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BJU hosts Siberian Dance Company

11/08
2019



The National Dance Company of Siberia will be the third artist series this semester. Photo: Submitted

Joanna Scoggins
STAFF WRITER

The cold winds of Siberia are blowing in a night of history, culture and dance like no other at Bob Jones University with the performance of the Krasnoyarsk National Dance Company of Siberia on Nov. 12 for a one-night Concert, Opera and Drama Series program.

Dr. Darren Lawson, dean of the School of Fine Arts and Communication, said he discovered the company at the Association of Performing Arts Professionals conference in New York.

Lawson said BJU had a similar group perform in 1999. "It was so successful [in 1999]; the audience just loved it," Lawson said. "Every

See **SIBERIA** p.4 »

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THE WEEK

New chapel sections

Keep an eye on your emails to see where your new chapel section assignment is. This will be the last chapel switch of the semester.

Preregistration activities begin

Second semester preregistration activities begin this Monday, Nov. 11. Log into StudentCentral to preregister for next semester.

Artist Series

On Tuesday, BJU will host the Krasnoyarsk National Dance Company of Siberia for the third Artist Series of the semester. Check out this week's article for more information.

BJU study abroad meeting

Dr. Mary Mendoza will present and answer questions about the summer study abroad to Israel and Palestine. The meeting will be in FA 101 on Thursday at 8 p.m.

Division of Nursing receives professional accreditation

Katie French
STAFF WRITER

The Division of Nursing in the School of Health Professions has officially received professional accreditation. Nursing degrees were previously accredited through the University's institutional accreditation but are now also accredited by the Commission on Collegiate Nursing Education.

Following the submission to CCNE of an in-depth self-study of BJU's nursing program, a CCNE site team was commissioned to visit campus this past April to evaluate the quality of the University's nursing program.

See **NURSING** p.6 »



The nursing program is currently located in Grace Haight. Photo: Charles Billiu

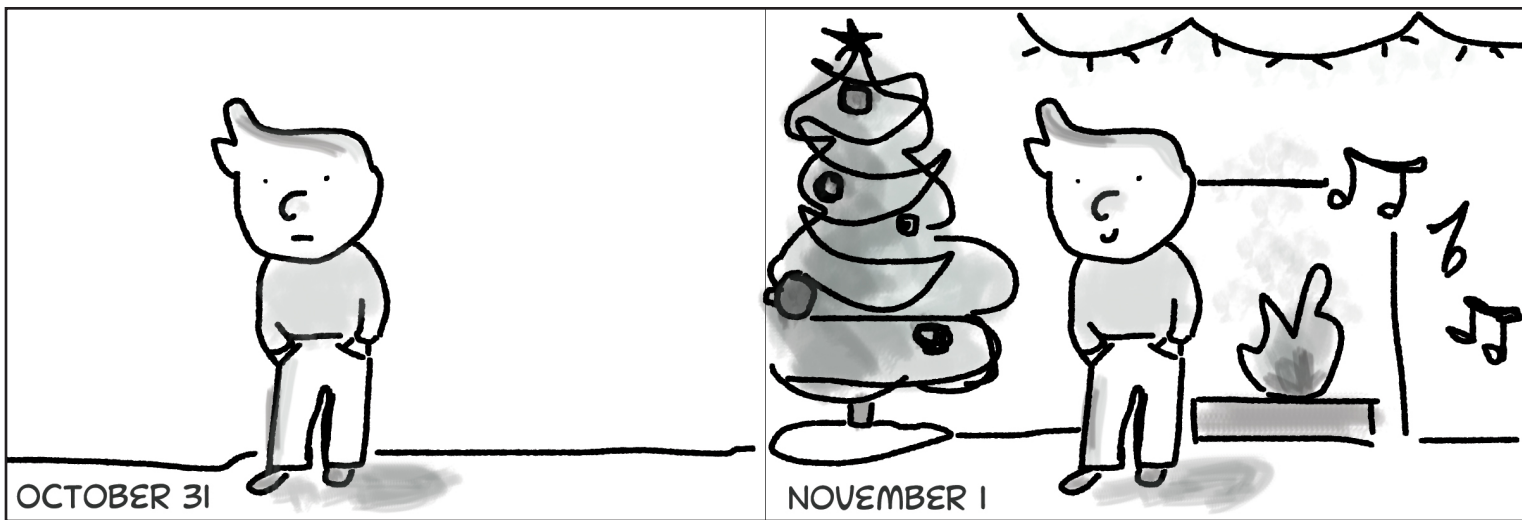
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Student opinions on society, life group changes

Golf, shooting team updates

Port City Java

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Comic: Hanna Buckland

The Collegian Editorial

Kanye West: Convert to Christianity?

"I am a recent convert. It means I recently got saved within this year."

When Christians hear these words, or ones like them, they usually rejoice because it means someone accepted Jesus as their Savior and became a follower of God.

But when these words came from the mouth of Kanye West, controversial and outspoken rapper known for his expletive-filled lyrics and God-complex, Christians are skeptical. They wonder, did this man really come to know Jesus?

West isn't the first celebrity to announce faith in Jesus, but his actions up to and following this statement that he is a recent convert have been surprisingly different than many other celebrities' revelations of a newfound faith.

For one, West recently released a completely gospel-centered album, "Jesus is King," and he announced that he will no longer write and perform secular music.

His new album contains explicit references to Scripture and his conversion, and he even asks people to pray for him.

In addition, West has recently asked his wife to dress more modestly, has told people not to swear around him and has led "Sunday Service events" since the beginning of this year that focus on worship music and bringing a short sermon to various crowds.

He's been discipled by a pastor at Placertia Bible Church since August. West also says he reads his Bible before going to bed.

Any way you look at it, this looks and feels like a sinner excited about conversion to Christianity.

But many Christians are skeptical because of his past.

Some wonder if West only turned to Christianity after the backlash he received when he endorsed President Donald Trump. Some assume it's simply a publicity stunt and yet another example of West's polarizing comments and views.

At first glance, it appears that we have just two options: reject West or accept his testimony of salvation.

But in reality, it's not up to us to decide if West is a Christian.

Think of Saul's conversion in the New Testament. Saul, now Paul, says he was the chief of sinners and the least of the apostles. Saul was a persecutor of Christians, and he stood by and held the coats of Pharisees while they stoned Jesus' followers.

Christians in the New Testament were skeptical then, too, when Saul suddenly changed his name to Paul and began proclaiming Jesus as Lord. They were skeptical of this sudden proclamation because of Saul's reputation.

Sound familiar?

It is counterproductive to spend our time deciding if West is a Christian. Who are we to judge someone else's salvation, something that only God can see in the heart? And think how devastating it would be if we rejected West because of his very past that he was trying to turn away from!

The real question here is how Christians should react. Instead of quibbling over West's salvation, here are a few things to consider.

If Kanye West is a new believer in Christ, we should celebrate; the angels in heaven would be.

And we should respond in love toward him. Every Christian walked away from a life of sin when they chose to follow Jesus; some of our sins just seem more prominent than others'.

We should also rejoice that more people are asking big questions about God and faith because of West's new album and actions. This is a different audience than most of us in Christian circles can reach—people who might never step foot in a church—and they are becoming curious about Christianity.

However, we must remember that West is not the example we should follow or put upon a pedestal; that should be God. We shouldn't be looking to West—or, for that matter, any other famous person who is a Christian—for our example of how to live our Christian lives. Only God.

Lastly, we should pray for him. West is a sinner, just like the rest of us, and he is bound to stumble in his walk with Christ if he truly is a believer. But as a celebrity in the limelight, skeptics and critics will be more able to ridicule him if he stumbles.

We should pray for him, and we should pray that the power of the Gospel will reach more lives.

Editor-in-Chief

Seth Johnson

Content Editor

Christina Laird

Staff Writers

Anna Grace Casillas

Katie French

Callie Parker

Daniel Quigley

Andrew Schmidt

Joanna Scoggins

Sidney Seiber

Olivia Thomas

Photo Editor

Charles Billiu

Photographers

Robby Jorgensen

Andrew Pledger

Chris Harmony

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Troy Renaux

Staff Designers

Hanna Buckland

Ben Clemons

Sam Hixson

Comic Artist

Hanna Buckland

Web and Social Media Editor

Hannah Davis

Advisers

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Lewis Carl

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Ad Manager

Jonny Gamet

TALKBACK

You have 15 words to convince a billionaire to give you money. What do you say?



Rachel Covato
SENIOR

If you had the chance to change a life, would you? Well, here's your chance.



Blaike Doyle
FRESHMAN

You have the chance to invest in one life to change billions. The opportunity awaits.



Kaitlyn McNally
SOPHOMORE

I don't need a lot, really. One semester's worth will do. Please think about it.

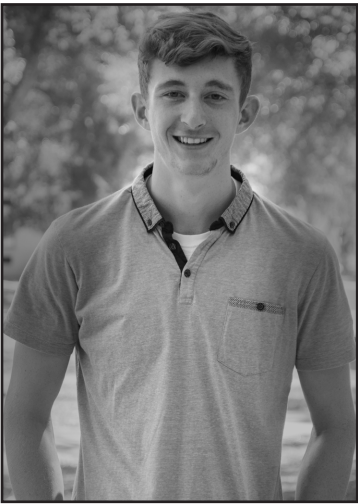


Jonah Woo
JUNIOR

Given the right opportunities, anyone can accomplish anything with the right resources.

Photo: Robby Jorgensen

COLUMN



Seth Johnson
EDITOR-IN-CHIEF

Last week, The Wall Street Journal published perhaps its most impactful piece to date. Their 2015 investigative project which, according to the Pulitzer prize committee, “gave Americans unprecedented access to previously confidential data on the motivations and practices of their health care providers,” is a palmful of peanuts in comparison. Dasl Yoon and Na-Young Kim, reporting from Seoul, wrote about the dramatic increase in acorn-based foods. From acorn noodles to jelly and powder, Yoon and Kim say these acorn-based foods

have become a healthy superfood that fights obesity and diabetes. At first, the impact of this story may not be as clear as their Pulitzer prize project, but let me assure you, the value of Yoon and Kim’s work to BJU’s campus could be tremendous in a couple ways, provided we use this knowledge correctly. First, we must pull our forces together in order to forage and gather the acorns on campus. They are not hard to find, especially under the canopy of limbs close to the Sargent Arts Building and Science Annex.

Second, the dining common must produce a delightful array of acorn foods for the campus to consume. At the moment, the culinary database for acorns is as small as the nut itself. But I have full confidence that the combined efforts of the culinary arts department and Aramark’s army of chefs can expand and add to it, benefiting not only our students, staff and faculty but all of mankind. Acorn nuggets, acorn cookies, acorn stir fry, acorn salads, acorn lasagna, ham and acorn sandwiches – there is, I am sure,

no limit to both the creativity and possibilities that we can produce. This endeavor has two surefire effects that I can foresee. The first is the winnowing of the squirrel population on campus. The second

Squirrel Facts

- 1. The world’s largest squirrel species, the Indian giant squirrel, can grow to 3 feet long.
- 2. Prairie dogs are squirrels.
- 3. Some squirrels eat rattlesnake skin in order to disguise their scent from predators.
- 4. Squirrels can communicate by using a complex system of chirps and tail movements.

is the furthering of BJU’s motto: Learn. Love. Lead. The squirrel population, no matter how cute, has grown significantly in the past decade, putting the campus hierarchy of influence off-balance. And given the science department’s botched “studentification” program of eight years ago, in which they attempted to enroll squirrels as students

in order to quadruple enrollment, there is little use left for the squirrels. Yoon and Kim’s superb reporting in South Korea already shows the feasibility of picking off the on-campus squirrel population. They note that some activists are actively patrolling forests in order to stop foragers from stealing the squirrel’s food and endangering their population. Acorn foods in the dining common will also advance BJU’s motto of Learn. Love. Lead. With these superfoods coursing through students’ veins, I believe we will see improvement in several areas. First, academic achievement will do nothing but rise with the increased attention span, focus and memory that acorns will bring. After all, how do squirrels remember where they buried their acorns once winter comes? Uh, with a super acorn memory. Duh. Second, squirrels often play and work in pairs, paws open to share with their fellow *Sciurus carolinensis*. Clearly, something in acorns enhances not only mental capacity but empathetic capacity as well. This increased empathy

will boost students’ ability to love both the Bruin family and the community at large. Lastly, students will be able to finish work faster, leaving time for more extracurriculars. Through extracurriculars, students learn valuable skills, namely leadership. By my research (bit.ly/2N76yge), a change in diet to 50% acorn foods and 50% regular foods will result in student’s starting no less than 15.7 non-profit organizations, providing many leadership opportunities. However, an increase to 75% acorn and 25% other will multiply that number to 40. As seen above, BJU could quickly correct the campus balance of power – restoring ushers to their rightful place – and realize its motto. All that is required is coordination and action. We must implement teams of students from every major, math majors working alongside English majors and premed majors leaning on piano performance majors in a beautiful cacophony of acorn gathering. We must experiment with and roll out an acorn-rich menu of dining common superfoods. There can be no delay. The future of BJU is now, with the acorn revolution of 2019. No longer will the students be the problem.

WHAT IS YOUR FAVORITE PHOTO ON YOUR PHONE?



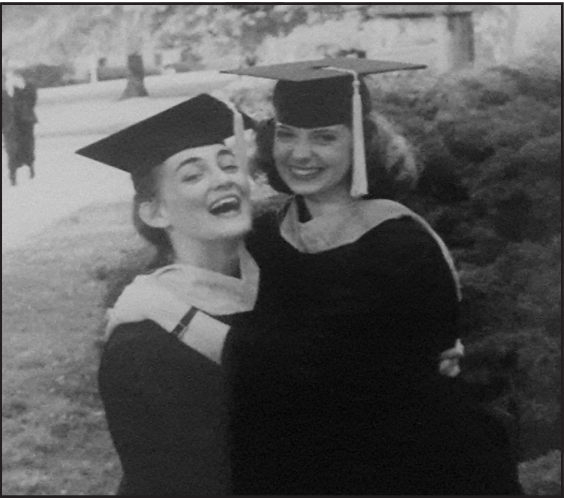
Mark Vowels
Center for Global Opportunities
My wife and I were in Cuba. I just like the expression on her face.



Kathryn Gamet
Division of Communication
My kids having fun at Dollywood.



Rebekah Mininger
Division of Art + Design
I love the pose and close connection shown between my daughters.



Lorri Turcios
Division of Music
Best friends for 38 years. We graduated with our master’s and undergrad from BJU.



Matthew Weathers
Center for Student Development
This is my family and my sister’s family. We are so blessed to have family in town.

University Language Association arranges SEW Eurodrive tours

Andrew Schmidt
STAFF WRITER

The University Language Association of Bob Jones University will offer a tour of the SEW Eurodrive factory in Lyman, South Carolina, this fall.

The Lyman plant represents one of the locations that SEW Eurodrive, a German automotive parts company, has in the United States.

The University connected with the factory through its manufacturing quality manager, Jess Galloway, who is a BJU graduate and is married

to Dr. Rhonda Galloway of the English faculty.

The ULA gave its first factory tour on Oct. 24 and will give another on Nov. 5.

Dr. Jeremy Patterson, chairman of the Division of Modern Language at BJU, said these tours are an opportunity for students to see how important language is in real-world careers and industries. “If you get into a big business like the automotive industry, you really need another language to function,” Patterson said.

Patterson pointed out that foreign language education helps people develop cognitively. He also explained that BJU’s language programs teach culture as well as language. “You’re going to need the language when you go to communicate with other cultures or even when other cultures come to your culture.”

He cited the Lyman SEW Eurodrive plant as an example of this cultural and linguistic knowledge in action.

While events like this were formerly open only to members of the ULA, the factory tours are now also open to members of the University Business Association.

Patterson said the foreign language department is just starting using factory tours as a means of teaching the importance of language in the workplace this year. He said the ULA would like to eventually tour more factories and businesses and involve more departments and broader groups of students.



The SEW Eurodrive factory is located in Lyman, South Carolina. Photo: Chris Harmony



The first two tours were on Oct. 24 and Nov. 5. Photo: Chris Harmony



Joshua Case is a senior information technology major. Photo: Chris Harmony

» From **SIBERIA** p.1

year I would check and see if they were coming.”

While the group which performed in 1999 has not returned to the U.S. since, Lawson is excited to have the National Dance Company of Siberia here to present a similar style of program.

“It’s a hodgepodge program of just different folk dances,” Lawson said. “It’s exposing us to the Russian culture, which I think is so fascinating. Anytime you can travel or experience another culture, you become better yourself.”

Lawson’s desire is that the program will bring a new understanding of Russian culture to BJU. “We can’t go to Russia as a student body, but we can bring Russia to us,” Lawson said. “Sometimes we think of all the controversy with Russia now, . . . and we forget that there are indigenous people there with families and culture.”

The cultural exchange will be mutual, however. “I want to show them the love of Christ while they’re here, so that their experience at a Christian university in the United States is a reflection of our God,” Lawson said. “I want them to experience professionalism, kindness, everything that would reflect positively on our Savior.”

The company consists of 55 dancers performing in the original style of Siberian folk dances. They are accompanied by an orchestra of folk instruments.

The company will perform for the first time at BJU in Founder’s Memorial Amphitorium. But such a large dancing troupe will require staging in FMA unlike what students or faculty may have seen before.

The dances include many acrobatic aspects that requires special accommodations. “We will clear the stage completely, and then we will put down a special floor all across the FMA stage,” Lawson said.

Lawson said his favorite performance is a dance involving weaponry, specifically swords. “The sheer athleticism with the acrobatics that come with that is amazing,” Lawson said.

Beyond the dancers’ skill, their performance comes alive with the colorful cultural costumes, designed by Merited Workers in Art Yelizaveta Akselrod, Boris Knoblok, Vladimir Mamontov and Paulina Korotkova.

Inspired by the Siberian peoples, Mikhail Godenko founded the National Dance Company of Siberia in 1960. He directed the company until 1991 as well as choreographed

many of the dances.

Godenko worked with the company’s musical director, composer Vladimir Kornev, Merited Artist of Russia. Kornev’s knowledge of folk

dances and Siberian folklore helped him create stunning music to highlight Godenko’s choreographed dances and feature the Siberian folk instruments.

Songs featured in some dances include “My Siberia,” “Krasnoyarsk Merry Tunes,” “Cossack’s Dance,” “Down the Street,” “Men’s Dance” and “Siberian Fun.”

sudoku

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OPINIONS ON SOCIETY CHANGES

This semester, BJU's societies' weekly schedules have undergone several changes. BJU created Tuesday life groups, where instead of chapel, societies meet and divide into smaller groups to discuss the Monday chapel series, Running the Race, based on Hebrew 12. Another change BJU has made in society's weekly schedules is that societies meet every other Friday rather than every Friday. The Friday that societies do not meet, students meet in the FMA for chapel. One last change that BJU made this year is that dorm discipleships groups only meet once a week instead of the previous three times. Here are a few of the opinions of society officers and other society members on the changes BJU has made.



Sophomore Ashley Green, in the Beta Epsilon Chi Cardinals, said life groups have brought a closeness to her society. "Society is definitely different this year, but I have enjoyed life groups and getting to know the girls in my society on a more personal level," Green said.

Senior Laiken Brown, who is a discipleship group leader on freshmen floor, said discipleship group has been tricky this semester due to the fact that many Sunday nights, when the groups are supposed to meet, are taken up by either hall meeting or joint meetings. "Last year and the years before, obviously we were meeting like three times a week, so we got to know [the girls] pretty quickly, but I still feel like I don't really know a lot of my girls," Brown said.

Junior Justin Woodham, a society life group leader for the Beta Gamma Delta Patriots, said the Tuesday changes have benefitted town students like him because they couldn't be involved in the discipleship groups of the past. "This is the first time I've been involved in any small group setting," Woodham said. He said that while the schedule on Fridays can be inconsistent, he ultimately likes the changes that have been made this year.

Freshman Jack Regan, a member of the Phi Kappa Rams, said he wishes society met every Friday. "[Society meetings are] fun and a great time of camaraderie and of getting to know your fellow society members," Regan said. "Tuesday life groups are also a great time to get to know your members a little more personally."

Junior Rose Camfield is a life group leader for the Theta Sigma Chi Colts. Camfield said that life groups have unified her society and have given her the opportunity to get closer to members she wouldn't have met another way. "It's kind of hard having society only twice a month, so that's a little difficult, but I think the life groups make up for it," Camfield said.



Junior Jared Bell, the chaplain of the Sigma Alpha Chi Spartans, said that although he doesn't prefer society meeting only every other Friday, he has found life groups to be a great benefit to Sigma Alpha Chi. "[The life groups] help the society grow closer together to bond, especially spiritually," Bell said. "I found that very encouraging."

Sophomore Kent Hobi, chaplain of the Basilean Eagles, said life groups have given Basilean's 31 freshmen a chance to connect with older members of the society. "Life groups are very good for their relational aspect," Hobi said. "The major problem with the new society setup is that it's too confusing to figure out when we are actually having society and when we are having chapel." Hobi said there have been several times where they didn't have life groups on Tuesday as well as surprise Fridays when the society/chapel calendar was changed at the last minute, such as with the President's club award ceremony. "It's not a big problem," he said. "It's just been a bit of a communication letdown here and there."

Junior Jena Burmeister, life group leader in the Nu Alpha Phi Flames, said that so far, she has loved the changes BJU has made to society. Burmeister said it has been both an encouragement and a challenge having the chapel message brought into a group of peers and friends to discuss and apply to their own lives. She said she has gotten to meet more members of Nu Alpha Phi through life groups. "I also love that town students have had the opportunity to become more involved in the discipleship group setting on campus," she said. "Overall, I think the changes that have been made in society have been amazing!"



Alan Benson, vice president of student life and discipleship, said it has been a blessing to get responses from students on this subject. "It is exciting to see the enthusiasm for discipleship among the student body," Benson said. "We are evaluating and discussing with student leaders the way the balance of Friday chapels and events, life groups, and society meetings is working so that we can make it as effective as possible for students." He added that the confusion about the Friday schedule can be eliminated if students go to the intranet and view the weekly calendar. "We are excited to get student feedback so that we can make our discipleship efforts as beneficial as possible," he said.

Alumni Spotlight: Tim Nanney

Callie Parker

STAFF WRITER

Mortgages, land records, satisfaction documents—though these documents may

not seem incredibly important to you now, the day will come when you will need access to at least one.

In order to gain access to such records, you need not

look too far. If you live in Greenville County, the man you need to ask is Tim Nanney.

Nanney is the Register of Deeds for Greenville County, meaning that his office houses and maintains every land transaction, mortgage and property tax from 1786 to the present both physically in the Register's Office and digitally on the county's website.

Nanney graduated from Bob Jones University in 1986 with a bachelor's degree in business administration and went on to earn a master's of business administration, also from the University.

"I was inspired by the mission of the faculty and staff to be servant leaders [at BJU]," Nanney said. "I learned to lead like a Christian, especially given how Christ was the perfect servant leader."

As a civil servant, Nanney is familiar with the scrutiny that Christians are put under in the secular workplace.

"Because the world is so divided, and our country especially, you have to make a

choice," he said. "If you stand up for Christ, you're going to be mocked, attacked and ridiculed."

Nanney's advice for college students, reminiscent of the biblical command found in Joshua 24:15, is to "make up your mind."

And he has. Nanney has been strong in his faith, especially with his support of his wife's part in pro-life legislation.

In 1986, Nanney married Wendy Taylor. She is the daughter of Bob Taylor, former dean of the College of Arts and Science and

member of the Greenville County Council.

Wendy Nanney also received a bachelor's degree from Bob Jones University and served as a member of the South Carolina House of Representatives from 2008 to 2016.

She currently serves as practice manager of Piedmont Women's Center.

The Nanneys have five children—Meredith, Taylor, Kasey, Travis and Maggie.

In addition, the Nanneys have four grandchildren, or "grandbabies" as Tim Nanney affectionately calls them.



Tim Nanney is a 1986 BJU graduate. Photo: Submitted



Tim Nanney pictured with his family. Photo: Submitted

» From **NURSING** p.1

They also evaluated policies and processes to ensure that BJU is using relevant curriculum and fully utilizing resources.

Megan Lanpher, chair of the division of nursing, said the CCNE accreditation will open up opportunities for students to gain access to more graduate school and job opportunities than they had with only institutional accreditation.

The CCNE accreditation

will also provide positive benefits for nursing students enrolled in the ROTC program as it will allow these students to better qualify for ROTC scholarships.

Lanpher credited the nursing faculty for the success of this goal. The faculty worked extremely hard to give their students the best experiences possible, Lanpher said.

Dr. Jessica Minor, dean of the School of Health Professions, said that in addition to the positive benefits this accreditation will have on the

students, it will aid the BJU nursing program as a whole. With CCNE accreditation, the University can pursue grants, including grants for new equipment for the nursing program.

Minor also said she is not sure if students fully understand the benefits of the CCNE such as greater access to graduate school and jobs.

However, this year's senior class in particular is more familiar with the new accreditation since they were interviewed during the site visit. CCNE accreditors asked the students questions to gauge their investment in the nursing program as well as to get an idea of how they feel about the direction the program is headed.

Senior nursing major Camille Heinz is very excited for the additional accreditation. She pointed out that after working so hard for a few years, it would be difficult to not be recognized nationally. She eagerly anticipates what opportunities the CCNE accreditation will provide her post-graduation and thinks that it is neat that she is in one

of the first classes to receive the accreditation.

Notably, the CCNE accreditation is retroactive to the class of 2019 since the the CCNE site visit happened during those students' final semester.

The CCNE accreditation will need to be reaffirmed in the next two to three years and then at various points following. For each new reaffirmation, more reports will need to be submitted as well as curriculum updates.



Dr. Jessica Minor is the dean of the School of Health Professions. Photo: Hal Cook



Megan Lanpher is the chair of the Division of Nursing. Photo: Chris Harmony

BJU golf, shooting teams look back on their seasons after nationals

Anna Grace Casillas
SPORTS WRITER

Some sports require an unusual level of individual skills, including precision and finesse, where even the smallest movement can impact the outcome. Two of the Bruins teams—golf and shooting sports—require that high level of both patience and fine-tuned motor skills.

Coming into this season, both Bruins golf teams experienced some changes. The men’s team is in a rebuilding stage, having lost several key seniors and gained four freshmen. The women’s team also had some roster changes after its preseason, with two players leaving and two joining.

Both golf teams are coached by Dr. Denny Scott, with Christine Heath as the

assistant coach. The men’s team consists of eight golfers and the women’s team of five.

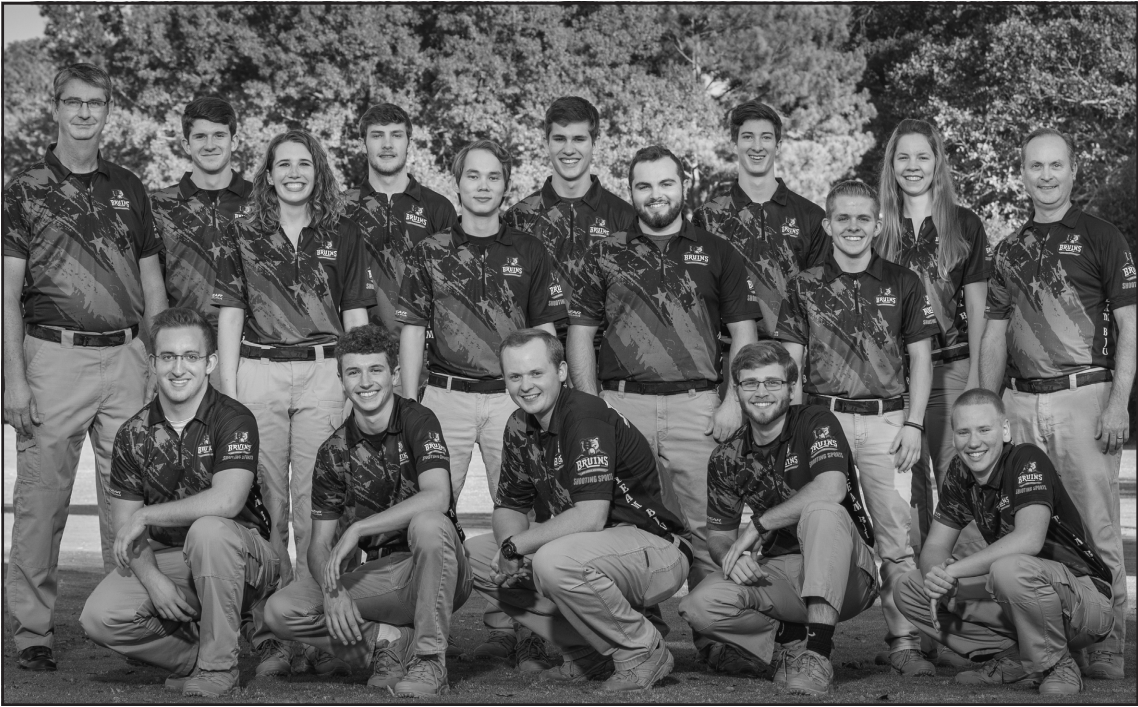
Kate Matthews, a sophomore, recently competed individually in the NCCAA National Tournament and made history for the women’s golf program by finishing 5th overall.

She became the first female golfer in BJU program history to earn all-American honors.

Matthews first began playing golf 14 years ago, when she was about five years old, and is now in her second year on the Bruins team.

“My season got off to a rocky start, but then I went to my coach and got some lessons before this major tournament,” Matthews said. “That really helped me improve.”

Although Matthews competed individually in the



The shooting team is made up of 14 people. Photo: Hal Cook

NCCAA National Tournament, the teams typically participate in team competitions, where each player’s score influences the team’s final score.

“I’ve learned that how I play impacts the team, not just me,” Matthews said. “If I do poorly, then it hurts our team score, and we might not win as a team.”

The men’s golf team recently placed third in the NCCAA South Region Championship, with junior Luke Jacobs placing 10th overall on the individual leaderboard.

Keaton Osteen, the captain of the men’s golf team, said he has played his most consistent golf this season.

“It’s my senior year, so it’s a good thing for this to be happening my final year,” Osteen said. “As a player, I have grown more in patience. I need to learn from the small things and be able

to keep my focus and stay stable in my emotions.”

Elise Snow, a junior, grew up playing golf with her dad and joined the team after preseason this semester.

This season has been an adjustment for her as she competes in college golf competitions for the first time. “Golf is so much of a mental game,” Snow said. “It’s such a precise sport. It’s all about the little victories.”

Another Bruins team that requires precise, fine movement is the shooting team.

The team, made up of 12 men and two women, focuses on both the pistol and shotgun disciplines.

They practice every Saturday morning at Belton Gun Club, a local shooting range near Greenville, and they compete every few weeks.

Dan Seibert, the head coach for the shooting team, emphasizes the technicality and precision of shooting sports.

“Shooting involves a lot of fine motor skills and small

adjustments,” Seibert said. “Little details, like the positioning of the fingers, make a huge difference.”

Typically, an individual shooting round will last for only 60 seconds.

“It takes hours to prepare and train,” Seibert said, “but the time we’re actually competing as athletes in a competition is about a minute.”

Seibert’s son, Nathaniel, a senior, is the captain of the team and appreciates the practicality of knowing how to handle a firearm.

“Shooting is such a unique sport,” he said. “Shooting and a proper knowledge and understanding of it can be used in self-defense. Basketball is not likely to save your life someday, but shooting could.”

Coach Seibert emphasizes shooting as a God-given talent. “God’s given you these abilities,” Seibert said. “Do you only think about shooting or do you think about other ways you can use your God-given ability to serve and help others?”



Rachel Brown hits the ball at the Anderson University Invitational. Photo: Chad Ratje

HEALTH
& wellness
TIPS
with Melanie Schell



Is breakfast really all that?

When I was a college student, I remember saying that I would “rather sleep than eat!” That was my excuse for skipping breakfast!

We’ve all heard that breakfast is supposedly the most important meal of the day. But is that actually true? Is there any evidence that a bowl of Cheerios in the morning is better than a bowl of Cheerios at 7 p.m.? Actually, there is quite a bit of research that would indicate just that!

Eating in the morning gets your

metabolism fired up and burning calories. But skipping breakfast sends your brain the message that it needs to conserve calories, putting you at risk for unwanted weight gain over time.

Additional studies show that regular breakfast eaters have lower body mass index (BMI) than breakfast skippers.

So, whether it’s a full on breakfast feast or just some yogurt with granola, plan ahead to fuel up before you head out.

Staff Spotlight: Nathan Washer



Washer is a project manager at BJU. Photo: Robby Jorgensen

Daniel Quigley STAFF WRITER

Nathan Washer works as a project manager in the enrollment division at BJU, helping Bobby Wood, chief enrollment officer, accomplish his

vision one step at a time.

But Washer's path to working for the University (he began his career here three years ago) starts across the world from Greenville, South Carolina.

Washer was born into

a family of missionaries. His parents, paternal and maternal grandparents and his paternal great-grandfather all proclaimed Jesus' name in Africa, beginning in the first decade of the 20th century.

Washer, observing the mission field firsthand since he was 7 years old, originally decided he wanted to do anything but stay on the mission field when he grew up.

"I wanted the comfortable house and the comfortable car and the comfortable paycheck and all those things that I'd seen my parents do without," Washer said.

His perspective changed shortly after one of his Zambian friends was bitten by a dog and began to die from rabies. In the hospital, this friend gave him goodbye messages to relay to others and repeatedly exhorted Washer to preach the Word.

"I realized he had his values in the right spot," Washer said. "He knew he was dying. And I had mine in the wrong

spot."

Washer said a week later, he reluctantly surrendered to God. Soon, God transformed his reluctance into excitement for the mission field.

"I put God first," Washer said. "I delighted in Him, and He turned around and gave me the desire to go back and be a missionary and get involved."

As preparation for becoming a missionary, Washer studied camp ministries at BJU.

While at the University, Washer worked for a roofing company run by Mark Zimmer, a missionary now serving in Yap.

During this time, Zimmer asked Washer whether he was available one Saturday, and Washer, assuming they'd be doing some work, said yes. Zimmer then said that they'd go up to the mountains together with Zimmer's sister, Rachel.

"He didn't ask me," Washer said. "He told me."

After that first date, Washer and Rachel continued seeing each other, eventually getting engaged at Victoria Falls in Zambia.

After getting married and raising support, Washer returned to the mission field for 13 years, working on church plants and getting involved in a Bible college administratively.

Washer said his initial plan was to remain in Africa and send his five sons back to the States for college, but he said God made it very clear it was time to move locations.

"God has led me on some unexpected twists in life," Washer said. "Coming off the mission field wasn't my plan."

Washer became the personal assistant to Dr. Steve Pettit, university president. After a year in that position, Washer shifted to work for enrollment.

Washer said his job is to map out and manage the details and processes that bring Wood's ideas to life.

"When he's successful, I'm successful," Washer said.

Washer said he believes God gifted him as a helper rather than a visionary.

"I'm the guy who helps the visionary get it done," Washer said.

Port City Java offers friendly atmosphere, specialty coffee

Katie French STAFF WRITER

Port City Java on South Main Street in downtown Greenville provides a friendly environment and a place for anyone to come have a cup of joe.

Port City Java started in 1995 and has 28 locations in the Carolinas. Out of all their locations, the downtown Greenville location has received the highest reviews for two years in a row.

Nathan Stouffer, manager of the downtown Greenville store, attributes these high ratings to his staff, who are friendly and provide quality service.

Port City Java's mission is "to exceed the expectations of every guest on every visit."

This statement guides their employee training and ultimately their vision. Port City desires to treat everyone who comes through their doors equally.

Stouffer claims that while

most coffee shops do not intentionally try to exclude people, they sometimes do unintentionally by their set up and ambiance.

That is why Port City Java plays music at a low volume and provides adequate lighting for productivity.

Port City's menu offers both food and beverage options. The food is centered on a breakfast theme. From build-your-own sandwiches to chicken wraps, there are many items to choose. Beverages include fruit smoothies, tea and a variety of coffee-based drinks.

Port City Java's signature beverage is the mocha shake, a mixture of Ghirardelli chocolate, sweetened cream and fresh espresso shots blended with ice. This delicious shake is even topped with whipped



Port City Java has 28 locations, one being in downtown Greenville. Photo: Andrew Pledger

cream.

Port City Java roasts their own coffee in Wilmington, North Carolina, where they are based. They often use beans from South America and serve primarily medium roast.

In addition to selling

coffee, Stouffer holds coffee classes to educate both private and public groups on the subject of coffee. He said he wants to share his passion for coffee with others.

Stouffer hopes that Port City Java can continue to provide hospitality through

serving coffee, welcoming every guest who comes through their doors.

Port City Java is located at 11 South Main Street in Greenville, and the store is open from 6:30 a.m. to 7 p.m. on weekdays and 7 a.m. to 7 p.m. on weekends.