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Bob Jones University, Greenville, SC 29614

CELESTE GAUER
Staff Writer

New academic school heralds new vision

BJU President Steve Pettit announced Wednesday that BJU will open the School of Health Professions in the fall of 2018. Immediately following Pettit's chapel announcement, a University press release publicized the news to a broader audience.

"Here at BJU, we're committed to providing high quality, in-demand programs that prepare students to make a difference in their communities," Pettit said.

"With this new school, we're updating our academic mix to meet changing workforce demands."

The school will bring together existing majors from the Divisions of Exercise & Sport Science, Nursing and Health Sciences.

A projected 18 percent growth in healthcare occupations from 2016 to 2026 will add an estimated 2.3 million jobs to the market according to statistics from the Bureau of Labor Statistics.

Dr. Gary Weier, the provost and executive vice president for academic affairs,



The School of Health Professions will be the University's second largest school. Photo: BJU Marketing/ Hal Cook

said demand for healthcare professions, the success these programs have had and the opportunity for believers to serve in these areas led to this development.

"We believe it is a significant step to carry BJU forward into the future," Weier said.

"This is bigger than the School of Health Professions itself. It is about providing

quality education programs for our students so that they're prepared for their future."

According to Weier, the new school will be the second largest in the University,

behind only the School of Arts and Science. The school will also offer new majors within the next several years.

The vision statement for the new school is as follows: "The School of Health Professions aspires to be the leader among Christian institutions and universities in providing rigorous and in-

See **NEW SCHOOL** p. 3 >>

Your new chapel monitor's an automated camera

But it's not that creepy

JONATHAN ARMSTRONG
Staff Writer

For years science fiction has foreseen humanity's ultimate demise at the hands of machines. But the future came sooner than expected for chapel monitors at BJU, who found themselves replaced by three automated cameras.

Dr. Eric Newton, dean of students, announced the change from the FMA platform during this semester's second chapel service. From that initial announcement spawned a host of questions, slight paranoia and a slew of "Big Brother" jokes.

The BJU administration and the Student Life & Discipleship Office's joint decision came after a summer of

deliberation. Newton, who led the project, referenced many people having to take unnecessary trips to Student Life & Discipleship to verify they were present in chapel.

"I think there will be less hassle having to come to appeals committee," Newton said. "So fewer people will have to stand in lines and verify that they were there."

Communicating the importance of chapel was the driving force behind the decision. The new cameras will reinforce the University's requirement that all students attend chapel.

"We were finding that the accuracy wasn't what it could be," Newton said.

Newton said benefiting from chapel requires attendance. Student Life trusts

that the cameras will ensure everyone benefits from chapel or, in other words, ensure everyone attends chapel.

There has been much speculation about the location of the cameras. Newton

said the cameras are strategically placed above the stage at an angle that provides coverage of FMA's entire ground floor.

Three different angles were necessary in order to

see the whole student body, according to Newton.

Contrary to what one might think, the new process of checking chapel attendance is quite simple. Newton said the cameras are au-

tomated, taking pictures right when chapel starts and a few more right after chapel starts.

Student Life then reviews the photos to make note of absences and ensure accuracy in the attendance policy.



Kristopher Endean uses new monitoring system to record chapel attendance. Photo: Robby Jorgensen

COLUMN



ANDREW SCHMIDT
Staff Writer

My family has always been big on memories, both making new ones and holding on to the old ones.

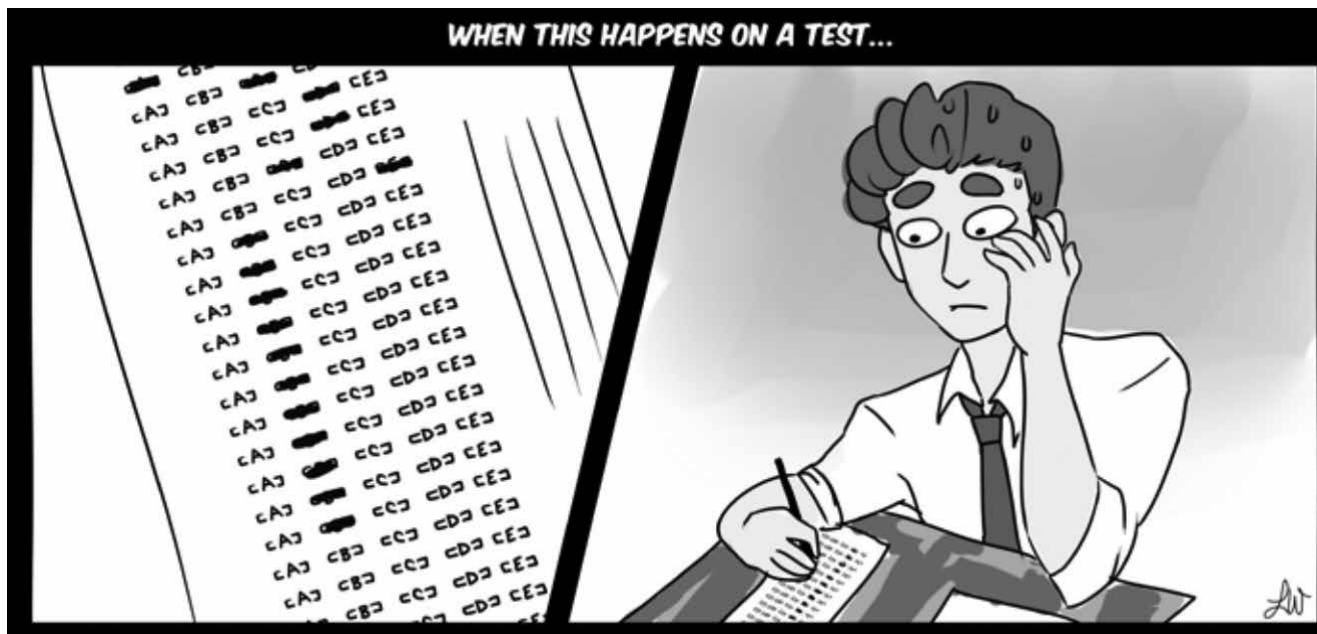
One of my mother's primary hobbies is scrapbooking, and as a result, many of the bookshelves in our house are laden with thick, heavy photo albums. Over the last break I decided to flip through some of the albums, mainly because I was struggling with the concept of "free time" at that point.

So many memories were in those books. Of course, those photos aren't the same thing as actual memories. But actually, memories are a lot more like photos than we may realize.

Our memories are often very much like those photos: glossy, occasionally out-of-focus, and often overexposed.

The problem with our memories is that we often remember only what we want to. Just the best bits. Like snapshots from a photo album.

We like to remember the fun rides and atmosphere
See **COLUMN** p. 3 »



COMIC: COLLEGIAN ARCHIVE/LORI WARENBURG

The Collegian Editorial

View-obsessed society deteriorates values

Popular culture frequently descends to the lowest levels of behavior to entertain modern audiences already accustomed to "shocking" content.

YouTuber Logan Paul recently attracted international attention when he released a video blog recorded in Japan's Aokigahara forest, a site on the slopes of Mt. Fuji known for the significant number of suicides that take place within its boundaries each year.

In the video, Paul stumbled upon the body of a suicide victim while diverting from the forest's established trail. The young internet celebrity included close-ups of the victim and even used an image of the body in the video's thumbnail link.

Paul received heavy criticism from all areas of society, but received little kickback from a critical group, his young audience. The video compiled more than six million views and hundreds of thousands of likes while

"trending" before finally being removed, hours after its upload.

The vlog shocked many but is unsurprising when considering YouTube's monetary reward system. Paul understood what he was doing would get attention and viewers; he just wasn't prepared for the amount of negative feedback he would receive.

Paul's channel, with over 16 million subscribers, consistently produces content tailored to push the limits of acceptable behavior, even to devaluing the importance of human life in his controversial vlog.

The video was a prime example of everything wrong with cultural sensationalism.

Our social media pages are filled with videos by those searching for the next big thing in internet fame, and we have become so desensitized to much of the content that we often fail to recognize serious deficiencies in behavior.

The entertainment we consume affects the way we think, beyond what we may even recognize. If we frequently consume garbage, we will eventually produce garbage ourselves.

Children and teens growing up in the "click-bait" era are learning behavior from those intent on bringing in viewers.

As Christians, we must do our best to avoid rewarding the efforts of the sensationalists. We must protect our minds from the desensitized. We must protect our hearts

from the harmful content that fills so much of what we encounter on the web every day.

Don't allow behavioral lows that you would never accept in person to sneak past your defenses just because you are online.

Paul's core audience wasn't prepared to accept such reckless and graphic content overnight. Hundreds of videos pushing the edge of acceptable behavior paved the way.

Don't place yourself in a situation where you have to ask, how did I get here?

AGREE?

DISAGREE?

EMAIL YOUR RESPONSE TO
THIS WEEK'S EDITORIAL TO
EDITOR@BJU.EDU



TALKBACK

Who is your favorite professor? Why?



junior
ANDREW BOND
"Dr. Bruce Rose."
For his enthusiasm



sophomore
MARY PE
"Dr. [Brent] Cook."
For his sweet nature



junior
RJ RING
"Dr. Ormiston."
For his patience



senior
JONATHAN BECK
"Mrs. Mattox."
For her personality



freshman
PAUL MEYER
"Mr. Z [Zydowicz]."
For his uniqueness

PHOTOS: ROBBY JORGENSEN

the COLLEGIAN

Bob Jones University
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EDITOR

Ian Dyke
editor@bju.edu

COPY EDITOR

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Run or Dye gets head start on conference fundraiser

DANIEL QUIGLEY
Staff Writer

Epsilon Zeta Chi will host its annual Run or Dye 5K fundraiser Feb. 10, with events starting at 1 p.m. and the main race starting at 2 p.m. In its second year, the new fundraiser has expanded its promotion and activities to encourage community involvement.

Following last year's Bible Conference fundraiser, the Tornados will host on Feb. 10 their second Run or Dye, a 5K color run race.

More than 200 people agreed to run in last year's 5K during a two-week sign-up period. Nathan Augustus, president of the Tornados, hopes for a much greater attendance, between 500 and 600 people, this year. However, he said the number could be even greater.

Although a society-run fundraiser, university executives have taken interest in Run or Dye.



BJU students show off their colors after finishing Run or Dye 5K. Photo: Daniel Petersen

Augustus said he thinks the executives noticed the support the race gathered for the Bible conference offering in an enjoyable way.

"They might have noticed the 5K was a great opportunity for people in the community to have fun, to get to know Bob Jones better and also to raise money for Bible Conference," Augustus said.

Tori Conover, a senior

middle school education major involved in planning the 5K, said the executives' assistance has been encouraging, along with their trust in the students.

"It's really encouraging how much support we've gotten from the executives," Conover said.

Advertising the event to the community has been done in different locations. Accord-

ing to Augustus, the race has been promoted in businesses, churches and universities, in-

cluding Furman and Clemson.

Conover is also seeking permission from the Greenville County School District to allow practicum students and student teachers to advertise the race in local high schools.

The Tornados added elements to the event itself to make it more community focused.

A 1K run option is offered for kids 12 and under. Also, run times will be clocked electronically by chips in the runners' bibs, provided that the participants have registered.

Conover said that having a race is a great way to get community involvement because

of the popularity of races.

According to Augustus, Run or Dye is cheaper than the average color run. He said most color runs' entry fees average around \$60 to \$70, but the Run or Dye race is \$20.

"You will not find a color run that is priced as well as this," Augustus said.

Although the Tornados is the primary group managing the color run, according to Augustus, others have helped, including Conover and Becca Williams, a senior class representative.

"As far as the race day goes, I wouldn't see myself turning away anybody," Augustus said.



Members of Zeta Chi Epsilon Tornados celebrate a successful first color run fundraiser. Photo: Daniel Petersen

>>NEW SCHOOL p. 1
novative health care education and training."

The school will be designed with interprofessional collaboration so that students will know how to interact with other healthcare professionals.

Dr. Renae Wentworth, the dean of the College of Arts and Science, said, "It's no longer just the primary care physician over here, nurses over here and physical therapists over here.

"You're assigned to a patient and you have a team that

works with you and that's relatively new to the healthcare profession." Interprofessional collaboration in the School of Health Professions will allow students to collaborate with other related majors as they will in the real world.

While nothing is set in stone, the faculty is excited about future activities such as seminars and workshops Wentworth said.

While changes will inevitably occur with this new school, the programs and faculty initially will remain the same. Significant changes

such as facility and program expansions will likely occur in later years. Weier said the biggest initial change will be greater visibility.

Dr. Jessica Minor, an assistant professor in the Division of Natural Science, will serve as the interim dean of the School of Health Professions. The University is seeking a permanent dean.

"Everybody's really excited about this," Minor said. "The general consensus from the faculty perspective is that this is going to be very helpful in the future."

>>COLUMN p. 2

from Disney World, but not the teeming, shoving crowds and Florida humidity.

We like to think about the nice, tranquil campground in Pennsylvania, not the day at that campground when someone stuck a piece of gravel up his nose and had to go to the emergency room.

How often do we hear about "the good ol' days," or "the way it used to be." I'm not that old yet, as many people often enjoy reminding me, but I often fall into the same trap of thinking about how

much better things used to be.

Some things have gotten better. Some things have gotten worse, but that's just how life tends to work. The same, but different. I may have a bit more knowledge, experience and responsibility than I used to, but has anything really changed that much? Actually, things do change.

Or maybe the real question is, whether or not things used to be better, what good does dwelling on that do for us?

The word *nostalgia* translated from the Greek roots that form it literally means, "the pain of going back." So

often that's exactly what our reminiscing becomes— a pointless longing for something long gone.

As enjoyable as reliving the past can sometimes be, we often end up not wanting to leave it when we do. But was it even that great to begin with?

Our memories have great value to us, and rightfully so: memories are what make us who we are. They are what our reasoning is based on. Our memories are our histories.

We should treat them as history. No more. No less.

We can learn from them. We can build off them. But there is no point in wasting time on the beautiful, terrible impossibility of dwelling within them.

Especially when I have so much still to do.

I will always love going through old photo albums and journals, telling childhood stories, and revisiting some of the favorite bits of years before still stored in my head.

I will often, like a clichéd old man, catch myself thinking, "now those were the days."

And they were.

But the days this year aren't so bad either.

SUDOKU

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	4	8		1				3
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Campus experts share tips for resumé that stands apart

ANDREW SCHIMDT
Staff Writer

Securing almost any job in the modern world requires a good resumé. While most college students do not yet have a lot of work experience, college is an opportune time to begin building a resumé.

To meet that need Career Services has held a series of resumé workshops. These sessions helped students hone their resumé into the precise tool needed to get their desired job.

The experts from Career Services recommend creating a digital resumé with email and LinkedIn hyperlinked to the document.

They also emphasized visual appeal as a key ingredient to the ideal resumé, something that leads the eye.

Dr. Blake Spence, head of the journalism and mass communication department and professor of business writing, said, “[A resumé] is a selected history that maximizes the potential for a perspective employer to be interested in you.”

Dr. Ray St John, a writing professor in the English and JMC departments, said a resumé should not include every detail of your work and academic history, as inclusion of information irrelevant to the position will dissuade employers from the resumé.

While many create resúmes primarily catered toward themselves, St. John encourages applicants to focus on the company they are applying to. Consequently, St. John recommended job-seekers avoid using one “bulk resumé” that they submit to many different companies and instead use slightly different resúmes fitted to the companies to which they are being sent.

St. John shared strategies for writing a resume for the modern recruiter. “These days, companies will often scan the resúmes,” St John said. For this, he suggests applicants look for key words in the job offer and include those words in the



Students attend resumé workshop hosted by Career Services. Photo: Esther John

resume.

Regarding word choice, it is also good practice to use past-tense action verbs, like *achieved*, *improved*, *managed* or *created*. According to career expert Alison Doyle, applicants should avoid using self-congratulatory clichés like “go-getter,” “think outside the box” or “team player.”

St. John recommends to resumé writers that they avoid leaving any kind of mistake, since even small mistakes in a formal document are seen as significant warning signs by employers.

According to Forbes media, many recruiters only read or pay attention to the beginning of resúmes. So it’s important to include a well-thought-out introductory paragraph that summarizes the applicant’s most impor-

tant skills and experience.

Applicants should obviously include their name, mailing address, phone number and a professional email address as contact information.

Because many recruiters spend a short time reviewing the resume (6.25 seconds average, according to one recent study) it is important to ensure that the layout and style of a resume is visually pleasing and neat rather than jumbled and confusing.

Highlighting key words or phrases in bold and separating specific sections with lines or boxes are other valuable stylistic tips.

Several resume templates and examples can be found through online searches, and both Spence and St.

John recommend looking at some of these. Spence suggests that not relying heavily on any one template but using multiple examples as guidelines to create a resumé specifically fitted to you.

Spence also suggested seeking multiple opinions from peers, teachers and professionals.

For further assistance in creating a resumé students can contact Career Services on the second level of the Alumni Building.

Spence pointed students back to Career Services for further help “The Career Services people are the best local experts at resumé writing,” he said.

Career services is open 9 a.m. through 4 p.m. Monday through Friday and can be contacted by email.



Junior Matthew Smith learns resumé tips from the pros. Photo: Esther John

Piano duo vie for crowd’s favor in competition on the keys

JESSICA KAMPHOUSE
Staff Writer

Twenty fingers on four hands playing 176 keys in one musical competition—Piano Battle brings the fight to BJU Feb. 8 as two German pianists contend for artistic dominance and the audience’s favor.

“The duo goes head-to-head on stage, charming and enchanting the audience with a variety of classical pieces,” according to the duo’s official website. Each artist has a distinct style, and may even go as far as to improvise pieces to gain the crowd’s favor.

The two performers will take turns playing classical pieces and artists. These include, but are not limited to Chopin, Debussy and Liszt.

The pianists, Andreas Kern and Paul Cibis, have battled across the world into a moderate amount of fame. Originally created for the

Hong Kong City Festival, the performance has been performed all over Europe, the United States and Asia. The two have also played in places like the Shanghai Oriental Arts Center, the Seoul Arts Center, an open-air spectacle for over 6,000 fans in Taiwan and venues across their home country of Germany.

The performance will include at least six rounds between the two opposing pianists. According to one reviews, the performance not only features classical music but also comedic elements throughout the show.

A press review on the written by Munchner Abendzeitung states, “Classical music should be fun. And this is something these two men convey for two hours more playfully than anyone who tried before.”

Brelynn Sweatman, an English education major who plays piano said she’s espe-

cially excited for the concert.

“I’ve been looking forward to Piano Battle ever since I heard about it,” Sweatman said. “They’re performing all of my favorite pieces. I look forward to hearing the Chopin and Liszt pieces.”

Dominic Palermo, a senior computer science major, also shared in the excitement.

“I know that more people than usual are looking forward to this artist series than some of the previous ones,” Palermo said. “More people know about Piano Battle already and are excited.”

Piano Battle is the first of three Concert, Opera & Dram Series events on campus this semester.



Guest pianists, Kern and Cibis, battle for the crowd's favor. Photo: Submitted



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**SCHAUMBURG
CHRISTIAN SCHOOL**

Full Disclosure

Fourteen graphic design seniors granted total access for the public to see the end results of four years of hard work at “Full Disclosure” on Saturday, Jan. 27. Attendees filled the Sargent Art Building for the opening night and reception, spending the evening looking at various art forms. “Full Disclosure” will be on display until Feb. 22.

5:59 P.M. FRI.



Tyler Horkavy arranges the show's branding exhibit, one of nine exhibits revealing an aspect of a graphic designer's job.

⏪ The seniors meet in the Sargent Art Building to prepare for Saturday's show. Will Sowers adjusts lighting on the first display guests will see as they enter.

Phillip Brown places his initials to distinguish his work in the group show.

6:04 P.M. FRI.



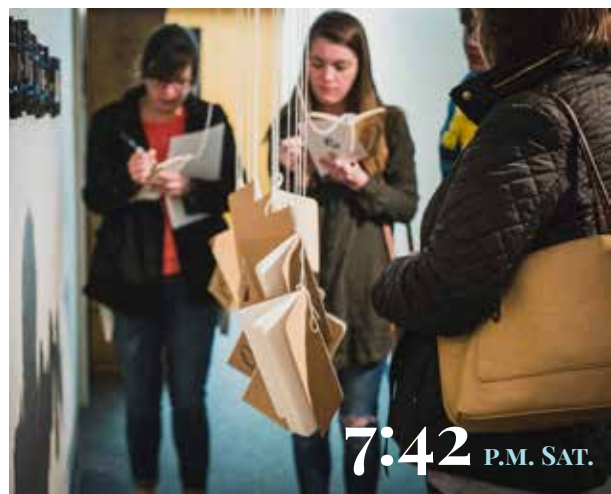
7:42 P.M. SAT.

⏩ Attendees admire the text design exhibit as they move through the show.

The artists' individualized portraits and bios give guests insight into their perspective on graphic design.



6:08 P.M. FRI.



7:42 P.M. SAT.

Guest leave congratulations and reflections in commemorative notebooks, which the seniors can enjoy for years to come.



7:52 P.M. SAT.



Bethany Pritchard

I loved how all 14 of us managed to come together and use our individual personalities to make the show a big success. Thanks to our friends and family we had an even bigger turnout than we ever could've imagined.



Lauren Foushee

Many people are familiar with the term “graphic designer” but they don't often know what we actually do. It was awesome having the opportunity to inform our families and friends about our field of study and put on display countless hours of hard work.



Rysan Ashton

With *Full Disclosure*, we are pulling back the curtain to give everyone unprecedented access to the process of modern design—and in so doing preview of the world of tomorrow that design is creating. Graphic designers are communication experts using web, print and motion design to sell emotions; we create typefaces, use photography and capture video to propel a message.

1
SHOW

The chance to enter the mind and creative processes of graphic designers.

14
SENIORS

The size of the class displaying their work.

4
YEARS

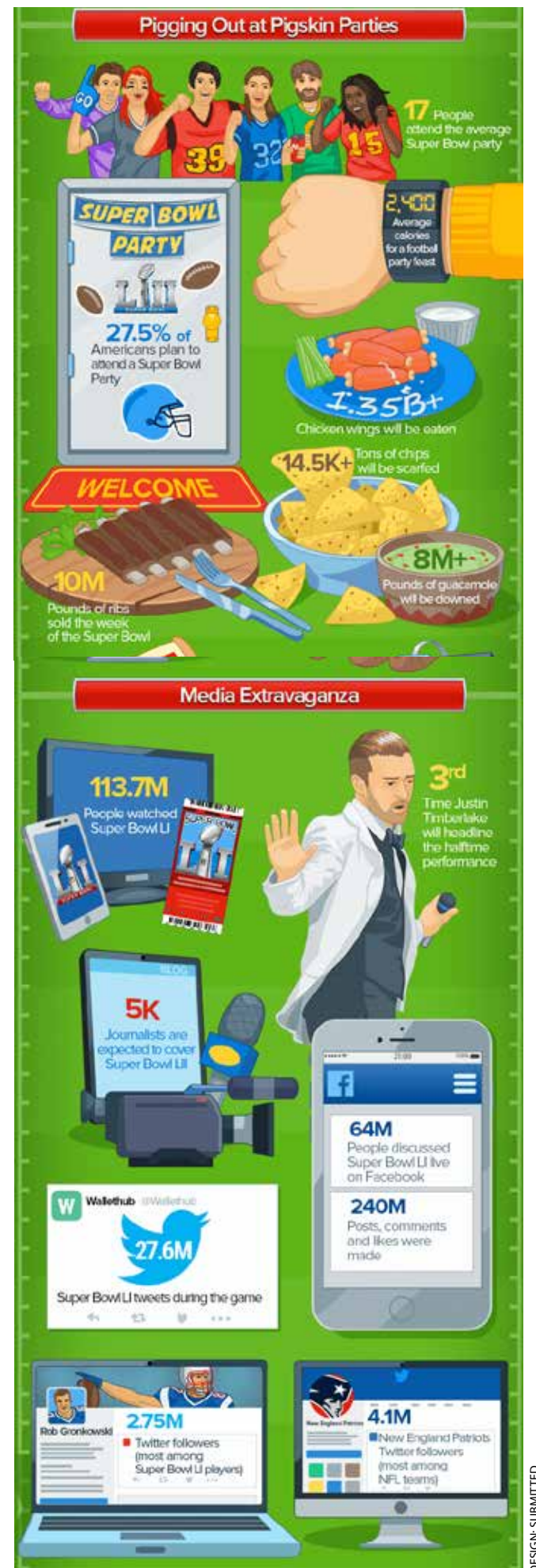
The time it took these seniors to develop this show.

9
EXHIBITS

The number of displays, each encompassing another aspect of a designer's work.

207
PIECES

The number of designs currently on display



National champions honored Banners, Bruins' morale raised to new heights

JONATHAN ARMSTRONG
Staff Writer

Friday night was a special night for two of the Bruins'

teams. The men's cross country team and the women's soccer team held a special ring and banner raising ceremony in the Davis Field House



Ring congratulates Bruins athletes. Photo: BJU Marketing/ Carter Henderson

shortly after the men's basketball game against Tocoa Falls to commemorate their national championship seasons.

As each team walked onto the main court, their accomplishments during the fall season were read aloud. Each member of the team received their championship ring, while being greeted with a standing ovation from the Bruins fans, as their names were announced.

After the players received their rings, the lights dimmed, music played, and a spotlight was placed on the national championships as the banners were raised. The cap-

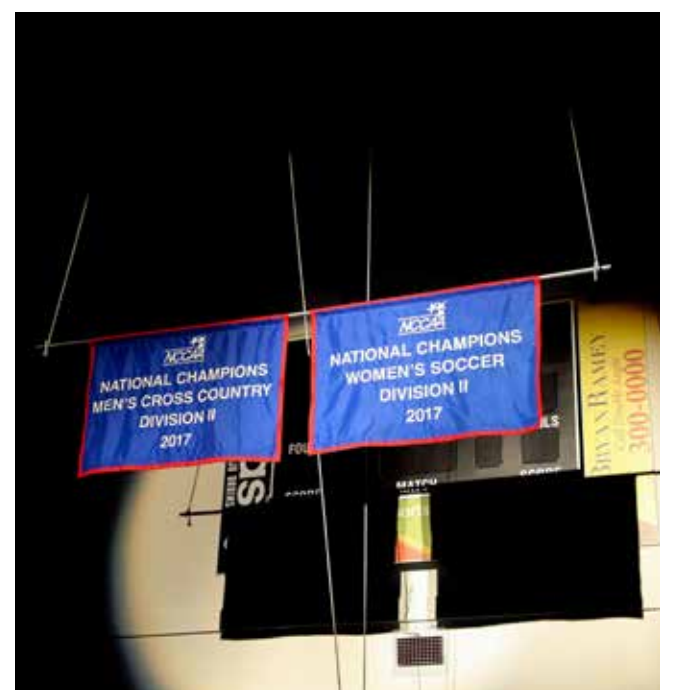
tains from the women's soccer team, Sarah Herr, Kaitlyn Hummel, Allyson Jenkins and Caralise Roach had the privilege of raising their championship banner.

For the men's, senior team captains Josh Strubel and Matthew Hopkins were given the honor of raising the banners.

After the banners were raised, Ring shared his appreciation for the testimonies of the teams while competing.

Ring thanked the Bruins fans for the effort they showed for both teams.

During his speech, Ring congratulated both teams for the love and passion they



Championship banners are raised in DFH. Photo: BJU Marketing/Carter Henderson

showed for their respective sports and for the Bruins athletic program. The soccer team continued to build upon its dynasty, celebrating

the third consecutive national championship while the cross country team made history by celebrating its first ever championship.

Bruins athletes pull back curtain on intercollegiate play

KAYLA ROMEISER
Sports Editor

Jana Lehman woke up at 6 a.m. on a recent Monday, rolled out of bed, and headed to the gym for a mandatory preseason workout.

As a member of the women's basketball team, Lehman's preseason schedule was full: workout, classes, practice, homework, sleep, repeat. The regular season had not even started yet.

"It's hard, especially whenever school is in full swing and you went to bed late the night before because you were working on projects," Lehman said.

Being a student-athlete requires dedication. Much of a student-athlete's college career is consumed by his or her sport.

Sports such as volleyball, basketball, soccer, track, and cross country demand many hours of practice and preparation. They also require intense preseason training,

which includes multiple practice sessions a day.

Most student-athletes at Bob Jones University dedicate at least 15 to 20 hours per week to their sport during the sport's regular season. Even during the off-season, most athletes spend 10 to 15 hours per week maintaining their skills.

Most teams practice daily, some for two or more hours. Workouts and classroom sessions outside of the normal practice sessions also add to the hour count.

Each of the coaches for the five sports mentioned above require or strongly suggest that their athletes do extra work in the gym. Classroom sessions for volleyball, soccer and basketball usually last an hour or two before games.

Athletes must also do "injury maintenance" such as going to rehab for pulled or strained muscles, icing or stretching.

Some athletes put in extra

work. "If you want to get better, you do it yourself," freshman cross-country runner Aryn Akerberg said.

In addition to the physical activities of an athlete, some coaches require their athletes to go through a devotional book together during the season. Some teams do community service as well.

Team events such as banquets, meetings and award ceremonies also take up a student-athlete's time.

"[Playing an intercollegiate sport] is like having another job," junior basketball player Jayson Barnhart said. Maybe that weekly hour tally should be higher.

Time management is a skill all athletes must learn at some point in their athletic career. Balancing school as well as a sport can be difficult.

"Being a student athlete, you need to make sure you get your schoolwork done first," sophomore golfer Keaton Osteen said.

"You learn to do stuff right the first time, so you don't have to go back and redo it," sophomore cross-country and track runner Douglas Douthit said.

Many athletes are part of the medical programs at BJU. Having the schedule of both a medical student and a student-athlete can be taxing.

"Sometimes it's difficult when nursing and soccer conflict and I have to figure out

how to do both," junior soccer player and nursing student Sarah Epperson said.

Andrew Zhang, a premed student as well as soccer player, said he tries to focus on his work and not let himself get distracted by social media.

Many athletes work as well as play sports and attend school. Some, like sophomore Ben Chisom of the shooting team, work two jobs. Others hold leader-

ship positions on campus.

To an extent, student-athletes sacrifice their social lives because of their commitment to school and their team.

"Basically, my life is school and volleyball," freshman volleyball player Jillian Sitton said.

Student-athletes often have to say "no" to their friends in order to get schoolwork done. Setting priorities is a valuable lesson to student athletes.



On top of classes, Bruins athletes spend between 10 and 15 hours per week practicing. Photo: Stephen Dysert

Societies, competition and the evolution of a coveted award

JONATHAN ARMSTRONG
Sports Writer

Society sports have played an important role at Bob Jones University for many years. Since the 1950s, societies have competed to win the society sports award.

Society sports are divided into the categories of major sports, minor sports and individual or dual sports. Major sports consist of softball, soccer, basketball and volleyball. Minor sports consist of all remaining team sports not in the major sports category.

The individual or dual sports consist of all individual sports. The introduction of the Bruins, the increase in the number of societies and the addition of 7 on 7 soccer have led to many changes in the intramural sports program.

With the ever-changing landscape of society sports, it's no surprise that the points system for the society sports award has evolved as well.

Participation plays a heavy role in awarding the trophy. Teams accrue points for having teams participate in the various events. A society can no longer be eligible if they do not display proper sportsmanship. The society must score at least a 4 at the end of the season in sportsmanship in order to get participation points.

Along with sportsmanship, a society must go all season without forfeiting. If a society displays proper game-attendance and makes sure that their players show up to the games, they will be eligible for the maximum number of participation points.

For the major sports, all societies that manage to complete the regular season are awarded 25 participation points.

For the minor sports, societies are awarded 10 points for completing the season. For the individual sports, societies are awarded two points per individual completing.

The current society sports system also places a high value on winning. Each team that makes the playoffs is awarded a certain number of points. The teams that place first overall in a specific sport earn extra points on top of the points earned for the playoffs.

Teams that make the playoffs in the major sports get 50 points and 50 extra points if they win the championship. Teams in the minor sports category earn 25 points for making the playoffs and 25

for winning the championship.

Societies that participate in the individual sports category earn five points for qualifying for the playoffs and 25 points for claiming the top spot in the sport.

The society sports award plays a huge role in determining which society wins the coveted society of the

year award. The men's and women's society that wins the society sports award each earn 10 percent of the points for the society of the year; however, the winner of the society sports award does not necessarily win society of the year. In the 2016-2017 school year, Alpha Theta Pi claimed the men's sports award, and

Theta Sigma Chi won the women's sports award.

Neither won society of the year, which is actually a typical occurrence. This is because the scoring for society of the year considers many different areas of society life.

How will it play out this year? Guess we are going to have to wait until May to find out.

HEALTH AND WELLNESS TIP

by Melanie Schell
nutrition professor

Here are more tips to keep your New Year's goal from fizzling out!

Choose goals that you can achieve – this will keep you motivated. Even breaking a large goal up into smaller milestones can make a big difference in attitude.

Plan some perks along the way with a special reward when you achieve your goal. And last of all, track your progress to make it easier to see how far you've come and avoid pitfalls that could derail your whole plan. Good luck!

Society Sports Award = 10% of points in Society of the Year Award

Major Sports

- +25 points for participating
- +50 points for making the playoffs
- +50 points for winning the championship

Minor Sports

- +10 points for participating
- +25 points for making the playoffs
- +25 points for winning the championship

Individual Sports

- +5 points for participating
- +25 points for claiming top spot

IT protects campus online

Cyber security for an increasingly cyber world

KATIE JACKSON
Staff Writer

With cybercrime on the rise across the nation, BJU is committed to maintaining high standards in the area of cyber security. Meriam-Webster defines *cyber security* as “the measures to protect a computer or computer system against unauthorized access or attack.”

Bob Wesley, the University’s information security specialist, defined the term cyber security as the “basic level of protection of information.”

Matt Gardenghi, CISSP (Certification for Information System Security Professional) and director of IT academic technologies, said cyber security is simply “pre-

venting bad actions.”

Gardenghi and Wesley described phishing, a common cybercrime. “Phishing is an effort to get information [usually] with malicious intent,” Wesley said. This often occurs through phishing emails, which can contain harmful links leading to websites containing malware.

“The goal in a phishing email is for you to do something,” Wesley said. “They want you to give them your information. Don’t do it.”

BJU uses multiple programs to protect University information. “Our approach [to cyber security] is defense in depth, which looks like layers of defenses on top of each other,” Gardenghi said.

One layer is the spam folder. All electronic mail that comes to campus addresses is first filtered through the spam folder. This includes emails received in student, faculty and staff accounts.

“Around 85 percent of [incoming] mail gets blocked,” Wesley said. Gardenghi said that the spam folder filters out objectionable content such as pornography, links that lead to malware and other harmful issues.

Wesley said he works directly with the spam folder and would like to be notified of any emails not filtered out. He asks students who receive any type of spam content in their inbox to forward it to spam@bju.edu.

Another layer of defense

is the proxy server, which one dictionary defines as “a dedicated computer or a software system running on a computer that acts as an intermediary between an endpoint device, such as a computer, and another server from which a user or client is requesting a service.”

Both Gardenghi and Wesley said students often think negatively of the proxy server, but the proxy server is there to protect them. “[The] proxy is a security tool that has a lot of benefits,” Gardenghi said.

The proxy server detects when a website has been compromised and blocks the website from being accessed on the BJU network. A website becomes compromised when malware is present.

“Some legitimate sites will become compromised for a short period of time,” Wesley said. “When that happens, they will be [blocked] until they become [uncompromised].”

Proxy also blocks ads that could contain harmful malware. When this happens, us-

ers will not be aware that ads are being blocked.

Wesley said students sometimes think BJU manually blocks websites. However, that is untrue. The proxy is managed by a third-party organization that controls which websites are blocked.

The IT department will also try and hack into their own network, this is called “ethical hacking.” This allows them to push security. “[During these scenarios] we think like an attacker,” Gardenghi said.



Robert Wesley works behind the scenes every week to protect BJU and students online. Photo: Daniel Petersen

Sacha's Café



Holding Colombian traditions close to heart

ANNA PAPUTSA
Staff Writer

Sacha's Café offers delectable Colombian cuisine to the Greenville community. Located at 1001 N. Pleasantburg Drive near the East North Street intersection, Sacha's Café provides a cozy hub where

quality food is guaranteed.

Menu options vary widely, from fried pork ribs to chicken skewers to patacones, which are crushed plantain bananas fried into a patty.

One of the most popular menu items is the Chuzo combo, which consists of a chicken skewer, French fries,

and a sweet corn arepa, a thicker version of a tortilla, with house made cheese on top. Prices range between \$1 and \$21, with average prices being \$3.99 to \$7.25.

Colombian cuisine, while similar in some respects to Mexican cuisine, differs slightly. While many Mexican foods are



Sacha's serves house-made cheese fresh everyday. Photo: Rebecca Snyder

spicy by nature, Colombian cuisine substitutes herbs such as cilantro and parsley in place of cayenne and other hot peppers.

According to general manager Irma, freshness is vital to operations at Sacha's Café. Irma said the café's emphasis is providing superior food to their customers.

“A lot of people come in just for the arepas,” Irma said. “You're not going to find it anywhere else, just this place.”

Irma makes the house-made cheese fresh every day, ensuring that customers will receive a quality product each time. All of their menu items come in

fresh and are prepared in-house.

The café originated in Colombia, South America, where Irma's husband, Elkin, owned a café with an adjacent club for 30 years. There they served fast food, but when the couple relocated to America 18 years ago, they turned their fast food place into the café that exists today.

Inspiration for the café's name came from their menu item selections. The 'sa' in Sacha's stands for sandwiches, the 'ch' signifies chorizo, a type of sausage, and the last two letters represent hamburgers.

Their logo, a dog with

coffee and a top hat, pictures their emphasis on meat and beverage selections.

Sacha's Café advertises mostly by word-of-mouth, but they do have a Facebook page and a website, sachascafe.com.

According to Irma, the main way they attract customers is by their low prices and customer service. She also said she would like to see expansion of their café within the next three to four years.

Sacha's Café is open Monday from 11 a.m. to 8 p.m., Tuesday through Thursday 11 a.m. to 9 p.m., Friday and Saturday 11 a.m. to 2 a.m.

PROTECT YOURSELF ONLINE

Cyber security, a concern of corporations, business and colleges, begins with the individual. Matt Gardenghi, CISSP, director of IT academic Technologies, said being knowledgeable is one of the first steps in protecting oneself against cyber harm.

Gardenghi said students may believe they won't get hacked or have their identity stolen because of their financial status. However, hackers may wait until students graduate and begin to accumulate assets.

“[The bad guys] are able to sit and wait three to five years possibly until you get that job and have that amount of money,” Gardenghi said. If hackers can access information now, they could possibly devastate lives in the future. Gardenghi encourages people to protect themselves by never sharing passwords with others.

“I've seen people share their passwords,” Gardenghi said. “[Eventually], they get hacked.”

Social media accounts are often hacked with the purpose of stealing information like usernames and passwords because many people use the same passwords for multiple purposes. For example, if a Facebook password is the same as a bank account password, and that Facebook account is hacked, then the hacker potentially has access to that person's bank account password.

Stephen Yurkin, a junior computer science major with an interest in cyber security, said he changes his passwords often.

“Have your passwords updated,” Yurkin said. [BJU] doesn't [have mandatory password updates] just for fun, they have it for reasons, and one of those reasons is that you have a new password [for your protection].”

Yurkin said that when making a password, he uses phrases instead of just words. “I like using passphrases so that it isn't a really long word that you have to remember, and it is harder for [someone] else to guess,” Yurkin said. One example passphrase Yurkin gave was “Glory4God”.

Yurkin said students should be careful when receiving an email with a link or URL in it. “[One big thing hackers use are] these URLs that come in that people click on randomly just because they look appealing,” Yurkin said. “Don't click on a link that you didn't expect to receive.”

Yurkin also said having devices up to date will help keep information secure. “The company is literally doing the work for you, that's why the updates are there,” Yurkin said. “It's so that you won't be as vulnerable.”

Gardenghi recommends using the pre-installed security program on an electronic device and using a program like Adblock Plus for increased protection.

Cyber security is important to maintaining a safe life. Gardenghi encouraged students with questions about security habits or who would like to know more about cyber security to contact the IT department.