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Bob Jones University, Greenville, SC 29614

# VALENTINE'S DAY ISSUE

### Love and Laughter brings romantic comedy to BJU

By: HANNAH SMITH Staff Writer

Love and Laughter is a Valentine's weekend treat that features two short romantic comedies on stage in Rodeheaver Auditorium, Feb. 13 and 14 at 7:30 p.m.

The plays that will be performed are written by two of the best playwrights of the modern era-Anton Chekhov of Russia and Horton Foote of America, said Ron Pyle, head of the theatre arts program and director of the production. "They are both very funny," Pyle said. "They are about the complexities of courtship and marriage. Both have strong female characters; both have small casts."

Blind Date by Horton Foote is the story of an eligible young lady who is the victim of her aunt's matchmaking ef-

Sarah Nancy has come to stay with her Aunt Dolores and Uncle Robert for a few weeks in Harrison, Texas. Dolores is convinced that the reason Sarah Nancy doesn't attract any boys is that she is

mov is a Russian landowner with a serious case of hypochondria. He has set his mind to make a proposal of marriage to his neighbor, Natalya Stepanovna, played by freshman theater arts major Christina Yasi. Her father, Stepan Stepanovna, is thrilled with the

#### The subject is "love" but the effect is "laughter." - Ron Pyle

too sarcastic and doesn't know how to be "gracious."

When she fixes up her niece with Felix-who is studying to be a mortician sparks fly!

The second play of the evening is Anton Chekhov's The Marriage Proposal. Ivan Loprospect of marrying off his daughter. Unfortunately, the proposal gets sidetracked by the argumentative couple.

Actors include longtime faculty members Jeff Stegall, Ron Pyle and David Schwingle, as well as staff member Kaitlyn Chisholm, alumnus



Ben Nicholas and Kaitlyn Chisholm rehearse for the Valentine's weekend play, Love and Laughter. Photo: Ethan Rogers

Sharon Murray, and students Ben Nicholas and Yasi.

Pyle encourages groups of friends and dating couples to come see the production. "It's

absolutely for everyone," Pyle said. "Neither one of the plays is sentimental or romantic; the subject is "love" but the effect is "laughter."

Tickets to see both plays are available at Programs and Productions for \$6.50 each. Tickets can be purchased online at bju.edu\tickets.

### God uses music to orchestrate the Leonovich love story

**By: JESSICA PEREZ** Staff Writer

Music often accompanies a romantic date, but in Yuriy and Kristin Leonovich's love story, music was much more than background noise — it brought their lives together.

The Leonoviches, both members of the University's Division of Music, met when Dr. Yuriy Leonovich applied for a position at Bob Jones University and was interviewed by a committee that included his future wife, Kristin Figard.

After he was hired, Dr. Leonovich and Miss Figard began collaborating as musicians. They played together in last year's Faculty String Quartet and worked together in another recital last February.

But they did not begin to see each other with romantic intentions until May

2014. Mrs. Leonovich said that, rather than going out on dates together, Dr. Leonovich would come visit her at home to talk with her and her parents and spend the day with them in a practice they now call "staying in."

Mrs. Leonovich said, "We would spend just about all day talking about theology, what we had read in our Bibles, music, philosophies of life and pretty much everything under the sun."

Though the pair often talked about music with one another, Dr. Leonovich said they truly connected around the Word of God.

As the Lord guided them, they recognized that they wanted to spend the rest of their lives together. Two months after they began "staying in," Dr. Leonovich proposed.

While his soon-to-be fiancé was out hiking, he was out ring shopping—using one of her own rings her mother had sneaked to him as a sizing guide. Then he returned to her house and proposed the same

They were married shortly after in July. While the Leonoviches don't advocate such a fast timeline for everyone, they believe God directed the pace of their relationship.

Now that they are married, the Leonoviches continue to enjoy being able to make music together.

"We really do seem to feel music the same way," Mrs. Leonovich said. "You can have two fabulous musicians, but they might interpret things completely opposite. We really do feel most things with the same amount of passion and excitement, which makes

playing together a lot of fun."

Today at 5 p.m., Dr. and Mrs. Leonovich will perform a recital, on the cello and violin respectively, in Stratton Hall.

In this recital, they will premiere "Solomon," a new piece written by Dr. Leonovich. Many of the other pieces they will perform are folkinfluenced, because Dr. Leonovich is particularly fond of that style of music.

He said what he is most excited about for this recital is premiering his new piece and performing with his wife. This will be the second faculty recital they have performed in together, but their first as husband and wife.

This couple also has some exciting news to share. "We are super excited to be expecting a 'Commencement-Day' baby boy on May 8!" Mrs. Leonovich said.



Yuriy and Kristin Leonovich married in July. Photo: Tatiana Bento

## **OPINION**

#### **COLUMN**



By: NATHAN PITTACK Staff Writer

Externals—we all care about them. Some even obsess over them.

"Am I wearing what's 'in'? Does my hair look OK? Do my friends think I'm funny? Do my professors think I'm responsible?"

Each of us tends to seek reassurance of his or her worth by using externals. But when we stop and consider how superficial externals are, we are faced with a sobering reality: we are very good at putting up fronts

I would be lying if I said I have never succumbed to this. I've done my fair share of dressing to impress and putting on masks for the approval of others. And although wanting to present ourselves nicely is not wrong, we have a problem when everyone thinks we have it all together externally at the expense of an ugly heart.

You don't have to pretend that you always have your life together. In the See **COLUMN** p. 3 **>>** 

WHEN THIS HAPPENS ON A TEST...

CAN CEP CCO CEP

CAN CEP

# Believers' unified identity in Christ should transcend cultural differences

The Collegian Editorial

The United States has been known around the world as a "melting pot" of nationalities and cultures. Chinese, Malaysian, Russian, Mexican: people from all walks of life blend together in its city streets; even the streets of downtown Greenville are populated by a diverse mix of people from across the globe.

But, sadly, this conglomeration is seldom reflected in our Christian circles. In fact, our Christian communities are surprisingly segregated. We split off into white churches, black churches, Asian churches, Spanish churches and more, with little interaction between our congregations. It's natural to assemble

for worship with a group of people with whom we personally identify in terms of cultural background. The problem comes when groups of believers from different ethnic backgrounds distance themselves from one another without cause.

It seems American believers have grown cliquish, allowing insignificant differences, such as race and color, to disrupt unity. But believers ought not to divide along lines of color and nationality. Instead, the universal church ought to be a body where believers from every kindred and tongue and tribe and nation, though all very different, come together in unified worship and service of their Savior

The apostle Paul said to the believers in Rome, "There is *no difference* between the Jew and the Greek: for the same Lord over all is rich unto all that call upon him (Romans 10:12, emphasis added)."

It's not our cultural differences that should define our relationships, but rather our identity in Christ.

"Ye are all the children of God by faith in Christ Jesus," Paul says again, this time to the church in Galatia. He continues: "For as many of you as have been baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus"

(Galatians 3:26-28).

Our ethnic backgrounds are strong forces in shaping us into who we are, but something much stronger far outweighs those backgrounds: the identity of all believers as one in Christ. This is an identity that should transcend all racial and cultural barriers and unite us in the one great desire to serve the Savior.

Though we may belong to separate local church congregations, believers can and should still bond together as Christ's universal church. Taking a lesson from the early church, we ought to pray for one another, give to meet one another's needs and strive to help one another shine for Christ in a dark world.

#### **COLLEGIAN**

Bob Jones University Greenville, SC 29614 0001 www.collegianonline.com www.facebook.com/BJUCollegian

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PHOTOS: TATIANA BENTO

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### "WHAT IS YOUR IDEAL VALENTINE'S DAY DATE?"



KRIS SAMUEL Senior "Pizza and video games."



SARAH HATCHETT Sophomore "A walk downtown and coffee."



**STEPHANIE RUSSELL**Freshman
"Going to hear the Boston Pops
Orchestra."



JOSH KANOUN Freshman "Going to a basketball game."



MICAH MORTENSEN Sophomore "Dinner at a small, local restaurant."

## {SNAPSHOT Sarah Longacre | Sophomore | English Ed | Hallstead, PA

I have three sisters and one brother, and my siblings are probably my best friends. One of my older sisters, Katie, was the first one in our immediate family to leave the country. A year ago she went to Africa on the Bob Jones mission team for two months. And then she graduated early last December and went to China, where she spent four months teaching English. It was hard for her, but it's so encouraging because she traveled halfway around the world not knowing anyone, having no experience in the Chinese lan-

guage and not knowing what she would do after she left China in four months, yet she not only survived that experience, but she thrived in it and made a lot of good friends and helped people speak English. Knowing that is really encouraging to me because I've just started studying English education here, and after college I want to go overseas and teach English as a second language to people.



#### **>>COLUMN** p. 2

competitive collegiate world of sports, academics, internships and jobs, we sometimes feel like we have to be strong and immovable, or someone will push us down further.

But the truth is, we're afraid of vulnerability. We've been taught to fix our own problems and to stand up for ourselves. We've been told that life is hard, so we make ourselves harder. "Tough as nails" the saying goes, and that's what we try to live out.

There is nothing wrong with being a strong, independent person, but when we let our determination to save ourselves keep us from going to our one true Savior, we've started going backward.

Maybe you don't like opening up to people; you want to appear like you have it all together. That's OK within reason. You are not required to share your fears and troubles with every passing stranger, or even every friend.

But where do you take all the things that trouble you? Where do you take the cruel comment you heard behind your back? The frustrations with your family? The bills you can't pay?

So often we spend days, weeks, months, even years,

carrying around our burdens, hidden behind our ironed clothes and A+ grades. We are so stuck in the mindset of being strong that sometimes we forget about the One who has already been strong for us. Will you go to Him? Will you break down the walls you so carefully built up and adorned?

I dare you. Be vulnerable. Especially with your Savior, Jesus Christ.



facebook

BJU – The Collegian

#### **BJU Special** \$11 9-9 M-F Students/Faculty 9-6 Sat. 12-6 Sun. with BJU ID (864)292-0200 Great Clips 1120 N. Pleasantburg Drive

### Week at a Glance

By: Chloe Roland | Staff Writer



#### FACULTY VIOLIN/CELLO RECITAL

5 p.m. | Stratton Hall | Yuriy & Kristen Leonovich

#### **FOUNDATION BRASS**

7 p.m. | War Memorial Chapel

The Faculty Brass Quintet will play six pieces, including a 1990 feature by contemporary U.S. composer Eric Ewazen titled "Frost Fire."

THEATRE ARTS: LOVE & LAUGHTER 7:30 p.m. | Rodeheaver Auditorium



THEATRE ARTS: LOVE & LAUGHTER 7:30 p.m. | Rodeheaver Auditorium



CHRISTIAN SCHOOL RECRUITMENT CONFERENCE **Dining Common Family Room** 7-9 p.m. | Monday Evening 1:30-4:30 p.m. | Tuesday Afternoon 6:30-9 p.m. | Tuesday Evening



#### LEADERSHIP WORKSHOP: HEALTH & LEADERSHIP 3 pm. | Levinson Hall

Matthew Weathers, BJU's student leadership coordinator, will speak on the interdependent relationship between physical health and effective leadership Thursday at 3 p.m. in Levinson Hall. "It compels the attendee to take serious thought and real action toward healthy living as a means to healthy leading," Weathers said. You can sign up to attend on orgsync.com.

## The Collegian · Feb. 13, 2015

### Mobile meals: food trucks expand in Greenville

By: ANDREW BUDGICK Staff Writer

Greenville is known for its many great restaurants, but now some of Greenville's best food has taken to the streets.

More than 15 mobile restaurants known as food trucks now roam the streets of Greenville, offering pedestrians everything from burgers to ice cream to authentic Mexican cuisine.

But with 15 different options, which one deserves your business? Take a look below for more information on three of the most popular food trucks in town, and follow them on Twitter for the latest updates on their loca-

#### Asada Twitter: @ASADAfood

Owned by the Cortez family, who hail from San Francisco, California, Asada is the original Greenville food truck. The "Mission-style" food offered at this mobile restaurant originated in the Mission District of San Francisco, as the locals' take on traditional Latin American food. So from Latin America to San Francisco and now Greenville, Asada's cuisine has come a long way, thanks to three members of the Cortez family.

Roberto Cortez and Gina Petti, husband and wife and owners of Asada, were an artist and an accountant respectively prior to their venture into the food truck business. Cortez's brother and fellow owner, Jamie, is a pilot. Giving up each of their individual careers, the three opened Asada in 2012 to fill the void in their hearts and stomachs for food from their home city.

The menu is simple and authentic: tacos, burritos, quesadillas and nachos. Prices are comparable to Chipotle's, with tacos starting at \$5 and burritos going for \$9. Its hours

are Tuesday and Wednesday 11:30 a.m. to 3 p.m. and Thursday through Saturday 9 p.m. to midnight.

While Asada is known for its food truck business, Cortez and Petti have also been running a food stand at Mac Arnold's Blues Restaurant on Pendleton St. since February 2014. Now, a year later, they are closing their Pendleton location and working on a new brick-and-mortar location at the old Haus Edelweiss. While the truck will continue to operate, the new location at 903 Wade Hampton Blvd. will offer the same quality food with a casual atmosphere.

#### **Cool Mama's Ice Cream** Twitter: @CoolMamas

Of all the types of food trucks, none is more iconic than the classic ice cream truck, and of ice cream trucks, none is more eye-catching than the enormous, pink, bespeckled "Cool Mama's Ice Cream" truck.

Owned and operated by Jessica Randall, "Cool Mama's" got its start in an old plumbing van before Randall was able to move into her current mobile setup which, according to the shop's website, is fashioned around the three things Randall loves: "my children, pink and glitter."

Unfortunately for consumers, Cool Mama's was successful enough that Randall transitioned to mainly event-based business, starting with a small party booking at \$50.

But ice cream lovers need not fear: Cool Mama's will have a new permanent home at 11 S. Main St. in Travelers Rest, which will open in March.

#### The Chuck Truck Twitter: @daveschuck-

In 2013 David Allen found a used FedEx truck with 57,000 miles under its

Asada is the original Greenville food truck. Photo: Holly Diller

belt and transformed it into a graffiti-decorated, full-fledged restaurant on wheels called the Chuck Truck.

Now, instead of packages, the Chuck Truck carries delicious burgers and sandwiches made with fresh, local ingredients. The Chuck Truck's menu is surprisingly robust for such a small space and in-

cludes four different types of burgers, three different types of chicken sandwiches, french fries, salad, sweet potato fries and fried chicken.

Burgers and sandwiches from the Chuck Truck start around \$10. Times and locations for the Chuck Truck can be found online at daveschucktruck.com.

### 70 Christian schools to meet, recruit BJU students

By: EMYLY BRADLEY Staff Writer

The Christian School Recruitment Conference, which enables schools to build relationships with educationfocused students, returns to BJU Monday and Tuesday in the Family Room of the dining

Around 70 schools from all over the world will attend the conference, said Dr. Brian Carruthers, dean of the School of Education. Representatives from schools, both stateside and international, will be looking for potential employees or

"We have a close relationship with the Christian schools," Carruthers said. "We want to provide a service to the Christian schools in helping them find teachers."

Carruthers strongly encourages students to visit the displays even if they aren't education majors because Christian school communities need the support of other Christian professionals in addition to teachers. Carruthers said the conference is a great time to build relationships with these schools so students can better understand the ministries of Christian schools. Students who visit the recruiters' displays will know how to better pray for the Christian school ministry, will build a relationship with the administration of those schools, and will know how to better support the school, whether it be through finances or someday putting their own child in one of those schools, Carruthers said.

Jennifer VerWay, a senior elementary education major, has attended the recruitment conference every year and said that going every year has given her perspective on the different types of schools that exist, as well as helping her to know what kinds of questions to ask the administrators of the schools. VerWay said attending the recruitment conference has helped her to see what schools are looking for in their teachers and to learn how to be best prepared.

"Those conferences were good for me to just be able to start thinking, 'All right, what does God want me to do?""

VerWay said.

Lydia Anglea majored in string pedagogy at BJU as an undergrad, and she always thought she would use her education as a teacher in a private studio, not at a Christian school. But then she decided to attend the recruitment conference, where she ended up meeting her current employers, who were not even looking to hire a music teacher at that time.

"The Lord provided direction and provision for a move to a brand-new place—a place where I knew no one, to a job that I never saw myself doing," Anglea said. "And now I can't imagine life any other way. I would strongly encourage all students, education and noneducation majors alike, to go visit and talk with the different schools at the conference."

While only education majors are required to attend the Christian School Recruitment Conference, all students are welcome and encouraged to attend. Upon arrival, students should have their ID card scanned to provide them with a name tag.





Schools and students network at the 2014 Christian School Recruitment Conference. Photos: Photo Services

Have any ideas for The Collegian?

email to editor@bju.edu

## VALENTINE'S DAY ACTIVITIES

Staff Writer: Margaret Stegall

Enjoy a delicious Japanese meal prepared right in front of you at *Miyabi Japanese Steakhouse*. Arrive by 5:30 p.m. to enjoy the Early Bird Special: deals on sushi, steak, shrimp and chicken.

625 Congaree Road, Greenville, SC



Missing the cold weather? Spend Valentine's Day at the *Pavilion ice skating rink*—the perfect fun and romantic Valentine's date night. The cost is \$7. For hours, go to greenvillerec.com/public-schedule.

400 Scottswood Road, Taylors, SC



Take your special someone bowling on Valentine's Day. *Wade Hampton Lanes* will test your bowling skills and is a great place for groups.

Hampton

3065 Wade Hampton Boulevard, Taylors, SC



*Kilwins Chocolates, Fudge & Ice Cream* goes beyond the clichéd heart-shaped box of Valentine's Day chocolates with a wide variety of hand-crafted chocolate delicacies. Kilwins is open 11 a.m. to 10 p.m. on Saturday.

220 N. Main St., Greenville, SC



**Poppington's Popcorn** is the perfect gift for a college student. Popcorn, a favorite study snack, comes in dozens of flavors, from chocolate to strawberry and everything in between. You can even order a gift-wrapped package.

30 South Main St., Greenville, SC





Overlooking the Reedy River, *The Lazy Goat* is one of Greenville's most popular dining options. Enjoy a beautiful view of downtown while you eat, then walk downstairs and out into Falls Park on the Reedy River.

170 River Place, Greenville, SC



**Twigs Tempietto flower shop** creates beautiful bouquets and flower arrangements year-round, but the shop specializes in making Valentine's Day special. Located just off Haywood Road, Twigs is open 9 a.m. to 6 p.m.

1100 Woods Crossing Road, Greenville, SC



#### Soby's New South Cuisine

is part of Greenville's Table 301 collection of fine dinning locations. Soby's puts a gourmet twist on Southern favorites, from bacon macaroni and cheese to deep-fried calamari, and everything in between. Soby's is located in downtown Greenville across from City Hall.

207 S. Main St., Greenville, SC

## 5 SPORTS & HEALTH The Collegian · Feb. 13, 2015

### Women's hoops: **Bruins scrape by** rival PCC Eagles

#### By: COLTAN SCHIEFER Sports Writer

The Bob Jones University Lady Bruins basketball team continued its hot streak with a 54-49 win at rival Pensacola Christian College Feb. 7. The victory marked the Lady Bruins' sixth consecutive win, including an impressive 10-2 record since

The game certainly did not begin in the Bruins' favor, as they fell down early by a 15-1 deficit. BJU could not find a basket against the Eagles' aggressive man-to-man defense for the first eight minutes of the game.

Head Coach Mike LeViere's squad never gave up and fought back within striking distance, scoring 22 points in the remaining eight minutes of the first half. Thanks to the hot streak led by junior guard Kendra Jeffcott, sophomore forward Sha'Ron Brunson and senior guard Maggi Ford, the Bruins trailed only 29-26 at halftime.

LeViere called Saturday's game the "grittiest of the season," and for good reason. The Bruins had to fight their way back into the game, despite the early shooting woes, and finally took the lead

on a 3-pointer by junior guard Hannah Tompkins five minutes into the second half.

From there, the Eagles and the Bruins fought back and forth, but the interior presences of junior forward Brianna Delaney and senior forward Kourtney Hoefler defensively proved to be the difference for BJU.

Ford and Jeffcott provided the spark offensively for the Bruins, and the Eagles were unable to defend their home court, as the final score left the Bruins on top,

The Lady Bruins swept the regular season series against rival Pensacola, as BJU dominated the Eagles by 20 points in PCC's visit to the Davis Field House in

Brunson recorded 14 points to lead the Bruins while Ford and Jeffcott tallied 12 points and 11 points, respectively. Hoefler, Delaney and Jeffcott combined for 31 important rebounds, as they were able to limit the Eagles' damage early in the game.

With this win, the Lady Bruins have improved to 15-11 overall, including six straight and 11 wins out of the last 13 games. The Eagles' record fell to 12-13.

### **Bruins men fall to** PCC Eagles 78-61

By: DREW REDDING Sports Writer

The Bruins men's basketball team fell 78-61 against the Pensacola Christian College Eagles Feb. 7, dropping their record on the road to 1-11.

court, the Bruins were hoping to a 10-point margin for most of the bounce back from their home loss against PCC a couple of weeks earlier. PCC grabbed an early 7-point lead over the Bruins, but BJU battled back to take a 15-14 lead on a shot by junior forward Kyle Turner.

The two teams continued to lobby for control throughout the first half, but after Kyle Turner's 3-point shot gave the Bruins a 26-25 lead, the Eagles began a 7-0 run and went into the locker room with a 37-28 lead.

In the second half, the Bruins were able to make a quick defensive stop but failed to score on the other end, and PCC expanded its

Then the Bruins went on a 9-0 run early in the half and looked to

make a comeback against the Eagles. But the Eagles' size and hot shooting were able to help them build a lead back up and fend off

Led by sophomore guard Joel Thomas, who scored 26 points, As the two teams took the the Eagles kept their lead around half, and used their strong defense and foul shooting to land a 78-61

> The Bruins played with a lot of heart, and fought hard against the Eagles but ultimately struggled on both offense and defense with the size PCC had inside the paint.

> The Bruins struggled with foul trouble while trying to play inside and were forced to rotate their line-up for most of the game.

> The Bruins were also outrebounded 46-32 and turned the ball over 19 times. Freshman guard Dustin Killough scored 18 points while Kyle Turner was one rebound shy of a double-double, snagging 9 and scoring 12 points before fouling out late in the sec-

## Meet the Sports Staff

#### **BETHANY WILLIAMS**

Sports Editor

Where I live: Williamsville, New York (pretty cool,

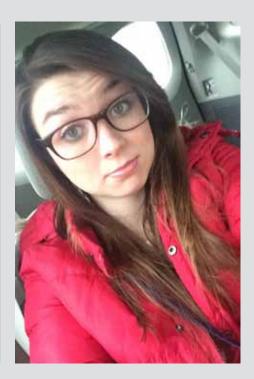
Favorite sports teams: Philadelphia Phillies, Philadelphia Eagles, Philadelphia Flyers, Philadelphia 76ers, Temple Owls

Favorite athlete: Ryan Howard, Tim Duncan, Michael Jordan

Favorite sport to watch: basketball Favorite sport(s) I play: basketball, volleyball,

Interesting fact about me: I am a certified windshield repair tech at the carwash where I work back home.

Favorite food: my mom's cornbread casserole or anything Mexican



#### **BRADLEY NELSON** Sports Writer

Where I live: Council Bluffs, Iowa Favorite sports teams: Iowa Hawkeyes, Boston Celtics, Minnesota Vikings, New York Yankees, Bob Jones University Bruins (I have my reasons for each team)

Favorite athlete: Michael Jordan Favorite sport to watch: basketball (March Mad-

ness, NBA Finals) Favorite sport(s) I play: basketball, volleyball

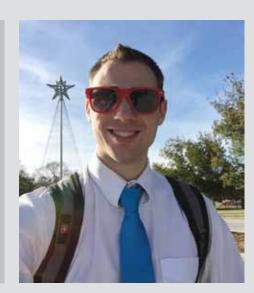
*Interesting fact about me:* I have two Great Danes who each weigh more than I do.

Favorite food: Godfather's Pizza, specifically their



#### **DREW REDDING** Sports Writer

Where I live: York, Pennsylvania Favorite sports teams: Penn State University Nittany Lions, Duke University Blue Devils, Baltimore Orioles, Pittsburgh Steelers Favorite athlete: Troy Polamalu Favorite sport to watch: football Favorite sport(s) I play: basketball Interesting fact about me: I once ate 22 slices of pizza in one sitting. I don't recommend it. Favorite food: Strawberries



#### Coltan Schiefer Sports Writer

Where I live: Wilson, North Carolina Favorite sports teams: Cincinnati Reds, New York Jets, New York City FC (MLS Soccer), Cleveland Cavaliers, everything West Virginia University Favorite athlete: Tim Tebow, Russell Wilson, Landon Donovan Favorite sport to watch: baseball Favorite sport(s) I play: soccer *Interesting fact about me*: I don't have a spleen. Favorite food: Chicken Alfredo



## The Collegian · Feb. 13, 2015 SPORTS & HEALTH 7

### **Omega Lions cruise** past Bulldogs, 51-30

By: BRADLEY NELSON Staff Writer

The Alpha Omega Delta Lions came out hungry for a win Monday night against the Phi Beta Chi Bulldogs, who were desperately seeking a second win to improve their playoff hopes.

But the Bulldogs could not keep up with the Lions, who handily won the game, 51-30.

The game started in Omega's favor with an 11-2 run led by senior Alec Hansen and sophomore John Wilson. Wilson had seven of Omega's first 11 points.

After an effective timeout, the Bulldogs went on an 11-3 run to combat the early lead of the Lions and brought the score within one, 14-13.

Hansen then hit his third

3-pointer of the night to put the Lions up by four, 17-13, with 7:35 remaining in the first half.

In the remaining minutes, Omega went on another run before the end of the half, scoring 11 while holding the Bulldogs to just three points for a halftime score of 28-16.

The Bulldogs started the second half well led by efforts from senior Tyler Collins. Scoring the first seven points of the half, Phi Beta closed the scoring gap to five, 28-23. But it was Omega's Hansen once again who answered back, knocking down his fourth 3-pointer of the night to put the Lions up by eight.

The Bulldogs were unable to catch the Lions, who continued to widen Phi Beta's

Several Omega players scored in the second half, including senior Jonathan Eberle, who recorded eight points in the second half inside the

The Lions finished the game with a 21-point victory,

For the Lions, Hansen had 13 points on the night, while Wilson recorded 12 and Eberle added 10.

Collins had 10 for the Bulldogs while sophomore Daniel Ellerbrock chipped in eight of

The Bulldogs fell to 1-3 for the season, with all three losses coming from strong opponents. Omega improved to 3-0 to keep its perfect record



Phi Beta's Daniel Ellerbrock goes in for a layup. Photo: Tatiana Bento

## Water Polo Standings

### American League

Zeta Tau Omega Seagulls 3-0-0 • Nu Alpha Phi Flames 2-1-0 • Tri Epsilon Pirates 0-3-0 Pi Delta Chi Classics 3-0-0 • Theta Delta Omicron Tigers 0-3-0 Tau Delta Chi Kangaroos 3-0-0 • Chi Sigma Phi Sailors 1-3-0

### National League

Beta Chi Omega Bear Cubs 1-1-0 • Chi Theta Upsilon Gators 1-1-0 • Beta Epsilon Chi Cardinals 1-1-0 Alpha Gamma Tau Eagles 1-1-0 • Chi Kappa Delta Dragons 0-2-0



Camp Eagle in Fincastle, VA, is lecking for Summer Staff.

#### Camp Eagle Advantages:

- Starting Pay-\$250.00 per week Weekends off-camps run Monday-Friday
- Excellent Ministry Training
- Ministry to all types of campers-inner city, Christian schools, public schools & homeschool
- Accountability for personal spiritual growth
- Small camp family atmosphere All Staff participate in the program!
  - Centact Stanley Long Camp Eagle Director sleng@sbcfamily.erg for mere information!



## WHAT 2 WATCH 4

**2/13 Men's Basketball:** Sigma Alpha Chi Spartans vs. Alpha Omega Delta Lions @ 7 p.m., East Court

**2/13 Men's Basketball:** Pi Kappa Sigma Cobras vs. Kappa Sigma Chi Knights @ 8 p.m., East Court

**2/16 Men's Basketball:** Alpha Theta Pi Razorbacks vs. Epsilon Zeta Chi Tornadoes @ 8 p.m., East Court

**2/17 Men's Basketball:** Chi Alpha Pi Cavaliers vs. Alpha Theta Pi Razorbacks @ 8 p.m., East Court

2/17 Men's Basketball: Pi Gamma Delta Royals B vs. Nu Delta Chi Vikings B @ 9 p.m., East Court

2/19 Men's Basketball: Pi Gamma Delta Royals A vs. Alpha Omega Delta Lions @ 7 p.m., East Court

**2/19 Men's Basketball:** Phi Kappa Pi Rams 2 vs. Nu Delta Chi Vikings A @ 8 p.m., East Court

## The Collegian · Feb. 13, 2015

### Think you don't have time to exercise? Think again!

By: ABBY SIVYER Staff Writer

According to the Centers for Disease Control and Prevention, 80 percent of American adults do not engage in the proper amount of weekly exercise. And the No. 1 excuse for not exercising? Lack of time, according to usnews.

But some students make time.

Lauren Gadingan, a junior exercise science major, has a weekly exercise routine consisting of cardio, strength training and flexibility training. She prioritizes exercise because it has greatly improved her health.

"Last semester I had severe back pain, so bad that I couldn't sit for very long in class," Gadingan said. "The orthopedist told me that my hamstrings were so tight that my back was doing all the work that my legs should've been doing. I've been stretching my legs every day, and since [then], I haven't had any back pain."

Stephanie Booth, a junior middle school education major, agrees with Gadingan, saying that exercise has improved her mindset.

"[Exercise] makes you happy by releasing endorphins," Booth said. "It helps fight against depression, and it's good for your heart."

Booth gets her heart pumping every morning by rushing from her residence hall to the third floor of Alumni in 3 minutes.

Dr. Samuel Saldivar of the Division of Bible has learned how to fit exercise into his demanding schedule as a husband, father and faculty member.

An avid runner, Saldivar has run six marathons in the last five years, along with many shorter-distance races as well.

"If your mindset is 'I'm too busy to exercise,' then you'll never exercise because life only gets busier," Saldivar said. "We just need to force ourselves to exercise."

Saldivar said his motivation for exercising stems from his desire to glorify God.

"I think we tend to separate the body and soul a little too much," Saldivar said. "We all know we should read our Bibles, pray and evangelize, but that's only half of who we are. I'm supposed to serve God with my body and my spirit, so I view exercise as a way to do that."

Saldivar recommends setting up a schedule that outlines the specific times you will set aside for exercise, as well as going to the gym with a workout plan in mind to avoid wasting time. He also suggests making goals and adding variety to workout routines to stay motivated

Landon Bright, head coach for the BJU Bruin's crosscountry team, says consistency is the key factor.

"It takes about a month to make or break a habit," Bright said. "Just doing something habitually is what it takes to see long-term results."

Bright recommends picking an exercise that you enjoy and that is a good fit for your

fitness level. He recommends a combination of cardio and strength training, but says even a walk is better than

Bright said that though a walk has benefits, studies have shown that 30 minutes of high-intensity cardio is much more effective for long-term benefits. Bright also mentioned that anything poolrelated is a good option for those who desire low-impact exercises.

Many exercise options are available for students both on and off campus. Paris Mountain and the Swamp Rabbit Trail are both a 10-minute drive off campus and provide many trails for running, biking and hiking.

On campus, students can take advantage of indoor and outdoor tracks, a junior Olympic-sized swimming pool and men's and women's fitness centers. The hours to these facilities can be found at http://www.bju.edu/about/ campus-map/dfhsemester.



Deleah Foster takes time to run laps in the Davis Field House. Photo: Holly Diller

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