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THANKSGIVING TRADITIONS

Students share their family traditions

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11/15
2019

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THE WEEK

University Handbell Choir

Directed by Alan Lohr, the Handbell Choir will present their recital “Out of This World” on Monday at 5 p.m. in War Memorial Chapel. Songs include the intro to “Also Sprach Zarathustra,” the theme from “Star Trek: the Next Generation” and others.

University Singers

University Singers will perform a varied selection of choral music in Stratton Hall on Wednesday at 5 p.m.

Thanksgiving Praise Service

Begin Thanksgiving week by joining choir and orchestra in songs of reflection and rejoicing at our annual Praise Service.

Thanksgiving Break Begins

We hope you have an amazing Thanksgiving break! Eat a slice of pumpkin pie – or acorn pie – for us, and we’ll see you before too long.

Olivia Thomas

STAFF WRITER

The holidays are a time full of good food, laughter and unique family-created traditions. A few Bob Jones University students shared their favorite Thanksgiving traditions.

Thanksgiving is senior English major Amelia Bailey’s favorite holiday. With no stress over gift giving or mall shopping, Bailey said

Thanksgiving is like Christmas but with less worry and pressure. It is a time when she gets to just relax and spend time with family.

One of her favorite Thanksgiving traditions is listening to everyone in her family say what they are thankful for. Her mother always has a unique and practical answer.

“My mom is always thankful for indoor plumbing,” Bailey said. “Sinks and pipes, that’s what she’s always

happy about.”

Bailey also enjoys all the good homemade food she gets to eat during Thanksgiving. The food can vary depending on how much of her family is there to celebrate, but croissants and pecan pie are two things Bailey really loves.

Good food is a staple of Thanksgiving, and no celebration would be complete without it. Nate Robinson, a freshman ministry and leadership major, considers food

to be a prominent element of Thanksgiving.

Robinson’s family is from the Caribbean island of Barbados, so they like to enjoy dishes like rice and peas, macaroni pie and coleslaw, along with the traditional Thanksgiving foods. Mauby, a traditional Barbados drink made by boiling the bark of a Mauby tree and mixing it with water and sweetener, is

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Poinsett Hotel adds luxury, history to the community



The Westin Poinsett Hotel is located on Main St. in downtown Greenville. Photo: Andrew Pledger

Joanna Scoggins

STAFF WRITER

What do Liberace, Amelia Earhart and John Barrymore all have in common? They all stayed in the Poinsett Hotel in downtown Greenville.

The hotel, now known as the Westin Poinsett Hotel, is the only AAA Four Diamond hotel in Greenville. Large and luxurious, the hotel was one of the first high-rises built in Greenville.

Its story goes back to 1925, when it was first opened.

John Nolan, a faculty member in the Division of Art + Design, is the owner of Greenville History and

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Comic: Hanna Buckland

COLUMN



Christina Laird
CONTENT EDITOR

When I moved from my home in New Hampshire to South Carolina to start my freshman year at BJU, I thought I was prepared for the differences of living in the South. But living 1,000 miles from my hometown has taught me some surprising, confusing and downright amusing life lessons. Here are some of the ones I’ve learned so far.

No one has any idea where you’re from.

When I tell people I’m from New Hampshire, they don’t even bother asking what city. Most can’t even name the capital (It’s Concord, by the way). I usually explain that

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The Collegian Editorial
And then I said, “Ok, boomer.”

Within the last few weeks, crosshairs have been firmly fixed on boomers. From Twitter and Facebook to Reddit and other websites, the use of the hashtag “okboomer” has exploded. The hashtag is, essentially, a verbal eyeroll, indicating that anything said by the boomer can be safely ignored.

However, many users seem to be using the rising tide of #okboomer to unleash pent up anger. In one Facebook comment, a user said, “such a boomer (crying emoji).” She followed up with another comment, declaring, “I just truly hate interacting with boomers.”

Why all the hate? Statements can be found that proclaim boomers have ruined the economy and the environment as well as broadened the racial divide in the country.

While the majority is simply using the hashtag as an outlet for frustration against perceived ills, there is something dangerous about the notion. The notion that a group can be slighted because of when they were born and how that affected the way they currently view the world.

The problem isn’t one of age but perspective. With the hashtag, users rail against what they see as incorrect in the world and the people they think caused it.

In an NBC article, Nicole Spector says, “Much like ‘millennial,’ ‘boomer’ doesn’t merely indicate a person born in a given time or place; it’s a blanket term referencing the predominant trends, values and concerns of an entire generation.”

At times, the hashtag may be funny, but it slights a diverse group without giving a reason. That is not the way we as a nation need to interact, and boomers aren’t the only generation to be targeted in this way. Millennials have

been lumped together and slighted much longer than #okboomer has been around.

While there are benefits to understanding the thoughts and preferences of generations and groups of people, to attack the whole group as one, simplifying the issue at hand, has no benefit.

New York Times columnist David Brooks tweeted a link to one of his newly published columns. Most users commented about the column topic in agreement or disagreement, but one user simply commented “I don’t answer to you, boomer.”

Not the most helpful statement.

When generations differ, as they have for years and will continue to, we must be careful in our reaction, both the younger to the older and the older to the younger. We must understand that we determine what we believe, but we are also heavily impacted by our circumstances.

Furthermore, as Christians, we want to maintain open, healthy relationships with those of every birth year. Wealths of knowledge have been passed down within the church through biblical discipleship, from mature Christians to the newer generation of church leaders.

Likewise, in the public sphere we should be open to dialogue regardless of trite or major differences.

Older and younger generations may differ in music, movies or pastimes. But that isn’t something to get bent out of shape over. But when serious generational differences occur, we cannot allow our response to be, “I don’t answer to you, boomer.”

Instead, we must seek to understand and think through the topics at hand. A hashtag like “okboomer” does little to nothing in achieving that end.

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TALKBACK

Are you a cat or dog person? Why?



Sarah Rumpf
JUNIOR
Cats because they’re cute and easy to care for.



Ben Lewandowski
SENIOR
Dogs because I grew up with neighbors and family with dogs.



Glenn Faris
SENIOR
I didn’t grow up with a dog but love their smiles.



Cami Fordham
JUNIOR
Dogs because I’m very allergic to cats.

Photos: Charles Billiu

» From **COLUMN** p.2

it's that forgotten state above Massachusetts. You know, that state with Boston? That's when I see the recognition in their eyes.

Close enough, I guess.

I used to make the mistake of saying I'm from New England. I thought this would be easier than saying New Hampshire—since it's an area that covers 71,992 square miles and it's home to the amazing New England Patriots—but I've actually gotten more confusion this way. People don't know which states are in New England, and I've even had a few people ask me why I don't have a British accent since I'm from England.

If you don't think you have an accent, you probably still do.

Speaking of accents, I was under the impression when coming to the South that I didn't have an accent. I've been assured countless times that I was wrong.

Apparently, the lack of y'all's and bless your heart's in my vocabulary is a dead giveaway. Dropping R's off

the ends of words or throwing in a “wicked awesome” here and there is another.

Southern weather is less predictable than asking a child what their favorite food is.

Ask a 5-year-old what their favorite food is, and it might change every day, or even several times a day. Southern weather is just like this—it likes to change on a whim.

In the North, I can expect to need a jacket any November day. It's cold, but at least it's consistently cold.

In the South, it'll be freezing cold one day and 70 degrees and sunny the next. Sometimes I forget to check my weather app in the morning, and I'll be hit unexpectedly with a torrential downpour at 10 a.m. even though it was sunny five minutes earlier.

Sweet tea is almost a religion.

The first time I had tea in the South, I almost spit it out. I had asked for “regular,” and I didn't realize this meant they would put as much sugar in it as physically possible before reaching the saturation point.

But be wary making fun of southerners' love for this sugary drink. Everyone knows

that it is a cardinal sin to make fun of sweet tea. Especially if it's from Chick-fil-A.

Driving in the South is a whole new skill.

Southerners either drive an excruciating 10 miles under the speed limit or 20 over. There is no in between.

Don't get me wrong; there are bad drivers everywhere. But in the South, I quickly learned that turn signals mean nothing and that left lanes are “travel lanes” and not just for passing (causing problems when the aforementioned drivers go 10 under the limit in the left lane).

And everyone's favorite thing to do is pull into the middle of an intersection, wait until the light is red and *then* turn left.

Give me black ice or a blizzard any day.

You are expected to talk to strangers.

What happened to “stranger danger”? The South happened, apparently.

In the North, we don't talk to people we don't know. I will happily stand in line for half an hour without talking to a single stranger.

If an acquaintance asks

how you are while you're walking down a hallway, you answer, “Good,” and keep walking. And they don't consider you rude.

In the South, it's a different story. You are expected to smile at people you walk past.

If you're in line at Starbucks, someone will probably say something to you and will continue the conversation long after you order your coffee.

And they expect a detailed answer of the question, “How are you?”

Once, freshman year, I made the mistake of just saying “good” and continuing my walk, and I caused mass panic. Everyone thought I was having the absolute worst day in my life.

People are willing to go above and beyond to help you.

Lastly, living in the South, though it's caused its confusion and entertainment, has ultimately been great because of the people here. No matter how much I complain about the humidity or make fun of southern accents, I love the people here.

The friendliness the South is known for extends into most people's everyday lives. The

people I've met here are some of the kindest, most genuine people I know. They'll jump to your rescue if you spill something or offer to help if they see you're in need.

Case in point, last year my car ran out of gas and stalled in the middle of the road. At an intersection. On a hill.

Within minutes, I had half a dozen different people stop and ask if I needed help. One stranger even parked his truck and spent the next half an hour getting my car across three lanes of moving traffic into the nearest parking lot.

Another complete stranger drove all the way to his wife's car a few miles away to get a special funnel I needed to fill my car with gas. He then spent almost an hour trying to help me start my car.

The people here might call me “honey” and “ma'am” too many times for me to handle, but they are also some of the sweetest people I know (and not just because of their favorite drink).

I love the North, and I'll never stop talking about how amazing it is. But don't get me wrong—the South can be pretty great, too.

Greenville auditor Scott Case to speak at UBA event “God's Will”

Katie French

STAFF WRITER

The University Business Association will be hosting a meeting titled “God's Will,” presented by Greenville County auditor and BJU graduate and former faculty member Scott Case on Nov. 18, at 5 p.m. in Levinson Hall.

UBA president David Bell said he heard Case speak on God's will during an in-class presentation in March and appreciated what Case said so much that he asked him back to speak for a UBA event.

Bell joined the UBA to get exposure to the business world outside of the classroom, and this event is an example of a way he gets to do

that.

Throughout his time in the association, he said he has really enjoyed his experience and has had opportunities to plan events and meet many great speakers.

This event is open to all students, not just members of the UBA. Bell encourages students to come and listen to this quality speaker present his thoughts.

“The UBA is a business association that provides general business advice and tools that would be helpful to business students and non-business students as well,” Bell said.

More specifically, it curates events that provide insight on mock interviews, resumes, career paths and more.

It is professionally focused, and membership is open to all students, even those whose majors are not in the School of Business.

James Brammer, faculty sponsor for the

UBA, said the organization helps students learn beyond the classroom into their chosen field.

“[The UBA] is more of a direct connection to a professional field than we can offer in a classroom,” Brammer said. “One of the things that UBA does is [acknowledge] that we all learn in different ways.”

Like Bell, Brammer is excited for “God's Will” and hopes that the event will equip many students to better understand how to discern God's calling for their lives.

Ultimately, the UBA provides students with experiences in which they can speak to professionals in the business field to gain a greater understanding about post-graduation opportunities.

Up to this point in the semester, the UBA has held a couple events.

At the start of the semester, the UBA hosted a forum to communicate to other BJU business student organizations that the UBA desires to provide them support and resources.

Additionally, the UBA held an event under the theme “Exploring Business Careers” to enlighten students about various business career



James Brammer is the faculty sponsor for the UBA. Photo: Andrew Pledger

options.

Professionals in the areas of accounting, marketing and even paralegal studies, a new program at BJU, came to speak.

Following “God's Will,” the UBA's next major event will focus on morality in the workplace.

Cameron Davies, senior vice president of corporate decision sciences at

NBCUniversal, will be speaking on the topic, providing insight based on some of his personal experiences on how he decides what to air on TV as a Christian involved in the media world.

This event is open to all students and will be held on Dec. 9, at 6 p.m. in the Davis Room of the dining common. Dessert will be provided.



David Bell is the president of the UBA. Photo: Andrew Pledger

What’s in Jeff Stegall’s office?

Daniel Quigley
STAFF WRITER

John Soane, the architect who designed the Bank of England’s headquarters, accumulated many antique items using his great wealth during his lifetime. At his death, he donated these to Parliament on the condition that these items would not be moved.

A portrait of Soane resides in the house of Jeff Stegall, a faculty member in the department of theatre. Stegall said he connects to Soane. If one were to step into his office in the Fine Arts building, one would see why. Filled with memorabilia and interesting items, Stegall’s office speaks to Stegall’s career, life and interests.

Stegall attended Welch College in Gallatin, Tennessee, for his undergrad degree.



Jeff Stegall

There, Stegall began to get involved in drama. “[I] was sort of exposed to fine arts like I had never been exposed before,” Stegall said.

Stegall said he hadn’t really heard of BJU until he met one of the faculty members at Welch who graduated from the University. Later, after Stegall finished his undergrad, he taught alongside several BJU grads at a Christian school in Raleigh. “They said, ‘If you’re interested in drama, you should go to Bob Jones [University],’” Stegall said. “So I came [and] got a graduate assistantship in 1985.”

Before finishing his graduate degree at BJU, Harold Whittington, a former scene designer at the University, asked Stegall if he would ever be interested in design.

“I don’t know why he said that,” Stegall said.

After this comment, though, Stegall decided to study costume and scene design at the University of Oklahoma.

Illustrations from the magazines *Vanity Fair* and *Spy* hang on Stegall’s office wall. These drawings are used to teach students when they paint clothing for costume design.

As a production designer, Stegall said he likes to hunt through thrift shops and flea markets.

Even if a prop doesn’t fit a production he is currently working on, Stegall said he picks up interesting items for future needs.

“I love old things,” Stegall said.

An old violin case, given to Stegall by Dr. Bruce Cox from the Division of Music, rests in his office in case its old-time gangster look would work as a funny bit in a production by Summer Shakespeare, a theatre group founded by Stegall which finished its 20th season this past summer.

Stegall has directed multiple Shakespeare plays and attended The National Shakespeare Conservatory in New York City after his time at the University of Oklahoma. Framed 19th century Shakespeare etchings display his love of the bard in his office.



Stegall has memorabilia from several BJU productions. Photo: Andrew Pledger

In addition to props and illustrations for teaching, Stegall also has several pieces of memorabilia from on-campus productions he’s worked on, including production photos of the casts and promotional posters.

Stegall estimates he’s worked on over 100 productions since returning to BJU.

“It’s been a wonderful place for a Christian to do

theatre and to not have to worry about compromising,” Stegall said.

Stegall said his wife and his daughter both have a gentle way of telling Stegall that they don’t want an item to furnish their home.

“That would look so good in your office,” Stegall said. “That’s code speak for, you know, I’m not interested in it.”

“STEGALL ESTIMATES HE’S WORKED ON OVER 100 PRODUCTIONS SINCE RETURNING TO BJU.



Etchings of Shakespeare are on display in Stegall’s office. Photo: Andrew Pledger

sudoku

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

THE DINING COMMON BY THE NUMBERS

FALL 2019

223,758
MEALS
Based on number
of swipes.



559,395
DISHES WASHED
Not including silverware.
Based on 2.5 dishes
per person per meal.



24,000
WORK-HOURS



47,787
CHICKEN
NUGGETS

3,200 POUNDS
OF SHREDDED
MOZZARELLA
CHEESE



320 GALLONS
OF KETCHUP



3,840 POUNDS
OF BANANAS



30,720
CHOC-CHIP
COOKIES



23,111
SERVINGS
OF MILK

Greenville organizations offer student volunteer opportunities

Sidney Seiber

STAFF WRITER

“Jesus says in John 20:21, ‘As the Father sent me, send I you,’” said Dr. Mark Vowels, the director of the Center for Global Opportunities.

Vowels went on to say that in this passage, Jesus was not calling us to be the Savior of mankind or to be born of a virgin but for us to spread the Gospel and help people in need.

“Jesus came and made disciples, not only by proclaiming Gospel truth but by serving and encouraging people,” Vowels said. “To the extent that we can do those things, we should be doing both.”

This was Vowels’ answer for why volunteering in the community is so important. There are many ways to serve the community right here in Greenville, but several non-profit organizations in Greenville especially need volunteers in the

upcoming holiday season. If you’re interested in reaching out to the Greenville community in this way, but don’t know where to get started, here are a few organizations that you can contact.

Miracle Hill’s Shepherd’s Gate is located at 11 Regency Hill Drive across the street from the women’s residence hall side of campus. It’s a shelter specifically for women and mothers with young children who are experiencing homelessness.

Volunteers are usually female. Male volunteers can sometimes come and work on the maintenance of the exterior of the building but would not be allowed inside.

Women students can volunteer in groups, such as through societies, and serve meals to the women at Shepherd’s Gate or simply visit and talk with them. Shepherd’s Gate also has a time set aside

for volunteers to come in and give devotions. Individuals can also volunteer to work at Shepherd’s Gate’s front desk, doing tasks such as answering phones.

Anyone interested in volunteering at Shepherd’s Gate can contact Anne Hill, the volunteer coordinator. Her email is ahill@miraclehill.org. Hill asks that volunteers contact her with at least a month’s notice.

Another place students can volunteer is Camp Spearhead, a camp serving those over the age of 8 with special needs. Camp Spearhead meets at the Primary Center next to BJU for their Weekend Program. From the Primary Center, Spearhead takes its campers to places like Fisher’s Orchard or a Swamp Rabbits hockey game.

People can volunteer for the Weekend Program through the website greenvillerec.com/support-spearhead/ by

submitting an application. Those interested in volunteering should expect a background check.

Every Monday, Josh Wall, who works for Camp Spearhead, sends out an email to volunteers listing everything Camp Spearhead has planned for the weekend. If volunteers can help that weekend, they can reply to this email.

Wall said volunteers work as counselors for a day. He said it is important that volunteers are active and engaged with campers, making it a fun camp experience.

Another program students can volunteer for is Special Olympics Greenville, which is located at 4806 Old Spartanburg Road in Taylors. Students can volunteer in roles such as a coach or a sports buddy, playing alongside the athletes and supporting them.

Interested students can contact Lara Ceisel at

LaraCeisel@greenville.org. They should expect a background check.

Students interested in teaching God’s Word to young people can volunteer for the Christian Learning Center of Greenville located at 410 Pelham Road. This organization brings the Gospel to middle school and high school children through Bible classes. Volunteer positions include program coordinator, teacher, assistant or driver.

The CLC normally takes groups of volunteers through local churches, but individuals can get an application to volunteer at www.clcofgreenville.org/volunteer.

Students can print their completed applications and bring them to the CLC office on Pelham Road. Students will go through an interview process before they can volunteer.

» From **POINSETT** p.1

Culinary Tours and author of *A Guide to Historic Greenville, South Carolina*.

Nolan said the hotel was built after a textile exposition began to be held in Greenville every two years.

“Early textile production had always been done in New England, so this big event was always held in Boston,” Nolan said. “In 1915, it moved to Greenville . . . and started happening here every two years.”

Nolan said moving the textile exposition to Greenville from Boston was a huge shift. “It was really symbolic that [Greenville] had become the textile center of the South,” he said.

The event brought thousands of people to Greenville in the early 1900s. “The first year that it came here, there were about 40,000 people that came,” Nolan said.

But the hoards of people brought challenges with them. Nolan said there were only around 10,000 people living in Greenville at the time. Suddenly, Greenville was overrun with visitors for the week-long textile exposition.

“There were only two hotels,” Nolan said. “So, we needed more hotels.”

John Woodside, the owner of the largest mill in America at the time, responded to this demand for hotels by building



The Poinsett Hotel is Greenville’s only AAA Four Diamond hotel. Photo: Robby Jorgensen

a hotel at the cost of \$1.5 million.

It was named the Poinsett Hotel, after Joel Poinsett, a South Carolina statesman who served as U.S. Ambassador to Mexico from 1822 to 1823.

Poinsett is also famously known for introducing the poinsettia, originally a native Mexican plant, to the United States.

“[The Poinsett Hotel] eclipsed anything that had been here previously,” Nolan

said. “Anybody famous who came to Greenville over the years . . . stayed at the Poinsett.”

Nolan said that many celebrities still stay at the Poinsett today, especially during the BMW Charity Pro-Am golf tournament that is held in Greenville.

The Poinsett was luxurious, complete with chandeliers, two ballrooms and a coin washing machine behind the front desk—so no guest left with dirty change.

But the hotel was not without its struggles.

Over the years, it was bought and sold several times and even became a retirement home. It was then abandoned in 1987.

The hotel was considered one of the 11 most endangered historic sites in South Carolina for several years.

When the downtown Greenville revitalization project began, a decision had to be made, Nolan said. The hotel had to either be torn down

or preserved.

In 1997, Steve Dopp and Greg Lenox, developers of the Francis Marion hotel in Charleston, bought the abandoned Poinsett and completed a \$20 million renovation.

It was opened as the Westin Poinsett in 2000, 75 years after its original opening.

Today, the hotel still has many original features from its beginnings nearly 100 years ago, including iron work, chandeliers, tile work and the Gold Ballroom.

Soccer, volleyball teams finish regionals, continue to nationals

Anna Grace Casillas

SPORTS WRITER

Three months of competition and countless hours of practice will all culminate in one weekend—the national tournament.

Over the weekend of Nov. 22 to 23, the women's soccer team will travel to Kissimmee, Florida, to compete, while Bob Jones University will host the NCCAA DII women's volleyball championship here in Greenville.

The women's volleyball team has had another excellent season, winning the NCCAA South Region Championship against Pensacola Christian College and wrapping up the regular season with a four-game streak. They currently hold a 28-4 record, with their four losses coming against two NCAA Division II colleges—Converse College and North Greenville University—and two NCAA Division III colleges—William-Peace University and Piedmont College.

Head coach Vickie Denny said the team has competed well this season against hard competition. "We've had some big wins against NCAA Division II and III teams, and we remain undefeated in our NCCAA region," she said.

Last season, the Bruins volleyball team captured their first NCCAA DII National Championship with a sweep over Maranatha Baptist University. This year, the team looks to continue their good play by winning their second straight title on their

home court. Their preparation includes experimenting with different lineups and combinations of players and working to get everyone playing time before the nationals competition.

At the end of every game, win or lose, each team seeks to use their sport to glorify God. "We recognize that our athletic abilities are a gift from God and strive to use those gifts to give Him glory, that in all things He will receive the glory due His name," Coach Denny said.

The men's soccer team began the season with their new head coach, Matt Hotchkin, and nine new freshmen players. The team ended their regular season with a 5-11 record overall, but in their conference, they had a winning record of three wins and one loss.

Coach Hotchkin said the team has accomplished many of the objectives he set coming into his first season as coach. "Last year, we had over 50 goals scored on us," he said. "This year, we have cut that number in half—26 going into the NCCAA Regional Tournament."

In the 2018 National Tournament, the men's team was eliminated in the group stage after losing both of their games. This year they entered regionals with a desire to improve their performance. After defeating Johnson University 7-1 in their semifinal match, they fell short against Pensacola Christian College 1-0 in the final.

With the loss, the Bruins



Brinkley Adams battles for the ball in a game against Erskine College. Photo: Chad Ratje

ended their season, missing the NCCAA DII National Tournament for the first time since 2015.

The women's team also began the season with some roster changes, welcoming 13 incoming freshmen players. Overall the team ended the regular season with a record of 10-8, winning the only conference game they played this season.

Head coach Chris Carmichael said that although this season has been difficult, the team has played well overall. "This was arguably our most difficult schedule to date," he

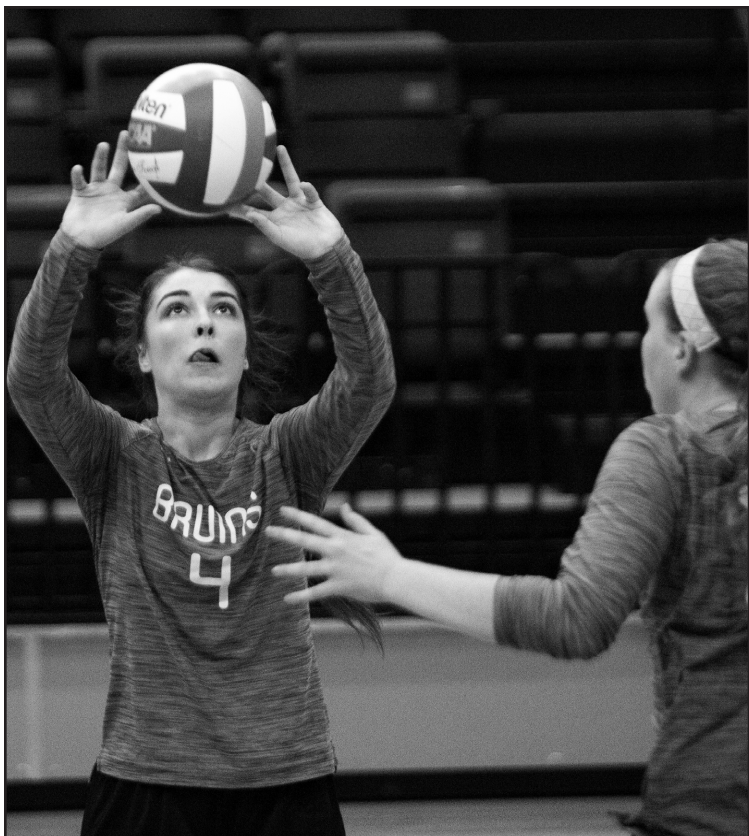
said. "Despite this, we were able to end up with our 7th consecutive winning season. That's a huge accomplishment for such a young program and a testament to our players and their work ethic."

The women's team won the regional tournament for the 5th season in a row, defeating Toccoa Falls College 4-0. They enter the NCCAA DII National Tournament as the No. 1 seed.

Last season, the women's team suffered a hard loss in the championship game, losing to Grace Christian University on penalties. Going into nationals this year, the team

looks to rebound from that loss by winning the tournament.

"This season, we're in excellent health, and the team is excited to have the opportunity to keep competing," Carmichael said. "We have experienced highs and lows, but we will work hard to extend our season. We will always fall short in some areas, but in the end, we want to show the same grace, mercy and love that Christ extends to us," Carmichael said. "Serving others is just part of the fabric of who we are."



Brittany Annand sets during a match with Methodist University. Photo: Elijah Krepfle

HEALTH & wellness TIPS

with Melanie Schell



Avoid those holiday pitfalls

Does Thanksgiving leave you as stuffed as the turkey on the table? You're not alone!

Many people feel the urge to overindulge but hate the lethargic mood that follows. With a little planning (and maybe some stern self-talk!) you can steer yourself away from poor habits that define the season.

Start with portions—instead of

loading up, take a small amount for starters. A quick assessment before heading in for round two may indicate that you are comfortably satisfied.

After the meal, gather up your cousin crew and head outdoors for a brisk walk or a game of football. Being a participant instead of just a spectator in front of the TV is a fun way to make memories while supporting your health goals.

Former Art+Design faculty member featured in exhibition

Andrew Schmidt

STAFF WRITER

The Division of Art+Design will host “A Sense of Design,” an exhibition of art pieces by Dave Appleman, a retired Bob Jones University art faculty member, in the Sargent Art Building from Nov. 8 to Dec. 2.

Jay Bopp, chair of the Division of Art+Design, said the division typically tries to bring in the works of retired professors at least once a year for a legacy series.

Jared Stanley, a member of the Art+Design faculty and exhibition coordinator,

said the Legacy Series allows former members of BJU’s Art+Design faculty to show their work in a place that means something to them.

Appleman taught in the BJU Division of Art+Design for 42 years, starting in 1968. For 13 of those years, he served as division chair.

According to Bopp, Appleman prefers to think of himself as a designer rather than an artist.

“[Appleman’s] work is much more shapes, forms and colors, as opposed to pictures,” Bopp said. “Appleman has designed a wide range of sculptures and

jewelry. While he has created two-dimensional art, his two-dimensional art tends to focus more on form and design than creating a picture.”

According to Bopp, the exhibition will feature stylized acrylic and polymer paintings of plant forms, sterling jewelry with semiprecious stones, collagraphic prints and stone sculptures, all falling under the subject of purposeful design.

Appleman is a member of the Carolina Geological Society and collects most of the stones he uses for jewelry and sculptures himself.

Bopp explained some of the reasoning and goals behind legacy exhibitions like this.

“We would love for our Art+Design students to encounter very well-crafted, well-executed, composed artwork,” he said. “We want to introduce [students] to the people who taught us so that they can see what their connection is through their teachers with those older teachers who were our professors.”

Stanley shared a similar sentiment. “I thought, ‘How can we get our students to both see and understand the rich heritage that is here and also be able to learn from it?’”

His answer to this question was the Legacy Series. Bopp said the Division of Art+Design seeks to present exhibitions of quality artwork that can be appreciated by all BJU students, regardless of major.

Stanley explained that exhibitions like this also help

BJU reach out into the greater Greenville community.

“[The Legacy Series] lets people see what a rich heritage we’ve had here and continued to have here through the expertise that our faculty have,” Stanley said.



Appleman’s work will be on display in Sargent Art until Dec. 2. Photos: Seth Johnson

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a staple of the meal. Sweet potato casserole with pecans and cinnamon is Robinson’s personal favorite.

With food being so important to his family, Robinson loves to help his mom in the kitchen.

“We always enjoyed cooking,” Robinson said. “We used to be really close overall before I came to college, . . . so now helping her is a special

thing I can do.”

Getting to spend time with family is an important part of Thanksgiving.

For Emily Stevens, a freshman communication major, having all her family living close to each other in western Massachusetts means she gets to reconnect with everyone during the break.

Stevens celebrates with both sides of her family, sharing a feast of good food with

her entire family. And when it comes to food, the family is willing to eat anything and everything.

Stevens said she and her brother will load up on food, balancing plates like servers at a restaurant.

“You’ve got to try all these foods!” Stevens said. “There’s no point if you only like turkey and rolls.”

But while Stevens loves all the food, her personal

favorite is pineapple Jell-O. It’s a staple food of her family’s Thanksgiving that she has yet to see other families have.

Although Jason French is not going home to family this year, family is something French, a junior computer science major, enjoys about Thanksgiving.

French typically spends Thanksgiving at his grandparents’ house with his mom’s side of the family, relaxing and enjoying a traditional

Thanksgiving meal which includes his favorites, turkey and sparkling cider.

For a holiday that often gets lost in the shuffle between the excitement of Halloween and Christmas, Thanksgiving is a good time to see family again, especially when one has been away at college.

“For a lot of families, [Thanksgiving] helps to bring everybody together,” French said.