

# the COLLEGIAN

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THIS ISSUE OF THE COLLEGIAN IS DEDICATED TO

*Mrs. Beneth Jones*

See p. 8

## BJU to enter annual Bible Conference

JO ELLEN WALKER  
Staff Writer

Every year, Bob Jones University's Bible Conference focuses on a theme intended to resonate with students, faculty, staff and others who choose to attend the conference.

This year's theme will be "Let Us Pray," and the conference speakers will focus their messages on prayer and its importance in the Christian life.

Society fundraisers in the weeks leading up to the Bible Conference provide students with opportunities to raise money for this year's goal of building the recreation center in The Den.

Society fundraisers are a fun way to get students involved campus-wide.

Instead of having a single event planned by the Student Leadership Council, society fundraisers make the effort more personal and effective.

See CONFERENCE p. 5 »

**aaron young**  
**tom farrell**  
**rand hummel**

LET US **Pray**  
**Bible Conference 2019**

**armen thomassian**  
**harold vaughan**  
**alan benson**

Design: Ben Clemons

## BJU culinary arts students to offer Fine Dining

SAMANTHA VIERA  
Staff Writer

Students can enjoy a night of elegance, culture and good food through the culinary arts department's fine dining event that begins today.

Fine Dining events will be offered for six Friday nights over the course of second semester.

In order to get the fine dining experience, students need to make reservations in advance.

To make a reservation, students should email Chef Rob Hansen, a faculty member in the culinary arts program, at [rhansen@bju.edu](mailto:rhansen@bju.edu).

They should include their name, phone number, the number of people in their party and the time they would like to reserve.

Tickets are \$20 per person, not including tax and tip.

Guests can choose to be seated at 5 p.m., 5:15 p.m. or 5:30 p.m.

Students who go to Fine

Dining can expect a dining experience that will last for about two hours with six courses that will be brought out individually.

The menu is created by the culinary students.

Each of the six nights of Fine Dining will have its own theme. The theme for tonight is Italian.

Some of the other themes will include French, Mediterranean and American.

As part of putting together the menu, the stu-

dents will need to make sure all the dishes tie together and coordinate with the theme for the night.

Hansen said, "The dishes really reflect the region they're coming from."

The six courses will include a soup course, appetizer course, salad, intermezzo, entree and a dessert.

People with allergies or other dietary restrictions can enjoy fine dining as well.

Each menu includes dairy-free, gluten-free and

shellfish-free options.

The Fine Dining event is run by sophomore culinary students.

This event allows them to showcase all the skills they have learned over the course of the culinary program so far.

Some of these skills include time management and communication as well as more specific skills such as menu building and knife skills.

The students will rotate

roles each night, allowing each to get experience with all the different aspects of fine dining.

Hansen said, "Plated service, formal service is part of what [students] need to know so we try to recreate a way for them to see that in a controlled setting."

These positions vary from waiting on the guests to taking on the job of sous chef, the second in command of the kitchen, for the night.

See DINING p. 3 »





»DINING p. 1

Sophomore culinary student Morghanne Sittons said that she is looking forward to taking on the role of maitre d because it will stretch her abilities a lot.

In formal kitchens, the maitre d manages the waiters and interacts with guests.

While culinary students get a great deal of useful experience from fine dining, all kinds of students can benefit from it.

Hannah Delich, a sophomore culinary arts student said, "It's a really neat opportunity for people to just have a fancy experience, where they don't have to go very far."

February 8th Menu

|   |                                      |
|---|--------------------------------------|
| <b>Appetizers (choose one)</b>              | <b>Entrées (choose one)</b>          |
| - Baked mussels with chorizo                | - Seared lamb loin                   |
| - Pancetta wrapped scallops                 | Parmesan risotto                     |
| - Charcuterie board with house-made pickles | Broccoli raab                        |
|   | - Hand-made manicotti with asparagus |
| <b>Soup</b>                                 | - Sautéed sole                       |
|   | Braised potatoes                     |
| - Roasted tomato with fried basil           | Lemon beurre blanc                   |
| <b>Intermezzo</b>                           |                                      |
| - Lemon sorbet                              |                                      |



Askley McKay prepares food during class. Photo: Rebecca Snyder

»COLUMN p. 2

at a friends' house.

I was playing basketball with my brother and a friend in the friends' driveway.

I went to shoot a jump shot and did not see the evil little piece of firewood under my right foot.

Bend and snap happened—or bend and chip, I guess.

Anyway, I tried to play it cool, telling my friends that I was okay . . . until my parents came to pick me up.

I then proceeded to cry like a baby.

Soon, I was rocking an awesome rock-solid purple cast on my foot and leg.

My parents were concerned about my comfort, whether I would need crutches or not and if we had enough saran wrap in the house.

(Anyone who has worn a cast knows saran wrap is needed for bathing while wearing a cast.)

But I only had one thing on my mind: basketball.

I was half-way through my second season of playing for a homeschool junior varsity basketball team.

I was pretty sure there was noway I was going to be able to play basketball in the foreseeable future.

And I was right. I did not play at all the rest of

that season.

What made things worse, I think, was the fact that the assistant coach of my team had been preparing me to become second-string point guard.

(As grateful as I was for that opportunity, I have no idea what the woman was thinking. My only skill in basketball was that I wasn't bouncing the ball off my foot every two seconds.)

The five or six weeks that I spent in a cast, cheering my teammates on from the bench, were a very tough time.

I watched as they had fun playing the sport that I loved so much.

It made me angry and

a little bit bitter because I couldn't play with them.

Even though it was a tough time, those weeks were also a time of growth for me.

At the time, I was a new Christian, having made a profession of faith a little less than a year earlier.

I had a lot of difficulty in understanding why God would take away my ability to participate in something I loved so much.

Proverbs 3:5-6 provided me with some much-needed clarity.

The passage says, "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowl-

edge him, and he will make straight your paths."

I knew that my situation did not make any sense according to my own understanding.

I realized that I needed to trust God and His plan for my life because He knows what is best for me, even if I think He doesn't.

There have been many moments here at Bob Jones University when I have felt exactly like that 13-year-

old girl sitting on the sidelines wondering why God chose to do something in my life.

There are times when I have questioned God and His workings in my life.

But when that happens, I try to remember that the same God who helped a moody teenager trust in His plan for her life then, is the same God who can help a moody college student trust in His plan for her life today.

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BJU – The Collegian

A Week at a Glance

Saturday

8

**Dr. Turner's Last Concert**

The Symphonic Wind Band will perform "The Best of Times" in Rodeheaver Auditorium at 7 p.m. Saturday, Feb. 9. They will celebrate the career of Dr. Dan Turner, as he will be retiring from the position of director of bands after this academic year. Turner has been serving at BJU for 45 years. Four guest conductors will also perform at the concert.

Saturday

8

**BJU track @ Furman University**

BJU vs. Furman University: The men's and women's track teams will race at Furman University at 9 a.m. on Saturday, Feb. 9. This Green Valley Road Race at Furman will be their first meet of the season.

Saturday

8

**BJU basketball @ PCC**

The men's and women's BJU Bruins basketball teams will play Pensacola Christian College in Pensacola, Florida, at 1 p.m. Those unable to attend the game can watch it live-streamed by going to [www.bjubruins.com](http://www.bjubruins.com). Last time the Bruins played PCC here in Greenville on Jan. 18, the women's team lost 57-59 and the men's team won 72-54.



Phillis Wheatley  
1753-1784



Benjamin O. Davis  
1880-1970

Richard Allen  
1760-1830



## PHILLIS WHEATLEY

On MLK Day this year, many BJU students volunteered in the nearby community in various outreaches, one of which was at the Phillis Wheatley Community Center in Greenville.

Since BJU students just helped out at this center, we thought it appropriate to give a little more information about who this woman was.

"Where'er Columbia spreads her swelling Sails:

To every Realm shall Peace her Charms display,

And Heavenly Freedom spread her gold Ray."

Phillis Wheatley wrote these words when America had

just started its journey as an independent nation.

Full of hope, Wheatley envisioned a country of peace and God-ordained freedom.

And yet, despite these beautiful lines, Wheatley was not born in America nor considered by many to be an American. Slave sellers brought Wheatley to America when she was about 7. They sold her for next to nothing, glad to get anything for the girl too weak for labor in the South.

Bought by a Boston family who noticed her intellect, Wheatley learned to read and write along with learning arithmetic and other subjects.

At 18, Wheatley had written enough poems to publish

a book. But she was unable to find a willing publisher in the colonies. So Wheatley travelled to England where her first book, *Poems on Various Subjects, Religious and Moral*, was published in 1773.

After the Revolutionary War, Wheatley married John Peters and amassed enough writings for a second book, but she ran into the same problem of finding a willing publisher.

In 1784, while her husband was incarcerated for debt, Wheatley died, leaving her poetry that rang with hope for her country's future, a country that didn't publish her first book of selected poems until two years after her death and one that never printed her second.

## Round 3 of Scholastic Bowl completed today

JEWEL SCHUURMANS  
Staff Writer

Eight societies competed in the third round of Scholastic Bowl today.

Four teams have already been eliminated from the competition, and six more will drop in the following months.

After two more rounds, the semifinals and finals will be open to the student body to watch and see which society will be the 34th Scholastic Bowl winner.

Scholastic Bowl is a trivia tournament for societies held over the course of the academic year.

Societies volunteer to participate with a team of three players, a scorekeeper, a timekeeper and two alternates who replace players if they cannot participate on game day.

Approximately once a month, games, attended only by competing societies, are

held to test the teams with trivia questions stemming from the BJU core classes and the history of BJU.

The team with the highest number of points moves on in the tournament, and those points are added to their total accumulated score in the Bowl.

The winning society gets a trophy bowl and medals for each team member.

The win is also counted toward considerations for Society of the Year.

Dr. John Matzko, professor in the history department, said Scholastic Bowl was created in 1984 as an event to entertain University students after final exams.

"Back in the day... to get everybody's grades in, the grades had to be submitted on paper," Matzko said. "That meant that there was going to be a lag between taking the exams and graduation."

During that lag of several days, events were planned

for students on campus before the commencement service.

"Students had to be kept occupied for three days," Matzko said. "There were concerts and plays, various kinds of things."

One of the events during these three days was debate, which dated back to the beginning of Bob Jones University.

Matzko said that because the value and content of debate fluctuated by the mid-'80s, the Scholastic Bowl was created to replace it as a required event.

"Dr. Bob III conceived the idea of this game," Matzko said. "For years it was required, so we'd have 4,000 [to] 5,000 people watching the final round."

Matzko said the original list of questions was created when 125 faculty members were each asked to write in their area of specialization.

See **BOWL** p. 6

## Faculty Spotlight: Dr. David McKinney

TABITHA LEAMAN  
Staff Writer

As an entomologist, a college professor, a macro photographer and an authority on spiders, Dr. David McKinney is a man of many interests.

McKinney is currently an associate professor in the biology department here at BJU, and he teaches Essential Science.

McKinney first became interested in the field of science when he was a young boy growing up in Missouri.

It wasn't until his later teen years that he felt for sure God was leading

him to entomology, the study of insects.

"I was like, well, how does a Christian become a scientist?" McKinney said. "Because I really didn't know."

Sometime later he stumbled across a webpage about Creation and bugs.

He emailed the man who posted the page, asking him if he was a Christian entomologist.

He said no, but that he knew someone who was.

McKinney was put in contact with Dr. Joseph Henson, a longtime, now retired, faculty member in the biology department.

Dr. Henson encouraged

the aspiring entomologist to pursue science and come to Bob Jones University.

"So, God directed, and I ended up here," McKinney said.

Since then, McKinney has earned many degrees.

These include a B.S. in biology (2008), an M.S. in biblical counseling (2010) from BJU, an M.S. in entomology from the University of Nebraska (2011) and a Ph.D. in entomology from the University of Georgia in 2017.

McKinney said that he enjoys teaching the biology section of Essential Science.

McKinney has taught this class that is required for more than half of the student population at BJU for over two years.

"We have some of the best students," McKinney said. "They're fun to interact with, and most of them work very hard."

He tries to make sure his students have a little fun and enjoy the course.

Since McKinney owns over 30 tarantulas, some of which he houses in his office, it is no surprise he has a passion for collecting and studying the arachnids.

In fact, he has documented two undescribed species of jumping spiders in South Carolina.

"My side of that [was] more photographing and collecting the specimens and then sending them to the people who will make the determinations," he said. "They have communicated with me that they are new to science, and they are working on documenting them."

McKinney was able to personally give experts a special spiders specimen he collected.

He said there is only one



Dr. David McKinney holds a tarantula. Photo: Rebecca Snyder

other specimen from that species, and it was found in New Jersey.

"Since I found one in South Carolina, it changed their perspectives," McKinney said. "Whether my name shows up or not remains to be seen."

McKinney said he found the specimens because of his hobby in macro photography (the art of taking close up pictures of small subjects, like insects).

"I spent a lot of time with small spiders and a camera," he said.



Dr. David McKinney displays a tarantula in his office. Photo: Rebecca Snyder

**Have any ideas for  
The Collegian?**

email to [editor@bju.edu](mailto:editor@bju.edu)



»CONFERENCE p. 1  
In addition to the services students attend during Bible Conference, they also have the chance to attend the CoRE Conference if they want to.

This year will be the BJU seminary's second year holding a CoRE Conference: workshops, speaking sessions and a book sale provide students, faculty, staff and others with valuable resources for counseling difficult and sensitive issues.

CoRE Conference

This year's CoRE Conference, entitled "Gender, Sexuality and the Church," is especially relevant in a culture increasingly confused about the biblical roles of men and women in the church, at home and in the world. CoRE stands for "Connect, Renew, Equip," and it provides a model whereby conference planners and speakers can promote the most efficient and helpful conference.

Dr. Neal Cushman, associated dean of BJU's seminary, said the conference is important for instilling in Christians a firm understanding of what the

Bible says about gender and sexuality.

"We really want to equip the church to be able to address these kinds of matters better," he said.

Cushman said the purpose of the conference is to provide counselors with valuable resources and a biblical foundation for lovingly and compassionately working through sexual sins.

"We want them to be renewed in their faith and in their commitment to the Scriptures and to the gospel," he said.

He said the conference will provide them with opportunities to make connections with people who have much experience in this area, find spiritual renewal and be prepared to help others work through these issues.

Each registrant will receive a book bag at the end of the conference that will be filled with nearly \$90 worth of books covering the topic of gender and sexuality. Outside donations covered the cost of the books.

Speakers at the CoRE Conference include Tim Geiger, Dr. Stuart Scott, Ellen Dykas, Dr. Jim Newcomer and Dr. Sam Horn.

Cushman said that all the speakers have made a career out of the topics on which they will be

speaking, instead of making them additions to their already-existing careers.

The conference will include personal testimonies from the speakers and sessions addressing specific issues like gender confusion, same-sex attraction, biblical guidance for cutting out sinful patterns and restoring broken marriages.

Cushman said the CoRE Conference ties well into the theme for Bible Conference because they both teach a biblical response to what's going on in the culture.

The CoRE Conference teaches how to practically work through issues, and Bible Conference provides a reminder that no change occurs apart from God.

"The only way that we can see God work in our culture is if God's people gather together and pray," Cushman said.

Bible Conference

Bob Jones University's Bible Conference theme this year, "Let Us Pray," encourages attendees to step back from busy schedules and technological distractions to meditate on Scriptural truths and spend time in prayer.

Pam Cushman, BJU's events management director, said Bible Conference is a time the University sets aside to focus on learning as much from the Word of God as they possibly can.

Pam Cushman said that Pettit chose this theme because many people today choose to spend any extra time on social media and do not realize the importance of spending time with God in prayer.

"When we have a few minutes," she said, "we open up our computers or our social media to see what's happening with other people."

Pettit wants students to reflect on their own lives and consider if they are spending as much time in prayer as they should be.

Society Fundraisers

In the weeks before and during Bible Conference, many of BJU's societies raised money in a variety of creative ways to help fund the new recreational space for students that will replace what is currently the Bruins Shop.

Caleb Harter, a senior business administration major and president of the

Epsilon Zeta Chi Tornadoes, said that instead of holding a 5K this year, the Tornadoes are partnering with their sister society, the Zoe Aletheia Wildcats, in a fundraising event.

Together, the societies plan to sell heart-shaped white chocolate Rice Krispy treats, roses and poems for five dollars in honor of Valentine's Day.

Harter said that planning fundraisers helps society officer crews learn how to work as a team and make events come together.

"It's a bonding experience," he said, "especially this one, because it's benefiting our own campus."

Harter said fundraisers are a great way to bring societies together and get the student body excited for the upcoming Bible Conference.

He said while they should be fun, the primary purpose of these fundraisers is to make money to contribute towards the Bible Conference project.

"If it only makes five dollars, it's a good outing, but it doesn't really accomplish the goal," he said.

This year, the Alpha Omega Delta society is raising money by biking from Greenville to Charleston the weekend before Bible Conference.

Omega will leave on Feb. 8 for the 222-mile bike

ride to Charleston. Many Omega alumni and several local businesses have pledged significant amounts per mile that Omega bikes.

Parker Nye, a junior Omega society member, said that he was excited for this opportunity to raise money for BJU.

"Once a long-standing tradition, Omega is excited to go above and beyond the competition to bring a fundraiser that is both physically challenging and ambitious in scale of donations raised," Nye said.

About 15 to 20 students in the society are biking relay style.

Other events include a volleyball tournament co-hosted by the Beta Patriots and Theta Sigma Chi Colts in the Bob Jones Academy Gym, a speed dating activity hosted by the Tau Delta Chi Kangas the Red Room of the Dining Common, an ice cream bar on the Palmetto Green hosted by the Nu Alpha Phi Flames and a Pura Vida Bracelet sale hosted by the Beta Epsilon Chi Cardinals in the Student Center Mall.

Some fundraisers were so popular last year that the hosting societies chose to repeat them again this year.

The Kangas speed dating activity, for example, is one such fundraiser.

BIBLE CONFERENCE FUNDRAISERS

Roses, Rice Krispies & Reasons I Admire You . . .

Zoe Aletheia and Epsilon Zeta Chi Student Center

11<sup>th</sup>-12<sup>th</sup>

Delicious Coffee

Theta Alpha Chi Student Center

13<sup>th</sup>-14<sup>th</sup>

International Food Festival

Bob Jones Academy Auditorium

13<sup>th</sup>

14<sup>th</sup>

Fudge for Friends  
Sigma Lambda Delta Student Center

Speed Dating  
Tau Delta Chi & Nu Delta Chi Red Room

Ice Cream Bar  
Nu Alpha Phi Palmetto Green

Ultra Fundraiser  
Two Brothers sidewalks around campus

14<sup>th</sup>

14<sup>th</sup>

14<sup>th</sup>

15<sup>th</sup>

16<sup>th</sup>

Wonder: Journey to the Center of the Science Building  
PMA and CBA Science Building

Pura Vida Bracelet Sale  
Beta Epsilon Chi Student Center

Ultimate Frisbee Tournament  
Classics Upper Fields

## »BOWL p. 4

Those questions were then compiled into a uniform list.

Every year Matzko creates new questions and eliminates obsolete questions, forming a unique collection for every game.

"The game, if you think about it, is very much a long line of tweets because [of] its short answers," Matzko said.

Kamron Hamedi, senior premed/pre-dent major, said, "It's basically a way for us to test our knowledge of how well we've learned the infor-

mation presented, especially through the core classes. I just love that academic competition side of it."

This is Hamedi's fourth year competing for his society, Bryan.

"For me it's the challenge: challenging myself to see how many questions I can answer correctly working as a team," Hamedi said. "Because when you're buzzing in, only one person can answer."

Hamedi said the games can get intense.

"It can get very competi-

tive, especially towards the end," he said. "Trust is huge in a Schol Bowl team. You're trusting [your team] to know when they need to buzz in for your behalf."

Hamedi said the games are generally a very friendly environment.

"At the end of the day we're all here to have fun," he said. "We're all still students in this competition."

Anyone can participate in the game through their societies.

"If it's something you would be interested in, talk

to your societies' presidents and let them know that you're interested," Hamedi said. "Even if it's too late to join this year, there's always future semesters where they may need players."

The Bowl has undergone some changes since it first began, primarily in the material covered in questions.

One of the newly obsolete questions is: "What does a lapidary cut?"

Only one out of 10 teams guessed correctly that it cuts stones.

"Students today don't know what students in 1985 knew," Matzko said. "People just teach different things."

Another change in the Bowl is the active involvement of women's societies.

"In the first years there were never any women that were competing," Matzko said. "[In the] first round basically all the women got wiped out."

Although women's societies participated every year, for the first 15 years it was especially rare for any to do well, much less win.

"Interesting things have happened in the last 35 years," Matzko said. "Women's societies are doing better



Schol Bowl teams prepare for a match. Photo: Rebecca Snyder

now than they used to."

Katherine Matesesvac, captain of the Chi Kappa Delta team, said, "I like when people give me weird looks like, 'Where in the world did you know that?'"

Matesesvac said she has never regretted participating.

"Even when I haven't been sure I'm going to win, I still enjoy it," she said. "I get energized on that sort of sus-

pense. It's challenging, but I enjoy it."

Matesesvac said the semifinals and finals are very fast-paced and that watching them is intense.

"I'm usually spazzing in the back," she said. "It's fun to go support, especially if it's your brother's society or your sister's society, or even if you just want to learn random facts."



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## Concert honors Dr. Dan Turner's service at BJU

ANDREW SCHMIDT  
Staff Writer

The Bob Jones University Symphonic Wind Band will present a special concert, "The Best of Times," in honor of the long and impactful career of Dr. Dan Turner, BJU director of bands.

The concert will be held in Rodeheaver Auditorium at 7 p.m. on Feb. 9.

It will feature four guest conductors and 65 alumni, creating a band of about 120 members.

Dr. Bruce Cox of BJU, Dr. Les Hicken of Furman University, Jay Gephart of Purdue University and Captain Joel Dubois, associate conductor of the U.S. Army Field Band, will be the four guest conductors for the concert.

This concert will also premiere a song by Dr. Jess Langston Turner, BJU alumnus and son of Dan Turner, titled "I Know Moonrise."

This concert serves as a sort of send-off for Turner, who retires this year after over 45 years of service in various positions around Bob Jones University and

Bob Jones Academy.

Dr. Turner grew up in Illinois and later Colorado and desired to be a band director from the time he was 12.

Dr. Turner studied music at BJU where he met his future wife, Jamie. When Jamie graduated, Bob Jones Elementary School offered her a teaching position.

In the same year, while Turner was still a senior in college, School of Fine Arts dean Dr. Dwight Gustafson asked him to start a brass program at Bob Jones Academy.

After graduating in 1972, Turner was hired as the official head of BJA's band program.

Turner said, "I had no intention of staying for my entire career in the same place, but that's how the Lord led."

Dr. Turner continued to work at the academy until 1983.

After completing his doctoral studies, Dr. Turner returned to BJU as the director of bands for the University, his current position.

In 1989 he became chairman of music education.

Besides conducting, Turner teaches a variety of

lessons, undergraduate and graduate-level music education courses.

Dr. Turner played with the Foundation Brass, a group of faculty brass players, for many years.

He was also principle tuba for a local symphony orchestra for 27 years.

He conducted the band for a variety of events, including at the funeral of Dr. Bob Jones Jr., an American Red Cross rally during the First Gulf War and at the traveling Vietnam wall, both times it stopped in Greenville.

He has also led the band to play for esteemed guests, including former Vice President Dan Quayle and many more.

The University Wind Band has been on 18 tours in Christian schools and churches across the U.S. in addition to the hundreds of concerts they have played at the University.

Dr. Turner also wrote a fully documented history of Bob Jones University in his book, *Standing Without Apology*, after completing a dissertation on the school's history.

He has been an active member of the South Carolina Band Directors' Association and College Band Directors' National Association.

He was also elected as one of the 380 members of the American Band Master's Association, an organization founded by John Philip Sousa.

Reflecting on his accomplishments, Turner said, "Those are things that God just does. We don't seek reputation or fame; we just every day try and do our utmost in an excellent manner for the glory of God."

Many members of the BJU music faculty studied

under Turner, including current assistant director of bands Dr. Bruce Cox, all current members of the woodwind department and every member of the brass department except one.

Turner has seen these students come to be great teachers in their own right. "It's just been a source of constant amazement to me at what God's allowed," Turner said.

Turner has always been very passionate about the value of his work and of music in general.

He highlighted the value of music to all college students. "Music does things to the heart that nothing else

can do," Turner said. "Music is second only to God's Word in its power to motivate and teach and challenge."

He said that all the music programs at BJU exist to inspire students to the highest level so that they can touch people for the Lord.

Turner said, "If I could challenge the entire student body, I would say, 'Stay involved in music; God will use it in your life and in the lives of others in amazing ways.'"

The upcoming concert is a celebration of God's grace and goodness. The program will include many favorite pieces of Turner from his years of teaching.



Dr. Dan Turner directing a practice of the Symphonic Wind Band. Photo: Rebecca Snyder



# Students join wellness program

KAYLA ROMEISER  
Sports Editor

The School of Health Professions is opening its wellness lab, located in the lower level of the Davis Field House, to the students of Bob Jones University for free personal training and body analyses.

A few weeks ago, an announcement was made in chapel and an email was sent introducing the new Student Wellness Program to the student body. The announcements encouraged students to submit applications to participate in the 10-week wellness program that caters to their specific wants and needs.

Approximately 15 students were selected for the Student Wellness Program, which began at the end of January. The program offers ten weekly meetings and three to five exercise prescriptions, or workouts, per week.

Applicants were chosen based on need. For instance, someone with little gym experience, fitness knowledge or motivation was more likely to make the cut.

Two student-interns, Kim Ranck and Jonathan Gallant, serve as personal trainers for the program.

According to the director of the program and member

of the exercise science faculty, Vickie Britton, both students are well equipped for the job.

"They know what they're doing," Britton said. Both interns are seniors, have had two practicums and taken necessary classes for the job.

The program consists of two "get-to-know-you" meetings and eight fitness meetings. During the first meeting, which occurred the last week of January, the trainers and applicants met to establish a friendly relationship and sign paperwork.

In the second meeting, they met in the wellness lab

and the trainers ran the applicant through a series of body analysis tests.

The interns measured the applicant's fat to muscle ratio on the Bod Pod and oxygen consumption on the VO2max. They also assessed muscle strength and flexibility, among other tests.

After the first two meetings, the trainers and trainees began to meet in the gym once a week for a full workout. These meetings have already begun.

During these sessions, the trainers either encourage the student through an especially hard workout or explain how

to do certain exercises.

Although only 15 of 40 people were selected for the program, the benefits of the wellness center are still available for free to the whole student body.

According to Britton, most other facilities charge a lot of money for the use of their fitness equipment.

In addition to the machines mentioned before, the Wellness Lab offers the use of machines such as the Ergonometer, the Biodex and the Electromagnetic BF scale. The Ergonometer measures cardiovascular health; the

Biodex measures pain, fatigue and musculoskeletal leverage; and the Electromagnetic BF scale records body fat.

According to Ranck, one purpose of this program is to raise awareness of the exercise science program at BJU.

Much about the field of exercise science is unknown to the student body: the machines available for use and the multiple fields into which exercise science majors can go, to name a few.

Another purpose of the program is to allow exercise science students to gain hands-on experience by interning in a

familiar environment.

For instance, Ranck wants to be an orthopedic physician's assistant. Through this internship, Ranck gets the opportunity to learn many practical skills. She gets to learn how to work with different body types and see how best to prescribe exercises.

"It's going to give me a lot of practical skills," Ranck said.

The new program and opening of the Wellness Lab benefit everyone. With the high-end equipment and lab assistants, students are encouraged to pursue their fitness journey to a new level.



Kim Ranck prepares for the wellness program. Photo: Rebecca Snyder



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## SUDOKU

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How are those New Year's resolutions coming along?

Many start the New Year with great intentions to eat healthy. But then Super Bowl parties happen! And intentions start to fade. Keep the momentum going with a salad meal several times a week. Salad is a super way to get your nutrients from some great vegetable choices. Don't wreck all that benefit by overloading on the croutons, dressing and other toppings. Be sensible and get the most out of your salad by starting an awesome creation with mostly dark green leafy lettuce and spinach. Then layer on lots of color—not lots of added calories!

## HEALTH AND WELLNESS TIP

By MELANIE SCHELL





# Beneth Peters Jones

July 19, 1937 Feb. 2, 2019

*Beneth Jones knew how to act. Part of the Classic Players for more than 50 years, Mrs. Jones directed or acted in 24 Shakespearean productions and one Living Gallery at BJU. Her first major role was playing Lady Roxane in Cyrano de Bergerac as a sophomore. Not only did Mrs. Jones win the role, but she won the affection of Dr. Bob Jones III, who was playing Christian. Dr. Lonnie Polson, chair of the Division of Communication at BJU, said that her performance as Queen Margaret in Richard III was not only her last but also her best.*

*Despite the high stress of directing and acting, Mrs. Jones handled the duties with grace. Polson said, "The pressures of directing or acting in a major theatrical production bring out the best and the worst of those who participate. But in the case of Beneth Peters Jones, there was not a worst—only a best." Mrs. Jones was confident enough in her directing ability to bring on young, untried actors and give them a shot—one of those actors being Polson himself. For many alumni, Mrs. Jones was more than the "First Lady" at BJU; she was the face of dozens of 16th-century characters come to life.*

*"What a very sweet testimony of a life lived wholly and consistently for our Savior."*

**Susan Simpson (1981 grad)**



*"She [was] a gifted speaker and an eloquent writer, but her greatest gift to everyone she met—including me—was her kindness."*

**Trisha White Priebe (2003 grad)**

*"If you knew Mrs. Jones, you knew she prayed daily for the University and its students. For 58 years, she served, taught and encouraged students at BJU. As a student body, we acknowledge and appreciate the continuous support Mrs. Jones has shown to us."*

## Student Leadership Council

*Mrs. Jones' impact on BJU students was felt just as strongly in the classroom. Mrs. Jones taught BJU speech classes for 13 years and a class for ministers' wives for 15 years. She also emphasized the importance of etiquette as a part of our Christian testimonies. Kathleen Oloffo, a 1989 BJU grad, said, "Today I was teaching my students how to hold their silverware with a giant fork & knife and thought of Mrs. Jones. We all owe so much to her & her commitment to shape us into adults who were mannerly and gracious. What an example of grace and beauty!"*

*Through theatre and teaching, Mrs. Jones had an obvious impact on the campus of BJU, but her influence spread much farther than Greenville. From her first book Sunshine on the Soapsuds to her most recent Meeting Him, Mrs. Jones wrote 13 books over the course of her life. She also spoke at numerous conferences and meetings worldwide. Dedicated to doing her best, Mrs. Jones would tirelessly tweak and revise speeches to perfectly fit every circumstance and conference.*



*"I am so grateful for her ministry to me as a student at BJU and later as a struggling pastor's wife. She understood the struggles others face."*

**Janice Cox Cline (1981 grad)**

