



Gadgets for fitness-minded students

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OPINION: Personal opinion: post or hold your peace?

see **OPINION** p. 2 >>

Cobras triumph in pingpong tourney

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the COLLEGLIAN

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In the know:

Student Body/ Senior Meeting

All freshmen, sophomores and juniors will meet in FMA at 11 a.m. for Student Body. Seniors will attend a separate meeting in Stratton Hall.

Woodwind Ensembles Concert

The woodwind faculty, along with woodwind majors and principals, will perform Monday at 5 p.m. in War Memorial Chapel.

Core Leadership Seminar

Campus leaders will attend the Core Leadership Seminar Tuesday night at 7 in the FMA.

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Friday
High: 73
Low: 40



Saturday
High: 62
Low: 50



Sunday
High: 68
Low: 53

Student Body focus: 'Freedom from sin'

CANDACE NEWTON

While seniors reminisce in Stratton Hall, freshmen, sophomores and juniors will take part in this semester's Student Body today at 11 a.m. in the FMA. Student Body will continue last semester's theme of freedom from sin.

Student Leadership Council women's chaplain and senior church music major, Megan Hamilton, is helping organize Student Body. "We want to build off last semester's theme by explaining what it means, what it looks like to be set free from sin," she said.

Senior Christian missions major Jonathan Biddle will give the challenge from Romans 6:16-18. His message will focus on the responsibility of Christians to be servants of righteousness now that they are set free from

sin. After Jonathan's message, two society chaplains will give testimonies of how being slaves to righteousness looks when lived in everyday life.

The program will feature hymns played by a brass ensemble directed by junior piano performance major Daniel Overly. To emphasize the message of the hymns, lyrics will be displayed on the projector screens.

"When we hear 'slaves to righteousness,' we naturally bristle," Megan said. "We want to focus on changing from being masters like we were to being under Christ's dominion. The idea is not negative; it's wonderful."

Senior chapel will take place in Stratton Hall at the same time as Student Body. Kyla Hoefler, senior class president, said, "It's like a trip down memory lane."

The program will begin with a slide show of hundreds of pho-



The University's Horn Choir rehearses for today's program. Photo: Amy Roukes

tographs sent in by seniors over the past several months. "This is such a personal thing, especially for those who sent pictures in," said Kyla. "This is a chance for all of us seniors to get together, and it's nice because graduation is on the horizon, and we can just look back on the past three years."

Senior Bible major John Pate will speak as a representative from the Alumni Association, telling seniors about the benefits of joining. One function of the Alumni Association is to provide seniors with an opportunity to

See **STUDENT BODY** p. 3 >>

Language outreaches aid Greenville churches

EMMALEE HOITT

Students attending BJU have many opportunities to get involved in foreign language ministries. These outreach ministries are open to students who are knowledgeable in a foreign language or sign language, or who are interested in serving with individuals who speak foreign languages or who sign.

Graduate assistant Mr. Emanuel Elizondo helps in a Spanish ministry at Calvary Baptist Church in Simpsonville and said he enjoys seeing God work

through the team's service at that local church.

"Our main purpose is to glorify God through talents and to show the glory and majesty of Jesus Christ in our lives," Mr. Elizondo said. The ministry team, composed of about 10 students, serves each Sunday morning through music, teaching various age groups and preaching.

"You have to have a love for Spanish-speaking people," continued Mr. Elizondo "It doesn't matter who you are ministering

See **OUTREACH** p. 3 >>



Student David Phelps serves in a sign language outreach. Photo: Jon Baker

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COLUMN



STEFFANI RUSSELL

The sun was just beginning to set in Chamonix, France, as I took my seat along with 12 other college-age Reformation Tour participants at the Aiguille du Midi, an exclusive ski lodge in the Alps near the France-Switzerland border.

We'd been touring some of the most beautiful European landmarks for a week, and we were pretty much wiped out. On the edge between dissolving in laughter and collapsing from exhaustion, we were analyzing the different brands of sparkling mineral water (and our waiters' hair) as we waited for the first course to arrive.

Looking back, it's probably fortunate that Patricia, our tour guide, seated all the students together. When the server, a young man about our age, brought out the first course, *pâté* and foie gras (the raw liver of a specially fattened goose), we said some things and rearranged our faces in ways that the more sophisticated members of the tour might not have appreciated.

That evening as I walked out of the lodge into the cool darkness of a Chamonix night to return to our bus, somehow travel assumed a different face than ever before. Suddenly it wasn't

about the place or the food anymore. Suddenly I was more interested in the stories of those who'd served us than in the foie gras itself.

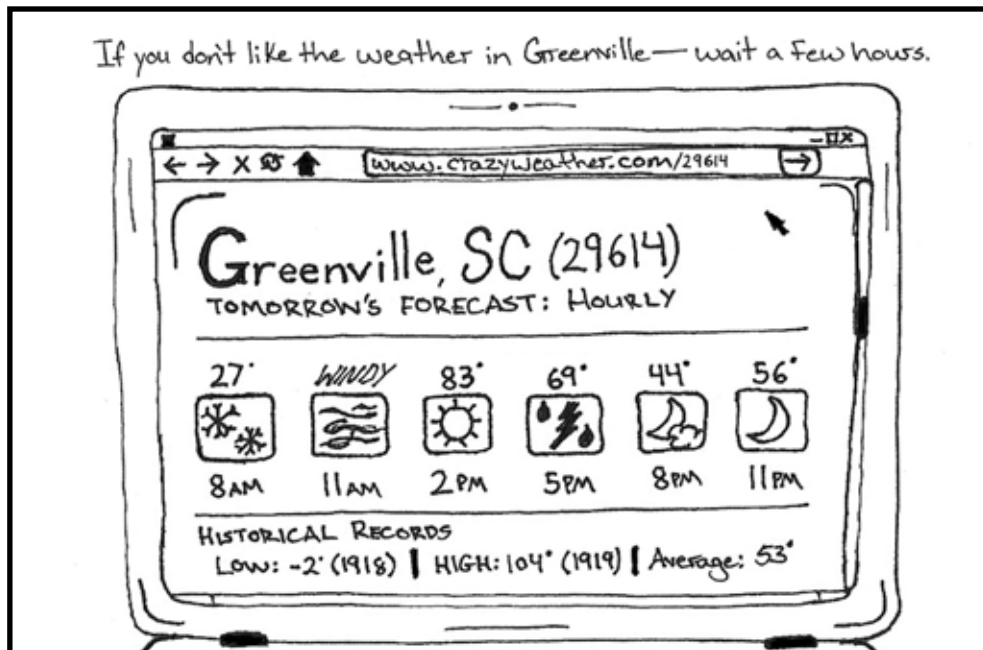
Up until that moment, travel had been all about the places. That night, it became more about humanity – the people that, as Christians, it's our responsibility to get to know. When the food wasn't all that great and I was exhausted, my ministry and the biggest part of travel – the people – were still there.

Somewhere in Europe I found out that I can love the Alps, embrace Italian culture, hate foie gras, and miss my grandma's sweet tea at the same time. I learned that every locale has its own value worth discovering, even if it's hidden under layers of fattened goose liver or in the hands of Senegalese panhandlers giving away colorful bracelets in Milan.

The value is always in the people and their stories – our cheese server in Chamonix, the museum guard who yelled at my roommate in the Louvre, and street performers in Siena.

The places are all about their inhabitants. Experiencing *that* is travel. What if it's not just about the London Eye, but the guard who's constantly trying to keep crazy American tourists in check? What if it's not all about the Eiffel Tower's architecture, but the men selling souvenirs at its feet? What if it's not about the espresso, but the guy behind the counter at Starbucks? He has a life and an eternal soul—struggles, and dreams, much like yours

See **COLUMN** p. 4 »



Congrats to Peter McDowell for this week's comic! Remember to submit yours for next week!

Discretion: All the right words in all the right places

The Collegian Editorial

High school English teacher Natalie Munroe, of the Central Bucks East School District in Pennsylvania, was suspended with pay last week after her students and their parents found offensive posts on her personal blog. The blog posts, which did not mention any names, described her students as “out of control. They are rude, disengaged, lazy whiners.” Munroe wrote, “They curse, discuss drugs, talk back, argue for grades, complain about everything, fancy themselves entitled to whatever they desire and are just generally annoying.”

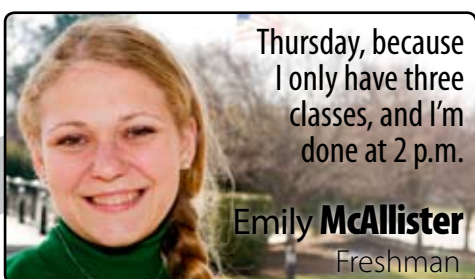
When some of her students discovered the blog and brought the contents of her posts to the attention of school officials, she was suspended and the school district began an investigation. The teacher, who is now fighting to keep her job at the school, said she doesn't hate her students, and she actually likes some of them.

However, in one of her blog posts, she wrote a list of “canned comments,” options that teachers should be able to choose from when describing students on report cards. Some of the comments included profanity and descriptions such as “rat-like,” “frightfully dim” and “dresses like a streetwalker.”

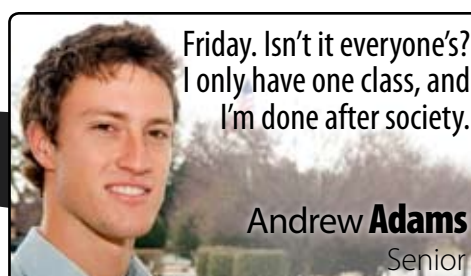
Munroe has been blogging since 2009 and has not used her full name or the name of the school in any of her posts. She said the posts were meant for herself and her friends only. Munroe stands by her words and has since continued blogging. If fired, she may fight the school district on the basis of the First Amendment and her rights to free speech.

Regardless of whether she has the right to post such things online, there is the issue of discretion. Despite the often-trying job of being a teacher, is it really a good idea to lash out at your pupils with comments like, “I hear the trash company is hiring”? She also turned her fire on the parents with comments like, “Just as bad as his sibling. Don't you know how to raise kids?”

Freedom of speech is a key right for every citizen and one of the freedoms that set America apart from other countries, but just because you *can* say something, doesn't always mean you *should*.



Thursday, because I only have three classes, and I'm done at 2 p.m.

Emily McAllister
Freshman

Friday. Isn't it everyone's? I only have one class, and I'm done after society.

Andrew Adams
Senior

Saturday—no school and no homework.

David Brady
Junior

What is your favorite day of the week?



Sunday, because I like the church we go to, and it's a time to relax.

Leah Lampton
Freshman

Friday, because it's the weekend, and I only have three classes then go to society.

Brice Pratt
Sophomore

talk
back

PHOTOS BY JON BAKER

the COLLEGIAN

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TAG: It's no longer safe to walk around campus

HEIDI WILLARD

It's a Bible Conference fundraiser so memorable that the University uses it about once every four years—a university-wide game of tag.

Members of the BJU family won't want to miss out on this game. "I don't think there's any way to understand how epic it is going to be until you've done it once," said Mr. Will Meadows, lead interactive/multimedia designer for BJU's Creative Services department. "So take your chance because it may be another four years before we play it again."

Registration for tag, which costs \$10 to play, opened Feb. 11 and will close tomorrow, Feb. 26, at 10:25 p.m. Registration can be completed by visiting

the www.BJUTAG.com website. The game officially begins Monday morning.

The idea for the game originated when Mr. Meadows was a BJU student. He used tag, originally called "Ossassins," with his society as a way to get to know the freshmen.

After Mr. Meadows graduated and joined the Creative Services staff a few years later, he worked with Mr. David Lovegrove, manager of BJU's Creative Services department, and they altered the game to make it suitable for the entire student body to play as a Bible Conference fundraiser.

Although tag has been played before, this year's game will be played differently than it has been in the past. Technology will play a major role. Students will be assigned their targets



www.BJUTAG.com

through the tag website.

Players will report their tags on the website to be stored and monitored in a database set up by Matt Ulbrich, an alumnus. Once players report a tag, they can choose to automatically receive a text message

on their phone confirming their next target.

Creative Services is in the process of setting up the mobile version of the report page so that people can bookmark it on their phones and report tags as soon as they tag their tar-

gets. "We're trying to be as tech savvy as possible," Mr. Meadows said.

The hype about the game has already been rising through the website as well as the Facebook and Twitter pages. "Social media's going to be a huge game-changer," Mr. Meadows said.

Many participants have already changed their Facebook profile pictures to orange blocks to avoid being found by other players who may use Facebook to identify someone they don't know. "I think the game is going to be twice the speed that it was last time," Mr. Meadows said.

This tag game will be anything but predictable. A surprise will be released midway through the game, and the top tagger will win a Wii, a prize supplied by a

sponsor.

One of the exciting aspects of the game is that students, faculty and staff are all playing together. "The fact that there are a lot of bigwigs playing makes it a lot of fun," Mr. Meadows said. For example, anyone could be assigned to tag Dr. Bob.

Yes, the game will be fun and possibly chaotic, but there are some rules—the most important being this: use good judgment. In the past, participants have gone to crazy extremes to tag their targets. That is why Mr. Meadows urges participants to "exercise common sense."

The last time the game was played it raised approximately \$5,000, but with the technological advancements this year, the game's creators hope to double that amount.

»STUDENT BODY p. 1

network with potential employers and colleagues.

Tyler Eason, youth ministries major and senior class representative, will give the challenge from 1 Peter 4:7-11. Tyler explained that these verses apply to seniors, who are at the end of their journey as undergrads and are looking to the next step of their adult lives. "The end of all things is coming," Tyler said, "so

go out there and use what you've been taught from the word of God. That's our goal."

Tyler explained that it's easy for students to see graduation as "a means to an end. It's not just get a degree, get a job, but really we're here so God may be glorified, so He can be exalted."

Tyler wants this chapel to help seniors look outside themselves. "Especially as things wind down with classes and tests," he said, "it's really easy to be selfish, thinking about everything you have to do, when that's not why we're here at all. We're here to make much of Christ."

»OUTREACH p. 1

to; God loves them, and you still have to show them love. This is important."

Isaac Lee, a senior business administration major, leads a Korean ministry at Greenville First Korean Baptist Church on Sunday mornings. This outreach has a choir, Sunday school classes for many age groups and a Sunday afternoon Korean school after the morning service.

"These students [at the Korean school] are trying to figure out where they belong in society," Isaac said. "They are second-generation Koreans. Because of this, they battle with their identity: [are they] Americans or Koreans?"

A goal of the Korean school is to expose the junior high and high school students to biblical preaching and to ground them in the faith.

Sarah Braswell, a junior English educa-

tion major, participates in a sign language ministry on Wednesday nights and Sunday mornings at Grace Baptist Church in Landrum, S.C. Each week the ministry team, made up of 10 students, assists the deaf ministry of the church to reach more deaf individuals in the community. "It's an awesome responsibility," Sarah said. "God has given me this talent and I am passionate about reaching the deaf community."

The deaf ministry, which meets in a separate building, serves as an extension of Grace Baptist Church. The students minister by teaching Sunday School, and the team leader, David Phelps, who himself is deaf, preaches every Sunday morning.

For a detailed list of the many language outreach opportunities available, go to the intranet home page and click on "Life at BJU," then in the bottom right corner click on "Extension Ministries."

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This day in history:

1964 – Cassius Clay (Muhammad Ali) became world heavyweight boxing champion for the first time.

This week in weird:

Migrating toads in Freiburg, Germany, forced soccer fans leaving Badenova stadium last Friday to exit the stadium through a different route to allow the amphibians to make their annual move.

They said it, not me:

"The Justice Department is trying to cover this up. If this unravels, all of the evidence, all of the phony terror alerts and all the embarrassment comes up publicly, too."
– Michael Flynn, the former lawyer of computer programmer Dennis Montgomery, who programmed fraudulent software that the government bought to catch terrorists.

Notable news:

Thousands of public employees in Wisconsin have flooded the state capital in protest to Gov. Scott Walker's proposal to minimize unions by limiting their collective bargaining ability.

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BJU GRADS FIND SUCCESS

Where can a Bob Jones University degree take you? These BJU grads share their successful experiences from life beyond graduation.



Name: Rick Altizer

Education: BS in Accounting from BJU; MBA in Finance from the University of South Carolina
Occupation: President of Jiffy Lube

Rick Altizer oversees the 2,000 Jiffy Lubes in the United States and Canada. He helps the 300 franchise entities develop programs to improve their operations and increase their profitability.

While earning his accounting degree at BJU, he did not expect to work in franchises or to work at multiple jobs during his lifetime. He said BJU helped prepare him for both his studies at the University of South Carolina and for his career.

After graduation, he received six or seven job offers immediately. He worked as a Certified Public Accountant, at an accounting firm and as a high-level accountant at McDonald's before beginning work at Jiffy Lube.

Although he never planned to work at so many places, he appreciates the knowledge gained from those jobs.

"Each move gives you different experiences, different learning," he said. "And each prepares you for the next one."

Name: Gary A. Bryant

Education: BA in Public Speaking, MA in Public Speaking from BJU; JD from Washington & Lee University
Occupation: Head of litigation practice at Wilcox & Savage, a law firm in Norfolk, Va.



Being a successful lawyer requires meticulous precision, a skill that Gary A. Bryant learned much about during his years at BJU. "The only way to be succeed at a large law firm is to develop an intolerance for anything that isn't perfection," he said.

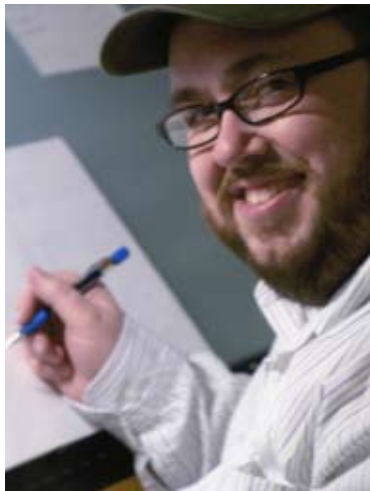
After obtaining his master's degree from BJU, Mr. Bryant attended Washington & Lee University, which was one of the top 20 law schools in the country at the time. At first, he wondered how BJU would hold up

academically to a public university, but he soon found that his education at BJU was far more challenging than anything he faced at law school.

Now, working for an esteemed law firm, Mr. Bryant is thankful for the quality of the Christian education he received. "People don't care if you're from BJU or BYU: they just want to hire someone who strives for excellence," he said.

Name: Chad Frye

Education: BS in Graphic Design from BJU
Occupation: Illustrator



Chad Frye works in animation, creating storyboards and designing characters in the pre-production phase for television shows and movies.

While at BJU, he was the first ever comic artist for *The Collegian*. Since graduation, he has worked on a number of Disney animated features, including

Mulan and, most recently, *Home on the Range*.

He said throughout his career, he has always been able to see God's will clearly as long as he was open to His leading.

"Every job I've had since graduating from school, I've never really felt like I have a choice; I've never been given two options to choose from," he said. "God's plan has always seemed to be right in front of my nose every step of the way."

Name: Steven White

Education: BA in Voice Performance from BJU; MM in Voice Performance from the University of South Carolina
Occupation: Cover conductor at The Metropolitan Opera

Steven White has conducted some of the greatest opera singers in the world, including Placido Domingo, Kiri Te Kanawa and Rolando Villazon. He's even married to one of the most sought after coloratura sopranos working today, Elizabeth Futral.

But his real love for opera began in the 3rd grade when he played a walk-on role in BJU's production of Verdi's *Nabucco*. "Even though I was young, I remember being so moved by the music," he said. "To be involved [in the production] at such an early age had a tremendous influence on me."



But with all the activities going on onstage, (singing, scenery, costumes, etc.), Mr. White's job is anything but unchallenging. "Conducting is at the same time the biggest responsibility and the biggest privilege you can have as a musician," he said. Now, when he stands in front of the orchestra at the Met, he's grateful for the learning opportunities he had being involved with the University's opera program.

Name: Dr. Lisa Sain Odom

Education: BA in Voice Performance from BJU; MM in Voice Performance from Converse College; DMA in Voice Performance from the University of South Carolina
Occupation: Vocal professor at Clemson University; film, stage and television actress

From an early age, Dr. Lisa Sain Odom knew she wanted to perform. This desire was only enhanced when she came to BJU to study music. She calls her one-on-one interactions with Dr. Dwight Gustafson during the University's opera productions "some of the most meaningful experiences I've had musically."

Dr. Odom also travelled with the German Mission Team for a summer. "Even though it was a mission trip, it had a huge impact on my career," she said. A few summers later, those language skills were put to use when she studied at the American Institute of American Studies in Austria.

"It's almost like you have to know an insider trading secret just to get into the [entertainment industry]," Dr. Odom said. Still, she continues to perform in various opera and musical theater productions and has even appeared in several noteworthy films and television shows. It looks like she's uncovered that secret after all.



»COLUMN p. 2

and those of the faux gladiators in Rome. Nothing compares to traveling the world, but some of the most interesting aspects of travel are available anywhere – in Europe or in Greenville, SC. Travel is awesome, but just as there's more to world travel than trying the unusual foods, there's more to college life than the usual class/work routine.

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Advanced   
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1. Garmin Forerunner 405

garmin.com




What it is: This watch uses GPS technology to track the path of long-distance runs and also records your time, distance, pace and calories burned. You can even race against your previous workout times or a virtual opponent by downloading recorded courses. After your run, you can wirelessly transmit your workout data to your computer. With its high price tag and many advanced features, this gadget is for the serious distance runner.

What it costs: \$249.99   

2. Oregon Scientific Swimming Watch

us.oregonscientific.com



What it is: This little gadget times and counts your laps as well as calories burned while you swim. It can even count your number of strokes based on four preset options—backstroke, breaststroke, butterfly and freestyle. The watch can store data for up to seven workouts, perfect for performance swimmers who want to keep track of their progress.

What it costs: \$99.99   

3. Fitbit

fitbit.com

What it is: This tiny device uses 3D motion sensor technology to monitor all of your daily activities, telling you how many steps you have taken and how many calories you have burned. You can even wear the Fitbit while you sleep to track how much rest you are getting. The data is wirelessly uploaded to fitbit.com every time you walk past the included base station. It's a great tool for keeping track of normal activities and light exercise, such as walking or jogging.

What it costs: \$99  

At the beginning of each year, thousands of people vow to lose weight and get fit in the upcoming year, but by the end of February, many of them have become discouraged and given up. They know all the benefits that fitness brings—increased alertness, better digestion, reduced chance of heart disease and many others—yet they lack the motivation to carry out their exercise goals.



If you are one of these people who struggle with motivation or if you just want to make your workouts more interesting, here are some gadgets designed to keep you on track and make fitness more fun. Gadgets higher on the scale are for serious athletes, while those rated lower are better for fitness beginners.



4. HydraCoach Intelligent Water Bottle

hydracoach.com


What it is: This high-tech water bottle calculates how much water you need per day based on your age and weight and tracks how much you drink. It can even track time intervals between sips to pace your hydration. This product is great for anyone because the calculator can be set for a sedentary, average or active lifestyle.

What it costs: \$29.95  

5. Polar FT1 Heart Rate Monitor

polarusa.com


What it is: A heart rate monitor is one of the most basic and essential gadgets for successful exercise, allowing you to know if you are getting the most out of your workout without having to stop and take your pulse. The Polar FT1 lets you to set your target range and alerts you if you go above or below it. This model is an entry-level heart rate monitor, so more serious athletes may want to get a higher-grade model with additional features.

What it costs: \$69.95 

6. Sportline ThinQ Pocket Pedometer

sportline.com

What it is: A pedometer is a great motivational gadget to make sure you are taking your recommended 10,000 steps per day. The ThinQ Pocket Pedometer is an excellent option because, at three millimeters thickness, it will not get in the way like other pedometers that clip on your waistband. It records steps, distance and calories burned. This basic gadget is most helpful for fitness beginners who need an extra incentive to get active.

What it costs: \$29.99 



Cobras sting Eagles, pick up fourth win of season



Pi Kappa's Tony Faraj going for the basket. Photo: Amy Roukes

SCOTT JENNINGS

The Pi Kappa Cobras held off a late rally by the Basilean Eagles to pick up a 52-46 win on Saturday afternoon and remain undefeated in league play.

Junior Jon Edwards posted a dominating 24 points and 16 rebounds for the Cobras. Mike Buffaloe and Tom Drake led the Eagles, scoring 12 and nine points respectively.

After five minutes of play, the Eagles led by a mere score of 3-2 with the only baskets being a 3-pointer by Michael Buffaloe and an easy put-back for the Cobras. Finally, Jon Edwards gave the Cobras some energy by converting a three-point play, and the

Cobras' defense followed by forcing a shot-clock violation coming out of an Eagles timeout.

The Eagles' offense struggled to penetrate the lane, shooting a miserable 19 percent (5 of 27) first half and 34 percent for the game.

However, the Cobras offense was not much better in the first half as they shot 31 percent (9 of 29) and failed to make a 3-pointer for the entire game.

Despite poor shooting on both sides, the Cobras were able to dominate the paint on both ends of the floor, outrebounding the Eagles 36-23. The Eagles' top post player, Kameron St. Amand, was held to a mere four points and four rebounds for the game. "It was

a game of spurts, and they executed better," Kameron said. "Second-chance points killed us." The Cobras led 22-12 at halftime.

At the beginning of the second half, it seemed as if the Cobras might blow the game wide open. Freshmen Caleb Davis and Craig Wilson played aggressive defense for the Cobras and combined for nine steals, seven in the second half.

Jon and the other Cobra post players continued to run their high-post/low-post attack with great success, and the Cobras' lead swelled as large as 16.

But the Eagles clawed their way back into the game late, behind 3-point shooting and better ball movement.

With only four turnovers in the second half, the Eagles got much better looks at the basket and were able to capitalize on mistakes by the Cobras, who struggled at the free-throw line, making only five of their 12 shots in the second half.

The Eagles' late run brought them within five points, but the deficit was too large to overcome as the Cobras got just enough stops to win the game.

While the Cobras seem to be a lock for the postseason, the Eagles might need to upset the Cavaliers or the Tornadoes this weekend but Kameron is optimistic. "This game showed we're capable of competing with anyone in our league and creeping into the playoffs."

Taking precautions to prevent common sports injuries

MICAH WRIGHT

All athletes face the risk of injury, but injuries to the lower extremities—feet, ankles and shins—can be particularly hindering for athletes. Injuries to these parts of the body can occur in every sport from ballet to rugby. However, some of the most common injuries can be prevented with adequate precaution.

Proper equipment and a thorough warm-up dramatically reduce the risk of injury. Although it can be expensive and at times inconvenient, get the correct equipment for the best protection before participating in any event. Legendary basketball coach John Wooden said that shoes were a basketball player's most important piece of equipment. Wear the right shoes for the right event. Wearing low-top sneakers onto the basketball court increases your risk of an ankle sprain. Conversely, buying a fresh pair of running shoes not only decreases your chance of stress fractures and blisters

but also makes the run more enjoyable. Be aware of how much use shoes have endured. The typical running shoe lasts for about 300 miles. Even someone who runs six miles a week would exceed that amount in 12 months.

Additionally, a thorough warm-up should precede any strenuous physical activity. Mrs. Vickie Britton of the health, fitness and recreation department recommends that athletes warm up before stretching because it is easy to tear cold muscles. A quick jog increases blood flow, insuring a thorough warm-up. A proper warm-up routine reduces the risk of injury and decreases recovery time.

Blisters – A big blister is painful and heals slowly. So the best advice: avoid getting one. At the first sign of irritation, stop and make a change. Do not keep playing if your soccer cleats are bothering you; try using duct tape on top of a band-aid. Coach Wooden advocated wearing two pairs of thick socks; he even

demonstrated to his players the proper method for smoothing wrinkles. Wooden understood that healthy feet were vital to every athlete. The "no show" socks need to be abandoned before a workout. Many athletes wear two or more pairs of high, thick socks at all times.

Shin Splints – Intense pain on either side of the shinbone is formally referred to as medial tibial stress syndrome (MTSS). According to WebMD, shin splints account for 13 percent of all running injuries. The condition is normally caused by a quick increase in physical activity, running for an extended period on hard surfaces or in more serious cases, small fractures on the tibia. People with flat feet or worn-out shoes are prone to developing MTSS.

At the onset of MTSS, WebMD recommends ice, anti-inflammatory medication and neoprene wraps around the shin. More intense or persistent pain should be addressed by a physician. Fractures in the tibia and structural

problems are often addressed with surgery and physical therapy.

Ankle Sprains – The dreaded ankle twist can catch even the greatest athletes. Ankle sprains should be treated by using the RICE method: Rest, Ice for 20-minute intervals, Compression and Elevation. Preventative tactics include: properly-sized footwear, taping and an ankle brace. Last year's basketball MVP, Kyle McVey, said that he is a strong advocate of wearing ankle braces. After an ankle sprain in 10th grade, Kyle purchased a set of ankle braces and wears them every time he plays basketball.

Although braces can be expensive, the confidence and security they supply appeals to many athletes. Many people wonder whether they will grow dependent on braces. In "Ankle Foot Orthoses for the Athlete," Dr. Douglas Richie advises athletes to wear braces when the risk of injury is high, but to train and run without the braces to increase strength and flexibility.



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SPORTS PICKS

	Basketball	Soccer	College Basketball
Staff vs. Students	Cobras vs. Razorbacks	Classics vs. Cardinals	Florida vs. Kentucky
Staff			
Mary Coleman (5-5)	Cobras	Classics	Florida
Micah Wright (9-1)	Razorbacks	Cardinals	Florida
Josh Kopp (5-5)	Cobras	Classics	Kentucky
John Shelp (7-3)	Cobras	Cardinals	Kentucky
Scott Jennings (8-2)	Razorbacks	Cardinals	Kentucky
Students			
Ben Schipper (3-6)	Razorbacks	Tigers	Florida
Lydia Bianco (8-2)	Cobras	Cardinals	Florida

Cobras walk away from table with pingpong title

JOSH KOPP

The highly favored Pi Kappa Cobras won the pingpong championship easily Saturday morning by defeating the Vikings in only two sets.

Bart Tuck and Jared Vedder represented the Cobras, while Joe Lee and Rafael Costa played for the Vikings.

The Cobras cruised through their competition during the regular season. During the American League championship game against the Basilean Eagles, Bart and Jared soundly defeated their opponents in two sets.

Nu Delt arrived at the championship match after a tougher season.

During the National League championship game, Joe and Rafael fought off a charging Beta team.

Beta won the first singles set but Nu Delt came



From left to right: Jared Vedder and Bart Tuck represented the Cobras in the championship game. Photo: Luke Cleland

back to win the next set. In the doubles round, Nu Delt held on to win and advanced to the final.

In the first set of the final match, the Cobras' Jared Vedder faced Vikings' Rafael Costa. Both players had similar styles

of play. Jared's returns consistently found the table. Rafael failed to match his opponent's difficult serves and excellent slams.

Many of his returns flew long and missed the table. Jared won the first

set 20-11.

Frustration crept up on Rafael during the second game as Jared continued his excellent play.

Although Rafael started out strong, Jared stormed back and won the second game and set with the score 21-10.

In the next singles set, Cobras' Bart Tuck battled Vikings' Joe Lee.

Just like his previous games, Bart started out strong and went up 8-2. Around mid-game Joe fought back and managed

to pull within four points. Bart answered by notching seven straight points of his own. He held on to win the first game 21-12.

Joe kept the championship match interesting by increasing the pressure during the second game. Right away, Joe pulled ahead 4-1.

Bart kept the game close until about mid-game when Joe went on his own six-point run.

Bart's slams started to miss the table, and Joe capitalized on his opponent's errors and won the second game 21-15.

Bart returned to his normal play during the third game of the second set. He refocused, played aggressively and maintained a large lead to win the game 21-12.

In the end, Bart and Jared successfully outplayed their opponents to claim the pingpong championship title for Pi Kappa.

Tigers crash goal, score double on Kangaroos

MICAH WRIGHT

The Theta Delta Tigers outlasted the Tau Delta Kangaroos on Friday night, scoring two second-half goals to win, 4-2.



Tigers' Tori Hale moments before she scores one of her three goals on the night. Photo: Sam Rigby

Freshmen led the way for the Tigers. Tori Hale scored three goals and assisted on Sarah Porch's goal.

Sarah Iwanowycz successfully subdued the Kangaroos from the center defensive position.

Amelia Bolyard controlled the Kangaroo attack, scoring the game's first goal at the seven-minute mark. She hit the post early in the game and threatened the net on several other attempts.

Amelia said, "I just try to weave through the defense and keep good control, hoping that I can get a good shot on net."

Amelia's first goal came after she broke through the middle of the Tiger defense and slotted the ball in the left corner of the goal.

The Kangaroos struck just a minute later with a shot off the foot of Millie Cruice. She shot the ball from about 25 yards away and it dropped into the far corner of the goal.

Down by two goals after 10 minutes of play, the Tigers responded with a fury of shots on net.

A headed attempt by Tori cracked off the crossbar and out of play. Finally, after seven shots Tori settled a ball with her chest and drove a volley home.

The Tigers scored their second goal late in the

second half.

Tori crossed the ball, and Sarah crashed the net, deflecting the ball into the goal.

After the brilliant early finishes for the Kangaroos, the Tigers controlled most of the action. Sarah said that the Kangaroos' early goals energized her team to play harder, and their intensity paid off in the second half.

The Tigers had 19 shots on goal to the Kangaroos' 13, and the Tigers' keeper Leanne Hill only needed three saves to shut out her opponents in the second half.

Angie Uribe and Sarah Iwanowycz squelched most of the Kangaroos' attacks in the second half.

Sarah and Tori combined for 16 of their team's 19 shot attempts. Tori finished two of these in the second half to put her team ahead.

The Kangaroos are 1-1-1 on the season. Amelia said that she was encouraged with her team's play and added that they are growing every game.

The Tigers are currently 4-1 with their first loss to the Pi Delta Classics last Saturday evening.

the COLLEGIAN

SPORTS

POWER RANKINGS

1.	Patriots	7 0	Another undefeated week. Doesn't look like the Beta machine will slow down anytime soon.
2.	Pi Kappa	6 1	With recent weekend wins, the Cobras proved they're still the team to beat in the AL.
3.	Zeta Chi	6 1	If they beat the Cobras in their season finale, then Z, the Cobras, and the Cavs will have a three-way tie.
4.	Chi Alpha	5 1	With strong wins over Pi Gamma and Z, the Cavaliers are still one of the best in the AL.
5.	Phi Beta	4 2	Clater needs more consistency from his teammate guards, but Phi Beta only has one NL loss.

POWERRANKINGS:

TOP SCORERS

1.	Adam Vazquez	31
	Pi Gamma	
2.	Ross Willoughby	25
	ZAP	
3.	Jon Edwards	25
	Cobras	

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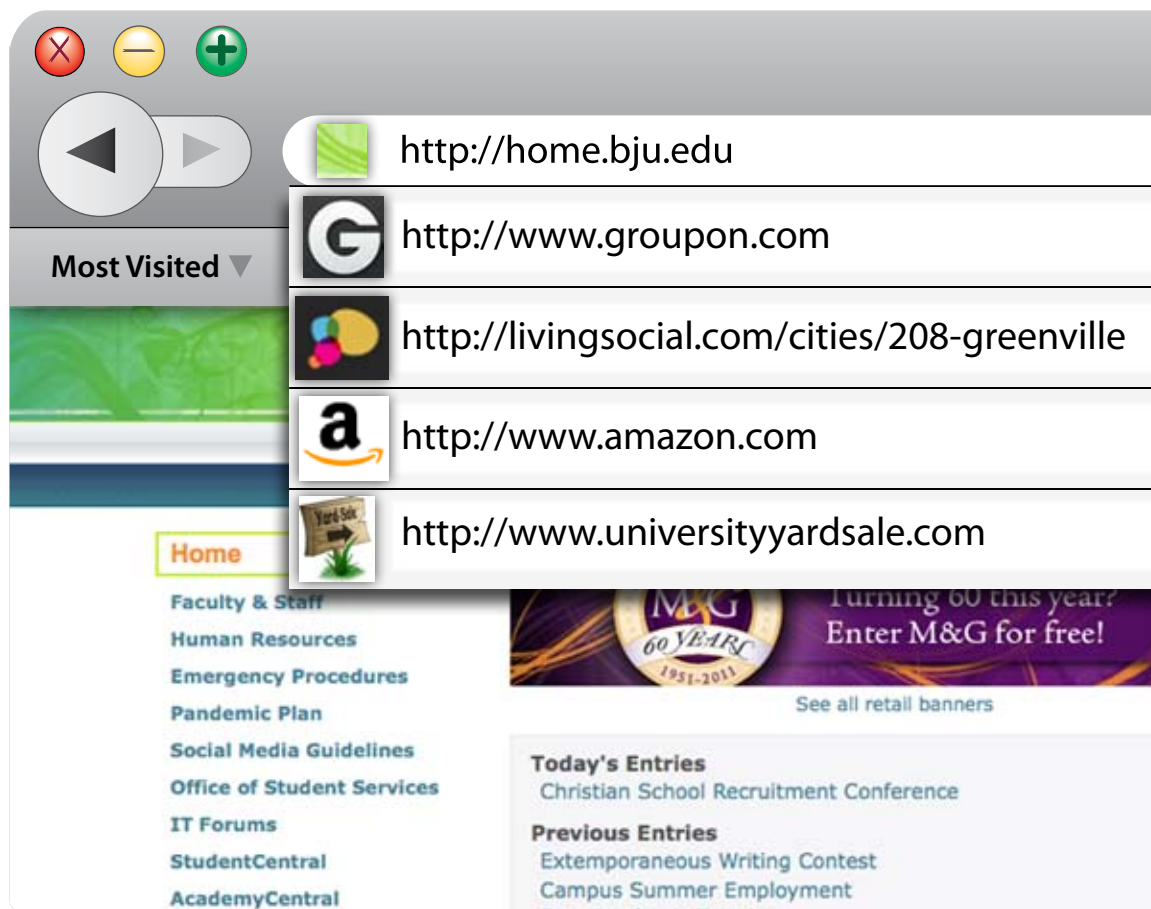
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Pinching pennies is just a way of life for college students. The good news is that multiple websites give good prices, deals, and savings for money-conscious students. Here are some websites that can help you find good deals on items you need.

Groupon is a website that offers a daily discounted item to members. Signing up is easy—just enter your e-mail address and current city, and Groupon will send a coupon to your e-mail every day for clothing, restaurants, newspaper subscriptions and more. Print out the coupon and take it with you to receive the discount.

LivingSocial offers daily deals for restaurants, hair salons, museum tours, and other locations. Simply visit the website after entering your e-mail address and check out the daily deal. If you like the deal, click “buy now!” and LivingSocial will send a link via e-mail for your voucher. It will also send you another link that you can share with friends. If three or more friends buy the deal using your link, your deal is free!

Amazon is a useful website for buying textbooks, Christmas gifts and items you sometimes can't find in stores. Amazon already has discounted items, but if you sign up for an Amazon Prime account, you also receive free two-day shipping for a year. Just provide your school and major to receive the shipping discount.

University Yard Sale is a useful tool for locating those last-minute textbooks and items you need at the beginning of a new semester. Students can find used textbooks, residence hall items such as refrigerators and curtains, coupons to nearby businesses and even work opportunities.

According to Privacy Rights Clearinghouse, the safest way to shop on the Internet is with a credit card because you are protected under the Federal Fair Credit Billing Act. Debit and check cards are not protected under federal law to the same extent as credit cards.

Some ways to ensure you are shopping at a legitimate website are

the following from Privacy Rights Clearinghouse:

1. Look for an “s” after the “http” in the website address. The “s” indicates that website is secure.

2. Look for a closed padlock displayed at the bottom of your screen. If that lock is open, the site is not secure.

3. The third symbol that indicates you are on a secure site is an unbroken key.

Other tips for online security:

1. Research websites before ordering.

2. Provide only the necessary information when you place an order.

3. Always print copies of your orders.

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