

# the COLLEGIAN

30 YEARS

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Bob Jones University, Greenville, SC 29614

## Go Greenville: BJU reaches community

LUKE MCCORMICK  
Staff Writer

To a college student, the idea of getting involved in a local ministry may be intimidating.

A student might say, “How am I supposed to take on an outreach when I am just trying to pass English 102?”

But the Center for Global Opportunities staff want students to see just how rewarding and fulfilling local ministry can be.

Go Greenville, a four weekend program which began on Sept. 10 and ended on Oct. 1, was designed to help accomplish that.

Nick Mauer, coordinator for outreach and evangelism at the Center for Global Opportunities, said Go Greenville was an opportunity for students to be introduced to four

different kinds of ministry: urban evangelism, children’s ministry, sports ministry and nursing home ministry.

“We’re really wanting students to live out the mission or the slogan of the CGO, which is ‘Reach beyond yourself,’” Mauer said.

“We’re wanting to accomplish our mission of engaging in 21st century evangelism in our communities through these outreaches.”

Mauer said Go Greenville has come as part of the University’s renewed outreach emphasis reflected in the Center for Global Opportunities.

Mauer also said there is more to being a BJU student than just going to classes.

“Part of being a BJU student is reaching beyond yourself into the community for the sake of the Gospel,” Mauer said.



Students embrace the opportunity to minister to the community through a Go Greenville outreach. Photo: Submitted

“Go Greenville creates a very easy way to introduce them to that on the front end of their experience here.”

Mauer said the goal of Go Greenville was to give students

a taste for ministry that they could experience in other local ministries throughout the year.

The CGO has a database listing ministries that need

volunteers where students can find a place to get involved, Mauer said.

Jacob Jones, a freshman Bible major, had the opportunity through Go Greenville to

preach and play guitar for residents at a local nursing home.

“It was a great opportunity to get involved,” Jones said.

“We are learning all the See **GO** p. 3 »

## Looking Forward/ Looking Back: celebrating still life

CIARAN CRAWLEY  
Staff Designer

Currently on display in the Sargent Art Building until Oct. 27, the exhibit “Looking Forward/Looking Back: A Fresh Look at Contemporary Still Life in the Upstate” focuses on still life art and features work from 20 different artists from across the Upstate.

A style of art that has developed over time, still life has grown and changed over a span of centuries.

Originating in antiquity, still life commonly depicts inanimate objects such as a bowl of fruit or a glass.

This art form has been used for academic purposes as practice in hundreds of art classes.

Most art students have memories of painting or drawing a bowl of fruit at some point in their classes.

Unfortunately, still life has often been left in the classroom.

Many students don’t find



“Looking Forward/Looking Back” features still life from 20 Upstate artists. Photo: Rebecca Snyder

still life particularly interesting, or don’t feel drawn to continue in that tradition.

For many students, a camera can capture oranges and bananas just as well as, or better than, hours behind a

canvas.

Kevin Isgett of the Division of Art and Design, however, said he believes still life means more than one might think at first sight. To Isgett, still life art has a rich and di-

verse history.

Because many students don’t realize the full breadth of still life, Isgett sought a way to express the diversity and interest that still life can have.

Isgett found 20 artists

from the Greenville area who were willing to show their work and create new work, as well as five faculty members including himself, to create a still life exhibit at BJU.

“There’s so much potential

in still life,” Isgett said. “I want people to see that it’s interesting.”

And thus, 20 Upstate artists’ works were brought together to create “Looking

See **ART** p. 4 »



## COLUMN



ELISA CRAWLEY  
Staff Writer

My name is Elisa Crawley, and I am a foreigner. An immigrant.

My family left the coastal beauty of Belfast, Northern Ireland, for the hip metropolis of Boston, Massachusetts, when I was only 3 years old. I always wish my accent hadn't slipped away so quickly.

My heritage provided a moment of bonding when I first met my now-boyfriend, Raul, a fellow student at Bob Jones.

We both share a passion for our home countries and cultures and both know what it is like to see things with a wider context.

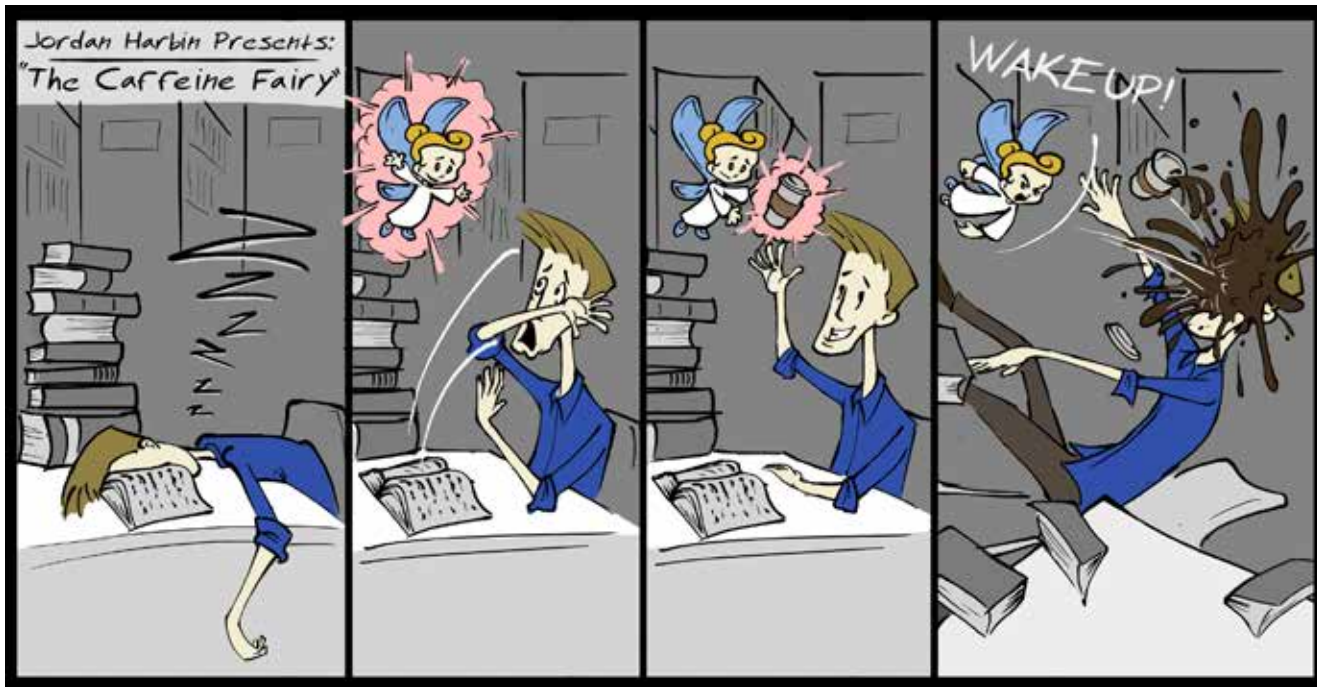
We have both especially enjoyed seeing Christianity practiced in different tongues and cultures.

But we also have both been misunderstood by others, sometimes with a foul undercurrent—racism.

For Raul, because he does not look like a person of traditional western European descent, he is often typecast as a terrorist.

Here in the States, it is commonly assumed that terrorists are brown, hairy men with turbans, machine guns

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COMIC: JORDAN HARBIN

### The Collegian Editorial

## Comparing yourself to others: a detriment to your happiness

We compare grades, friends, relationships, clothes and even levels of spirituality.

These are all too common comparisons at Bob Jones University.

Living in an environment that challenges students to be their best is a growing experience.

This growth is vital to our futures as responsible, hardworking adults.

But we too often translate my best to the best. Oh the difference one little word can make.

The misconception that we have to be the best feels most at home in the college atmosphere.

Constantly trying to be the best means constantly checking out our opponents.

We begin to see classmates, roommates and even friends as competitors in the game of college life.

Comparisons cannot be accurately made between people.

Grades vary between students for a lot of reasons—credit loads, campus or off-campus jobs, health issues or family problems.

Side effects of comparisons include unhappiness, depression, discontent, anger, covetousness and bitterness.

The Bible warns that it is unwise to make such comparisons among ourselves.

In 2 Corinthians 10:12 Paul says, “For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise.”

Rather than looking for competition in life, we should look for completion in Christ.

In Dr. Pettit's recent sermon on finding our identity

in Christ, he emphasized that Christ should be our fulfillment. We should see ourselves

and others as Christ sees us—redeemed children created in His image.

## BJU Fun Facts

- BJU purchased its first mainframe computer in 1974.
- The J.S. Mack Library is named after John Sephus Mack who paid for the construction of many of the buildings on the original Bob Jones College Campus. Margaret Mack dorm is named after his wife, Margaret.
- Construction on the Greenville campus began on Sept. 1, 1946. BJU welcomed over 2,500 students on Oct. 1, 1947.

## TALK BACK

### What's your favorite study spot?



freshman  
JEREMIAH ENGLAND  
“Dorm”



senior  
BARAK UNRUE  
“Room desk”



freshman  
TAMIA GREENE  
“Library”



junior  
PAIGE ENGLEHEART  
“Starbucks Downtown”



sophomore  
ALEXIS HALL-ZEERYP  
“Panera”

PHOTOS: REBECCA SNYDER

## the COLLEGIAN

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Greenville, SC 29614-0001  
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### EDITOR

Abby Sivyer  
[editor@bju.edu](mailto:editor@bju.edu)

### COPY EDITOR

Melody Wright

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Tori Sanders  
Katie Jackson  
Luke McCormick  
Rebekah Anderson  
Elisa Crawley  
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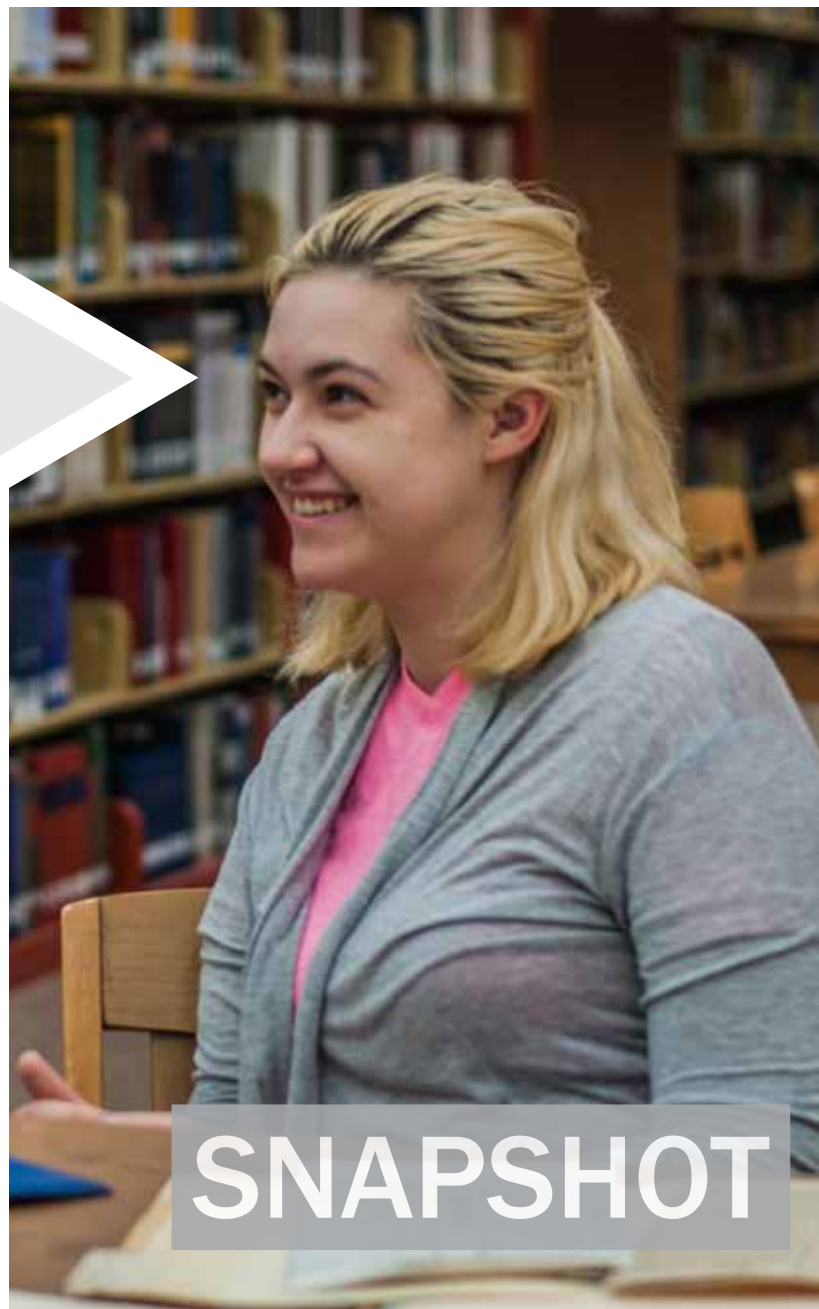
Jonny Gamet



"I have always loved how history is not just a story; it's people's lives. The dilemmas faced by historical [figures], the choices they made and the consequences that result are fascinating and worth study. I minored in political science mainly because I love it, and because politics always intersects with history in a manner that impacts everyone. It isn't something that happened 2,000 years ago—it is happening now, and I am able to witness it. I intend to further my education in graduate school with a focus on international relations, and I hope to transition to a career in diplomacy.

The thing I enjoy most about traveling is seeing the world God has created. It was when I was in the middle of the Atlantic Ocean in a hurricane on a ship roughly the same size of the *Titanic* that the awesomeness of God's power and the vastness of His creation [became] a reality. I love meeting people from different nations and discovering their perspectives and finding a common understanding. To see and experience the way others live their lives, so different from mine, is enlightening."

**KAREN HAXTON// SENIOR// HISTORY**



SNAPSHOT

PHOTO: IAN NICHOLS

»GO p. 1  
time and listening to sermons all the time about missions and giving, but that information is completely useless if we never do anything with it."

Jones said his biggest take away from Go Greenville was

to stay focused on ministry for the right reasons.

"There isn't much glory in ministry," Jones said.

"When you serve, it shouldn't be done looking for reciprocity from any man. An eternal focus should motivate

us to serve more than anything else."

Hudson Sanders, a freshman biblical counseling major, had the opportunity to participate in urban evangelism downtown through Go Greenville.

"I went into urban evangelism a little skeptical at first," Sanders said.

"I really doubted that evangelism through street talking, as opposed to evangelism through personal relationships, could be effective. I was

proven otherwise," he said.

Sanders said he watched people open up to the Gospel given to them by BJU students just because the students were kind and offered them water.

Sanders himself was able to sit down with one local girl

and share the gospel for about 20 minutes.

Sanders said his experience with Go Greenville opened his eyes to urban evangelism and that it was something he would love to do again in the future.

»COLUMN p. 2  
and foreign flags.

However, my family came from a place where terrorism had green eyes, brown hair and skin that burned in the sun.

Conal, my father, grew up in Portadown and Belfast.

Throughout his time at home, Northern Ireland's sectarian, mainly political, conflict between the Irish Republican Army (typically Catholic) and the Ulster Defense Association (typically Protestant) was at its last great height: The Troubles (1968-1998).

My father's family faced various acts of violence and discrimination, with even his home being shot at with murderous intent.

Car bombs, street shootings and knee cappings were commonplace.

My parents have seen a lot, and I grew up learning that humanity is too precious to label or settle scores with violence.

We moved to the States in

1998.

Raul is ethnically half Persian and half Puerto Rican and was born in Champagne, Illinois.

His mother's entire family had to go into hiding because of his grandfather's connections to the controversial ruler, The Shah, during the Iranian Revolution (1979).

Next, the Army of the Guardians of the Islamic Revolution evolved, a terrorist group of sorts to the people of Iran, to protect Islamic rule.

Today, conversion out of Islam is a crime punished by death, and the government commits various violations of human rights.

Islam is enforced by the state, but the fervor of the people varies.

Raul's mother came to the U.S. for university and later married, ultimately moving to Puerto Rico.

Raul has lived there for over 13 years and has visited Iran several times.

He loves the cultures his

parents have, especially his rich heritage of music. He has even learned to play the Persian setar.

However, I have been present for several incidences toward Raul since we began dating.

("You look like a terrorist." "You should make a Bob Jones ISIS video." "Yeah, he

“Racism, bias and ignorance is the soil from which terrorism grows.”

looks like he would blow up the school.")

He is called a terrorist just because of his Middle Eastern features—his coarse black hair, brown skin and full beard. Because of unjustified assumptions about his heritage.

It is painful to hear people label Raul as a murderer.

Terrorism is not a joke. Terrorism killed my family's relatives and friends.

And as far as the stereotype goes, Raul does not even come from the stereotypical background of traditional terrorists.

Terrorism, the branch Americans typically refer to, is from Arab and Sunni backgrounds. Iran is Persian and Shiite.

I wish that these people

could see that this kind of joking is not only insensitive and insulting, but it is also ignorant.

We know that terrorism is not a color, race or religion. At its root, it is a hatred for someone who is different.

Real terrorism is not a brown man with a bushy beard. It is the slaughtering of other humans for a cause. It is an ideology.

Terrorism can be white on

white like with the IRA and UDA or brown on brown like with the revolutionary guard to the citizens of Iran and many other combinations of all sorts of skin colors and people groups.

When a person starts to associate terrorism with physical attributes, he is stereotyping.

Racism, bias and ignorance is the soil from which terrorism grows—and God has called us to higher things than to racially profile one another. These actions I have witnessed as an American Irish immigrant have deeply impacted me.

For my family, the typical Irish stereotypes of drunkenness, IRA terrorism and "you can leave if you don't like it here" were commonly thrown at my father.

Our Irish culture and immigration status have caused our family to be labeled, judged, insulted and defamed. Bias has consequences.

As Christians, we cannot herald a King who redeemed

people from every tribe, tongue and nation and yet discriminate within our hearts.

Understanding and empathy is our heavenly heritage, compassion and courage our heartbeat.

The Bible, not U.S. culture, should be our filter.

Our challenge is to love our world with the heart and mind of Christ.

This moral dedication is a privilege, as empathy gives knowledge that transcends the superficial to see a deeper beauty.

To see one another with the eyes of Christ is the high calling of each disciple. To see a world worth dying for, enemies worth loving and a family God is making.

Seeing others as Jesus sees us would have healed the Troubles of Ireland, stopped the terrorism in the Middle East and changed the biases upon America's doorstep.

As believers, let us challenge each other to love and understand one another.



# Rest, diet and exercise: how to deal with college stress

KATIE JACKSON  
Staff Writer

About six weeks into the semester, the stress levels have begun to rise.

Those first tests have come and gone, the projects are piling up and midterms are fast approaching.

Without proper management of this stress, students' health and happiness may be at risk.

Most students would readily admit to feeling overwhelmed to some degree.

The Statistic Brain Research Institute said that 77 percent of Americans are affected physically by stress.

According to that number, 246 million people in the United States alone are stressed-out.

That also means that out of the 2,700 BJU students, 2,079 of them struggle on a regular basis with the symptoms and effects of stress.

Medically speaking, stress is the body's natural reaction to demanding circumstances (Oxford Dictionary).

So how can people manage stress in a highly demanding atmosphere?

Dr. Bill Lovegrove, head of the departments of physics and engineering, explains his perspective on how students can maintain a healthy lifestyle while working under constant pressure.

"It is important for students to have some non-academic outlet to help with the stress of school," Lovegrove said.

Playing the piano is one

way that Lovegrove takes a break from his work in order to reduce stress.

Lovegrove also said that a person's health habits contribute to stress levels.

"Poor diet, lack of sleep and lack of exercise all contribute to stress," Lovegrove said.

“Stress is when my agenda doesn't match God's agenda.”

Running is a physical exercise that Lovegrove enjoys and uses to get his blood flowing and his mind off work.

"Doing something physical is a nice stress-relieving break," Lovegrove said.

Lovegrove suggests breaks that do not include "screen

time."

"After hours of staring at your computer screen, Facebook or a video game is not the kind of break your body needs," Lovegrove said.

Kate Haertlein, a sophomore communication major, said that between going to

just to de-stress," Haertlein said. Time with friends gives her mind a break and refreshes her productivity.

"Recognize that multitasking is stressful," Lovegrove said.

"Focusing on one task at a time might both make you more productive and reduce your stress level."

Even though life may seem chaotic, Lovegrove reminds students to keep the main thing the main thing.

"It is important as Christians to maintain a daily Bible reading time," Lovegrove said. "The more stressful life is, the more important [time with God] is, even if it is fairly short."

Some people allow their circumstances to so overwhelm them that they feel

they are drowning in stress.

Dr. Mike Gray, head of the biology department, defines this type of stress by quoting Dr. Jim Berg's definition.

"Stress is when my agenda doesn't match God's agenda."

Gray said students need to take the time to be organized and not to wait until the last minute to get an assignment done.

"Procrastination is not a good trait and only adds to stress," Gray said.

On the other hand, Gray urges students not to cling to their plans so tightly that there is no room for God to interrupt.

When stress is rising, Gray said students should remember I Peter 5:7, "Casting all your care upon him; for he careth for you."

## »ART p. 1

Back/Looking Forward: A Fresh Look At the Contemporary Still Life.

Paintings, photos, prints and mixed media works stretch along the hall of the Sargent Art Building. Shoes, vases, skulls, birds and a plethora of different objects are represented.

Each piece has its own story.

Inside the gallery entrance to the left hangs an oil painting of a brown shoe on a foreign rug.

The painting, "Wingtips," by Nathan Bertling, creates interest in its traditional yet untraditional style, unusual angle and personal feeling.

Bertling, a Furman University graduate, works at Suburban Paint Company. This art shop is lined with different paints and papers, containing all the supplies an art student could wish for.

Bertling said his main focus is portrait and landscape artwork, especially the human element of people and spaces.

Bertling's inspiration for "Wingtips" came from a pair of cordovan wingtips he purchased in Asheville.

Although the shoes were inanimate objects, Bertling said the shoes had their own personal history—they represented the people who wore them before him and functioned as "the stand-in for a human presence."

Through "Wingtips," Bertling attempted to "find the life in still life" and to put his own life in it instead of it being merely an academic exercise. For Bertling, painting "Wingtips" opened a new door to the

world of still life.

Located across the gallery, one can find several unusual pieces of art.

An upside-down decapitated sculpture sits on a canvas above a house across from a cup of coffee.

A pole vaulter is suspended mid motion next to a curving piece of wood.

A backward-facing woman stands next to a piece of pie.

These three large pieces of art are the work of Mark Flowers, an adjunct professor and gallery coordinator at the University of South Carolina Upstate.

Flowers views his pieces of art as "Visual Poetry," combining elements to create a style of art similar to nonlinear writing.

Flowers said each of his works presents a story—a puzzle for the viewer.

For example, "Talking Her Home" tells the story of how Flowers had to be his wife's own GPS as she traveled home through snow in Pennsylvania.

Flowers' work is an example of how differently each artist interprets still life.

Also currently on display are two peculiar wooden structures.

Constructed out of wood and different artistic mediums, one piece, "Sequitur Vitam," draws from funerary style with its tombstone-shaped wooden backing and memento mori, a bird skull reminiscent of death.

The artist of these pieces is Jon Andrews, a 2000 BJU graduate who also taught as a BJU art faculty member from 2002 to 2015.



"Wingtips" by Nathan Bertling



Nathan Bertling



"Talking Her Home" by Mark Flowers



Mark Flowers



"Sequitur Vitam" by Jon Andrews



Jon Andrews

Each artist presents his own spin on modern still life. Photos: Rebecca Snyder, Stephen Dysert, Mark Flowers

Andrews' opinion of still life is reflected in these pieces.

"Still life is actually a collection of objects that are actually more dead than they are alive," Andrews said.

Constructed from pieces of old furniture, the piece "Sequitur Vitam" is itself a

vanitas, a still life containing symbols of death.

The Latin name for the piece, "Sequitur Vitam," means "it follows life," which is reflected by a bird skull, a lily and a bird in flight.

Each element represents a part of life.

The piece also includes text about the incarnation of Christ—how He came down to earth and became flesh.

Andrews created his two pieces specifically for "Looking Forward/Looking Behind."

Andrews said creating

these pieces enabled him to revisit still life and make it his own.

Still life is more than a bowl of fruit.

As evidenced by "Looking Forward/Looking Behind," still life is a craft as diverse as the imagination of its creator.



# 5 Study Spaces in Greenville

1) Situated on South Main Street, M. Judson stands out among numerous coffee shops that populate Downtown. The cafe-bookstore combo is housed in the old Greenville County Courthouse. Couches, tables and comfortable seats are perfect for light reading while a separate “quiet room” accommodates those who need to do some serious cramming.



2) Far from what many students would consider a study spot, the banks of the Reedy River are ideal for those looking for a break from closed spaces and florescent lights. Surrounded by the sounds of the river flowing and nature’s finest, students may find studying more enjoyable than they imagined. Plus, skipping stones and wading make for flawless study breaks.

3) Although not widely known, Hughes Main Library may be one of the best study spots in Greenville. Only a 10-minute drive from campus, the library offers students a quiet place to hunker-down and get to work. The library was specially designed with 21st century learners in mind, offering free Wi-Fi, an abundant number of outlets, natural lighting and an in-house coffee shop.



4) Spill the Beans downtown is a long-time favorite of BJU students. Chances are there’ll be a familiar face behind the counter or in the chair close by. The coffee shop’s dim, cozy atmosphere gives studiers the opportunity to relax while they study.

5) O-CHA Tea Bar in the heart of Greenville is a worthwhile alternative to the classic coffee shop. Offering both indoor and outdoor seating, O-CHA Tea Bar gives the opportunity to overlook the foot traffic and the Reedy River flowing through historic Greenville. The bright and attractive color scheme will leave tired eyes feeling refreshed.





# Cross-country teams race toward regional championship

AJ PAPAGNO  
Sports Writer

The Bruins cross-country teams are heading into a crucial month for their success.

Head coach Landon Bright said the cross-country teams need October to be a quality month of training and performance.

The team has done really well so far, Bright said.

“The men’s team will look strong by the end of the season.”

The women’s cross-country team has suffered a few injuries early in the season. Bright said one of their goals is to “fight off the injury bug”

and stay healthy.

Sarah Sheridan, who races on the Lady Bruins cross-country team, said they are working very hard, especially with the injuries the women’s team has.

“The guys are doing well. They are very strong,” Sheridan said.

Coach Bright said the biggest race of the season so far has been the meet at Columbia International University, where the men’s team finished in first place.

“It showed what we [could] do,” Bright said. “It showed our potential. We have a lot of success when our top five are on the same page.”



The men’s Bruins cross-country team performed well at their Furman meet. Photo: Photo Services



Bruins Haley Brammer and Josh Till race toward the finish line. Photo: Photo Services

The recent race at Southern Wesleyan University was also a big race because the men’s team ran well, placing second out of five teams.

The cross-country teams’ next meet will be at Queens University in Charlotte.

Coach Bright said he will use that meet as a fitness gauge and to have the runners focus on achieving their fastest times.

Both teams have qualified for the NCCAA Division II Regional Championship and the Lady Bruins’ team is looking to repeat as regional

champions.

The regional championship will be held on Oct. 22 at the University of South Carolina-Beaufort in Bluffton.

In addition, both the men’s and women’s cross-country teams have already qualified to be in the NCCAA national championship meet at the end of the season.

At least one of the teams has qualified for the national championship meet every year since cross country was added to the Bruins’ intercollegiate program in 2013.

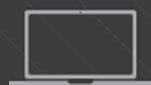
This season’s national

championship meet will be held on Nov. 12 at Belhaven University in Jackson, Mississippi.

“We are in a good position to race well in November,” Bright said. “We need to have a motivated season.”

Overall, Coach Bright praised the teams for their positive outlook and attitude and said the best part about the season so far has been seeing both teams strive to improve and enjoy representing the University through running.

# the COLLEGIAN



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SARAH  
**SHERIDAN**

SOPHOMORE  
JOURNALISM + MASS COMMUNICATION

## BRUINS’ SPOTLIGHT

### 1 | What got you involved in cross country?

“I played soccer in high school and really developed a joy in running. Through an interesting series of events God pointed me to Bruins cross country and I see His will in this.”

### 2 | How long have you competed in cross country?

“Only in college. This is my second year of running in cross country.”

### 3 | What is your favorite thing about cross country?

“I love the bond with the team and the coaches. I also like that it is a psychological sport that teaches discipline.”

### 4 | What are your hobbies or pastimes?

“I adore playing piano, and I also love playing soccer and charcoal drawing, but my favorite hobby is traveling.”

### 5 | What do you want to do with your major after you graduate?

“My goal is to take a channel of journalism and travel to a French-speaking country. Once there, I hope to tell the U.S. what’s going on in the world around them and use my place to reach people with God’s truth.”



MEN'S SOCCER 11 vs. 11					
TEAMS	W	L	T	PF	PA
RAZORBACKS	4	0	1	14	2
COBRAS	3	0	1	7	1
ROYALS	2	1	1	6	2
PATRIOTS	2	2	0	5	3
LIONS	2	2	0	7	6
VIKINGS	2	2	0	2	3
CAVALIERS	2	3	0	3	8
SPARTANS	2	3	0	6	11
RAMS	1	4	0	2	13
TORNADOS	0	3	1	3	6
STATISTICS AS OF OCT. 5, 2016					

MEN'S SOCCER 7 vs. 7					
TEAMS	W	L	T	PF	PA
LANIER BLACK	4	0	0	28	8
ALPHA 2	4	1	0	33	12
BULLDOGS	2	0	1	24	11
ALPHA 1	4	1	1	23	9
WOLVES	3	1	1	31	10
ROYALS	3	1	1	23	9
PANTHERS	1	0	2	9	6
BEARS	2	2	0	8	15
TORNADOS	2	3	0	11	13
STALLIONS	1	2	0	1	19
BASILEAN	0	4	0	7	18
COBRAS	0	3	0	3	21
LANIER GREEN	0	4	0	10	32
KNIGHTS	0	4	0	6	34
STATISTICS AS OF OCT. 5, 2016					

WOMEN'S SOCCER 7 vs. 7					
TEAMS	W	L	T	PF	PA
COLTS	5	0	0	33	6
FLAMES	2	0	0	31	6
CLASSICS	3	0	0	22	4
KANGAS	4	1	0	24	16
TIGERS	3	1	0	12	18
SEAGULLS	2	1	0	20	4
PIRATES	2	1	0	20	5
EAGLES	1	1	0	13	14
BEAR CUBS	1	2	0	4	14
BANDITS	1	3	0	15	16
DRAGONS	0	3	1	2	20
OWLS	0	4	1	4	40
CARDINALS	0	3	0	1	12
GATORS	0	4	0	4	30
STATISTICS AS OF OCT. 5, 2016					

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Contact Stanley Long - Camp Eagle Director at  
[slong@sbcfamily.org](mailto:slong@sbcfamily.org) for more information

### Willing to SHOW Christ to Kids this Summer?

Look for the Camp Assurance booth Oct. 10-12 for information and/or apply to join us for

*The War of the Roses 2017: The King's Last Command!*

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**Begins/Ends:** June 1-August 5, 2017

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Call ahead **224-858-6782** for interview time



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# Southern Pressed Juicery brings healthy to Greenville

TORI SANDERS  
Staff Writer

Healthy is in. Pictures of green smoothies and yogurt bowls are scattered across social media.

Juiceries have taken cities by storm, and Greenville is no exception.

Right off North Main Street on West Washington Street lies Southern Pressed Juicery, a small locally-owned restaurant full of bright greens and warm wooden browns.

A small fridge to the front left of the room holds multiple vividly colored bottles filled with the restaurant's signature pressed juice, as well as salads, wraps and meals.

To the right of the restaurant's interior is a long counter holding multiple blenders and juicers where you can order made-to-order smoothies.

Southern Pressed Juicery, said one employee, is extremely passionate about health.

"If you have [readers who are] athletes, we have protein-packed juices for them," the em-



Southern Pressed Juicery creates a variety of fresh juices and smoothies. Photo: Stephen Dysert



Southern Pressed Juicery, located 10 minutes from BJU, offers students a calming atmosphere. Photo: Stephen Dysert

ployee said.

In fact, Southern Pressed Juicery has something for everyone.

They have juices that will help fuel the brain for those who need to study. They have juices for people who eat junk food while at home on break and need to detox. They even have juices that will help with falling asleep or waking up.

All employees are trained to understand the health benefits and are willing to help customers understand what juice or smoothie would best benefit customers' personal needs, as well as give additional information about health and nutrition.

Southern Pressed Juicery is 100 percent organic, as well as being as locally sourced as possible. The employee said the juicery has even sourced produce from local residents.

The restaurant also caters to vegetarian and vegan customers, as many of their items contain plant protein.

They use many seeds, vegetables and even algae to ensure that their smoothies and juices are full of plant proteins.

Southern Pressed Juicery prides itself as being a healthy alternative to traditional fast food.

Although the restaurant was started only a little over a year ago in May 2015, this fresh alternative has been doing exceptionally well.

Southern Pressed Juicery now sells its juices at Travelers Rest Farmers Market, Taylors Farmers Market, Clemson University and Furman University. They also cater for local

businesses.

Southern Pressed Juicery smoothies range from \$7 to \$11. The pressed juices range from \$4 to \$11.

The various meals offered there, such as vegan wraps and acai bowls, have prices ranging from around \$9 to \$12.

These prices reflect the nutritious, high quality ingredients that make Southern Press Juicery unique.

In the smoothies, you will find everything from a rare algae called spirulina, which is found only in Hawaii, to dragon fruit.

In one of their more tame smoothies, The Front Porch Swinging, you'll find kale, banana, spinach and lemon.

But, if you're more adventurous, you can go for the Sunrise Salutation, a bright green smoothie filled with coconut water, pineapple, mango, coconut meat, dates and spirulina—or, as it's more commonly known, pond scum.

Southern Pressed Juicery has acai bowls for those who want something sweet and fruity but with a bit more substance.

These are made with a base of blended acai berries with various toppings, such as granola and fruit.

While Southern Press Juicery may not be a daily stop for all students, it should definitely be on students' radar when needing an extra boost to ace a test, fight off a virus sweeping through the dorm or detox after a week of too much Joy of Tokyo.

## SUDOKU

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