to better communicate the teams' opportunities for ministry, Mr. Fred Coleman of the music faculty, suggested that the name be changed to ministry teams. Since then, Mr. Coleman has trained more than 50 music ministry teams.

How they do it

Many BJU students apply to travel with ministry teams each semester. Emily Arcuri, a senior performance studies major, always wanted to travel with a BJU ministry team, but she never pictured herself going during the semester.

After an interview with Mr. Jim Russell, who organizes all the ministry teams, Emily became part of the 2009 drama ministry team that traveled to the Western states in

the fall. Emily said that at first, she didn't feel spiritually adequate to be on the team. But she said that she realized that she had been chosen to minister, even though she was not the most talented or even the most spiritual student on campus.

What they loved

The team members build a strong bond with one another over the months they spend together.

"They become your family," said Mrs. Gina Nagengast, a GA majoring in performance studies, who traveled with five ministry teams. "They see you in your ups and your downs." The churches and families who hosted the teams treated them graciously. "We were classified as a ministry team, but we felt like we were the ones getting ministered to," said Andrew Bailes, a senior performance studies major who traveled on the spring 2010 drama team to the Southeastern states.

After staying in homes of different families for an entire semester, the team members had opportunities to talk to a lot of different people.

Mr. Ben Toler, a GA majoring in performance studies, said one of his favorite parts of being on the team was hearing so many different perspectives on life from other Christians.

The team members interact with hundreds of high school students and tell them about BJU. Abi Daniels, a senior organizational communication major who traveled on the same team as Andrew, loves seeing students on campus whom she met while on the ministry team.

What they learned

"You learn your own strengths and

See **TEAMS** p. 4 »

UPCOMING CSC EVENTS

Green Valley Road Race Packet Stuffing

Thursday, Feb. 10, 2011

7:00 – 9:00 p.m.

Number of volunteers needed: 10

Green Valley Road Race

Saturday, Feb. 12, 2011

6:30 a.m. – 11:00 a.m.

Number of volunteers needed: 30

Reedy River Run

Saturday, March 5, 2011

6:00 a.m. – 11:00 a.m.

Number of volunteers needed: 15

Get involved!

To get involved in any of these opportunities send an email to cscec1@bju.edu

DESIGN: JUSTIN WILSON



This day in history:

1789—George Washington unanimously elected first president of the United States.

This week in weird:

A Ukrainian crocodile is suffering from extreme indigestion after swallowing a dropped cell phone. Workers at the aquarium were unaware as to the cause of the giant reptile's ailment until they heard a mysterious, muffled ringtone sounding from its belly.

They said it, not me:

"If he wants to save his skin, if he has an iota of patriotism, I would advise him to leave today and save the country."—Egyptian opposition leader Mohamed ElBaradei

Notable news:

Egyptian officials shut down broadband Internet service providers throughout the country in an attempt to quiet rioters protesting the decades-long dictatorship of

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Chuck Lattin *Owner*

Students take a break from social media use

RACHEL PEED

The number of status updates and text messages on campus was fewer last week following Dr. Stephen Jones' invitation to the university family to join him in a weeklong media fast. The purpose of the media fast was to create awareness of how busy today's society has become and to encourage re-evaluation of priorities.

Of the students who chose to participate, some opted to eliminate all forms of media while others simply removed the specific kinds of media that they personally struggle with the most.

For senior art education major Ruth Larsen, the media fast meant giving up Facebook and limiting her number of texts. She said that by giving these things up, she realized how much free time she actually had in the day. "When you don't waste so much time, you realize how much time you really do have for other things," Ruth said. "You really do have enough time in the day to do everything."

Several students said that, while fasting, they noticed that much of their media usage is simply based on habit. Nate Naoumi, a junior Christian ministries major,

said he sometimes logs onto Facebook without even thinking about it while he is online. He said by giving up that habit for one week, he was able to get a lot more homework done and focus on God's Word. In fact, Nate is thinking about giving up Facebook permanently because the media fast has been so helpful for him.

Phill Kliewer, a senior Bible evangelism major, who gave up unnecessary Internet sites, comics and texting for the week, said this was not his first media fast. He said he finds that planning how he will use his extra free time helps him successfully

fast. "Decide ahead of time how you will fill the time, or you'll still waste the time you gained from fasting, defeating the purpose of giving Christ glory," Phill said.

For the past 15 years, Dr. Gary Weier has been requiring his students in Media and Society (formerly Introduction to Mass Communication) to go on a mandatory media fast for a short period in the semester. He said it helps the students learn more about their media habits and how those habits affect their productivity and relationships.

Dr. Weier said he was excited to hear that this year the entire university family was encouraged to take part in a media fast. "It's an exercise from which any believer can

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HEALTH AND FITNESS

Eating your way to healthy:

Taken from the United States Department of Agriculture (USDA)

- Make half your grains whole
- Vary your veggies
- Focus on fruit
- Get your calcium-rich foods
- Go lean with protein
- Find your balance between food and physical activity
- Keep food safe to eat

Working your way to healthy:

Taken from the Centers for Disease Control and Prevention

How much exercise is enough?

Two hours and 30 minutes of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle-strengthening activities on two or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).



DESIGN: ZACHERY JOHNSON; TEXT: JORDAN WELLIN

Stopping sickness in its tracks with easy steps while at school

JORDAN WELLIN

You're sitting in chapel, blowing your nose loudly when you see your chapel buddy slowly inch away from you, afraid of catching whatever bug you have.

Embarrassed by the humiliating scene you've created, you begin to ask yourself several important questions: Now that you're sick, how can you get back to being your normal self? And perhaps more importantly, how can you build up your immune system to avoid getting sick in the first place?

Leigh Anne Wetzel, a senior nursing major and president of the University Nursing Association, defines the immune system in fairly simple terms.

"A good way to visualize it is like a war zone in your body: your immune system is the good guy, and germs are the bad guys," she said.

"Your body has mechanisms to fight against the germs, so there are things you can do to either

support your troops or fight for the enemy."

Chances of sickness are heightened even more for college students who are constantly under stress.

Elizabeth Hackman, a sophomore foods and nutrition major, suggests a combination of a healthy diet, rest and exercise as preventive measures to take to avoid getting sick.

"If you're not eating healthily, it's impossible for your system to function properly," Elizabeth said.

She recommends eating plenty of foods heavy in Vitamin C, such as potatoes, broccoli and oranges. Also, substituting water for soda and other drinks high in caffeine and sugar is a wise alternative.

"Sugar decreases your immune system, and germs thrive on it," she said.

Although it can be difficult, Dr. Mike Gray of the science faculty advises getting adequate rest (preferably 7-8 hours each night) to stay healthy. "Fighting an

infection requires more than the normal amount of rest to give the body nutrients it needs," Dr. Gray said.

Another way to fight infection is to constantly wash your hands. Dr. Gray recommends using hot water and soap for 30 seconds each time you wash.

Leigh Anne even suggests singing a song (quietly to yourself, of course) to make sure you're washing long enough.

Finally, exercising will give your immune system a much-needed boost. The Department of Health and Human Services recommends doing two hours and 30 minutes of physical activity of some sort each week, which includes running, aerobics or weightlifting.

Even if it means having to do

crunches while studying your review cards out of the corner of your eye, your body will thank you in the long run.

Of course if you are sick, be mindful of those around you. If you do have to sneeze, do so into your sleeve or a tissue, not into your hands. And if you continue to battle your illness without any signs of improvement, there are other options.

"Do your roommates and the rest of the campus a favor and see a doctor," Leigh Anne said. "It's not worth it to give everyone else who comes near you your sickness."

And it's certainly a better alternative to any awkward looks you'll get from your chapel buddy the next time you accidentally sneeze on him.

>>TEAMS p. 3

weaknesses and how you can edify each other through those," said Mr. Jason Rush, a GA majoring in church music who traveled with the Mid-Atlantic music ministry team. Mr. Rush also said he learned patience and a deeper meaning of service.

"We're going out to represent the university, represent Christian education, and ultimately, Christ," Mr. Rush said. "And all of that takes a servant's heart. I'd love to do it again. It's an experience I'll never forget."

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Artist Series Gift Ideas

With the arrival of the first Concert, Opera & Drama Series program of the semester comes a challenge for some of those lucky students with a date: finding the perfect gift.

Granted, not every couple needs to give gifts to each other for every event. And nothing is wrong with the traditional gifts seen at every Artist Series: candy, flowers, things you can buy a couple hours before the program. These favorites have survived the test of time and are still being given for a reason.

But if you want your gift to stand out from the crowd, here are a few tips and ideas to get the creative juices flowing.

1 Use meaningful memories

Unless you are going on a first date, referring to past experiences can go a long way in showing you care. Create a scrapbook or even a stick figure sketchbook that depicts your experiences together and then write your thoughts about those events on the pages.



2 Mix and match

If you can't decide which gift would be best, just combine a few. Buy a stuffed animal and put flowers or candy in its arms. Compile a "campus survival kit" of college life necessities: snacks, coffee, fuzzy socks and whatever else you think your date would like.



3 Reuse and recycle

Plenty of things that we label as "trash" could be turned into a homemade craft and used as a thoughtful gift. For starters, you can make invitations and thank-you cards from ordinary folders once you are through with them. For a casual gift, try making placemats and coasters from empty tea bags wrappers and Jones Soda 4-pack cases, covering them with contact paper or laminating them.

Or, if you want something more personal, use the Jones Soda packaging to make a CD case. Then make a customized CD or DVD for your date. You can put your gift in a used tea box (or other kind of box) or you can cut and stylishly decorate a Grab-n'-Go bag until it is beyond recognition.



You can never go wrong with food

This statement is a time-honored and rarely-contested truth. Edible delights are among the most treasured gifts you can give, and they don't have to be boring. One easy way to make a treat for your date is to buy chocolate from the vending machine, melt it in the microwave and dip pretzels in it. Easy to make, easy on the wallet and delicious. What more could you want?

Personalized gifts are always excellent choices as well. Ask around and find out your date's favorite candy and then use that candy to spell out his or her name or a meaningful message.

And if all else fails, take a bit of everything—candy, cookies, snacks—and put it together into one big bag. Stock your date's cupboard with food so that he or she can eat it and think of you.



COLUMN



SCOTT JENNINGS

"To me... that's quitting. That's not retiring." These were the words of retired NFL player Michael Irvin when he learned of Tiki Barber's early retirement in 2006.

Barber retired at age 31, five or six years early for a NFL running back, and still dominated the game of football in his final season.

But to Barber, something more important lay in front of him—the rest of his life.

Many professional athletes pour their entire lives into living their dreams of playing sports for a living, and rightfully so.

Being able to play professional sports is a unique opportunity, but how much thought do the athletes, or anyone for that matter, give to what these intense sports do to the human body?

Barber was ridiculed by several former players about his early retirement.

Apparently many athletes believe they should keep playing until they cannot walk off the field without help.

While this belief sounds tough and glorious to a fan or young athlete, retired players who have undergone

knee replacements, back surgeries and concussion tests might disagree.

Dick Anderson, a 60-year-old NFL retiree, said, "You can't play the game and not come away with problems."

Don't get me wrong; retiring at age 31 is not for every athlete. But I believe many athletes foolishly destroy their futures for 10- or 15-year career.

Research shows one-third of NFL linemen have enlarged hearts, and as many as 75 percent suffer from sleep apnea. And these results don't include the absurd number of knee and hip replacements many football players need.

While the NFL clearly has the greatest health risks, other sports can have long-term damaging effects as well.

Elbow arthritis continues to plague baseball pitchers long after their careers end.

Worn-out cartilage in knees is the No. 1 danger to basketball players during their workouts to increase their jumping ability.

The draw of money, fame and glory lures many athletes to throw away their health for a few more seasons.

However, athletes are not the only ones susceptible to long-term damage.

Anyone who isn't careful while exercising can create problems for themselves later.

Some of today's common workout techniques prove harmful if done incorrectly.

Although the extreme side effects of steroids are now well known to most people, few know that natural workout supplements bring health risks as well.

Reports show pre-workout supplements can be addictive. It has even been called a "dependence powder."

Additionally, using excessive amounts of creatine, a popular ingredient in workout supplements, can be dangerous.

Over the course of time, joints receive more punishment from sports than any other part of the body.

Jogging on pavement, while convenient for those without a gym membership, will tear down knees, hips and lower backs very quickly.

Air Alert or other jump programs cause the same damage.

The programs themselves often warn the users to be careful with the shock of repeatedly jumping on hard surfaces.

Using cushioned pads can protect joints from these intense workouts.

All in all, sports are a great way to have fun, but are potentially harmful if done incorrectly or for too long.

I love sports and will continue to enjoy them for as long as my body will allow, but not to foolish extremes.

Michael Irvin can make all the comments he wants, but when Tiki Barber is 60, he'll still play with his grandchildren and walk up the stairs all by himself.

Cavaliers top Vikings in final game of weekend

JOSHUA KOPP

The Chi Alpha Cavs held off a charging Pi Gamma Royals' offense Saturday night, winning 60-56.

After a first half of mediocre shooting from both teams, intensity rose and shots began to find the net.

Chi Alpha's Zach Bruce started the second half by scoring six straight points for his team. Tony Nelson backed his teammate up by providing good strength down low and notching 14 points for the half. Tony led his team with 20 points total.

Pi Gamma answered their opponents with clutch three-pointers from Craig Richards and Bryce Allen, edging Pi Gamma to within four points of Chi Alpha.

The game intensified when Pi Gamma began pressuring Chi Alpha. After must-make shots for the

Royals were scored, the Cavs responded with their own field goal, maintaining the lead.

As time fizzled away, Pi Gamma's Adam Vazquez sunk a nearly impossible three-pointer over two Cavalier defenders, putting his team within two points.

Pi Gamma had to foul to stop the clock.

But Chi Alpha remained unshakable when shooting their free throws. Sam Faraj, Brett Stowe and Zach Bruce made all six free throws in the last 20 seconds, holding the lead and taking the game.

Tony Nelson said, "That last minute seemed like the longest minute in the world. Sometimes we break down under pressure, but this time we hit our free throws. That was key."

The Cavaliers' free throw shooting proved to be the deciding factor between the two teams. They made 66

percent of their free throws.

Both teams struggled in overall shooting accuracy though, making only 40 percent of their shots all game.

Pi Gamma's Bryce Allen started out the game cold but caught fire the second half. He scored a total of 17 points to lead his team.

"They came out stronger the second half with Bryce," Tony said. "He drove more and drew more fouls—that kept them in the game. But our strategy worked. Simply, play intense defense and grab every single rebound."

Pi Gamma's Adam Vazquez saw areas his team could improve in for future games. "We're not where we need to be offensively or on the boards," he said. "We need to get the ball to Bryce more. I'd rather have that experience [of ineffective offense] now for when it doesn't count because of interleague."



Chi Alpha's Tony Nelson led his team with a total of 20 points for the night. Photo: Luke Cleland

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Knights storm Vikings, capture 71 points in 'best shooting night'

MICAH WRIGHT

The Kappa Sigma Knights shot their way to a 71-44 victory over the Nu Delt Vikings on Saturday evening.

Kappa Sigma Coach Adam Bailey said, “This was the best shooting night that the Knights have ever had. We were on fire.” His team shot 50 percent from behind the arc, ending the game with 12 three-point field goals.

Nelson Silaghi and Mark Heinold led the Knights. Nelson hit five three-pointers, finishing the game with 15 points. Mark scored 18 points and had six steals. Zachary Wilson stroked four 3’s in the second half and scored 18 total for the Vikings.

Another theme

throughout the game was the Knights’ dominating the offensive glass. By halftime the Knights had snatched 19 offensive rebounds.

The Knights had a size advantage and scored tons of second- and third-chance points. When asked if this type of offensive rebounding effort was typical, Adam said, “Not typical at all; we just recognized that we had a size advantage, and we knew that we needed to box hard.”

The Knights struggled on their initial shot attempts. Their starting center, Adam, shot just 3 of 10 from the field.

However, the round- ing battle cost the Vikings greatly. The Knights secured 54 rebounds to the Vikings’ 34.

The Vikings executed a solid full-court defense and threatened to make a run in the second half, trimming the lead with suppressive full-court defense. Their 1-2-1-1 press gave the Knights trouble and forced 29 turnovers. Josue Guzman had seven steals for the Vikings.

Viking freshman guard, Zachary, said, “We know that we are smaller and we just needed to pick the tempo up.”

The Vikings won the turnover battle 29-17, but they also struggled to convert in the open floor.

The Knights’ coach admitted that his team was not ready for the full-court press and vowed to have his team more prepared if they face another such defense.

Zachary said he was

encouraged with his team’s play in the second half. In addition to scoring eight more points, the Vikings played more man-to-man defense in an attempt to limit open three-point shooters. The switch also sliced the Knights’ offensive rebounding in half.

The Knights played a conservative 2-3 defense, relying on their size advantage to contest shots and clean the boards. The Knights blocked 12 shots in the game.

Hoping to build on last season’s postseason breakthrough, the Knights have an important game against the Panthers next week. The Vikings will face the Patriots next Saturday.



Nu Delt’s Mark Inboden attempts for two. Photo: Amy Roukes

SPORTS PICKS

Staff vs. Students	Basketball	Soccer	College Basketball
	Lanier vs. Phi Beta	Colts vs. Bandits	Florida vs. Kentucky
Mary Coleman (1-1)	Phi Beta	Colts	Kentucky
Micah Wright (2-0)	Phi Beta	Colts	Kentucky
Josh Kopp (1-1)	Phi Beta	Colts	Kentucky
John Shelp (1-1)	Phi Beta	Colts	Florida
Scott Jennings (1-1)	Phi Beta	Colts	Florida
Nate Foote (0-2)	Lanier	Bandits	Kentucky
Bethany Burrow (1-1)	Phi Beta	Colts	Florida

the COLLEGIAN

SPORTS

POWER RANKINGS

	WINS	LOSSES	
1. Patriots	1	0	Three players are gone from last year’s championship run, but Jason McVey and Bruce Burkholder will fit nicely in the potent Patriot lineup.
2. Pi Kappa	1	1	An encouraging 15–point loss to Beta. Experienced, and they believe in their system.
3. Omega	2	0	They are quick, young and improving. Have potential to move up in rankings.
4. Tornadoes	2	0	Couldn’t be happier with their start. A bunch of new faces means new talent will have to gel quickly.
5. Phi Beta	1	1	Big. If they are smart, Josh Clater gets 20–30 shots per game.

DESIGN: JUSTIN WILSON; TEXT: JOHN SHELPH AND MICAH WRIGHT

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STRETCHING

Most people have heard that they should stretch before working out. Why? Because stretching lengthens your muscles and increases tissue flexibility, preventing injuries that might otherwise occur during your daily workout.

Here are a few stretches that you can incorporate into your daily exercise:

Neck Stretch: While sitting, slowly tilt your head back, looking up toward the ceiling. Gently assist the motion with one hand. Once you feel the muscles in the front of your neck begin to stretch—stop! Hold this position for 10 seconds.

Back Stretch: Lie on your stomach, propping yourself up on your elbows, and extending your back. Slowly straighten your elbows and continue extending your back. Once you feel a slight stretch, hold for 15 seconds. Repeat this stretch five times.

Arm Stretch: Place your palm against the center of your back, with your elbow resting against your head. Use the other hand to hold your elbow in place for 15 seconds. Switch arms and repeat action. Stretch both arms for 15 seconds three times.

Leg stretch: Sit on the floor with both legs straight out in front of you. Slowly lean forward until the tips of your fingers are touching your toes. Don’t bend your legs! And if you can’t reach without hurting yourself, just go as far as you can comfortably. Hold this position for 15 seconds. Repeat action twice.

DESIGN: JUSTIN WILSON; TEXT: MARY COLEMAN

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CARRY-OUT ONLY

When majors, minors don't match: Clash not accidental

ERIN RUSSELL

For some university students, choosing a major and minor has become a sort of art form: should minors complement or contrast with the major course of study? Should they fit together as expected or unpredictably clash, representing the diversity of the students themselves?

Although students are not required to choose a minor, many do to accomplish certain goals in their education.

To Steph Schlosser, unusual major/minor combinations aren't that out of the ordinary. "I love seeing people's reactions," she said.

A senior criminal justice major and dramatic production minor, Steph has had to explain the unusual combination more than once.

"I almost never would have expected how well my major and minor complement each other," Steph said. "But what I've learned backstage—how to work with people on their turf and how to delegate—has taught me a lot about leadership and authority."

Those leadership and delegation skills, Steph said, will carry over into her future career in criminal justice or in the military. And

they're skills she wouldn't have learned through her criminal justice classes alone. "It just clicked that those complement each other!"

Ironically, Steph is playing a police officer in the next Performance Hall play, "Rehearsal for Murder"—two worlds coming together on stage.

"Plus, it's really fun to watch guys realize I can handle power tools—better than some of them," Steph said with a laugh, talking about her stage work for productions. "And it's fun."

Another unusual combination, this one chosen by sophomore Amanda Hall, pulls together political science and creative writing.

"I'm just really interested in government and I like to write," Amanda said. She plans to go into international relations or national government when she graduates.

"I think political science and writing go well together," she said. "Being able to think clearly is essential in writing and in politics—well, we hope so, anyway."

Amanda believes the critical thinking and analysis skills she is learning in her writing classes will carry over into her future career in politics. "With writing, you

have to be able to get into someone's head—the character you're describing," she said. "Being able to get into someone's head is useful in politics, too."

Freshman Sarah Shirey, a journalism and mass communication major with a concentration in public relations and German minor, says she chose her major and minor simply because they're two distinct interests.

Sarah hopes the language element—German—will help her in her future career. She plans to do something involving both writing and traveling when she graduates.

"I've wanted to be a writer all my life because I love writing," Sarah said. "And I want to be a journalist because I love snooping in other people's business," she added, laughing.

The resounding theme among students with less-than-standard combinations is that their major/minor combos aren't at all unusual—to them.

Selecting a minor that you enjoy gives you an even wider base of knowledge and experiences to draw from, no matter what your major is or what you end up doing ten years down the road.

»»MISSIONS p. 1

tive ways to raise money for missionaries. Jonathan said, "[Mission Prayer Band] used to be just pray and leave, but we're trying to connect more with societies to help them get a vision for what they can do."

He and the other officers of Missions Advance are working to organize a school-wide effort to raise money for missions.

Missions Advance will also increase its focus from just international missions to include missionaries in urban and rural areas of the U.S. Senior women's ministries major and women's president of Missions Advance, Rebekah Walker said, "You don't have to go overseas to be a missionary. Missions has changed." She hopes that Missions Advance will open students' eyes to needs in unlikely mission fields.

Senior electronics and computer technology major and the promotions manager of Missions Advance, Sam Eckman said he hopes to use his business degree to minister to closed countries. His "tentmaker" philosophy includes using whatever practical skill God has given him to use for the furthering of God's kingdom. "We have an obligation to spread the gospel," he said, "whether that be in an office or in a closed country."

He said that students can serve God by supporting missionaries throughout the world and by doing extensions on the Greenville mission field.

"God can and will use everybody regardless of your major," he said.

The new tagline for Missions Advance is "Learning, Praying, Mobilizing." Sam said Missions Advance will "focus more on the big picture. It's more than just prayer. We need to be informed." He encourages students to come and learn what's happening on the mission fields around the world. Students can also inform themselves by checking out their website at ma.home.bju.edu. Students can also follow Missions Advance on Facebook which will include the weekly schedule, upcoming events, and other relevant missions information.

Junior elementary education major Alyssa Snavelly said Missions Advance will focus on answered prayers and praises in addition to prayer requests. "It's not just praying to pray. It's about accomplishing something and advancing His kingdom."

While not planning to enter the missions field herself, Alyssa said that attending Missions Advance has helped her know how she can effectively pray for those on the field.

"Whether or not you go to the mission field, God calls all of us to at least wrestle with the possibility that He could be calling you to go," Jonathan said. "If He doesn't call you, your responsibility is to help those who have gone. Missions Advance offers the student body a venue to come and pray and support those who have gone."

»»MEDIA p. 4

benefit, whether a college student or veteran faculty or staff member," Dr. Weier said. "Taking time to think, to meditate on God and His gospel, without facing constant distractions, really are satisfying disciplines worth developing."

Many students who participated in the media fast said they are likely to try it again in the future and encourage their friends to do the same. Since it is a personal decision, a media fast can be different for every person, varying in length and content.

After his media fast experience, junior Bible major Brad Harris said he would advise those thinking about trying a fast to set reasonable goals for themselves.

"Keep your expectations real but at the same time challenge yourself," he said. "Keep yourself disciplined about it and keep yourself accountable."



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