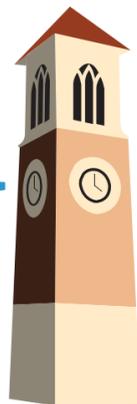




The Threefold Advocate



Online at advocate.jbu.edu
Thursday, February 12, 2015

Siloam Springs, Ark.
Issue 13, Volume 80

JBU Love Mishaps p. 7

University cuts costs

Submitted by University Communications

For the first time in a quarter century, John Brown University's tuition increase has reached its lowest rate of 3.36 percent.

The University's board of trustees has approved the new combined price for undergraduate tuition, fees, room and board for the 2015-16 academic year.

Don Crandall, vice president for enrollment management, said, "JBU is a leader in initiatives to keep Christian higher education affordable. We are consistently rated a best value in the South by US News and World Report."

He added, "We work hard to keep our tuition affordable for our students and are proud to report that JBU is priced lower than 73 percent of our peer institutions across the country."

John Brown awarded \$11.4 million in institutional scholarships for the 2014-15 academic year and is increasing the institutional student aid budget for 2015-16 by \$300,000. Additionally, JBU awarded 543 scholarships worth a combined \$1.96 million annually from endowed scholarship funds.

The JBU Scholarship Fund made the total scholarship aid available to students over \$13.36 million in 2014-15 with the expectation to award more in the coming academic year.

"We have incredible institutional support at JBU. Through new financial aid that we have allocated for the 2015-16 academic year, we estimate the average effective impact of the increase will be about 2.5 percent," said Kimberly Hadley, vice president for finance and administration.

The JBU Advancement team is working to increase

the endowment and sustain annual scholarship funding through the initiatives of the university's recently announced Campaign for the Next Century. JBU plans to allocate as much as \$60 million of the \$125 million campaign goal to student scholarships.

"Upholding our long-standing tradition of helping students attend college despite financial challenges is extremely important to us at JBU," said Dr. Jim Krall, vice president for advancement.

"Because of the many generous supporters who give to scholarship endowments and to annual scholarships at JBU, we are confident that we can keep JBU's excellent education accessible to our students in the future," Krall said.

TUITION RATE INCREASE LOWEST IN LAST 25 YEARS

	INCREASE	TOTAL COST
TUITION	\$846	\$23,398
FEES	\$34	\$1,070
ROOM/BOARD	\$196	\$8,664

Graphic by HANNAH GARRETT/The Threefold Advocate

Civil rights hero paired with Confederate general Legislators refuse to separate Lee and King holidays

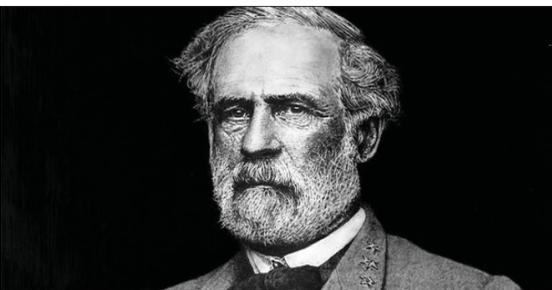
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Confederate Civil War general Robert E. Lee and civil rights leader Martin Luther King Jr., two men who fought for opposing causes, share the same holiday in several southern states. Arkansas is currently challenging the pairing of the two.

In 1983 Coretta Scott King lobbied and succeeded in getting Congress to pass an act instituting the Martin Luther King Jr. Federal Holiday Commission. She celebrated the first Martin Luther King holiday in January of 1986. The holiday is in January to commemorate King's birthday on January 15, but the holiday is usually celebrated on the third Monday of the month.

The Robert E. Lee celebration was founded to commemorate Lee's military service and dedication to the country. Robert E. Lee day is on Jan. 19, his actual birthday.

Robert E. Lee day, unlike Martin Luther King Jr. day, is not a national holiday and is only acknowledged in southern states such as Ark., Ala., Ga., Miss., and Fla. Certain states like Ark. celebrate both Robert E. Lee and Martin Luther



Photos courtesy of GOOGLE

King Day on the same day. Frank Huebert, director of service and outreach ministry said he was originally confused about the combined celebration.

"I first found out a year ago," Huebert said. "I was walking by an employment office in town the week before Martin Luther King day, and noticed an official sign from the state saying that the office would be closed in honor of Martin Luther King Jr. and Robert E. Lee day. I was really confused of the juxtaposition of these two men," Huebert said.

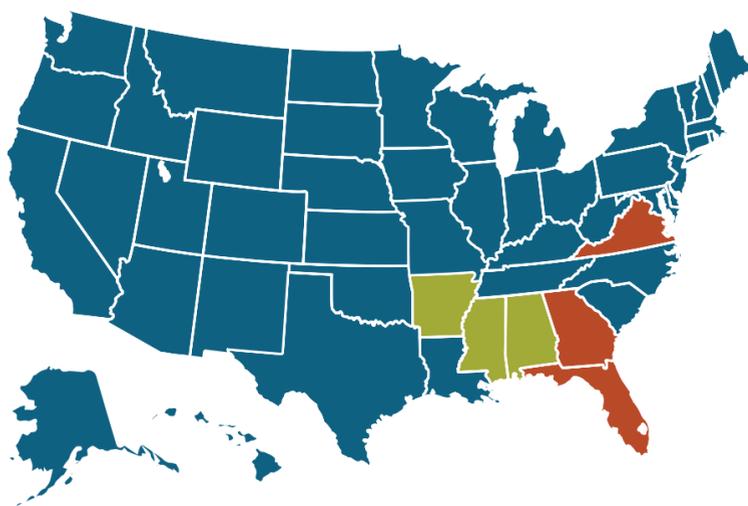
Huebert explained how combining these two days is controversial.

"We are not going to celebrate Nazis Germany

day on the same day as Holocaust Remembrance Day," Huebert said. "If we are celebrating a Confederate general then what does that mean? For me there was just a lot of confusion, so I was happy to see that Arkansas was trying to address this situation."

The public has not responded well to having a man who fought for nonviolence and reconciliation paired with a Confederate general. Here in Arkansas, Republican representative Nate Bell, Republican, and Democrat representative Fred Love filed legislations in late January to divorce Robert E. Lee day from Martin Luther

STATES CELEBRATING MARTIN LUTHER KING JR. & ROBERT E. LEE



- CELEBRATE MARTIN LUTHER KING JR. ONLY
- CELEBRATE MARTIN LUTHER KING JR. & ROBERT E. LEE ON THE SAME DAY
- CELEBRATE MARTIN LUTHER KING JR. & ROBERT E. LEE ON DIFFERENT DAYS

Graphic by HANNAH GARRETT/The Threefold Advocate

King day.

Dale Charles, president of the National Advancement of the Association of Colored People, declared that such a legislation is past due.

"King was about humanity," Charles said. "And that King would take in any race, creed or color that was not given the same privileges or rights

under the Constitution as everyone else. He deserves a holiday on his own because of the fact that his movement was making a difference in the United States."

Yet on January 28, the bills proposed where turned down, legislators claiming that taking away Robert E. Lee day would diminish respect for

Southern heritage.

"I was really surprised when Arkansas did not pass the bill separating the two days," Huebert said.

Representative Nate Bell said he is not ready to give up and will bring the legislation back to the committee.



National Geographic photographer shares life

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About 200 community members, students and faculty gathered at the Berry Performing Arts Center (BPAC) on Saturday afternoon to hear National Geographic photographer Sam Abell share his life work. As the lights dimmed, a black and white photograph of a man watching a train in the snow appeared on the large screen above the stage.

It was one of Abell's first photographs, taken when he was just 14 years old with his father's Rolleicord. Abell said that as he was trying to take the photograph, his father gave him advice that he has followed throughout his long career.

"Compose the picture, Sammy, and wait," his father had said to him that day. The simple bit of advice has worked well for Abell and has helped him take his own photographs.

His presentation in the BPAC featured many

of his best photographs, but it also featured humorous and endearing stories from his life.

He told tales of picking up hitchhikers in Australia and of his parents' secret marriage during the Depression. He elaborated of a story from his childhood, when he survived a cyclone while in a small plane going to the Ringling Bros. and Barnum & Bailey Circus with his brother and father.

His father was a major inspiration to him. The family travelled on educational road trips, and always took pictures. "He taught me photography," Abell said fondly.

He also drew inspiration from his home state of Ohio, and later incorporated strong horizon lines into his photographs which he said reminded him of where he grew up. His roots remained dear to him, despite his travels throughout the United States, Australia, Japan, Ireland, Canada and many other places.



LEXI CHRISTENSEN/The Threefold Advocate

Sam Abell shares in his tales of his journey to becoming a National Geographic photographer as well as advice on how to photograph well.

Aside from his obvious skill and eye for fine photographs, Abell's talent was made even more apparent when he pointed out that he does not crop or edit his photographs in any way. His photographs are all composed entirely through

the viewfinder, with not a touch of Photoshop. Abell took much convincing to get him to use a digital camera.

"I was a very reluctant digital photographer," he said. "I resented it."

Lindy Martin, junior graphic design major

attended the event and said, "I thought it was a valuable display of classic, untouched photography in a time where we see thousands of digitally

teaches, travels and gives workshops for aspiring photographers. Teaching is in his blood, he said, just as both his brother, parents and grandfather

"I thought it was a valuable display of classic, untouched photography..."

-Lindy Martin

altered photos everyday."

Eyduh Syderbo, senior kinesiology major said, "I admired how great his shots were for being unedited. I saw how difficult it is to get the perfect photo. Taking tons of photos and only getting 7 published proved his discipline and determination."

Having left National Geographic 10 years ago, Abell continues photography, but also

were all teachers.

He encouraged students and other photographers in the audience to pay attention to the "micro-composition" of their photographs, the little details that make it come alive. He also gave them the same advice his father gave him: compose the picture, and wait.

"To make fine photographs, make fine snapshots," he advised.

Major network highlights terrorist video

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ISIS recently released a video of their assassination of Lt. Moath al-Kasasbeh, a Jordanian pilot, whom they burned alive inside a cage. Unlike any other major U.S. news agency, FoxNews.com posted the entire 22 minute propaganda video on their website.

Fox News has been criticized for showing this graphic video and making ISIS propaganda more readily available.

According to BusinessInsider.com, "The video is now being widely shared by ISIS proponents via the Fox News site."

Anna MacLachlan, a freshman business major, had concerns about the brutality of the video and said, "Is that something we want to have accessible to everybody?"

"Fox is creating a bunch of controversy and putting the eye on them, so that could be good for their news agency. But I don't think it's right," MacLachlan said, she added that

seeing the brutality of the assassination is unnecessary.

"We can read about it, or hear other people talk about it, but I don't want to see that. I don't think that we should even have a choice to see it," MacLachlan said.

"I just don't think you need to be showing the public brutality like that and spreading that propaganda," said Ryan Gulbranson, a sophomore construction management major.

Valarie McArthur, a freshman communication major, disagreed, saying that she is against censorship. She also said, "A lot of times, when people read about brutality, it doesn't make it as impactful. They don't realize exactly what's going on until they see it, and, when they see it, it becomes real and then they want to do something about it."

Mark Belvardi, a sophomore engineering major, echoed McArthur and said that it's one thing to talk about something, and another thing to see a burning guy in a cage.

John Moody, Fox News



Photo Courtesy of AP PHOTO / RAAD ADAYLEH

People from the al-Kaseasbeh tribe and other tribes call for the release of Jordanian pilot, Lt. Mu'ath al-Kaseasbeh on Jan. 27 outside of Jordan's cabinet in Amman.

executive vice president, issued a statement on Feb. 4 and said, "After careful consideration, we decided that giving readers of FoxNews.com the option to see for themselves the barbarity of ISIS outweighed legitimate concerns about the graphic nature of the video. Online users can choose to view or not to view this disturbing content."

David Kamwana, senior

engineering major from Zambia, echoed the word of Moody, saying that being able to watch the ISIS video is "something that should be the choice of an individual." He went on to say that, while it is difficult to sensor graphic images from immature eyes, this can be said about any online content.

"People need to wake up," Kamwana said. He believes that the ISIS video needs

to be seen in order to increase awareness of ISIS' terrorism and "wake people up."

Journalist Howard Kurtz was featured on a Fox News broadcast to discuss this controversial video posting. He expressed concerns about making the video available.

"I fear that many of us in the media are helping ISIS spread its propaganda, using its fear

tactics. I felt the same way with the beheading video, still images of which became almost like wallpaper for every story about ISIS," said Kurtz in the Fox interview.

Malcolm Nance, terrorist expert of the Terror Asymmetries Project on Strategy, Tactics, and Radical Ideology think tank, echoed Kurtz, saying, "Fox News are literally, literally, working for al-Qaida and ISIS's media arm," in an interview with the *Guardian*.

In a phone interview with *MediaITE.com*, Moody addressed the criticism of promoting the ISIS propaganda video by saying, "I really cannot imagine the person who would look at this video and come away admiring ISIS."

"If you're a person or individual watching something like that, and coming to the conclusion that 'yeah, I need to join this group,' then there is something wrong with you," he said.

Apps with anonymity spark concern for cyberbullying

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One in every three children is bullied in some form. Out of those children, more than half reported being cyberbullied, according to the Megan Meier Foundation, a program to help end cyberbullying.

In Feb. of 2008 only eight percent of Americans were on social media. Since Jan. 2014, according to the Pew Research Center, more than 72 percent of online American adults use some form of social networking site. This increase of technology use and constant connection to others over the Internet has created new dangers in the form of cyberbullying.

With more than 1.15 billion people using the social media network a

month Facebook has the highest cyberbullying rates, according to nobullying.com, an organization focused on cyberbullying prevention.

Two of the newest and "most dangerous" apps connected to

many of her classmates suffer from cyberbullying.

"Ever since social media became so much more accessible, people think they can get away with saying anything because it is easier now," Holt said.

with each new social media addition, more efforts should be made to combat cyberbullying by educating people on the repercussions of cyberbullying.

"Many times, people don't realize how easily it happens and how potentially hurtful they might be," Holt said.

Julie Hofer, a freshman kinesiology major said, "Cyberbullying is a classic example of one person lifting themselves up by putting another person down and the only difference is the bullies have the luxury of hiding behind a computer screen."

Hofer highlighted the divides that cyberbullying causes between families.

According to the American Osteopathic Association, only one in six parents know of their child being cyberbullied when reports state that 95 percent of teens are

either experiencing cyberbullying firsthand or are watching it play out around them.

In the past six years, the numbers of reported cyberbullying cases has risen from one in seven children being bullied to one in three, according to

the National Center for Educational Statistics.

Each year the number of reported cyberbullying cases continues to increase not including the hundreds of unreported cases.

"Cyberbullying should not be acceptable or tolerated anywhere."

-Cara Holt

cyberbullying are Yik Yak and Ask.fm. These apps allow users to post comments, statements and questions anonymously, creating even larger outlets for cyberbullying.

Cara Holt, a freshman at John Brown University, grew up in Siloam Springs and watched

Sadly, cyberbullying does not end with high school. One of Holt's friends, a current student at JBU, was victimized by the Yik Yak app.

"Cyberbullying should not be acceptable or tolerated anywhere," Holt said. Holt believes that

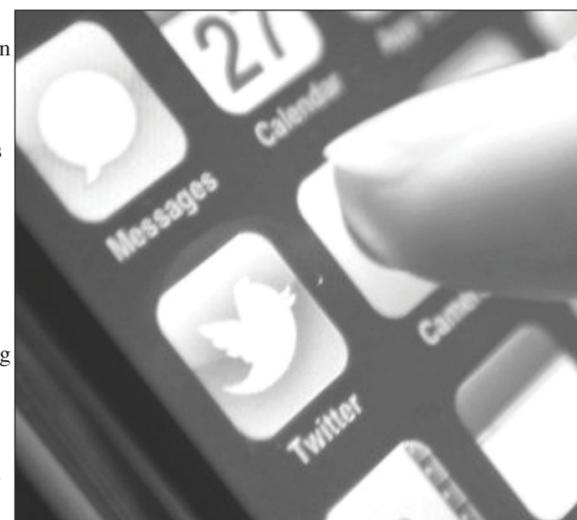


Photo Courtesy of Dominic Lipinski/PA Wire/Press Association Images



February 12, 2015
The Threefold Advocate

NEWS 3

Civil rights era voting laws evolve

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Photo Courtesy of ACLU.ORG

Voting at the end of 1965 took another evolution as 250,000 new black voters are registered, one third of them by federal examiners.

Laws that were passed during the civil rights movement are now being reviewed by the Supreme Court, because some officials have argued these laws are outdated and not applicable to today's time.

One of the laws that the Supreme Court reviewed back in July of 2013 was the 1965 Voting Rights Act. According to the Huffington Post, the court declared Section 4 of the law outdated. Section 4 states that parts of the country with a history of "minority voter suppression" must clear their voting regulations with the federal government.

This was the center point of the entire Voting Rights Act. It prevented southern states from creating unfair thresholds, like poll taxes, that would target and prevent the minorities from voting. These states had to have all of their voting requirements approved by the federal government.

President Obama during January's State of the Union expressed his desire for the Supreme Court to retract their decision.

"We can come together, Democrats and Republicans, to make voting easier for every single American," Obama said.

This means that laws that made it difficult for minorities to vote can be reestablished. States such as Mississippi and Texas, which were

required under the Voting Rights Act to have their regulations cleared by the federal government, are now requiring people to have a government issued photo ID to vote—a law that Section 4 of the Voting Rights Act was blocking, according to Huffington Post.

The question that is circulating as to why the Supreme Court is second guessing this law: Is racism still such a problem in this country that we need laws to protect certain citizens? Is racism still an issue for us living in the 21st century?

"Our country has changed. While any racial discrimination in voting is too much, Congress must ensure the legislation it passes speaks to current conditions," said Chief Justice John G. Roberts Jr. about the Supreme Court decision, according

to Washington Post. Justice Ruth Bader Ginsberg expressed her disagreement with her colleagues from the bench, by reciting the words of Martin Luther King Jr. Ginsberg said on that day the public and justice had been "disserved" by the decision.

Gary Oliver, a resident of Mississippi in 1967-1968 during the Civil Rights Movement in his early 20s, said he believes racism sadly still exists.

"Racism is definitely still alive today," said Oliver, "Whenever you bring different people together you will experience some form of racism."

He was a part of a gospel team that shared the message of Christ to black elementary schools and high schools. Oliver worked with

civil rights activist John Perkins during his time in Mississippi.

danger that would be there because we had received threats, but it just seemed

"While any racial discrimination in voting is too much, Congress must ensure the legislation it passes speaks to current conditions."

-John G. Roberts

"In '67 as in '68, we were followed by the KKK and a number of times we would have to spend the night 40 and 50 miles away from where we going to be speaking," Oliver said. "We were aware of the

like the right thing to do. And while we were there we were embraced by the black community."

Oliver recalled watching first-hand as the tension escalated in the area where he lived. "In '68 we went down

there again, and while we were there, Martin Luther King had been shot," Oliver remembered. "The day after his death, John Perkins took us behind the barricades in Jackson, Miss. where we were the only white folks there. He took us to Charles Evers' office, the brother of Medgar Evers, and he was on the phone with LBJ. Johnson was calling all the black leaders and encouraging them not to riot."

Medgar Evers was a civil rights activist and a field secretary for the NAACP when he was shot to death in the driveway of his home in Jackson, Miss. on the night of June 12, 1963.

Oliver said that there is a memory that stands out to him that he will never forget.

"One day John couldn't take the kids to school, and I said I would take them. He said, 'are you sure? It could be risky,' and I said, 'yeah' and kind of laughed it off. So we popped the kids in the car, and as I took them to the elementary school I heard this yelling and screaming. I looked across the street and saw these first, second and third grade kids. I rolled my window down and I heard so much profanity... like the sewer system opened up," Oliver said.

"In the musical South Pacific it has song that says you have to be taught to hate," Oliver said.

Speaker emphasizes effects of technology



DANIEL MADRID /The Threefold Advocate
Doreen Dodgen-Magee speaks to chapel on Thursday about focusing on relationships and face-to-face interaction as apposed to social media outlets.

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Psychologist Doreen Dodgen-Magee challenged students this week to disconnect from all the screens in their life in order to enjoy the here and now.

"About 10 years ago I had a nephew to enter my life, and I wanted to buy him the Fisher Price

Car Garage. It had a little crank and made the car go up. I went shopping for it and could not find any car garage without some type of computer chip in them that enabled them to make sound and light up. I just wanted an old fashion toy. I became concerned with the level of digitization that was happening to pre-school age toys," said Magee about how she first became engaged in

the topic of technology. "I started writing to all the toy companies who were making them, as a psychologist, to say this seems to decrease the amount of time parents can spend with their kids, because the toy does the work for the parent. I never heard back from any of them. I got ticked off, and I told them if I didn't hear anything back from them that I would start reading all the research I could," Magee said.

Magee felt that the technology targeted towards smaller children was having a more negative effect than a positive one.

"I found out that at the same level digitization of toys were increasing, the level of parental involvement was decreasing," Magee said.

When Magee started researching and sharing what she had discovered about the effect of technology on young people, she found a lot people were also concerned about the issue.

"I started doing small educational talks with different groups and that has just taken off. I have not done anything to market what I am doing; everything has just been traveling by word of mouth. I feel called to help people begin to think about their technology use and to try to challenge them to live their embodied life with intentionality,"

Magee said. At the talkback session that night, Magee talked specifically about how the advancement of technology is hurting people's relationships with themselves and others. Students enjoyed the discussion and

left with a greater awareness and new interest in technology. "It was really great to hear what she had to say. I think I am definitely going to try to put down my phone more, and calm myself before I start my day. I also

"I am going to start being very mindful, and make changes that help overall."

-David Bird

enjoyed all the research she provided," said sophomore Jake Knight. "I am going to start being very mindful, and make changes that help overall. It was really fascinating," said senior David Bird.

Morgan Haynes was very interested to see someone discussing an issue that is not a popular topic.

"The fact that someone is talking about something so counter-cultural brings a new perspective to the table that I didn't think about before. To live life in a more conscious way," Haynes said.



DANIEL MADRID /The Threefold Advocate



All lives matter:

U.S. should show concern over Nigerian massacre

A few weeks ago several attacks from Islamist extremists took place in just seven days: the attack on Charlie Hebdo, a reaction over an illustration that killed 17 people, and a series of attacks by the Boko Haram in Nigeria, killing a minimum of 150 people.

The western world reacted in indignation to the killings in France, yet somehow the killings in Nigeria were glazed over. The western world cared more about an attack on free speech than on the massacre of Nigerians by a group that has, according to the Council of Foreign Relations, killed more than 10,000 people.

France's tragedy made front-page news in U.S. newspapers such as the New York Times for several days in a row. The Boko Haram attacks were given no such distinction.

We The Threefold Advocate propose that the reason behind the unbalanced coverage resulted from our country's fear of facing the same treatment.

We as Americans take interest in the situations that could potentially impact us. Yes, Nigerians killing other Nigerians is horrible, but the chance of such a situation happening on that scale in the U.S. seems small. Distant. Not an issue. We can label the circumstance as a horrible problem, but as a Nigerian problem, and one that we need not worry ourselves about, because the possibility of the Boko Haram invading the U.S. is not on our radar.

But threaten a western country's free speech, and the U.S. cares. The idea of someone attacking our right to free speech is unnerving. We don't want terrorists attacking our news organizations. We don't want terrorists attacking us period.

So more than 150 people die in a week, and we don't seem to care.

We The Threefold encourage readers to make a point of taking interest in the world on a global level, and not just in the places that affect us personally. We urge readers to pray for and care about people hurting in far-off countries facing horrors that we will probably never face.

Sometimes this requires looking beyond the front page of a newspaper and reading stories about situations that aren't necessarily the most discussed topics or the most popularized social justice fads.

We should care about events that could one day affect us, such as the Charlie Hebdo attack. This doesn't, however, give us the excuse to ignore the rest of the planet.

Put the phone down:

Electronic light detrimental to sleep

We have all been told at some point or another to stop staring at our TV or computer screens, to put away our cellphones and look at people or the sky. Usually it was our parents, followed by a "because I said so" look. But were those screens really harmful?

According to a recent study, the light emitted from cellphone, computer and TV screens actually can be detrimental to those trying to fall asleep. "We know from previous work that light from screens in the evening alters sleepiness and alertness, and suppresses melatonin levels," said Dr. Anne-Marie Chang, a neuroscientist and co-author of the report, which was conducted by Brigham and Women's Hospital in Boston, Mass.

Because the light from such electronic devices stimulates the brain and suppresses melatonin levels—a hormone that promotes sleep—it makes it more difficult for the brain and the rest of the body to relax and fall asleep. For busy people who need every bit of sleep they can get—like college students—the results from this study should be taken seriously.

We The Threefold Advocate encourage you to be aware of how much time you spend on an electronic device, especially in the hour before you go to sleep. U.S. News & World Report says people should set an "electronic curfew" an hour before bed to let themselves relax.

Staring at screens for too long can also cause computer vision syndrome. The stress put on eye muscles by focusing on words or images on a screen for too long can cause injury, similar to how carpal tunnel syndrome can affect your hands. The repeated stress gets worse as people age, but it is recommended that you look away from the screen every 20 minutes and glance around the room or outside to rest your eyes.

Besides the potential sleep benefits of spending less time in front of a screen, it also allows you to spend more time on that recreational reading you've been promising to get to. Or you could go outside and enjoy the beauty of the Ozarks on a nice day instead of aimlessly scrolling through Twitter, or call your grandmother like you've been meaning to do.

We The Threefold believe it is important to spend time with people—either hanging out with friends at Devil's Den or calling your family to chat—rather than spending all your free time staring at pictures of people or nature on Pinterest. Even when you are doing something truly important on your device, it is important to get up, walk around or look out a window for a bit.

Social media vs. social justice



Illustration by CALLUM MCNICHOLS

Change gun stereotypes

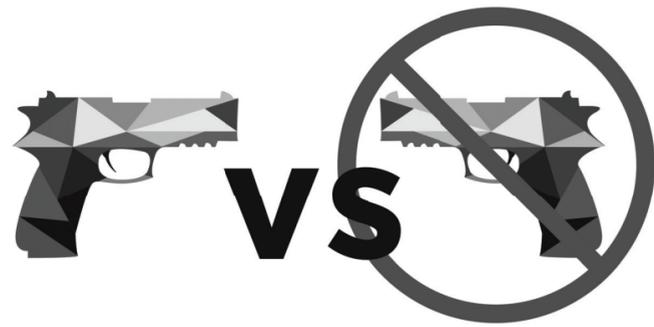


JOSH HAWKINS
CONTRIBUTOR

A common misconception about gun ownership is that more firearms means more violent crime. While the United States is number one in firearm ownership in the world (roughly 88 firearms per 100 people), it is not the most dangerous in terms of firearm-related crime. You are more likely to be shot in Jamaica, Honduras or El Salvador than you are in the United States, yet the gun ownership per capita in these countries is significantly lower than ours.

In 2013, both the Department of Justice and Pew Research showed that, despite an increase in gun ownership in the United States, violent crimes decreased. Data from several firearms bans show that taking away firearms does not equate to a drop in violent crime.

While there is not a single gun-control act that I wholly support, I would say the one positive thing to come out of gun control is the background check process. This was proposed in the Brady Handgun Violence Prevention Act (the Brady Act) as a means to reduce gun violence. In its original form, local law enforcement agencies were in charge of background



Graphic by TORI LASATER

checks. This was later appealed by the National Rifle Association as a violation of the 10th Amendment.

The duty of background checks was later replaced by the National Instant Criminal Background Check System, which is maintained by the FBI. This system provides instant results on whether someone is eligible to purchase a firearm. The system is mostly helpful, but it does have flaws. In 2012, 72,659 applications were denied. Of those, 3,491 were wrongfully denied. The system does help keep firearms out of criminals' hands, but it is far from perfect.

Despite the good that has come from background checks, The Brady Campaign has led the charge against assault weapons, handgun manufactures and other types of firearm ownership. Proposed legislation such as the Undetectable Firearms Act were ill-informed and based on fear rather than science. The Undetectable Firearms Act was a direct response to pistol manufacturer Glock, and was based on the assumption that polymer handguns would circumvent metal detectors. This was not the case as Glock still

uses metal components in its firearms.

In the past 20 years, the gun rights movement has made tremendous progress across the nation. More states are issuing concealed firearms licenses and are reaping the benefits. According to the FBI's data, as states have changed their handgun laws to right-to-carry, violent crimes have decreased. Research shows that legal firearms owners are less likely to commit crimes than non-firearms owners.

Despite this data, the firearms community as a whole is judged by the actions of a small minority. This behavior of stigmatizing people based on the actions of a few is frowned upon in society, except when it comes to the firearms community. Let's change that.

Hawkins is a senior majoring in business administration, and is the Arkansas State Director of Students for Concealed Carry. He can be reached at hawkinsj@jbu.edu.

The Threefold Advocate

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Self-care is essential, not selfish



LEAH GUY
CONTRIBUTOR

I feel guilty when I'm just sitting in my room doing 'nothing'. If my activities are not good for my résumé, they're not good for me. If I'm just having lunch with someone, it's probably not as intentional or effective as having a one-on-one. If I'm taking a class for fun, I'm wasting money. If I'm

going to go to the skate park, I should go with a Cause Ministry so it accomplishes something. If I'm reading a book, I should be reading a textbook. If I'm taking a Buzzfeed quiz, I should be applying for an internship. If I'm reading poetry, I should call it a devotional (you know, so it counts). And my gosh, if I'm watching Jane the Virgin, I should start repenting.

We have created a culture that shames us for taking care of ourselves. We feel so guilty after putting our homework down to go to Swepeco that we don't enjoy our time there. We take a textbook on every car ride because we wouldn't dare waste time staring out the window. We feel rushed and busy and stressed, but if we find a free hour in our day, we feel guilty.

We place ourselves in this ultimatum. Our whole life becomes a checklist, a task, a thing that we're set on completing. People with souls

become names in our 5 o'clock planner slot.

We become robots, ticking the days away.

I don't think we were meant to live like this. I don't think

"Our whole life becomes a checklist, a task, a thing that we're set on completing. People with souls become names in our 5 o'clock planner slot."

self-care is supposed to be radically subversive to our established Christian culture. But that's what it has become. I don't think you should be an anomaly for reading Wendell Berry when the sun falls on the floor just right without feeling guilty. I don't think you should be an outlier for setting aside an hour of your day to watch TED talks or the news or cat videos. I don't think you should

feel bad about going to Café on Broadway with a friend because you like them and want to spend time with them, and I definitely don't think you need to label that. It can just be getting coffee.

This might feel like semantics, just calling the same thing by a different name. And to some extent, that's exactly what it is. But I think the way we talk about something is hugely important though, and there is an interplay in how we talk about something, how we think about that thing and how we act in relation to that thing. When we talk about eating dinner with a group of people like it's a

business meeting, it affects the way we actually eat the meal. When we talk about people like they are appointments, we make them feel like appointments.

When we talk about life like it is an emergency, we treat it as such. We treat ourselves like machines, and changing this pattern means bucking the system. It means pushing back against our need to accomplish. It means trusting ourselves. It means believing there is a gift found in going slow, in doing less and experiencing more, in living deep and in sucking out all the marrow of life. It means taking life so seriously that we enjoy it.

Guy is a junior majoring in psychology and family & human services. She can be reached at guyln@jbu.edu.

Racism hurts minorities and majorities



SALINA ADOLPH
CONTRIBUTOR

Racism is not just the



majority's problem. It can sometimes be easy for me, as an Indian-American and a minority in the United States, to think of my prejudices as less damaging than the prejudices that exist against me. However, if I refuse to see my prejudices against those around me, I have refused to see my responsibility to reconciliation, and I will never be able to help anyone.

We all contribute to injustice, whether we believe it or not. This issue isn't just about

calling majorities to reconcile with minorities; it's between everyone who has a bias at all.

In my mind, it makes sense that minorities should band together to fight systematic injustice. In reality, though, we oftentimes further the injustices that are already against us by stubbornly holding on to our biases against other minority cultures in the United States. For example, if many Indians in the United States stereotype against African-Americans, and I refuse to acknowledge or counter that bias, I become part of the injustice that has existed against African-Americans for centuries.

Or, if another minority population ostracizes Latino-Americans, they add to the growing majority voices already belittling them. In both scenarios, the biases run both ways, because our human nature compels us to hurt those who hurt us, which just creates more division between us.

In the same way that minorities can't ignore their prejudices against other minorities, they also can't ignore their prejudices against the majority. If my peoples' stigma of white Americans keeps us from ever forgiving them or entering into a relationship with them, we miss the entire point of racial reconciliation. Our pain and anger might be real and justified, but they cannot push us to hate.

As difficult as it is, minorities have to recognize that their stigmas against the majority

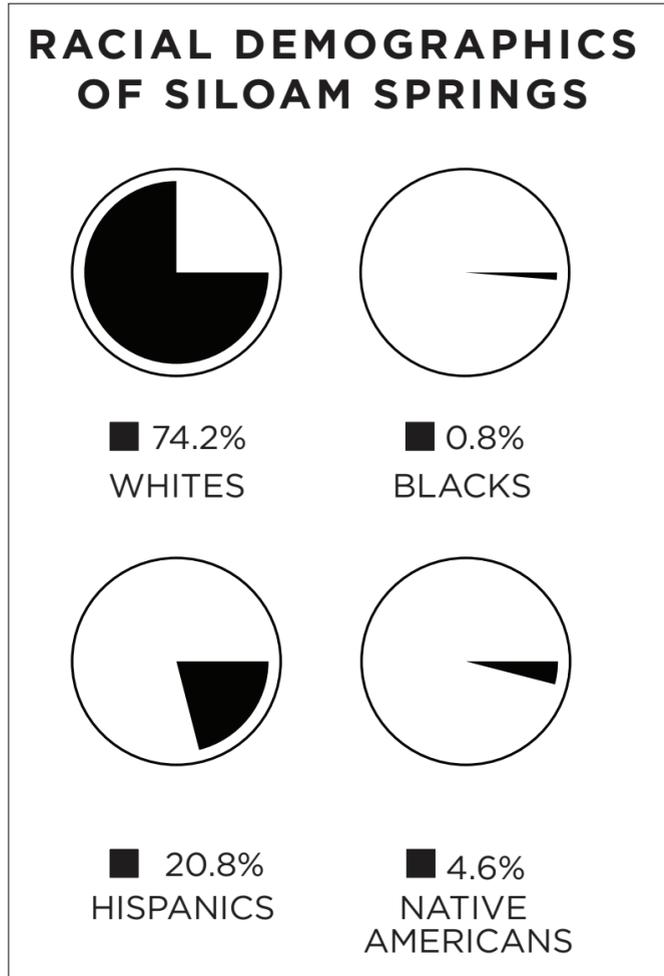
contribute to the brokenness of prejudice. Defining and treating people according to their stereotypes strips them of their individuality, and this applies to both the minority and the majority of a nation.

And finally, there's the majority. The majority group of any culture has to recognize its privileges and contributions to history in order for healing to take place. In the United States, the justice system is more skewed in favor of white Americans than it is in favor of minorities. The justice system reflects and influences the greater social system in the United States, all of which is rooted in historical biases. White Americans have a responsibility to address these biases on a social and personal level so that justice can truly be just, and people can truly be viewed as people.

Our biases impact how we view and treat people, and, in a bigger sense, how we view God. Not confronting our prejudices keeps us from confronting the sin inside us, which further separates us from each other and from God.

True reconciliation requires people of all races, majority and minority, to be willing to address their biases, genuinely forgive, listen to other people and engage in relationships with those who are vastly different than they are. In other words, true reconciliation requires humility, which is the most counter-cultural message we can preach.

JBU, are we willing to



Graphic by HANNAH GARRETT/The Threefold Advocate

humble ourselves enough to acknowledge our contribution to oppression, prejudice, and hurt? Are we sincerely willing to love?

Adolph is a junior majoring in family & human services. She can be reached at adolphs@jbu.edu.

Millennials: learn from other generations



REBEKAH HEDGES
NEWS EDITOR

"My bae is so swaggy; I posted a #WCW of her and her eyebrows were on fleek."

"Noway? I just dumped my girlfriend, she was basic, but Yolo. I was like, bye Felicia."

Sadly, as a millennial, I can understand these statements and am ashamed to admit that I use this lingo. Although the use of these words began sarcastically, it has slowly and consistently crept into my daily vocabulary.

Some may argue that the

millennial generation is defined by these words, but I want to challenge that thought. Not only do we stereotype others based on socioeconomic status, race and gender, but we also stereotype based on our generations.

By definition, being categorized as a millennial means you were born in the years from 1982-2002. But the stigma behind our generation can be summed up and represented by the Urban Dictionary definition of millennial.

"This generation is something special, cause Mom and Dad and their 5th grade teacher Mrs. Winotsky told them so. Plus they have a whole shelf of participation trophies sitting at home so it has to be true."

In addition, "They are the only generation in the universe to understand the concept of work life balance and to actually want to find a fulfilling career. All those Gen X losers just don't get it what with hoping to keep their jobs and pay the bills but they are just corporate drone so who cares what they think? They should be smart like Millennials

and get Mom and Dad to pay for that stuff until they can work out what they want to do with their lives and then get rich doing it."

The idea stands that we are

"The breaking of generational stereotypes lies in the way we treat people of all ages. Listen and learn from each other, not looking down on those who are young, yet not thinking too highly of yourself to ask the elder."

needy, reliant on our parents and have inflated self-pride. In addition, we are stereotyped as disrespectful to authority, spoiled and lazy.

I will be the first to admit that I use twentieth-century lingo, was raised in a white, middle-class, Christian home with two loving parents, and I have the desire to work in a job that I will enjoy.

You may be thinking, yup, she fits the mold.

But as a Christian millennial, I beg to differ. Although my parents helped to instill

a healthy amount of self-confidence and self-image, they also instilled manners, humility to ask questions and respect for authority.

I understand from my father and older sister's example that sacrificing the enjoyment of a job to provide is necessary.

Although many of us millennials enjoy watching Netflix, we are not incapable of holding a job, accomplishing extensive college research papers and forming intelligent thoughts.

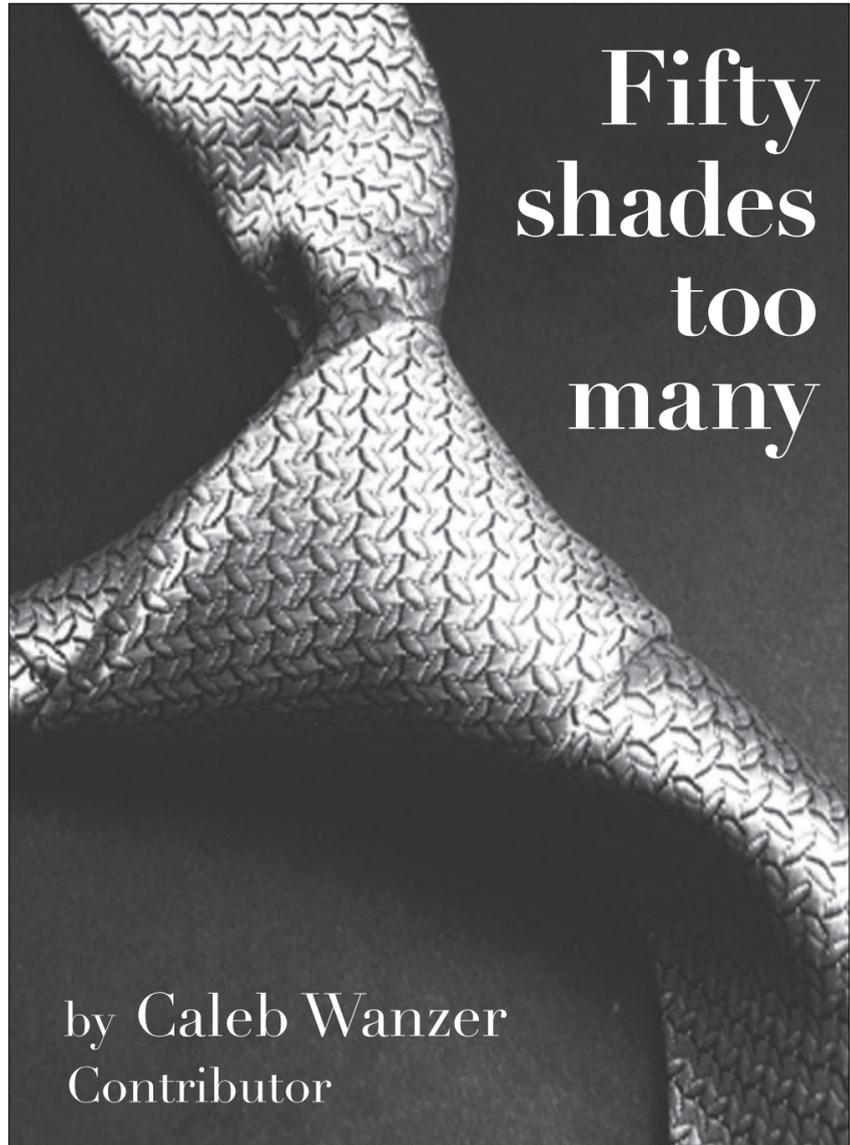
We need to break the stereotypes for every generation. Our generation is equally responsible for stereotyping the Gen X or baby boomer generations. We do this by

thinking older generations are incapable of using technology or keeping up with current events. I am guilty of teasing my mom for relearning how to copy and paste or attach a document to an email.

What I urge is that we listen and learn from each other. Just as millennials should not be too arrogant and ignorant to ask for help with learning about the past, Gen Xers should not be too prideful to ask for technology help.

The breaking of generational stereotypes lies in the way we treat people of all ages. Listen and learn from each other, not looking down on those who are young, yet not thinking too highly of yourself to ask the elder.

Hedges is a junior majoring in communication. She can be reached at hedgesr@jbu.edu.



Fifty shades too many

by Caleb Wanzer
Contributor

Photo courtesy of Google Images

If you haven't heard of Fifty Shades of Grey, you must have missed the Super Bowl, local pop radio stations, cable television or just about any other form of media in the last few weeks.

Slated for a Valentine's Day release, the movie adaptation of Fifty Shades of Grey has generated massive social media interest with more than 8 million followers on its Facebook and Twitter pages.

Originally released in 2011, the novel has since been translated into 51 languages worldwide and sold more than 100 million paper and e-book copies, according to the movie's official website. The book is ranked fifth on the New York Times bestseller list.

The story, which Focus on the Family has condemned as pornography through its radio programs, is centered on a rich entrepreneur and a literature student who become entangled in an explicit and dark affair. The movie is rated R for strong sexual content, graphic nudity and language.

Mikael Seamans, a former student at John

Brown University, plans on seeing Fifty Shades of Grey in theaters next week.

"Movies usually end up much worse than the books, but from what I've heard, the book is very poorly written," Seamans said. "But I think this movie will be different, I think it'll be even greater than what people expect."

However, Seamans does think that most JBU students will find other things to do this Valentine's Day.

"We talked a lot about guarding your heart on campus," he said. "In the story, the main female character in the book is certainly not guarding her heart."

For those more in touch with popular culture, Seamans does think that the movie contains plenty of entertainment value.

"If you're a JBU student in touch with your inner Rihanna, then Fifty Shades of Grey might be for you," he said, referring to Rihanna's hit song "S&M," which is a popular abbreviation for sadomasochism.

JBU's Dean of Student Life, Andre Broquard, encourages students to be cautious with consuming all types of media.

"I wonder if it skews our healthy romantic or sexual expectation," Broquard said, regarding explicit content in general. "As Christians, the healthy sexual interaction should take place in the bounds of marriage, between a man and a woman. When we begin to stretch that and play it in a romanticized way, we skew the way it should happen."

The university student handbook prohibits any X or NC-17 rated films from being viewed on campus and also bans any movies that are exceptionally violent, vulgar or sexual from being shown in group settings. Individual viewings are allowed but strongly discouraged.

The university is careful with banning or outlawing content or behavior, Broquard said. Instead, John Brown leaves most decisions in the hands of students.

"JBU is a place where we limit what to limit," Broquard said. "We would caution students to be wise in any sort of activity. Don't just consume it or fall into it by accident, but make an informed decision on how you will take part in something."

Julie Gumm: Author, adopter and achiever

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When God set the idea of adoption on the heart of Julie Gumm, she knew the journey she and her husband Mark would face would come at a price. Literally. What Gumm didn't know was that her adoption story would lead to her becoming a best-selling author.

As avid fans of financial-guru Dave Ramsey, the couple was determined to complete their adoption debt-free.

"We are big believers in living without debt," Gumm said. "The Bible doesn't say debt is a sin. There are verses on how to handle your money, but most of the warnings are on how you spend your money is a direct reflection of your heart and your priorities."

Gumm said that, while you can take out a loan for an adoption, it dismisses other opportunities.

"It sort of short changes God the chance to work and the opportunity for other people to get involved in your story."

Six years ago, the couple brought a sibling-duo, ages 6 & 8, home from Ethiopia, debt-free.

With a biological child of their own in kindergarten at the time, Gumm said that adopting older children was their intention from the beginning.

"There's such a need for families being willing to adopt older kids," Gumm said. "And then we kind of thought, 'If we're already bringing home one, why not two?'"

When Gumm's friend told her that she should write a book about her adoption, Gumm doubted the potential her story had.

"Every writer wants to write a book," Gumm said. "I just thought there was nothing extraordinary about our adoption, especially in comparison to some."



Photo submitted by JULIE GUMM

Gumm recalled the story of a friend who went to Ukraine to adopt a child.

"She ended up getting stuck in the Ukraine for about a year," Gumm said. "Her story would read like a Jason Borne novel, and mine seemed so tame in comparison."

With some encouragement from friends and family, Gumm decided to write and self-publish her book with a focus on how she and her husband were able to adopt debt-free.

"I was invited to speak at a conference in May of 2011, so that kind of became my deadline for doing the book," Gumm said. In a span of two weeks, she was able to complete her book, *Adopt Without Debt*.

"I took a week off of work and wrote about 14 hours per day," Gumm said.

The book was completed in time for her conference and only one month later, Gumm was asked to speak on Dave Ramsey's radio show.

"It was really cool for me because getting debt free is what helped lead to

our adoption. God opened our eyes to the need and how we needed to spend our money," Gumm said.

Ramsey continued to cite Gumm's book on his radio show any time someone calls in with a question about adoption.

"My husband and I get texts from friends all the time telling us, 'Oh, Dave just talked about Julie's book again,' and it's still crazy to me."

More recently, Dave Ramsey and his daughter co-wrote a book: *Smart Money, Smart Kids*. In it he mentions Gumm's book again.

With an endorsement from Dave Ramsey and feeling as though she had reached her marketing potential, Gumm decided it was time to have her book published through a publishing house.

Gumm teamed up with Abingdon Press in Feb. of 2013, which led to nearly a year long series of edits and back-and-forths between the editors and Gumm.

"My self-published book was really just

our story and how to pay for adoption, but [Abingdon Press] didn't have any adoption book in their catalog already, so they wanted it to be more of a full-service adoption book," Gumm said. "I had to add about 7 more chapters."

In January, just under a year later, Gumm's book was released.

Gumm said she will occasionally get questions or messages from readers and she will read reviews of her book on Amazon. Her most valued connections, though, are those where she is able to realize she played a part in something bigger than herself.

She recalled her friend Mandy Moore, assistant professor of business at John Brown University, contacting her about an encounter she was having with a group of women talking about Gumm's book and its influence on their adoptions.

"She said, 'Do you realize how many children you have helped put in forever

families?'" Gumm said.

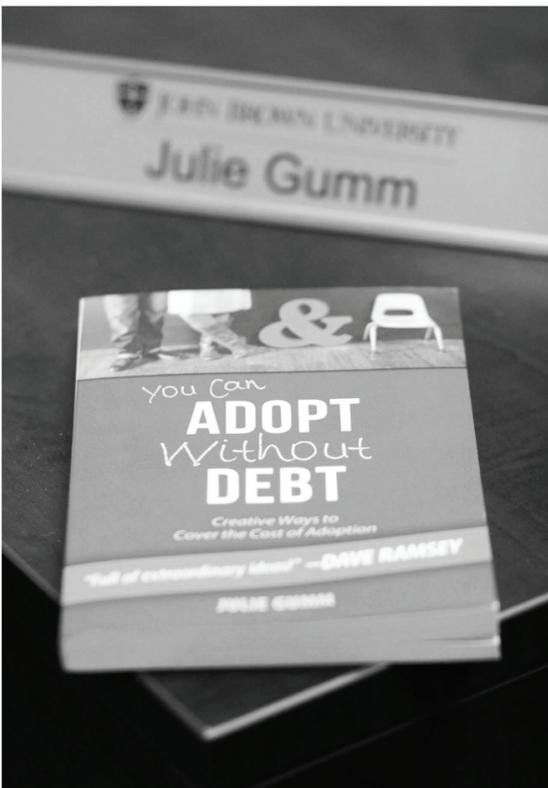
"My self-published book sold about 2,800 copies. If that represents one child per book – I got to play a part in that."

Gumm offered advice for anyone working towards a goal.

"Ignore the voices in your head and listen to the voices around you," she said. "Having people around you with positive voices is crucial."

"I have friends who still text me and ask me how my book sales are going or how I'm doing," Gumm said. "We have to listen to those positive voices around us and block out the negative voices in our heads."

Gumm and her husband have four children ages 15, 15, 14 and 12; two adopted and two biological. She now works in university communications as a staff writer and social media manager. Her new book, *You Can Adopt Without Debt*, is available now.



CHANCE EASTER/The Threefold Advocate

Can you feel the love?

JBU love mishaps



Illustration by BECKY RAMIREZ/The Threefold Advocate

"One time I told a girl I liked her boots, and she thought I said boobs."

Mick Silvers



"One night I was hanging out at my friend's house when we all decided to go on a walk around the neighborhood. When we got back to the driveway, I realized something wasn't right—my car was covered in a dozen pairs of whitey tidies and had 'Let's be brief, Prom?' painted on the windows."

Maggie Gore



"This guy asked me to be his valentine. I didn't like him, but I wanted to give him a chance. He thought we were in a legit relationship. Three days in, he told me that he loved me. He showed up at my house and said, 'We are meant for each other. Ashley you're so perfect. I wouldn't change anything about you, except your last name.'"

Ashley Duckworth



"One time I was in love with a cheese stick."

Emma Pell



Reported by REBEKAH HEDGES/The Threefold Advocate

GRACE NAST/The Threefold Advocate

STUDENT SPOTLIGHT PRESENTS:



Kevin Bell

YEAR: SENIOR
MAJOR: BIOLOGY
HOMETOWN: INOLA, OKLA.
FUN FACT: ONE TIME I PERFORMED WITH A STREET MIME IN GUATEMALA
WHAT WAS YOUR FAVORITE CARTOON AS A KID? ARTHUR

Graphic by ALYSSA SCHOENWALD

8 SPORTS

February 12, 2015
The Threefold Advocate

10th Anniversary of National Championship



Courtesy of JBU ATHLETICS

Some of the JBU Golden Eagle athletes and coaches came to receive their plaques in honor of the 10th anniversary of their National Championship win. In 2005, JBU Men's basketball team won the NAIA Division I National Championship title beating Azusa Pacific with a lead of 10 points.

1 JBU Eagles won the NAIA Division I National Championship Title on March 22, 2005 in Kansas City.

2 Golden Eagles beat Azusa Pacific (65-55).

3 After a five game winning streak, JBU catapulted from the bottom to third in the SAC. They became the third unseeded team to win the Tournament.

4 Brandon Cole earned the MVP award after scoring 25 points.

5 Cole was also presented with a \$1,000 check from Buffalo Funds.

6 Round 1: JBU vs. #7 Union (84-72)
Round 2: JBU vs. #10 LSU-Shreveport (61-56)

7 Round #3: JBU vs. Biola (58-56)
Semi-Finals: JBU vs. Carroll College (73-60)

8 JBU was the first team in Arkansas to win the tournament.

Information Courtesy of JONATHAN VERHOEVEN/ BROWN BULLETIN

Booing spurs unsportsmanlike behavior

ALLENA PALMER
Staff Writer
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Booing in the stands can be a questionable expression for any sporting event.

Having fans cheering on your team and booing the opposing side is a typical part of any game.

Some people believe that booing the opposing side can be unsportsmanlike, and others will say it is just part of the game.

Fans might see booing as either an acceptable or unacceptable behavior, but athletes and coaches have another view on the matter.

"Sometimes the booing is very motivational for the away team," Scott Marksberry, head coach of JBU's men's soccer team. "We actually kinda feel more motivated to

compete harder when other fans are booing at us. I don't necessarily want our fans to do that because that might actually give a little bit of extra competitiveness or an extra drive to our opponent."

Of course there should be limitations to what booing should entail. It is okay to get defensive for

your team but one should not take it too far. Personal attacks should be avoided, as said by Ken Carver, head coach of JBU's women's volleyball team.

"I think it depends on how it's done," Carver said, "I think if fans are being very vindictive in terms of how they're doing it, whether that's at an official, or at one

particular player or at a coach, I think that kinda crosses the line as it relates to sportsmanship. Bad calls, to a certain point, are just part of the game."

As an athlete, one learns not to pay too much attention to what is happening in the stands.

"Whenever I'm playing, I'm really focused on the court and what's going

on, so I normally don't hear much of what's going on in the stands," Tiffany Hunnicutt, a player on JBU's women's volleyball team, said. "I hardly hear cheering and I hardly hear booing, so for me, it doesn't affect my game as much."

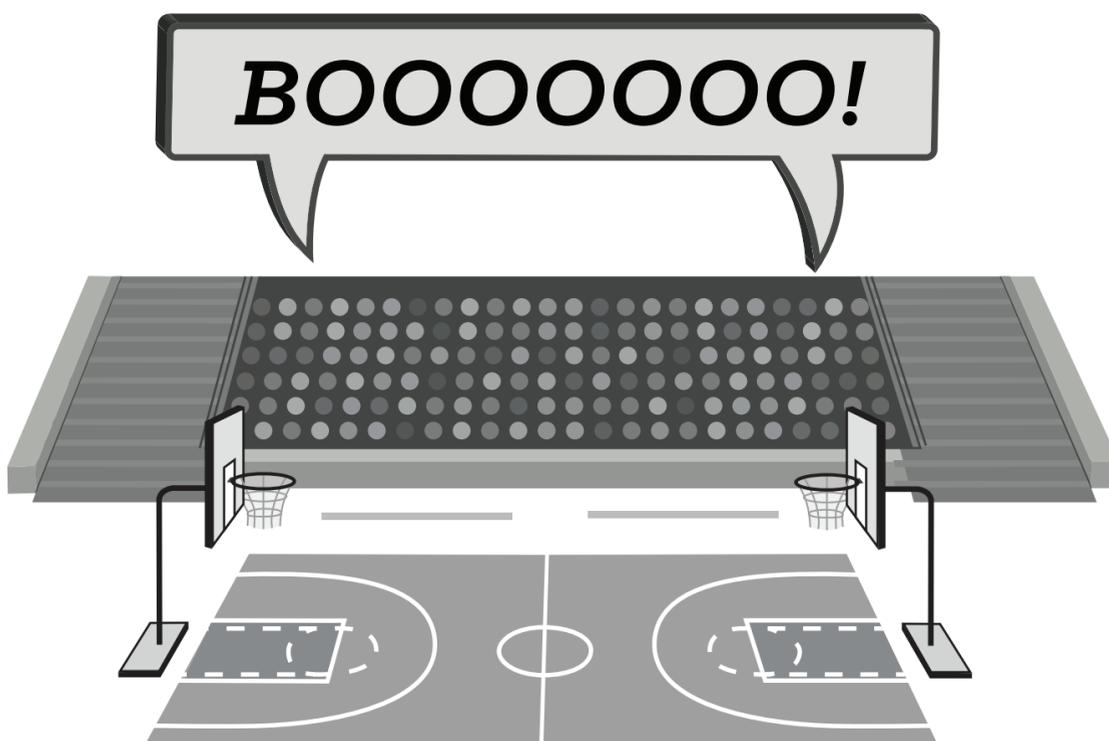
Another player commented on the topic when playing away games.

"Usually they're booing as if we're probably playing good, so I would take that as a motivator," Mathew Ledford, a freshman on JBU men's basketball team, said.

Ledford also expanded on what it's like when the crowd is not responsive or, in rare cases, criticizing their own team.

"I don't think as a team we should let that affect us," Ledford said. "We're a group so we play together, whether people are cheering or not. Sometimes, at the end of the day, there's no one in the stands, but we're still going to play hard."

To sum up the athletes' view of booing in the stands, Max Hopfgartner, a senior on the JBU men's basketball team, puts it nicely and simply: "On the road, I don't mind it. I don't really pay that much attention to it during the game."



Graphic by ALYSSA SCHOENWALD



February 12, 2015
The Threefold Advocate

Eshnaur inspires beyond the court

ALIYA KUYKENDALL
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personality and is hilarious, witty, weird and full of jokes.

Laura Brown, a senior early childhood education major and another one of Eshnaur's players, said he is very passionate about what he does.

"He has a huge heart," Brown said.

One of Eshnaur's passions has to do with mission trips. He is currently involved with organizing sports mission trips to Ireland. He said that this is "something I wanted to do," and is not a part of any of his official JBU roles.

After his son Nicholas Eshnaur studied abroad in Ireland through JBU, he came back with two important sports contacts: Chris Grant and Jim Martin.

Nicholas said he met Grant, a man who uses volleyball for missions, through a church in Ireland and started playing volleyball with him. Grant introduced him to Martin, who coaches basketball in Northern Ireland.

With Grant and Martin's help, Eshnaur began planning mission trips to Ireland. Eshnaur took five ladies from his own basketball team in August of 2014, and in May of 2015 he will be taking about eight students from the JBU women's volleyball team on a similar trip.

"Northern Ireland sees sports as a way to create peace," Eshnaur said.

He explained that religious affiliation has created a division in Ireland based on whether one is Protestant or Catholic.

People of different religious affiliations usually don't play together on the same team but rather form more religiously homogenous teams.

Stereotypes of which religious group is better at which sport is another way that sports are religiously divided.

However, this is not the case for newer sports like volleyball and basketball.

Eshnaur said these sports have only been popular

in Northern Ireland for a few decades, and it is, therefore, much easier to bring both Catholics and Protestants together to play these new games.

This is one of the main objectives of Eshnaur's sports mission trips to Northern Ireland; he wants to create a way for both groups to participate in sports as a team.

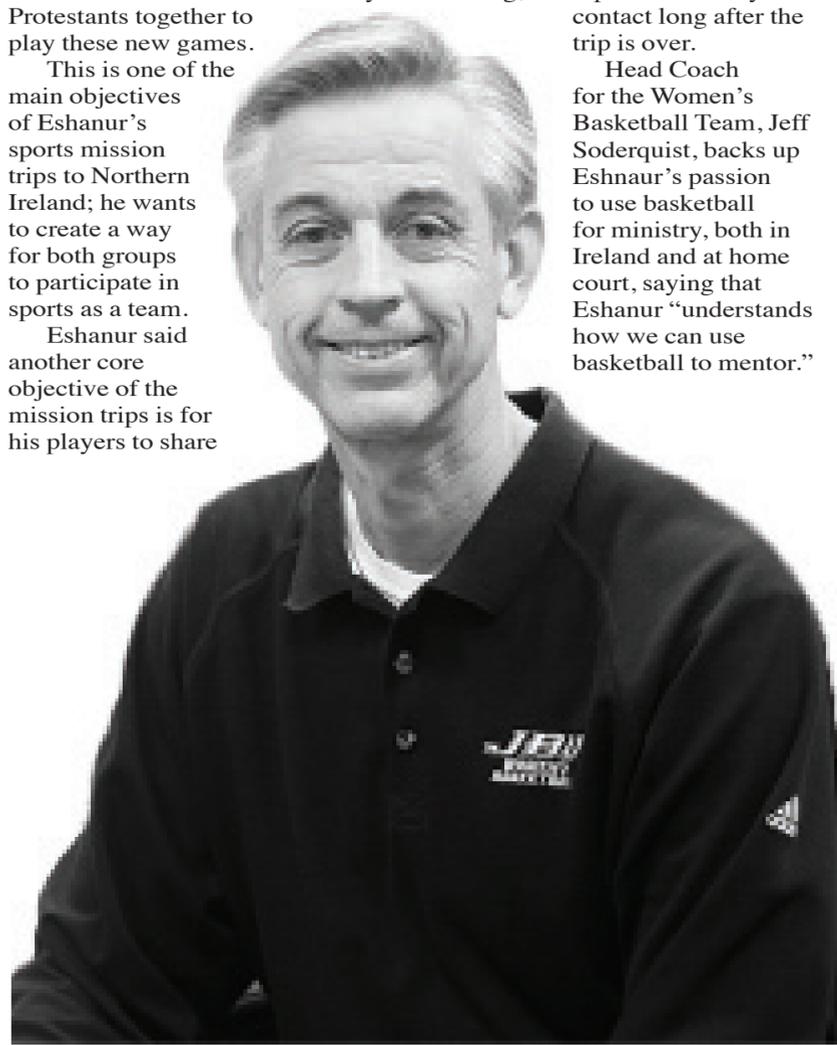
Eshnaur said another core objective of the mission trips is for his players to share

their faith and to be an example through their actions.

Even though trips are only a week long,

Eshnaur said there is "so much you can do in a week," because social media makes it possible to stay in contact long after the trip is over.

Head Coach for the Women's Basketball Team, Jeff Soderquist, backs up Eshnaur's passion to use basketball for ministry, both in Ireland and at home court, saying that Eshnaur "understands how we can use basketball to mentor."



EMILI WIDNER/The Threefold Advocate
Von Eshnaur takes players to Ireland on mission trips. Eshnaur is the assistant women's basketball coach, instructor in kinesiology and facilities coordinator of Walton Lifetime Health Complex.

Women think rugby, talk rugby

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Women's Rugby is a real thing, and it may be closer to JBU than you think.

On January 28, sophomores Emily Pearce and Roni Bagby set up a table in Walker Student Center with the hopes of getting 30 signatures from female JBU students who would be willing to play rugby. So far, they've gotten 20.

It all started with a conversation about Bagby's positive experiences of playing rugby in high school.

"I played my senior year," said Bagby. "We talked about how fun it would be to have a girls' rugby team here; it would just be a lot of work to actually make it happen."

As for Pearce, who has never played rugby before, the desire to play rugby developed after coming to JBU.

"All the guys were playing, and I was like, 'That's cool. I want to play,'" said Pearce. "Guys aren't gonna let little five-foot me on the field to come play with them. So I thought, 'Well, how else am I gonna play? Get a team started.'"

The "team" is far from its complete; currently

lacking 10 signatures and a faculty sponsor. But for

Bagby, this isn't the first time she's had to start a

rugby club from scratch.

"Our high school in Broken Arrow, OK, had a guys' team for a long time," said Bagby. "Around November of my senior year, some of the girls and I decided to start a girls' team. We were the first high school girls' team in Oklahoma, so we traveled to Texas, Missouri and played a team from Kansas. We just kind of played around and learned the rules of the game that first year."

In JBU, some of the ruggers on the men's club thought that a women's team would be a great idea, both for the girls who want to participate and for JBU's sports in general.

"We've gone to tournaments in the last couple years where... there was a guys' tournament going on concurrently with a girls' tournament," said Chris Dye, who currently is captain of the JBU men's rugby club. "I think that if something like this was done, it'd be a huge step for sports at the University... (Women's rugby) might take a few years to really pick up the pace and develop, but, in time, it could be something great like the guys' rugby is right now. (The men's club) would definitely back them up... It would be something

exciting for both JBU's sports and women's sports."

As far as the Rugby community goes, Colin Scott, who plays first and second center on the men's rugby club, said he would be happy to see the girls having an opportunity to experience such an atmosphere.

"You don't think about women's rugby when someone brings up the sport, but that doesn't mean I think that they should be excluded from it or not have an opportunity to play," said Scott.

"At least on the guys' team, that brotherhood and teamwork has really made my time here at JBU a lot more enjoyable," said Scott.

"If they can get that going and enough girls want to be a part of that, I think they should definitely go for it."

In spite of rugby not always being considered a women's sport, Pearce is nonetheless excited about the prospects of a team.

"It's often looked at as a masculine sport," said Pearce.

"But why would women not do this too? Is it because there's no padding and it's rough and all that? Does that mean anything different? No, I think that it'd be really cool."





10 SPOTLIGHT

February 12, 2015
The Threefold Advocate

Revive Your Resume



Your resume is one of the first things a potential employer sees. Making sure your resume is up-to-date, truthful, organized and appealing are all key factors to success in job hunting.

Employers are searching for candidates that will go above and beyond their company's needs. In today's competitive marketplace, it might seem difficult to set yourself apart from other applicants, despite how qualified you might be. Try spicing up your resume by following this cheat sheet:

+ Words & Phrases to Use

Management Skills

- Leads groups
- Teaches/trains/instructs
- Counsels/Coaches
- Manages conflict
- Delegates responsibility
- Makes decisions
- Directs others
- Implements decisions
- Enforces policies
- Takes charge

Research & Planning

- Forecasts/predicts
- Creates ideas
- Identifies problems
- Meets goals
- Identifies resources
- Gathers information
- Solves problems
- Defines needs
- Analyzes issues
- Develops strategies
- Assesses situations

Organizational Skills

- Handles details
- Coordinates tasks
- Punctual
- Manages projects effectively
- Meets deadlines
- Sets goals
- Keeps control over budget
- Plans and arranges activities
- Multi-tasks

Communication

- Writes clearly and concisely
- Speaks effectively
- Listens attentively
- Openly expresses ideas
- Negotiates/resolves differences
- Leads group discussions
- Provides feedback
- Persuades others
- Provides well-thought-out solutions
- Gathers appropriate information
- Thinks critically

Interpersonal Skills

- Works well with others
- Sensitive
- Supportive
- Motivates others
- Shares credit
- Counsels
- Cooperative
- Delegates effectively
- Represents others
- Understands feelings
- Self-confident
- Accepts responsibility



Action Words

- | | |
|-------------|-------------|
| Advises | Recruits |
| Compiles | Coaches |
| Establishes | Guides |
| Examines | Motivates |
| Improves | Resolves |
| Influences | Designs |
| Oversees | Illustrates |
| Prepares | Orders |
| Critiques | Trains |
| Generates | Upgrades |
| Invents | Supervises |

✗ Words & Phrases to Avoid



- ✗ Tries
- ✗ References available
- ✗ Objectives
- ✗ Responsibilities include
- ✗ Upon request
- ✗ Loves

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