

# the COLLEGLIAN

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Bob Jones University, Greenville, SC 29614

## Internships prepare BJU students for careers



David Bell interns full-time at Elliot Davis LLC. Photo: David Bell



Lauren Skrade interns at KWO Agency. Photo: Charles Billiu

JEWEL SCHUURMANS  
Staff Writer

Over 360 BJU students are currently interning for academic credit.

These internships range from nursing to cross cultural service to sports management.

Interns are students who train in a specific field, sometimes with pay, depending on the work load and company. For most internships, students begin by handling light tasks and familiarizing themselves with the environment and the way the company runs.

Then, as the student shows initiative and capability, their responsibilities increase, and they gain real

job experience to engage the training they have received in the classroom.

The time commitment for internships varies from 10 hours a week to a full-time job. Internships can be taken both during the academic year for required course credit and independently in the summer for experience or sometimes also for academic credit.

Jane Smith, director of Career Services, said there are several ways students can find internships. If the internship is required for academic credit, the department the student is enrolled in commonly helps students by recommending opportunities.

See **INTERNS** p. 8 »

## Students practice prayer and raise funds

JO ELLEN WALKER  
Staff Writer

This year's Bible Conference theme, "Let Us Pray," was a reminder to all who attended about how powerful and vital prayer is in the believer's life.

In his opening message Tuesday evening, Dr. Steve Pettit emphasized the power of God to break through sin in our hearts and carry us through trials when we cry out to Him in prayer. "Jesus is the consummation of all of God's promises, and when we see Jesus, we see the perpetual defeat of every enemy who opposes Him," Pettit said.

Rev. Aaron Young, pastor of First Baptist Church in Galipolis, Ohio, spoke Wednesday morning, in a workshop Thursday afternoon in War Memorial Chapel and in the service Friday evening. Young spoke on Friday evening about the effectiveness of prayer in believers' lives when they first show forgiveness.

"God's provision for us is our pardon," Young said. "If we're going to pray, it's all based on the forgiveness that we have with Jesus Christ, but if I'm unforgiving, I'm building up a wall between me and God."

Young spoke of his former college roommate, Russ, whom Young found very difficult to live with and whom he treated with disdain. "Instead of ministering to him and praying for him, I preyed upon him," Young said.

After a message on love from Dr. Bob Jones III one evening, Young realized how selfish, proud and unkind he had been to Russ and sought his forgiveness. Unbeknownst to the audience, Russ was waiting backstage during the message. Young invited him on stage to close the service in prayer. It was a powerful reminder of God's ability to restore broken relationships and the power of forgiveness.

Rand Hummel, camp director at The Wilds of New England, spoke Wednesday evening, in a Thursday afternoon workshop in Rodeheaver Auditorium and in the Friday morning service.

Hummel encouraged students to refuse to be part of the 60 percent of college students who walk away from God as young adults.

Hummel said we must learn to love biblically, trust implicitly and pray fervently. "If you love God, you're going

to obey Him," Hummel said. "If you love you, you're going to do what you want to do, regardless of how it impacts your family or your God."

Hummel led a unique chapel Friday morning devoted entirely to praying through 1 Corinthians 13:4-7. He divided the session into three

parts: personal confession, praising God and praying for God to put this kind of love in ourselves and others.

Rev. Armen Thomassian, pastor of Faith Free Presbyterian Church in Greenville, spoke in the Friday afternoon service on the relevance of prayer and fasting for believers today.

Other speakers at the conference were Rev. Alan Benson, vice president for Student Development and Discipleship at BJU, evangelists Tom Farrell and evangelist Harold Vaughan.

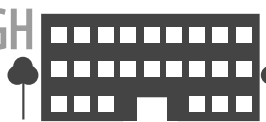
During Bible Conference week, many students led prayer sessions across campus. At 8


a.m. on Wednesday, students gathered in front of Rodeheaver Auditorium to pray for God to work in their own hearts and in the hearts of others during the upcoming services.

Students were encouraged to write prayers modeled after Matthew 6:9-13. These were

See **CONFERENCE** p. 3 »

### TOP FIVE STUDENT FUNDRAISERS

RESIDENCE HALLS THROUGH VARIOUS FUNDRAISERS  \$8742.93

\$7000.00  ALPHA OMEGA DELTA LIONS' 223-MILE BICYCLE RIDE

USHER ACTION  \$3350.00

\$904.90  KANGAS' AND VIKINGS' SPEED DATING

CAVALIERS' AND BANDITS' DONUTS AND HOT CHOCOLATE  \$792.45

Design by Christiana Williams

## COLUMN



DANIEL QUIGLEY  
Staff Writer

I don't always like doing things with others.

Now, don't avoid doing a group project with me or worry about my social health. I know how to work well with others, and I love the people I've befriended during my time at the University.

I just prefer to do some things by myself.

I worked on a couple of projects for a video class second semester sophomore year. Although asking for help removes some of the burden on my part, I filmed the projects myself.

I can do things on my own, but that's neither the easier way nor the way things were meant to be.

The Bible states multiple times that man needs companions. In Genesis, God gives Adam a wife, recognizing that it is not good for man to be alone. Furthermore, in Ecclesiastes, if two work together, they can help each

See **COLUMN** p. 3 »



COMIC: MAX BURAK

### The Collegian Editorial

## 7 professors confess side hobbies you won't believe (number 6 will shock you)

Have you ever run across a click-bait headline like the one above? If you have ever used the Internet, then chances are high that you've run across a headline that says something like "This new Greenville law has drivers furious" or "This tiny Greenville company is disrupting a \$500 million business."

These types of articles are often little more than fluff designed to keep you clicking through the internet. And it works. How many times have we clicked on a headline to be disappointed by what was beyond the attention-grabbing, and sometimes false, headline?

Surely, after being on the internet for so long, with many students having grown up with Google, people would navigate away from these empty articles. But we don't; Jayson DeMers, a Forbes magazine writer, gives four reasons we are drawn into these stories.

First, clickbait taps into your

curiosity. The wording gives just enough to tempt us but not enough to satisfy. Second, clickbait works on our emotions. The wording promotes humor, disbelief or anger to come. Third, clickbait encourages exclusivity by touting that only 1 in 100 people can (fill in the blank). Lastly, clickbait presents a challenge for the reader with wording like, "You'll never guess what happens."

Essentially, clickbait taps into our nature—curiosity, emotion, the desire to be unique and the desire to be correct. These traits are in all humans, and by hijacking these traits, websites make cash and send users down a rabbit hole of internet indulgence. The goal of clickbait isn't to inform you but to keep you scrolling through sites until it's 11:50 p.m., and you have a quiz due at midnight.

So, how can you avoid this trap and be more productive when using the internet? And

how can you spot articles that are both credible and, well, true?

First, check the source. Similar to the real estate slogan of "Location, location, location" and the exegesis slogan of "Context, context, yaaaaay context" is the internet-scanning slogan of "source, source, source."

Traditional pillars of the journalism world (Fox News, CNN, CBS, *The Wall Street Journal*, *The New York Times*, *The Collegian*) may have bias in them, but they don't typically post outright, clickbait lies, like the death of Sylvester Stallone that turned out to be a hoax.

Some websites even use legitimate sounding names, like *cnn-trending.com*, to entice readers. So be careful about your source; otherwise you will be reading internet fluff with no substance.

Second, be wary of headlines. While even reputable sources try to make their head-

lines as exciting as possible, an unfamiliar site with a headline like "Sylvester Stallone dead at age..." should be treated with caution.

Third, consider multiple sources. If the news is truly earth-shattering, not just one website is going to cover it. When doubt starts to creep in, Google the article. Hoax articles are usually denounced quickly. But most readers never search for more information once they read a single article. They accept it as truth. So, don't be fooled. Find multiple sites that are covering the story.

Be careful about what you read. Many sites are devoted not to informing you but rather to wasting time and gathering clicks, like the Sylvester Stallone hoax. Take precautionary steps and use your precious time wisely. After all, everyone will one day be accountable for even time spent on the internet.

### the COLLEGIAN

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Greenville, SC 29614-0001  
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# TALKBACK

If you could dis-invent something, what would it be?



senior  
JONATHAN BRYDEN  
"Script for Star Wars Episode 8."



freshman  
BLAIKE DOYLE  
"The Snuggy."



sophomore  
NEVA JACOBSEN  
"Skittles."



junior  
BRANDON BUCHANAN  
"Internet Explorer."



»COLUMN p.2

other up if they stumble. But most importantly for me, the Bible states that we shouldn't live the Christian life alone.

After coming to Christ at 13, my spiritual growth flourished in private study and reflection.

While I attended prayer meetings, asked advice from mentors and befriended strong Christian friends, I never developed relationships that really focused on building each other up in Christ.

This past summer, I joined my dad's Bible study

group. As the sun slowly rose outside our Starbucks meeting room, we read through a passage together.

I was struck by the bond those four guys formed over their many years of meeting together.

One morning, an absent member called the group and asked for biblical advice involving a family conflict.

Although I could always approach my dad, a pastor, a counselor or a friend with a question, I didn't have a similar core peer group set up to go to for advice, encouragement and admonition the way my Dad's group had.

Then, part way through last semester, I joined with three others in my major, cinema production, to meet briefly once a week to pray and encourage each other.

As we continue meeting this semester, we hope to go deeper by checking on each other's Bible reading and personal struggles.

I used to wrestle with 2 Timothy 2:22, where Paul exhorts Timothy to flee from youthful desires. It annoyed me to an extent. In my struggle with sin, am I just supposed to flee? Is there no other tactic than sprinting away from

wrongdoing?

Running forever with no discernable goal tires everyone out eventually.

But that verse doesn't end with that admonition.

We're not just supposed to escape from sin. And we're not just sup-

posed to put on good attributes instead.

Paul tells Timothy to run from sin and pursue Christ with others who rely on the Lord with pure hearts.

Fleeing sin, pursuing Christ and going through

life was never supposed to be a solitary thing.

While I "can" live my Christian life by myself, God never intended me to. He's made it clear that I need to rely on Him first and then rely on others and let others rely on me.

»CONFERENCE p.1

written on sticky notes that were then put on windows in the Student Center Mall.

Signs at 10 designated prayer stations around campus suggested specific industries or groups for students to pray for as they walked along a route. The route started at War Memorial Chapel, moved to the Alumni, Seminary and Science buildings, Rodeheaver Auditorium, Grace Haight Nursing Building, the Museum and Gallery and ended at the Executive Offices. Many students also led prayer groups in the residence halls.

Pettit announced on Friday evening that the current total for all fundraisers was \$62,017.29. He also gave several top contributors to this num-

ber, such as the Alpha Omega Delta Lions' 223-mile bicycle ride from Greenville to Columbia, which raised \$7,000.

The Tau Delta Chi Kangas and Nu Delta Chi Vikings raised \$904.90 with their tropical-themed speed dating activity. Participants filled out a card with their top dates, and the hosts sent messages to eight couples who had matching top dates.

The Chi Alpha Pi Cavaliers and Theta Mu Theta Bandits raised \$792.45 selling doughnuts and hot cocoa.

The International Student Organization raised \$600 at their international dinner in the Bob Jones Academy Auditorium.

Cassia Moitra and Andrew Peterson said Friday that the residence hall students raised \$8,742.93 through various fun-

draisers. "Students have given of their time to flip burgers and pancakes, blend smoothies, sell clothes, deliver doughnuts, sear steaks, assemble ice cream sandwiches, serve nachos and sell T-shirts," Moitra, a senior nursing major said.

Peterson, a senior Christian ministries major, said there will also be a three versus three basketball tournament in March for the student body to attend.

The funds for the new student space have not yet been fully raised, but Dr. Pettit said he believes God will provide.

"He owns the cattle on a thousand hills," Pettit said. "And He's got at least three or four cows out there waiting for us, so we will continue to pray and ask God to provide."



GO

follow

our new *Instagram* account  
**@thecollegianbju**  
for exclusive photos and weekly highlights!



Young preaches during the conference. Photo: Derek Eckenroth/ BJU Marketing

A Week at a Glance

Saturday

23

Nursing Banquet honors seniors

The Senior Nursing Banquet will take place in the Davis Room of the dining common on Saturday, Feb. 23, from 5:30 to 7 p.m. This banquet will honor seniors who are graduating this year. Some of the nursing professors will be speaking at this event, and students can watch a video of different memories from the senior class.

Saturday

23

BJU Golf vs. Georgia Southwestern University

The BJU men's and women's golf teams will compete at Doublegate Country Club in Albany, Georgia, at the Georgia Southwestern University Hurricane Invitational this Monday and Tuesday, Feb. 25-26.

Monday

25

School of Business Update

On Monday, Feb. 25, students can go to the Kalmbach Room of the dining common to eat lunch with faculty and leadership in the School of Business. Faculty will give more information about the new programs starting within the school, a paralegal studies program and a new concentration in entrepreneurship. This will take place from right after chapel on Monday until 12:45 p.m.

# Greenville libraries are Gr-r-r-reat!

ANDREW SCHMIDT  
Staff Writer

Many college students may not see a need for public libraries in this digital age, but the Hughes Main Library in Greenville has much to offer those interested in browsing its extensive collection of materials.

This library is located at 25 Heritage Green Place near the Greenville County Art

Museum and the Children's Museum of the Upstate.

It is referred to as the "main" library since it is the central library in the Greenville County Library System, which includes 11 other locations.

The Hughes Library is by far the largest and most impressive of them, and it is only about a 10-minute drive from campus.

This spacious, modern

two-story building's exterior surfaces are primarily covered with large windows, providing ample natural warmth and lighting. The library offers a variety of seating options for reading, working and studying, including armchairs, desks and tables.

And patrons need not worry about hunting around for a good spot, since there

See **LIBRARIES** p. 6 >>

## FAST FACTS



Combined total of 3.29 million items were borrowed from all 12 branches.



Over 283,000 individuals are registered borrowers.



Approximately 1,600 items were added to the collection each week.



Over 1.6 million people visited Greenville Library System.

Statistics are totals from 2017 (greenvillelibrary.org)



70,000 new books were added in 2017. Photo: Charles Billiu



Phillis Wheatley  
1753-1784



Benjamin O. Davis Sr.  
1880-1970

Richard Allen  
1760-1831



## BENJAMIN O. DAVIS SR.

CHRISTINA LAIRD  
Editor

Benjamin O. Davis Sr., the first African-American general in the United States Army, was born in Chicago on July 1, 1877.

After graduating from Howard University, Davis joined the military at age 21 in 1898. He started as a volunteer during the Spanish-American War, and soon became second lieutenant in the regular army in 1901.

He constantly had to battle segregation, and he sought to eradicate this prejudice from the U.S. military.

While Davis was in command of some troops, his superiors avoided putting him in charge of any white troops and officers.

In 1930, although Davis became the first black colo-

nel in the army, his appointment was still thought of as "temporary" because he was black. Many other promotions were also "temporary" just so he wasn't ever actually in control over anyone who was white.

In 1940, Davis was promoted to brigadier general by President Franklin D. Roosevelt, though some speculated that FDR did this only because he needed more black votes in the next election.

However, others realized Davis' merits. Besides organizing the 99th Pursuit Squadron, the first completely African American air unit, Davis flew more than 60 combat missions over the course of the war and was promoted to colonel.

With his success commanding his troops, he was asked

to be a professor of military science and tactics at Wilberforce University in Ohio and at Tuskegee Institute in Alabama.

During his 40 years of military service, David returned several times to these two universities to teach others, and he also advised on African-American issues in Europe, resulting in a limited integration of the forces in Europe during World War II.

After serving for 50 years, Davis retired in 1948 with a Bronze Star, Distinguished Service Medal and a Silver Star.

Davis was also a four-star general, the highest rank in the U.S. military. After his retirement, he advised on racial discrimination for the military.

For more information, see [britannica.com/biography/Benjamin-O-Davis-Jr](http://britannica.com/biography/Benjamin-O-Davis-Jr).

## Students engage in Good News Spectacular outreach

SAMANTHA VEIRA  
Staff Writer

Dozens of Bob Jones students plan to volunteer at the Good News Spectacular event tomorrow at the Greenville Convention Center.

The Good News Spectacular is an event put on by the Child Evangelism Fellowship. CEF is a program that strives to share the Gospel with children in public schools across the country, including Greenville, Anderson, Oconee and Pickens counties.

In 2018, over 8,000 children attended the program and 590 of them made a profession of faith. CEF is the only opportunity that many of the children have to hear the Gospel.

After school, CEF takes buses to local public schools, picks up children with signed parental permission slips and drives them to nearby churches for games, activities and Bible teaching.

The Good News Spectacular is a celebration festival for children who regularly attend CEF programs as well as any

friends or parents they may invite. The Good News Spectacular is put on as a fun event free to Greenville families where children and parents alike can enjoy themselves and be exposed to the Gospel.

Jordan Baun, the Center for Global Opportunities coordinator of outreach and evangelism, said, "Their goal is to yes, have them come and have a good time, but also to give them the Gospel."

A large portion of the staff for the Good News Spectacular

See **SERVICE** p. 6 >>



The Good News Spectacular reaches thousands of people. Photo: Kayla Pierce



# A+D



Matthew Rushing works on project in Sargent Arts. Photo: Rebecca Snyder

“At the beginning of Genesis, we have this generous invitation to join God in His creative work by unlocking the potential that God has already built into His creation in the systems and structures as well as the materials and animals. When we cultivate the earth, when we make and maintain, we are living into the plan God had, and we are leaning into our image-bearing.”

-Michelle Radford, faculty member in the Division of Art and Design

This philosophy is reflected in the Division of Art and Design programs and in the nearly 200 students who are pursuing degrees in this division.

Each student, as a freshman, chooses which of the four majors in the division they would like to pursue: studio art, graphic design, fashion design or interior architecture and design. As they progress in their respective majors, students grow in their knowledge of their areas of study and themselves.

Graphic design is focused on teaching students how to create work that connects with people visually and emotionally. Students also study the fundamentals of art and the software used to create graphic design.

Luke Gonzales, a senior graphic design major, described his major here at BJU as a program that helped him grow in his technical skills, knowledge of the field and thought processing. He said the best part of his major is his professors.

“They have so much knowledge of the field, and their goal is to see us as students thrive,” he said.

Gonzales said he has worked on many different projects throughout his time in graphic design. He said a lot of planning and research goes into each one. “Projects can vary from a simple brochure to a complex app,” he said. “No matter what you’re designing, it needs to effectively

communicate the desired message.”

Gonzales is utilizing his experience with projects as he interns for Jackson Marketing. “I am really enjoying what I am currently doing at Jackson and would love to work at a marketing firm,” Gonzales said.

Studio art is the second largest major in the Division of Art and Design. The program is designed to grow students in their knowledge of and their ability to create art.

Ambrose Rouse, a senior studio art major, said his chosen program of study is filled with diversity. “In studio art you take classes in a wide variety of media and styles while also being able to narrow your focus to one medium,” he said. “Some of the classes offered are oil painting, watercolor, advanced drawing techniques, figure drawing, illustration, sculpture, and printmaking to name a few.”

Rouse has finished his senior art show, 16 pieces of photolithographic prints which were put on display on Feb. 22. He said he enjoyed creating each one. Rouse also said he has never regretted majoring in studio art because it has grown his relationship with the Lord.

“I have grown as an artist, and I even met my fiancée in the art and design program,” he said.

Fashion design, in contrast to graphic design, is the smallest major in the division. Students take classes on a variety of subjects like home business and fashion retail.

Allyson Carl, a senior fashion design major, first became interested in fashion design when she visited some classes in the program here at BJU as a senior in high school. “I loved what I saw and knew that was the major for me,” she said.

Carl described some of the main courses in fashion design as classes on apparel construction and apparel design. She said she has taken three of each.

She also described other classes on textiles, fibers, fashion illustration, as well as several classes on the foundations of art. “I was able to learn how to make a suit jacket, construct a wide variety of garments, create patterns for clothes [and] design an original line of clothes,” she said.

Carl said she has juggled many projects throughout her four years at BJU, which included sewing and patterning garments and writing on current fashion runway trends. “The projects are pretty hard, but they allow you to really practice what you’ve been taught,” she said.

Carl is using her knowledge to create original collections for a class project. She said she is thrilled to be using her talents. “I really enjoy the process of picking the inspiration, starting to sketch, picking colors and fabrics,” she said. “I just love everything about it and being able to see the collection come together.”

Interior architecture and design is fourth major in the Division of Art and Design. The programs instruct students on how to participate in architecture and design teams to create smart environments in various professional settings.

Bekah Griffith, a senior interior architecture and design major, said her major is so much more than picking out paint colors, pillows and curtains. She said students in her program learn to decorate rooms, follow specific codes of building such as how many water fountains

should be on each floor and how to choose the correct building materials for different kinds of building projects.

She said as a freshman she spent many hours sketching blueprints by hand, but as she progressed in the major, she took applications classes that involved computer programs. “[The computer programs] allowed us to build models and make them look like real photos, so that we can give our clients a good idea of what their space could [and] will look like,” she said.

Like all the other majors in the Division of Art and Design, Griffith said interior architecture and design is project intensive. “Projects range from hand drafting floor plans, to building realistic models on the computer,” she said. “They are time consuming and take a lot of patience. Time management is key, and you learn to become very disciplined and efficient.”

Griffith said interior architecture and design is a very precise but also a very creative major. She is enjoying working on two different projects and is excited to see where the Lord will lead her in the future.

Radford summed up the goal and motivation of the Division of Art and Design, saying, “It’s really no wonder art and beauty bring us such joy—both in making and observing—this is directly in line with what God created us to be and do.”



Student makes headway on project. Photo: Joanna King



## »SERVICE p. 4

lar are volunteers. For three years, CEF has partnered with Bob Jones University to give students the opportunity to volunteer. This partnership operates through the Center for Global Opportunities.

One role of the CGO is to spread the Gospel locally. “The goal is for students to have opportunities to be able to do outreach in an avenue that they would be interested in,” Baun said. “It’s a fantastic opportunity especially for people that want to teach or work in public schools.”

In 2017, over 300 Bob Jones University students

volunteered. The Good News Spectacular will be broken up into two shifts for volunteers, with a morning shift going from 9 a.m. to 12:30 p.m. and an afternoon shift going from 12:30 to 4 p.m.

Bob Jones University will provide bus transportation to and from the event for volunteers. Prior to the event, all first-time volunteers must go to one of two training sessions or watch a training video to prepare them for their responsibilities.

Once they arrive, students are assigned to stations such as bounce house monitoring, face painting or helping kids make silent Gospel bracelets.

Students receive additional training for their job assignments from a CEF worker before the children arrive.

Ashley Lowery, a senior health sciences major, is planning to volunteer this year. “I think it’s a good opportunity for simple community service as well as reaching people for Jesus,” Lowery said.

Paula Jones, a junior elementary education major, volunteered last year. “I’m looking forward to getting to see how happy the kids are and just how I can be a part of that,” Jones said.



Hundreds of BJU students volunteer for the event. Photo: Kayla Pierce



Students can serve in a variety of ways. Photo: Kayla Pierce



Students interact with children from the community. Photo: Kayla Pierce

## »LIBRARIES p. 4

are usually plenty of seats open at any given time.

The library’s interior contains many objects of aesthetic interest. These include paintings and sculptures from local artists, doll houses in the children’s sec-

tion and a large and accurate spinning globe sculpture.

In addition to supplying an interesting and quiet place to relax, the library also offers a variety of free resources, including free wi-fi, a large computer area with public printer/copiers and, natu-

rally, two floors full of books, periodicals and digital media.

The Hughes Main Library’s extensive catalog includes new releases, classics, nonfiction, a multilingual section and a children’s section.

Those interested in getting a library card to use at the Hughes Main Library and elsewhere in the Greenville County Library System need only to present a form

of identification. You do not need to be a South Carolina resident to be eligible.

Cardholders can check out library resources for three-week periods. They may also use the app Hoopla to check out digital copies of library resources on their electronic devices.

The library also offers food service at the Reggae Café, a small Jamaican restaurant

inside the building. The café offers drinks, an all-day breakfast menu and lunch options.

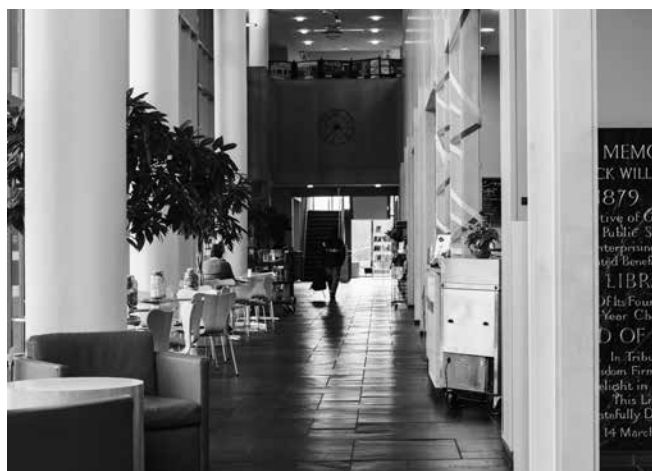
The library hosts a variety of programs regularly, including workshops for various art media, software training workshops and “adulting” workshops that educate adults on relevant skills such as tax filing and tax information. These programs are typically free but require registration in advance.

The Hughes Main Library is open from 9 a.m. to 9 p.m., Monday through Thursday; 9 a.m. to 6 p.m. on Friday and Saturday and 2 p.m. to 6 p.m. on Sunday.

Parking is available in the upper level of the adjacent Heritage Green parking lot. Parking costs 50 cents for 30 minutes on weekdays and is free on the weekends and after 5 p.m.



The Hughes Main Library is just 10 minutes from campus. Photo: Charles Billiu



The library offers plenty of seating for people to enjoy. Photo: Charles Billiu



Even out-of-state students can borrow books from the Greenville County library system. Photo: Charles Billiu



Spotlight: Katherine Ring trains Bruins teams

KAYLA ROMEISER  
Sports Editor

There is a woman who drills volleyballs directly at her opponent. She is the same woman who simultaneously inspires and intimidates everyone in the gym. She has also achieved fitness levels men and women alike aspire to have. This woman is Katherine Ring.

Ring’s life could be described with one word: busy. As an 18-year-old junior, Ring oversees weight training for both the Bob Jones University Bruins women’s soccer and volleyball teams as well as plays for the volleyball team.

Her schedule is packed and planned out hour by hour with school, meetings, work and athletic and weight training.

She also plans to pursue active military service with the United States Marine Corps in the spring of 2021.

But Ring chose a different word to describe her life: redeemed. “That’s honestly the best word I could use, because that’s the only reason I’m even here today and able to share my story,” Ring said.

Ring, like so many others, struggled throughout her late teenage years with the side effects of being bullied.

She sat out from school for a year to figure things out, and during this transition Ring found her escape in exercising. She began running every morning and



Ring has played for the Bruins’ volleyball team since her freshman year. Photo: Hal Cook/ BJU Marketing

working out at home with her own equipment.

For her junior year of high school, she returned to Bob Jones Academy and began lifting weights there—two hours in the gym, every day after classes.

In the fall of 2017, Ring began attending Bob Jones University. She recognized her passion for fitness and people when she got to the University.

Her dad, Dr. Neal Ring, always told her to use whatever strengths God gives as a platform for ministry, and because exercise has been such a big part of her life, she wants to use it for her ministry to God.

Ring joined the Bruins women’s volleyball team and coincidentally was able to build a relationship with the team’s strength and conditioning trainer.

Through this relation-

ship, Ring realized the impact a personal trainer can have on her trainees. She began to focus on using personal relationships through fitness training to minister to others.

A couple of opportunities came to Ring at the close of 2018. Before Christmas break, head volleyball coach Vickie Denny approached Ring and asked her if she would be willing to train the team in the weight room. Ring agreed.

In a similar situation, head coach Chris Carmichael of the women’s soccer team requested a strength and conditioning trainer for his team during the spring season. Ring was recommended for the position, and she agreed to take on another team’s strength and conditioning training.

Over Christmas break, Ring put in many hours

reading and studying to create a fitness program for the volleyball team.

She created the volleyball program with workouts to strengthen specific muscles necessary for volleyball. For the soccer team, Ring uses an app that already provides soccer-specific workouts.

Ring also pieced together base-line tests for each team to measure current strength, speed and agility. These she came up with on her own, using the knowledge she gained from research.

Ring spends many hours developing her relationship with the teams during workouts.

On a given week, she spends six hours in the gym

training the teams and making sure their forms are correct. However, this gym time does not count the hours she puts in for her own strength training as she prepares for the Marine Corps.

Since freshman year in high school, Ring’s dream has been to serve in the Corps. However, entry into the Corps has been hard because of the medical waiver from her high school depression and anxiety that needed to be approved. Every board she submitted the waiver to denied it, despite the approval from her psychologist and counselor.

But God sent help. Through the process, Ring met high-ranking military personnel who helped her along the way. Her major, a colonel and a general all helped get Ring approved for service.

Whether she is able to follow her dream and become a strength and condition trainer for the Marines or whether she becomes a personal trainer at home, Ring knows she wants to use fitness and athletics to invest in those around her.

Ring has seen how exercise reveals one’s true self. She knows that true character shows when the body is exerting itself and pushing itself to become better.

“Exercise can build people up and show them where they’re weak so they can become stronger,” Ring said.

Through trainer-athlete relationships, Ring wants her life to show that something is different. She knows that investing time to make someone better speaks volumes, and she wants to be the one to point her trainees to Christ.



Ring received an All-American award in the 2018 season. Photo: Carter Henderson

SUDOKU

9	3			6				2
	5				4			
4							3	7
	9			8		5		
2		3			6			
7		6	3					
3	8	9	4		5	1		
1			6		2			

Plants on your plate!

Ready to add more plants into your meals? Now what?

How about stir fry with lots of colorful veggies and brown rice or a wrap layered with hummus and whatever is available from the salad bar.

Soup is another great option—so many possibilities for delicious and filling creations!

Lean animal proteins need not be totally off the plate—there is plenty of research evidence suggesting health benefits from simply reducing your consumption.

It takes a different mindset, but think about foods such as beef, chicken and fish as a side dish, with plants filling the majority of your plate. Your future health will thank you!

HEALTH AND WELLNESS TIP

By MELANIE SCHELL







Senior Ian Dyke has completed two internships already. Photo: Charles Billiu

## »INTERNS p. 1

If the internship is not required but is a personal interest, the Career Services office has resources to help students find what they need, including contacts to take advantage of in the community.

All students can also access the online job board Career Central, where employers post internship opportunities.

"Internships can give students experience in their field of study and an opportunity to network with professionals in their field of study," Smith said.

Nationally, 50 percent of

students who do an internship are offered a job at the same company. "At BJU, that percentage is even higher," Smith said. "[I] encourage all students to think about an internship during their university years."

Lily Simmons, senior journalism and mass communication major, said she is looking forward to gathering work samples for her portfolio at her internship at WYFF TV.

"In journalism, [a portfolio] is basically your resume," Simmons said. "You show them a video of [yourself] doing different standups or

interviews and that shows them what you can do."

Although students can add class projects to their portfolio, an internship offers the opportunity to add more and better material. "I have a few class projects that are in my portfolio, but you get better with time," Simmons said. "Now I have better skills and they have better cameras."

In addition to giving her real-world experience, Simmons said her internship has defined her interests and solidified her desire to be in that field.

"I love just talking to everybody on the job, getting advice, just learning things I didn't know about the job [and] figuring out I really do want to do this," Simmons said. "Because you can't really know until you experience it."

Lauren Skrade, senior graphic design major, began an internship at ZWO Agency at the beginning of the 2019 spring semester. She said BJU prepared her

very well for her internship.

"The graphic design program has really prepared me for real life application," Skrade said. "It's the same process: you have a deadline, you have to get it done by the deadline [and you can] ask questions along the way."

Although certain degrees require internships, they are also available for other students just wanting hands-on experience. Ian Dyke, senior English education major, has completed two summer internships already and is considering a third for this summer.

Dyke said many college graduates will have done two to three internships by the time they have a degree.

"The more relevant work experience, the better, because it's showing that other people thought you were desirable," Dyke said. "If you graduate from college and you've never had a job, people are going to look at you a little like, 'What have you been doing

this whole time?'"

The amount of participation possible in an internship is usually directly tied to how proactive the student is.

"You have to be careful," Dyke said, "because if you don't show that you're serious or that you want to keep taking on responsibilities, you end up being someone that makes copies and gets coffee, [but] if you impress people, internships can easily be turned into jobs."

David Bell, a senior ac-

counting major and full-time intern at Elliot Davis LLC, said that the future employment opportunity in an internship creates a great witnessing environment and a great way to make personal connections with others.

Bell said he shares his faith with his coworkers by making his lifestyle be a testimony to God.

"The most enjoyable thing has actually been not the accounting side, but the personal side," Bell said.



Lily Simmons interns at WYFF TV. Photo: Charles Billiu



Presidential teams sing special during the conference.



Rand Hummel gives a powerful message on prayer.



Students worship God during the conference.



Dr. Pettit and his team play at the conference.



Ushers collect the offering at Bible Conference. All photos: Robby Jorgensen