

# the COLLEGLIAN

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Bob Jones University, Greenville, SC 29614

## 2018 seniors reflect on their college years



Graduates of the 2017 class celebrate after their graduation ceremony. Photo: BJU Marketing/Hal Cook

KATE JONES  
Staff Writer

Graduation is fast approaching. At the end of each day, each senior breathes a collective sigh of relief: one day closer to the end of college and the beginning of a new place in life.

For the seniors especially, feelings of fulfillment, trepidation and excitement build. The end of a stage in their

lives is almost come.

Andrew Carter, an engineering major, student ambassador and the men's senior class representative, said he learned much in his four years at BJU.

Carter said many of the lessons he learned came from outside the classroom. According to Carter being a student ambassador was the defining point in his college career.

"Your circumstances are going to be used by God, somewhere and somehow," Carter said.

Carter encouraged undergrads to get involved and try new things.

"You will grow in a lot of different ways the more you get involved with," Carter said. "Don't be afraid to ask questions, jump in and make mistakes."

He encouraged rising ju-

niors to own their new role as upper classmen.

"Use the experiences you've had as a freshman and a sophomore to help reach down and shape upcoming students," Carter said.

Carter challenged next year's seniors to set the example on campus.

"People are looking up to you and you can either be an excuse or an example. Make sure you're being an exam-

ple," Carter said.

Lauren Johnson, an elementary education major who has been a member of the Bruins volleyball team since its inaugural season, said relationships and her spiritual growth are the biggest things she will take with her after graduation.

She has profited from relationships within her society, on the Bruins team, classmates and in her local church.

Johnson encouraged students who still have time left in college to seek advice and wisdom from their parents while they are here.

"Call your parents. They just want to hear from you and have a lot to teach you," Johnson said.

She also encouraged rising students to take advantage of what time they have left.

See **GRADUATION** p. 4 »

## The Collegian staff wins 13 awards, ranked 2nd in SC

ANDREW SCHMIDT  
Staff Writer

The South Carolina Press Association recently presented the *Collegian* staff with 13 awards at its 2018 collegiate meeting April 20.

Representatives from college newspapers across the state attended the conference held at Winthrop University in Rock Hill, South Carolina.

The meeting featured a discussion about journalistic work after graduation with a panel of young professionals in the journalistic field, a presentation about innovations in multimedia

journalism and roundtable discussions between newspaper staff members from different colleges.

According to *Collegian* editor Ian Dyke, the SPCA awards provide *The Collegian* staff members with additional incentive to strive for excellence.

"Going to these awards and having professional journalists and an institution like the South Carolina Press Association tell us 'you're doing a good job' validates what we're doing," Dyke said.

*The Collegian* won 13 various awards, including six for writing, three for design and

three for photography.

Luke McCormick, *Collegian* copy editor, won first place news story for his news story "Six BJU student dreamers await uncertain future."

McCormick said the SPCA awards are a special time to celebrate what the staff has accomplished.

"*The Collegian* has a long-standing tradition of excellence," McCormick said.

"Our [BJU's] paper usually brings home a good share of the awards. It's nice to be recognized for all the work the staff puts in each week throughout the year."

See **SCPA** p. 3 »



*The Collegian* won 13 awards, including awards in writing, design, photography and general excellence. Photo: Daniel Petersen



## COLUMN



MELODY WRIGHT  
Staff Writer

“Intelligence plus character—that is the goal of true education.”

Martin Luther King Jr. spoke many quote-worthy words. But, this statement seems especially applicable as I find myself one week away from crossing the FMA stage, receiving my degree and moving the tassel on my graduation cap.

In this last week, my mind wanders back to my first day as part of the 2018 Class and the following years at BJU. College was the scariest thing. I had never been around so many people in my life—or shared a room with two or more other people.

Classes required much more time and effort from me than I had ever previously experienced.

I assume my four years of college weren’t so different from most other seniors and graduates. I went to class, worked a campus job and enjoyed extracurriculars. I tried my best to earn good grades and make the best of my time here.

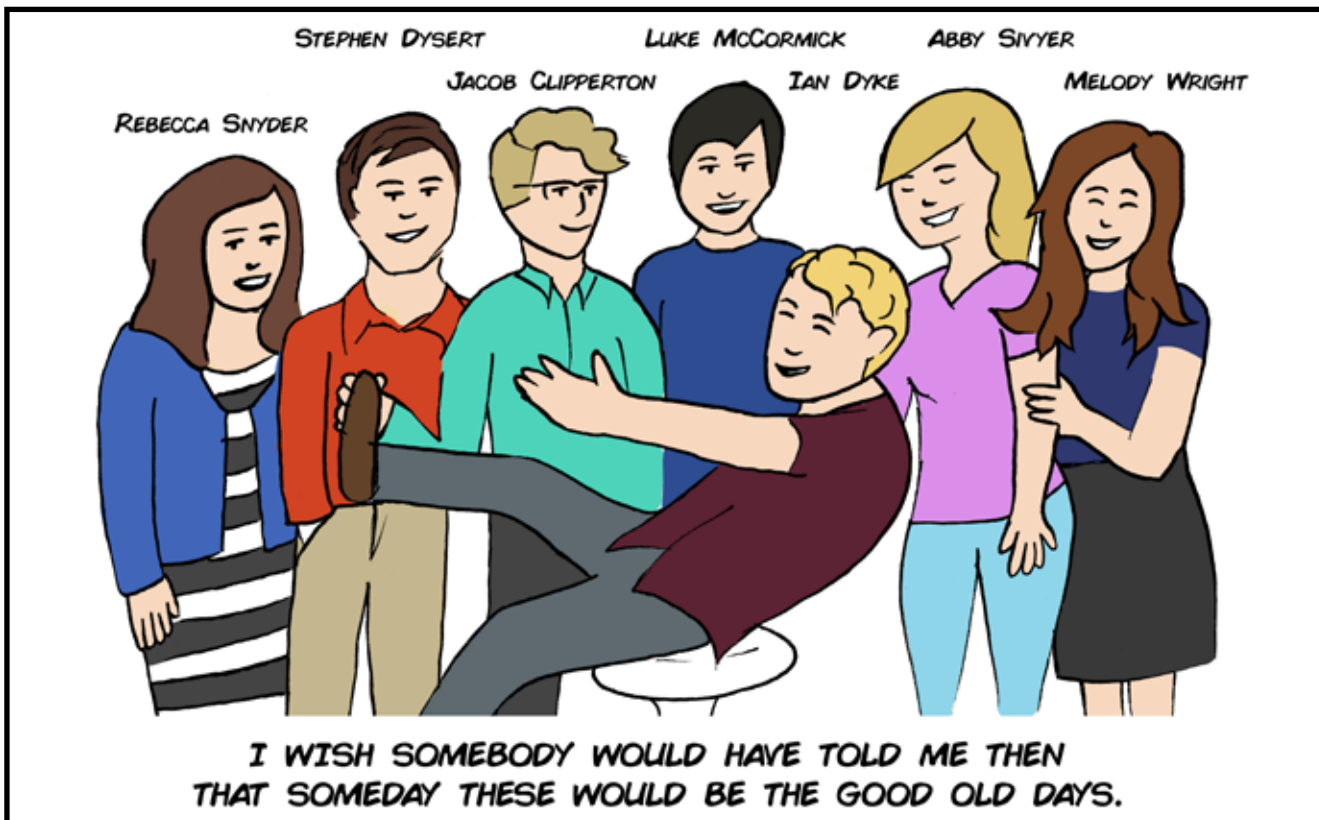
Overall, my favorite experience has been working on the staff of *The Collegian*. I’ve worked many positions on staff since joining my sophomore year—staff writer, copy editor, social media coordinator and online editor.

From *The Collegian*, I’ve gained invaluable writing, interviewing, editing and communication skills. But, more importantly, I’ve gained memories and friends that will last a lifetime.

Nothing could replace the three years of hard work, stress, laughter and joy. Nothing could replace the life lessons I learned in meeting tight deadlines and getting along with people completely different from me.

My college experience would feel incomplete without those three years on staff.

See **COLUMN** p. 3 »



COMIC: FAITH TRAMMEL

## The Collegian Editorial

# BJU students should serve Greenville



It’s funny the things we remember. The smallest thought, sight or sound can be printed in our minds like a photograph.

I remember the tears in my mother’s eyes as she waved me goodbye. She followed us all the way down the long driveway still waving, not wanting to see her baby boy leave for college.

I remember the uncertainty I felt as we unpacked the car and moved my belongings into the residence hall.

I can still see the way the moonlight slipped through the

blinds my first night in Smith 103. The blurs in my eyes seemed to scatter the light across the room.

That night I wished in my heart to be elsewhere, to be anywhere except Bob Jones University.

I’d be lying if I said I was the first student to wish not to be at BJU. How many of us have dreamed of “elsewhere”?

Even now, I can imagine the faces of my friends who have left to find their elsewhere, truly believing that being away from dress codes and curfews and unusual rules would solve their problems.

Were they surprised to find their problems transferred with them? A wise member of the theatre arts faculty once told me, “Elsewhere is nowhere: it doesn’t exist.”

“Own It”—that’s been the theme for the freshman class each year I’ve been at BJU. And the longer I’m here, the

more I understand how appropriate that theme is.

I think college is one of the easiest times to be disengaged. It’s a transitional period by its very nature. Growing roots at a place you’ll be for roughly four years doesn’t always seem that practical.

But still I think establishing those ties is an essential part of the education here. For me those roots grew out of working for *The Collegian*. Looking back, I can’t imagine college without them.

I applied to write for *The Collegian* on a whim, not really thinking I’d be accepted. I was an English major who wanted more experience writing but what I got changed my life.

Little did I know that the editor who interviewed me, Abby Sivyer, would become one of my closest friends or that my time on staff would become the most important part of my college experience.

reach thousands of readers each week.

What that meeting didn’t prepare me for was the invaluable friendships I have made and the life-changing experiences I have undergone.

Without a doubt, these last two years have been the most revolutionary years of my life. Like Ian reflected, I’ve grown roots here, made this place my home, have been tested by many different trials and have bonded with people I hope to spend the rest of my career growing with.

Knowing both Ian and Abby Sivyer, our former editor, and having them become some of my best friends has been one of the biggest blessings of my college career.

Just as I cannot begin to measure the effect that these past two years as layout and design editor have had on me, I cannot begin to express how honored and excited I am to take the position of editor this coming semester. The daunting role seems like an overwhelming task at this point, even with two years of experience seeing all that goes into creating a weekly issue.

While the amount of responsibility this opportunity carries weighs on my shoulders more and more, I see many thrilling possibilities to influence people for the positive and help give our student body a voice.

To me, *The Collegian* is not just a weekly student-

I’ve learned more from working for the paper than from any of my classes, and I’ve learned more from my classes because of the experience I’ve gained working for *The Collegian*.

When I remember my four years of college, I’ll remember my time on staff and the relationships I’ve made.

I’ll remember the pride I felt as editor when I saw my first issue in print.

I’ll remember the collective sigh of relief we gave each week when we finally sent Friday’s paper to the print shop—late as always.

I’ll remember Abby, Melody, Jacob, Luke, Stephen and Rebecca and what a privilege it was to spend this season of our lives together.

After working for *The Collegian* so long, each issue becomes your friend. It’s hard to say goodbye.

—Ian Dyke, editor

run newspaper. It is source of education and training for students that has been regularly in production for over thirty years.

It is a source of joy, inspiration, opportunity and occasionally, frustration. It is a place where students like me can gain authentic experience that remains with them for the rest of their lives and impacts their careers.

This coming semester, I hope to continue in the footsteps of my predecessors and further the goal of making this newspaper a voice in the community as well as a publication that students, graduates and the entire University family will find value in each week.

—Jacob Clipperton

## the COLLEGIAN

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## »COLUMN p. 2

For with this, I feel that I have gained a “true education.”

“Intelligence plus character equals true education.” This formula for educational success described by King exists at BJU.

With great Christian liberal arts programs, BJU offers a plethora of opportunities for intelligence and spiritual growth. But the character learned at BJU is equally as important to success in career and life.

We all know that those (oftentimes annoying) little things like room jobs, campus passes, dress codes, mandatory attendance to events and limited class absences all exist to teach us character.

We may gripe and complain about them and their uselessness in our character building.

But the truth is, those little things teach us invaluable traits such as obedience, responsibility and punctuality. When I graduate college, I won’t receive demerits for failing to make my bed or

take out the trash.

But I will be expected to show up to work on time, take instruction from my superiors and follow company guidelines for my appearance.

I feel that I have an advantage in these areas from my four years at BJU. The things that ‘real life’ expects from me won’t be so difficult to do considering I spent the last 1,460 days of my life building these characteristics.

By no means am I implying that I’m leaving college as the most intelligent person with awesome character. But I do possess both intelligence and character. And that is due in large part to my time spent at BJU.

The final area of my life impacted over the past four years is my walk with God.

Although chapel and discipleship group encourage spiritual growth, the professors who possess a Christlike love for their students have spiritually impacted me the most.

Knowing that my profes-

sors took a genuine interest in me as an individual and fellow sister in Christ (not simply as a student) encouraged me to invest in others.

As I said before, I imagine my time here is very similar to others’, but college really is what you make it. You get out what you put in.

So, from one college senior to those who will be returning next fall: I encourage you to ‘learn, love and lead.’

Learn from every aspect of college—classes, chapel, society, extracurriculars, campus jobs, room jobs, dress codes, curfew.

Love everyone—God, your family, fellow students, coworkers, strangers you meet in passing, brothers and sisters in Christ, the lost sinners.

Lead in all areas of life—family, work, ministry.

If you start doing those three things now, you will find yourself crossing the FMA stage at Commencement feeling satisfied in earning a ‘true education’ here at BJU.

## »SCPA p. 1

Gerson Petit, a staff writer who won a first place award in art and entertainment reporting, said he was surprised he won an award his first year writing on staff but was honored by the win.

Petit along with other members of staff participated in workshops at the meeting.

“I especially enjoyed the last activity before the awards ceremony,” Gerson said.

“We were able to mingle with the writers from other colleges and share ideas.”

One of the most significant awards received at the meeting was second place for general excellence.

In addition to these awards, Bill Rogers, director of the SCPA, presented Ian Dyke with the SCPA’s \$3,000 Mundy Scholarship.

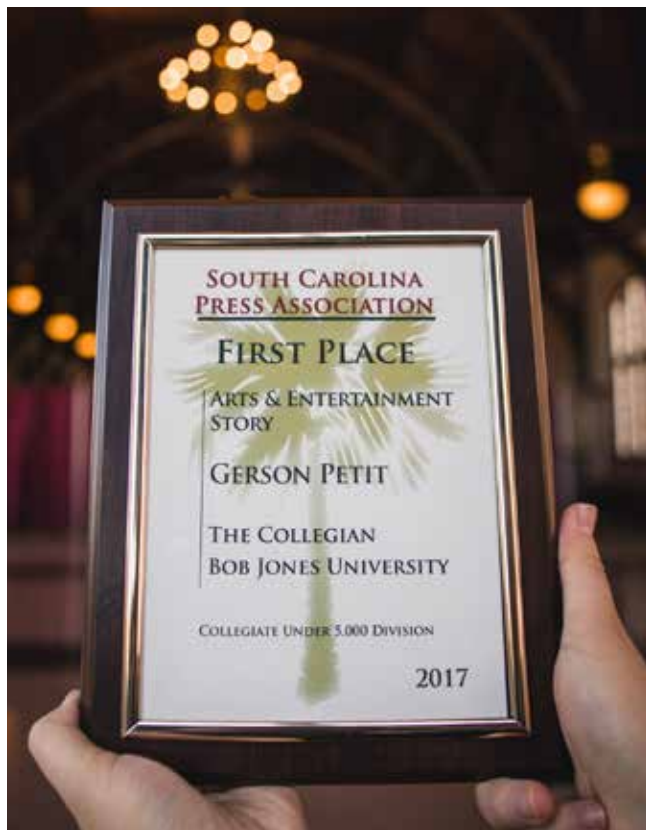
“This is our premier scholarship reserved for the most promising student journalist in South Carolina,” Rogers said when offering the scholarship.

Dyke is the first BJU student to receive the award.

He said the credit for this scholarship should be given to his staff members and mentors, including *The Collegian’s* adviser and

JMC faculty member Betty Solomon. “It wasn’t just an award for me, it was an award for our staff,” Dyke said.

“I’m proud of my staff for performing so faithfully and so well this semester.”



Gerson Petit won first place arts & entertainment story. Photo: Daniel Petersen



REBEKAH ANDERSON

**ORGANIZATION:** Student Leadershi Council

**TITLE:** *Women’s Student Body President*

**YEAR:** *Junior*

**MAJOR:** Journalism and Mass Com

## STUDENT LEADERSHIP SPOTLIGHT

“I picked Journalism and Mass Communication because I love writing, public speaking and people. So I wanted something that combined all three of those. I’ll probably go into public relations or marketing or something along those lines.

“I enjoy writing, but I really like people. So if I can use communication to represent an organization and be involved in the corporate world, I think that would be a good option for me.

“I didn’t want to come to BJU, but my parents came here. They had been talking about it for forever, so I thought I might as well try it out. So I came and took a tour of campus and fell in love with it. I craved academic excellence and opportunities outside the classroom. When I found I could get both here, I decided to take the opportunity.”

### Student Leadership Council

“SLC gives representation to the student body. We’re responsible to take what’s talked about among the student body to the administration.

“One of the biggest ways we do that is via Uspeak. People can submit questions or ideas or concerns. In a week we get between 30 and 40 submissions. We add those comments to a list that we present to the administration.

“My dad told me coming into college to try everything. Being student body president is just one of those things I took a chance on. I was surprised when I got it. But I’ve grown a lot through it. I think our council this year has been really good, I’ve learned from each of them. So I’m grateful.”



# New student presidents set vision for next year

DANIEL QUIGLEY  
Staff Writer

Newly elected leaders hope to lead the university to a spirit of gratitude. After attending a leadership retreat the weekend of April 14, Daniel Kim, next year's student body president, and the newly formed Student Leadership Council now share the same vision for a year-long theme of gratitude.

New students have joined the student leadership council after April's various elections. Tori Conover and

Daniel Kim will lead the council as the student body presidents.

Drew Williquette and Katie Albert will oversee the intersociety council, Natalie Larsen will serve as the event coordinator, Kameron Hammedi will represent student organizations.

Bradley Shepard will serve as the new director of the Community Service Council, Joel Bauman and Emily-Rose Zhou will represent the senior class, Josh Brandt will serve as treasurer and Ian Dyke will serve as the team's communi-

cation director.

The new SLC's first decision was setting their gratitude theme for next year, which will be worked out through student body chapels as well as other events throughout the year.

Conover said she and Kim chose the theme to respond to issues they saw in some members of the student body, specifically an entitlement mentality. "Unfortunately, I see a lot of it on campus and in my own life, too," Conover said.

Conover said gratitude is a weapon against many of the

problems in the student body.

"It's a heart attitude that replaces or battles against the sin issues that we deal with," Conover said. Kim spoke of gratitude as a blessing. "If we're bitter, and we thank God, bitterness just melts," Kim said.

Kim said the main passage he was looking at in relation to the theme is 1 Thessalonians 5:16-18, which commands believers to continually be joyful, pray and give thanks.

He recalled his father preaching from this passage



New members of the SLC attended a retreat to discuss vision. Photo: submitted

as a kid. "A lesson in the past is creeping back now," Kim said.

While the theme origi-

nates from the SLC, other student organizations, will be encouraged to adopt the theme as well.

## »GRADUATION p. 1

"Make your last time here mean something," Johnson said.

Luis Saldias Rodriguez, a cinema productions major from Bolivia, was originally intended to attend BJU with his twin brother who decided not to attend, leaving Rodriguez to face the new country alone.

Rodriguez said he strug-

gled with the English language and was a quiet student his first year because of his unsureness.

Rodriguez encouraged international students to enjoy their time studying abroad and to embrace learning the English language.

"It's natural to feel scared and be afraid, but you're not the only one; there are others like you and you will find

them," Rodriguez said.

"Take the risk to jump in and learn the language. Enjoy it while it lasts."

Lizzie Wilson, a biblical counseling major and Welcome Center ambassador, said her biggest transformation came junior year.

Wilson said God convicted her to make a transformational change in her life to get outside of herself, reach out,



LUIS RODRIGUEZ



LAUREN JOHNSON



LIZZIE WILSON



ANDREW CARTER

love people and invest in them.

Recently, when her brother suffered a brain injury, the BJU community was there for her.

"We need communities; we can't make it without each other," Wilson said.

Wilson said she continues to learn through the trial. "I am overwhelmed at the people here and the love and support," Wilson said.

Wilson encouraged underclassmen to focus on their relationship with God.

"Never, ever neglect your relationship with God with school as an excuse—He is a priority," Wilson said.

She also encouraged students with college time left to embrace their place in life.

"Embrace where you are right now; the best is yet to come," Wilson said.

She also encouraged next year's upperclassmen to lead.

"Now is your time to be a leader," Wilson said. "It's your time to step up."

All four seniors shared their gratitude for the faculty. Wilson thanked them for their sacrifice.

"Thank you for pouring your life into us. It is a huge sacrifice to be here," Wilson said. "What you're doing matters."

## Guest seminary professor to speak at Baccalaureate service

GERSON PETIT  
Staff Writer

BJU's annual baccalaureate service will be held Thursday, May 3, at 7 p.m. in the Founder's Memorial Amphitheater (FMA).

The speaker is Dr. Daniel K. Davey, who is the president and Bible exposition professor at Virginia Beach Theological Seminary.

Apart from serving as a pastor at Colonial Baptist Church in Virginia Beach, Davey has served in teaching ministries abroad, in Russia, Romania and Southeast Asia.

Davey started his ministerial career in 1982 when he became the associate pastor

of Colonial Baptist Church, which his father had founded in 1979.

Five years later, Davey became the church's senior pastor, and a few years later, in 1993, God burdened him with the desire to "[sharpen] servants for global ministry."

Only two years later, Davey founded Central Baptist Theological Seminary of Virginia Beach in 1995.

Ever since its first class of 17 students enrolled the following fall, the seminary has continued training men and women for ministry around the world.

Recently, the seminary has changed its name to Virginia Beach Theological Sem-



Dr. Daniel K. Davey will speak at next week's baccalaureate. Photo: Submitted

inary. After serving for 33 years as senior pastor at Colonial Baptist Church, Davey decided to narrow his focus to the seminary by resigning from his pastoral position.

The graduates of Virginia Beach Theological Seminary have been impacting the world for Christ for two decades.

"As I look back over these years, there is no greater ministry joy to my heart than VBTS. God has now blessed us with an incredible faculty of gifted men and staff of gracious servants," Davey said.

According to him, graduates are serving in churches around the globe, from Bos-

ton to Cameroon.

Davey also said he thanks God for what he has done through this ministry. "May Christ be praised," Davey said.

Davey received his B.A. from Liberty University. He then received his master of divinity at Central Baptist Theological Seminary in Minneapolis.

He holds two doctorates, one from Detroit Baptist Theological Seminary and one from Central Baptist Theological Seminary.

He and his wife, Martha, live in Chesapeake Bay, Virginia. They have four grown children and five grandchildren.



# Semester in Review

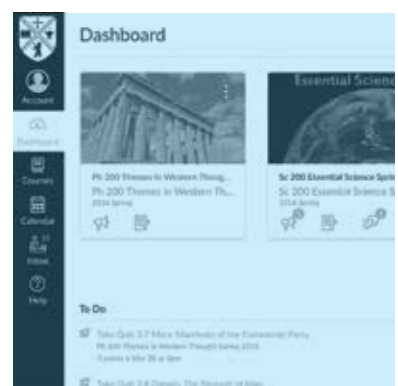


## **BJU reached ROTC crosstown partnerships with Furman and Clemson on April 4.**

The partnerships were the product of a nine-month process that will bring new opportunities to BJU students with the U.S. military. The Reserve Officers' Training Corps programs will commission graduating seniors into the military as officers.

## **Canvas is introduced to BJU in January.**

Many professors introduced the Canvas LMS to their students this semester. Canvas will fully replace Desire2Learn in August. Professors were given the choice to make the change immediately or in the fall.



## **BJU announced a new School of Health Professions on Jan. 31.**

BJU will open a School of Health Professions next academic year. This new school will help improve the quality of education students will receive in the health sciences and adjacent fields by bringing together existing majors and working to meet the demands of the modern health industry.

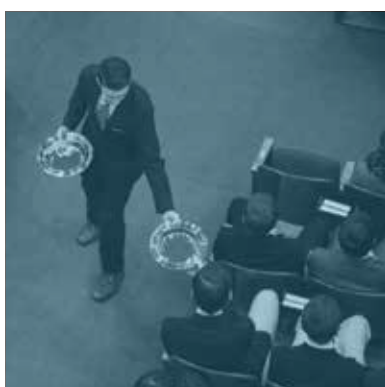
## **Chapel row monitors are replaced with cameras on Feb. 2.**

This semester, cameras replaced the traditional use of row monitors in ensuring daily chapel attendance. Three cameras were positioned above the platform to take photos at the beginning of chapel. The change was made to improve accuracy and save time in attendance appeals.



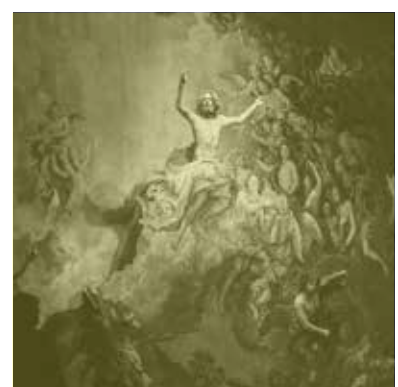
## **Students took a break from classes for Bible Conference Feb. 13-16.**

The 2018 theme was "Revive Us Again," and the speakers were Dr. Steve Pettit, Dr. Les Ollila, Dr. Mark Minnick, Evangelist Aaron Coffey, Dr. Kevin Schaal and Rev. Armen Thomassian. Bible Conference was attended by thousands including students, faculty, staff, parents, alumni and other campus visitors.



## **Living Gallery presented its 21st production, titled "This is My Word."**

Roughly 15,000 attended the Living Gallery's production as part of Concert, Opera & Drama Series. The story presented the Gospel through the perspective and life of a terminally ill calligraphist. The works of art were brought to life by student models.



## **President Pettit announced in chapel March 22 that locks will be added to the doors of the residence halls in the fall.**

After research extending over two semesters, a final decision was made to install locks on the residence halls. The decision invited a variety of opinions from the student body.



# Top men's societies to keep an eye on next soccer season

JON ARMSTRONG  
Sports Writer

Although it seems hard to believe, this academic year is quickly coming to a close. But it's never too early to begin taking a look at who will be the favorites to win next year's society cup.

Yes, many teams will be dependent upon incoming freshmen who are not on campus yet. And yes, some societies do not officially know who exactly will be returning from the previous year's squad.

Just like picking the winner of the Super Bowl or the winner of the NBA Finals before the season starts, picking the winner of the Turkey Bowl is based on much uncertainty.

However, this uncertainty makes the season and writing more fun.

Without further ado, I am going to give you my top three teams heading into next year's soccer season

plus a sleeper.

The Cobras—The Cobras, as mentioned in last weeks' issue are set up to compete in soccer for the foreseeable future.

They are dealing with one notable departure. Their keeper Christopher Monczewski, whom many considered to be their best player last year, was offered a spot on the Bruins' team this offseason.

Plus they are graduating some players. But they are going to keep the majority of their roster intact which lost in the Turkey Bowl last year.

With the Cobras' success in every sport, they will be able to rush good freshmen soccer players to replace the departures. Look for the Cobras to be motivated by last year's disappointment and make a run to the Turkey Bowl once again.

Beta—Last year's champion is losing as many as seven players to graduation. But the good news is help is on the way.

Three former Bruins players will be joining the team next year including four-year intercollegiate starter and all American Marvell Lareche.

Pair these three with former Bruin John Young, who was a key contributor on last year's championship team, Beta should be loaded once again. Do not be shocked if Beta repeats.

Cavs—Many people around the league considered the Cavs to be one of the more surprising teams in the league last year as they made it to the semifinals last year before losing.

This year, they will be catching nobody by surprise. Most of their team last year was composed of sophomores and juniors.

Plus, the Cavs always get a huge rush. I have no reason to believe they will not have a huge rush again next year. That huge rush is more likely than not going to have some good soccer players in it.

Their youth plus their

experience will lead them to another deep run in the playoffs next year.

My sleeper team is last year's 7 v 7 champion, the Phi Beta Bulldogs. This is contingent on their society moving up to play 11's next year.

But from what I have

heard from their members, the plan as of right now is to play 11's.

The Bulldogs may not have the most talent, but every single one of their players play with energy and with effort.

The desire to compete and

win goes a long way in society sports, and the Bulldogs definitely have that desire.

Most societies will not expect them to be anything spectacular, but look for the Bulldogs to be a major player for the Turkey Bowl next year.



Josh Roach of the Phi Beta Chi Bulldogs maneuvers around a Lanier defender in 7 v 7 society soccer match. Photo: Ian Nichols



GO

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for exclusive photos and weekly highlights!

## SUDOKU

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## HEALTH AND WELLNESS TIP

by **Melanie Schell**  
nutrition professor

Do you know someone who starts popping Vitamin C drops like candy at the first sniffle of a cold?

Is there any validity to this practice? Actually, yes—Vitamin C stimulates production of antibodies to fight off infections and therefore boosts your immunity to illness.

So drink your OJ and eat a wide variety of colorful fruits and vegetables like red and green bell peppers, broccoli, tomato and cantaloupe.





## Sports Column

### Why do I like sports so much?

COLTAN SCHIEFER  
Guest Sports Columnist

Why do I like sports so much? I am a grown human being who screams at the TV, argues tirelessly with less-informed trolls on Twitter, spends too much money on team apparel, and “invests” way too much time watching games and events on my iPad (convincing myself that I’ll simultaneously do homework on my laptop).

Most of my teams aren’t even that good. The Cincinnati Reds currently sit at 3-18 and are 29<sup>th</sup> (out of 30 teams) in the ESPN “Power Rankings.” My NFL team, the New York Jets, went 5-11 last year and still don’t have a franchise quarterback.

West Virginia University, my home state team, is usually decent, but will probably never be great. The United States Men’s National Soccer Team did not even qualify to play in the World Cup this summer.

So why do I read scores of articles every week on those teams? Why do I willingly seclude myself to watch a game that doesn’t really matter? Why do I get excited even for events other than games (like the NFL draft and MLB’s Winter Meetings)?

I am convinced it goes be-

yond my competitiveness. I also think it goes beyond just entertainment—an escape from reality.

There are two big reasons in my book. First, I want to be (or at least feel like I am) part of something bigger than myself.

Many times, sports connect me with family and help create friendships with other fans. For just a little bit, I want to be a part of something big and grand and, hopefully, victorious.

Yes, I crave the feeling of adrenaline rushing through my veins. I love the pride that surges through me when “my” team claims victory.

Walk-off home runs, game-winning goals, and buzzer-beating shots all fill me with excitement and passion, but they aren’t the reason I love sports. I love them because of the connection it gives me with other people.

The second reason really is similar to the first. Getting excited about sports is just part of who I am.

I remember, in the summers as I was growing up, I would go outside after dinner, grab a basketball and shoot hundreds of free throws while listening to Hall of Fame radio broadcaster Marty Brennaman describe Ken Griffey Jr.’s “prettiest

swing in baseball.”

I inherited the Reds fandom from my dad. Stories of the Big Red Machine were common, and we usually took the 3.5 hour trek up to Cincinnati once a summer. Growing up, my summers were filled with barefoot adventures in the nearby creek, playing made up games with my younger brother and Reds’ baseball. Baseball is in my blood.

Similarly, I learned how to be passionate about WVU football from my grandpa. We used to go to the game versus Pittsburgh, WVU’s biggest rival, every year. My first Mountaineer garb came from him, and I still love watching games with him. He has passed on the fandom to most of the family. In fact, every family wedding ends with everyone singing a rendition of “Take Me Home, Country Roads.” Largely because of him, football is part of who I am.

This is why I am so passionate. This is why I crave them. Sports transcend mere excitement and are more than just a method of evading reality.

Maybe my teams aren’t good and maybe they never will be. But sports are about much more than that. They unify people; they reveal who we are. At least, that is what they do for me.



Madison Rumpf coaches Kanto Rabarajiona through her workout. Photo: Esther John

## Students train students in new fitness internship

CELESTE GAUER  
Staff Writer

Beginning this semester, four senior exercise science majors collaborated to create BJU’s first personal fitness training program.

The program aims to promote physical activity as a lifestyle as well as a healthy body and mind in order to best serve Christ.

The interns—Sarah Herr, Kaitlyn Hummel, Meagan Hummel and Braden Jacquot—act as personal trainers and usually meet with their clients twice a week.

The program, which is not a class requirement, allows these students to stay on campus for their internships.

“We work with clients in-

dividually.

We do fitness and body composition assessments, offer one-on-one personal training as well as exercise prescriptions, which is where we actually write out workouts for them to do throughout the week,” Jacquot said.

The student fitness training program primarily targets students who are fairly new at working out.

Additionally, the program provides health and fitness assessments for students who are interested in learning about the status of their health and fitness.

“One of my clients wanted to get more aerobically fit, and he’s really improved. He can run a lot farther without having to take breaks,” Jac-

quot said. “Another of my guys wanted to increase his bench press weight, and in the time we’ve been training, we’ve seen it increase by about forty pounds.”

When working with weights, the trainers assist the client with proper form and monitor the client to ensure that they do not overwork themselves.

“It’s kind of hard to see really good results in six weeks, but we’ve been able to see some of them which is really encouraging for them and for us,” Jacquot said.

Ty Clark, a freshman biochemistry and molecular biology major, is a client in the personal fitness training program.

“With all the water intake >>> **FITNESS** p. 8

## Senior athletes share lessons learned on, off the field

KAYLA ROMEISER  
Sports Writer

With the coming of commencement, the Bob Jones University Bruins teams are losing their beloved seniors. Many of the seniors played all four years of eligibility and the experience left its mark on them.

Student athletes learn many lessons throughout their intercollegiate careers. Some lessons pertain to the sport they play, some apply to life in general, but all will stay with the seniors as they graduate from the athletic program.

One important lesson Anna Daulton of the women’s soccer team learned is that God can use any aspect of one’s life for his glory.

According to Daulton, God uses our desires and talents to grow his kingdom on earth. “It was such a privilege to see how God used soccer

in my life for this purpose,” Daulton said.

To excel in athletics requires lots of training and willpower. According to Josh Strubel of the men’s cross-country team, the biggest lesson he learned was mental toughness because of the grueling physical requirements of the sport.

“[Cross-country] teaches you how to be tough both physically and mentally,” Strubel said.

According to Molly Campbell of the women’s cross-country team, hard work always pays off, but one of the greatest investments in life is in people.

“People are more important than anything else you have,” Campbell said.

Lauren Johnson of the women’s volleyball team said, “I realized the kind of impact I could have on my team.” Johnson said she realized she had many opportunities to

lead and serve the women on and off the court, especially her senior year.

Marvell Lareche of the men’s soccer team learned to be excellent in the small details. In a soccer game, the

little touches matter. If the first touch is bad, it is harder to reach the goal.

Agreeing with Lareche, Sha’Ron Brunson of the women’s basketball team said she learned to control

what she can control. The outcome of a basketball game cannot be controlled, but the way a player plays or a coach coaches can be.

Many more lessons can be learned from playing in-

tercollegiate sports; these are just a few of them.

Just as these lessons will stick in the seniors’ minds after graduation, the seniors will be remembered by those they leave behind.



Sha’Ron Brunson gives high fives to fans after playing a game. Photo: BJU Marketing/ Hal Cook





Rumfelt and Rabarajiona train their balance with weight balls. Photo: Esther John

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and eating healthier, I felt more energized. It was easier to get out of bed in the morning. My skin complexion honestly improved," Clark said. "It definitely helped maintain more discipline in my personal life."

Each intern has five to six clients, the majority of whom are students.

"Since I want to be a personal trainer," Kaitlyn Hummel said, "this program has been a really good experience because I've been able to work with multiple clients at one time."

"Working with five clients was definitely a little challenging, but since I enjoy it and that's what I want to do, it was a lot of fun and definitely helpful," Hummel said.

The interns do not simply hand out premade workouts. As a personal trainer, they converse with each client and cooperate with the client to find what method best works for them.

"There's an art to exercise prescription," said Dr. Stephen Chen, chair of the Division of Exercise and Sport Science. "The workout needs to be individualized and modified to fit the patient based on their goals, needs and health and fitness status."

Based on 30 to 40 years of research, exercise has been shown to prevent and treat numerous chronic diseases, Chen explained.

A sedentary lifestyle, even with a healthy body weight and good diet, has an increased likelihood for chronic diseases. Moderate intensity exercises go a long way in helping to keep a person physically healthy.

"You want to set yourself up for success and stay healthy and fit. It's a good testimony and God wants us to take care of our bodies," Jacquot said. "I think it's important that we do emphasize and try to encourage good health and fitness habits here at school."

**JOB OPPORTUNITIES**

The BJU Education Group is recruiting seniors in these exciting fields: writing, graphic design, teaching, editing, and more. To apply for a job in your field, visit <http://bju.careers/bju-education-group/>

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## Deans' Top Restaurant Picks



### Dr. Darren Lawson:

**Tipsy Taco**

Tipsy Taco serves its customers a variety of tacos, ranging from tuna, chorizo, lobster, chicken and shrimp topped with arugula, chimichurri sauce, queso and more.

They have locations on Conestee Avenue and Pelham Road, just a short six-minute drive from campus. More information can be found at [tipsytaco.net](http://tipsytaco.net). Hours are Monday through Thursday 11 a.m. to 10 p.m., Friday and Saturday 11 a.m. to 11 p.m. and Sunday 10 a.m. to 9 p.m.



### Dr. Renae Wentworth:

**Larkin's on the River**

Located in the heart of downtown Greenville at 318 S. Main St., Larkin's on the River specializes in steaks, seafood and burgers. "Pricy, yes, but an incredible place to celebrate a special occasion!" Wentworth said.

Larkin's on the River is open Monday through Thursday 11:30 a.m. to 10 p.m., Friday and Saturday 11:30 a.m. to 11 p.m. and Sunday 11 a.m. to 9 p.m.



### Mr. Mike Buiter:

**Chophouse 47**

Located 15 minutes from campus just off Pelham Road at 36 Beacon Drive, Chophouse 47 serves high-quality steak and filets to its customers.

Shrimp, salmon, veal and lamb are also served. They are open Sunday through Thursday 5 p.m. to 10 p.m. and Friday and Saturday 5 p.m. to 11 p.m.



### Dr. Sam Horn:

**La Esperanza Taco Truck**

Found just across the street behind the women's residence halls, the Taco Truck serves street tacos seven days a week. "I eat there several times a week," Horn said. "Great food, awesome prices, and super opportunity to meet people and speak Spanish! Plus, they are open late at night when I am hungry!"



### Dr. Brian Carruthers:

**Rio Cristal**

Although you won't be able to head there for lunch this week, Rio Cristal in Miami, Florida is a favorite of Dr. Brian Carruthers.

It serves a wide range of cuisines to tourists and residents who go there. Some menu items include steak, pork, jerked beef, fish, plantains and more.

"Being married to a Cuban American, I really have acquired a taste for Cuban food," Carruthers said.

"It doesn't get much better than that!" For more information email [riocristaloriginalrestaurant@gmail.com](mailto:riocristaloriginalrestaurant@gmail.com).