

Fight your flu symptoms & find out what’s fact and fiction p. 10

The

Threefold Advocate

JOHN BROWN UNIVERSITY’S STUDENT NEWSPAPER

online at [advocate.jbu.edu](http://advocate.jbu.edu)

Thursday, January 31, 2013

Issue 13, Volume 78

Siloam Springs, Arkansas

# Forensics claims top spot in Arkansas

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The Forensics Team at John Brown University won first place for the state of Arkansas at the Southern Forensics Championship Tournament. The tournament, held Jan. 25-27 at Louisiana State University in Shreveport, served as regional championships for the states of Arkansas, Louisiana and Mississippi. The University’s trophy

in individual speech events marks the first time the team won the state title since Erick Roebuck, assistant professor of

*“There is natural talent involved, but talent is realized when students work hard.”*

*-Roebuck*

communication, became coach in 2009. About five other teams from Arkansas competed in this year’s tournament.

Additionally, three University students won Arkansas state championships in their individual events: junior Josh McBride in impromptu speaking and in poetry interpretation, senior Andrew Goff in program oral interpretation, and Goff with sophomore Liz Coleman in duo interpretation. Goff and Coleman also placed sixth in the tournament overall.

Five other University students competed in a variety of events at the tournament: junior Broderick Wilson, sophomores Amanda

Neely, Kaitlyn Thompson and Hannah Wright and freshman Lindsey Presnell.

Before the tournament, Roebuck said the event provided good practice for members of the team to work on their routines.

“It is important for us to keep preparing for the national tournament,” Roebuck said. “Hopefully we can do that while also making a strong showing at this championship. We have lots of talented performers doing fun events.”

McBride said competing at the state level is “always a rush” because of the amount of talent present in the students.

“All these people who all love this just as much as you, it’s awesome,” he said.

Roebuck attributed the team’s success to hard work.

“They picked good pieces with original topics,” Roebuck said. “There is natural talent involved, but talent is realized when students

See **CHAMPS** on page 2

## Campus prepared for crisis

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Recent, tragic events such as shootings at Sandy Hook Elementary and Lone Star College provided the University with what Steve Beers, vice president of student development, calls a “teachable moment.” As a result, the Crisis Preparedness Team is providing training to teach students and faculty how to respond to an active shooter on campus.

Beers said the video-based program serves two purposes: to give people direction in what they should do and to give people back a sense of control.

“That’s really helpful because it reduces anxiety so people don’t feel like they don’t know what to do,” he said. “Giving people direction on what to do gives them the hope they could survive this.”

Scott Wanzer, campus safety director, stated it was important to remember ELF:

- Escape if you can.
- Lockdown if you must.
- Fight back if confronted.

See **CRISIS** on page 3

## Got the whole world in the MIR house



ABBY CHESTNUT/The Threefold Advocate

**Freshman Zack Shrft** carefully paints the detail work on the continent of South America. Shrft and other missionary kids displayed their artistic capabilities on the giant mural inside a room in the Missionary in Residence house. Each wall of the room is dedicated to one continent to decorate as they wish. Read more about the murals here and in Ireland on page 7.

## Problem-solving professionals

### Contestants program for camaraderie and career

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Ten contestants sat quietly in their chairs Saturday, bent over notes and peering at computer screens, finishing their final work for the programming competition. At 4 p.m., they trickled out to get pizza and drinks, laughing in the hallway over the problems they just tackled.

Tim Gilmour, assistant professor of engineering, created the idea for the John Brown University 2013 Computer Programming Competition from a similar event he attended at Cedarville University.

He said he hoped to get more students involved in programming.

Gilmour designed the competition to test not only students’ programming skills but also their problem solving skills. Contestants participated as teams, so they also practiced working as a unit.

Nine engineering students and one teacher attended the competition. The event lasted from early morning to late afternoon on Jan. 26. In the morning, contestants

reviewed the competition rules and did practice tests. Team members broke for lunch and then began the competition. Team ++ took first; Third Floor Flaming Dragons, second; the Jackhammers, third; and 2E 1T, fourth.

Contestants were provided with six programming questions. They started with a type of problem involving some branch of math. Team members then created a program that could solve the problem.

One of the winning contestants, sophomore Zachary Lee, was enthusiastic about competing again next year. He and junior Ernesto Lopez Chan formed Team ++. Lee described how Lopez struggled with one of their hardest problems, writing pages of notes. After the team finished their first problem, they gained a surge of confidence and continued on to win first place.

Junior Brian Plank said computer programming interests him because it is up to the programmer how to solve the problem.

“In the end, you have something that works and something that you took from scratch,” he said.

Plank’s team, the Jackhammers,

consisted of him, senior Andrew McIntyre and sophomore Landon Miles.

Before the competition, Plank looked forward to working with his team.

“Even if we don’t do well, we’re going to have a fun day together,” he said.

Contestants wrote the programs in C++, one of the most widely used computer programming languages.

Today’s computer technology requires software made up of programs. Programs are in turn created using programming languages such as C++.

Ted Song, assistant professor of engineering, helped Gilmour with the competition. He hoped it would encourage interest in programming beyond the classroom. He emphasized that many mission agencies need people with this skill.

Gilmour said he was encouraged that contestants seemed to enjoy their time. He intends to make the programming competition an annual event.

The competition is open to any major.



SETH KAYE/The Threefold Advocate

**Junior Brian Plank and senior Andrew McIntyre** diligently ponder the problems given at the University’s 2013 Computer Programming Competition. Team ++, made up of sophomore Zachary Lee and junior Ernesto Lopez Chan, took first place.

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# Ministry introduces students to evangelism

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Students from John Brown University will dedicate a few of their Saturdays during the semester to street evangelism as part of E-van, a new CAUSE ministry.

On set dates throughout the semester, students in E-van will drive to the University of Arkansas and spend five hours talking with people around the college campus in Fayetteville. Freshman Josiah Wadsack, the ministry leader, said recently he counted about 40 interested students.

“One of the ways to get the Gospel slammed into our heads is to share it with others,” Wadsack said.

Wadsack said he wanted the ministry to excite the students of John Brown University about the Gospel by allowing

them to share their faith with others.

“I’d love for the students at JBU to have a passion for evangelism,” Wadsack said. “I want students to know how important it is for students to actually go and share the Gospel and to actually allow themselves to be changed by that.”

He described evangelism as Christians partnering with God to lovingly draw unbelievers into Christ’s kingdom, and he credits the Lord for any blessings E-van shall produce.

“It’s God working through E-van,” Wadsack said. “We can do the cute little fun things and go there, but really what it takes is for God to draw people.”

Wadsack said this fact gives Christians the freedom and assurance to cast aside any fears of failure hindering them from taking part in evangelism.

“We could totally mess it up, but God could still use that,” Wadsack said. “God uses us in our faults. Christ’s power is perfected in our weakness.”

E-van directors invited every University student with a desire to serve to take part in the ministry. They claimed that God does not require expert communicators to change lives.

“People don’t need to have any skills,” Wadsack said. “They can be like the most anti-social, awkward, nerdy person ever. Jesus uses pretty messed up people. I believe He can use messed up people to share the Gospel too.”

The leaders intentionally designed the ministry to ease fears new evangelists may grapple with. The ministry partnered with a Christian ministry called Cru at the University of Arkansas. E-van will immerse students in training sessions focused on how to share the gospel before sending them out to evangelize. Confident evangelists will pair up with less experienced evangelists in order to alleviate as much anxiety as possible.

Passion group leader and sophomore Melissa Lloyd described E-van as a wonderful opportunity for passion groups

to get off campus and actively serve the Lord.

“I think it’s a great growing experience,” Lloyd said. “It will be a great practice for people at JBU. There may be people here in our passion groups who may have never even immersed themselves and evangelized before, and it’s something we all should experience as Christians.”

Lloyd said although the University defines itself as a Christian university, the school as a whole does little to reach out to non-Christians. She sees E-van as a means of changing that reputation.

“This would be doing something about it,” Lloyd said. “This would be acting. This is what JBU needs to do.”

Frank Huebert, director of discipleship, said the new ministry aligned well with the deep evangelical history of the school. While he did not have any specific details, he said he would be surprised if this was the first ministry dedicated to street evangelism.

“In recent years, however,

there has been stronger involvement and initiation coming in the form of service and awareness ministries,” Huebert said. “There has not been as strong a participation in some of the more overtly evangelistic types of ministries.”

But both Wadsack and Huebert agreed that it is important for students to get off campus and talk to others about their faith.

“As we engage others with our faith, we are pushed, challenged and ultimately formed in our own faith commitments,” Huebert said. “Our engagement in evangelism compels us to see the world through God’s eyes, with compassion and hope.”

Wadsack stressed that God calls every Christian to reach out to unbelievers.

“God says, ‘I’m glad you’re my son; now, go tell others,’” Wadsack said. “I hope that becomes a part of the campus culture and a part of every JBU student’s life.”

# Enactus to purify water in Guatemalan village

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The Guatemala Water Project will soon bring clean water to the rural town of San Juan Cotzal, Guatemala, thanks in part to the sponsorship of the John Brown University chapter of Enactus.

Senior Andrea Morales and sophomore Ernesto Lopez Chan visited the town with Joe Walenciak, associate dean of the college of business, on Jan. 2. They went to check out a building for setting up a water purification system.

As they explored this community surrounded by mountains and a wide landscape of plains and hills, Morales, Chan and Walenciak witnessed firsthand the conditions of the residents.

“The people are poor,” Joe Walenciak said. “There is lack of employment, income and access to clean water.”

The available water originated from a rusty pipe contaminated with bacteria, such as fecal coliform bacteria, which caused malnutrition and diarrhea. Adults and children missed work and school because of the sickness contracted from their water system.

Morales, Chan and Walenciak took in all that they saw and knew these people needed the water system for a better life for their family, community and generations to come.

“JBU has always helped Guatemala,” said co-project head Morales. “We have the resources and the knowledge, so we can give



Submitted by: CLAYTON ANDERSON

**A child washes her family’s clothes at the community water source in her town (above). Children from the village will be getting access to clean water, without fear of bacteria, thanks to the Guatemala Water Project (left).**

help to these people.”

According to the project’s website, implementation costs about \$30,000. In order for the water purification machine to be set up, a secure building is needed to protect the machine from robbery and frequent earthquakes.

An option that Walenciak considered was a room in the local student center. However, the room lacked both adequate plumbing and electricity to sustain the machine.

The local residents then tore down the room in hopes of constructing a secure building with quality space for classrooms and other uses.

“We were helping adapt the current building. It was a surprise to us,” Walenciak said. “What they want to build there is probably a square block building with two levels.”

In addition to rebuilding an infrastructure for the water-purifying machine, the people of San Juan Cotzal also provided funding by selling their own used clothes, bringing in \$150 in U.S. currency.

“It shows their commitment because they don’t have very much,” said Chan, the other project leader. “They are basically giving all they have. We should commit as much as they do.”

Juanita, a resident in the area, said, “For us faith is action, that is all we have.”

The Guatemala Water Project raised more than \$10,000 for the cause. Under the support and advice of Enactus, Morales and Chan hope to increase the funds with donations from a concert the Dance Ministry will perform in April.

Buttons and artwork created by Guatemalan children were sold at the Guatemala Art Expo in November to raise money.

Walenciak said the people of San Juan Cotzal motivated him by their determination and faith.

“Just when you think you’ve seen it all, you realize you haven’t,” he said. “They are doing what they can to make this a reality for the community. It humbled me. Do we think it is a commitment? They challenged me to do all that I can.”

For more information on how to help, email either Chan or Morales at [lopezer@jbu.edu](mailto:lopezer@jbu.edu) or [moralesa@jbu.edu](mailto:moralesa@jbu.edu).



HANNAH WRIGHT/The Threefold Advocate

**Sophomores Amanda Neely and Kaitlyn Thomas** present their duo routine at a forensics competition last weekend.

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work hard.”

“We did well for a club team competing against teams who have students on scholarship,” he added.

For Neely, her first time to participate in a tournament was “a bit rough.”

She chose events where she becomes another character, allowing distance between her performance and her anxiety of speaking in front of people. One of her routines was in the prose category, for which she read a chapter from “The Fault in Our Stars,” one of her favorite books.

“The author, John Green... has been preternaturally

helpful and inspiring in my own life,” Neely said. “It’s only natural that I wish to perform one of his works to the best of my ability.”

Neely said her routine took longer than normal at the tournament because of her nervousness.

“But overall it was a good initiation,” she said. “It showed me how much work my competitors put into their pieces as well as the things on which I need to improve.”

Coleman said she had looked forward to witnessing to people at the tournament.

“Most of our pieces do have some sort of a moral Christ-like message,” she said. “So just being able to share the gospel in little ways, whether or not we actually

have a conversation with a person, is really exciting.”

She added that the team enjoyed the trip and watching other schools compete.

“It was cool to see how God was working in the lives of other people through drama,” she said.

Roebuck also said the team kept in mind a “higher purpose.”

“Part of why we do this is to become stronger communicators for Christ,” Roebuck said. “We see this both as a ministry by building relationships with others and as an educational opportunity.”

The University will be hosting the National Christian College Forensics Association Championship on March 9-11.



# Science grant brings experiments to kids’ club

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Thirteen science majors from John Brown University will take science experiments to the children at the Boys and Girls Club in Siloam Springs beginning Feb. 19.

The idea for this began when Carla Swearingen, assistant professor of chemistry, went to a conference on chemical education last year. A professor from the University of Wisconsin spoke about his students who received a grant from the National Science Foundation and were participating in a science education outreach, called SCIENTCountErs, at Boys and Girls Clubs in their area.

“I’d been looking for a while for some sort of outreach for our students to do service learning,” Swearingen said. “I thought this was a great fit because we have a Boys and Girls Club that is so close to the campus, and we have a lot of wonderful students with great hearts who really want to serve.”

As Swearingen discussed her interest with the presenter following the session, she found out that the grant included money to fund the start-up of the same project at other universities. Those funds were still available.

After further inquiry, Swearingen and the University received \$1,000 of grant money

to begin the project at the local Club. Most of the money will go towards supplies for the science experiments, with some leftover for incentives such as an end of the year party to reward the kids.

The eight-week program will be split evenly between life science and physical science. Half the University students will go each time and do experiments with 20 selected elementary students.

If it is successful, Swearingen hopes to continue the project, but she will need to seek out further funding, since the grant from the University of Wisconsin is a one-time thing.

“I don’t think we will have a problem finding other sources of funding for it; we’ll just have to go out and look,” she said.

Late last semester, Swearingen began looking for volunteers. She pitched the experiment project idea to a small group of 21 freshmen and sophomores known as SUCCESS scholars. These students receive scholarship money through another National Science Foundation scholarship grant, and also receive additional benefits such as mentoring, tutoring and faculty support to encourage them to remain biology, chemistry or biochemistry majors.

Sophomores Kevin Bell, Lissa Hirsch and Christin Garrison heard about the idea through this pitch. They were

not the only ones excited about it; Swearingen got all 13 student volunteers she needed from the SUCCESS group.

Bell was asked to help take charge. Now, he is responsible for the 12 student volunteers, including helping facilitate the experiments while at the Club and figuring out scheduling. Swearingen is in charge of developing the content, but while at the Club, the project is completely student-led.

“It’s a group of students looking to invest in kids,” said Bell. “We get to show them that learning is tangible, not just memorization. We’re going to try to turn their lights on to learning and invest in their lives.”

Hirsch and Garrison are SUCCESS scholars who work regularly at the Boys and Girls Club. They are excited to be able to combine their love for science with their love for the kids through the program this spring.

Hirsch said, “I already work at the club, so I get to play with the kids a lot. What I am most excited about is the experiments. I haven’t done things like that since elementary school.”

For example, the curriculum includes dissecting owl pellets, making ice cream to demonstrate phase changes, learning about germs by using powder that glows under UV light, building structures and raising butterflies.

When Garrison works in the homework room at the



J PABLO GARCIA/The Threefold Advocate

**These 13 students will be teaching kids to do science experiments** at the Boys and Girls Club beginning in February using grant money from the National Science Foundation. They are excited to share their love of science with children.

Club, she often finds herself attempting to explain and share her love for science.

“Actually showing them how exciting science is will be fun,” she said.

Hirsch agreed, “Science really can be fun, not just formulas.”

# Honors students earn right to present at conference

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Eighteen students have received the opportunity to represent John Brown University at the National Conference for Undergraduate Research later this semester. An annual gathering of students from across the country, the conference will be held at the University of Wisconsin on April 11-13.

The students will be presenting original research to conference attendees in small group settings. Sixteen total presentations, including two groups of pairs, is a record for the University, said Trisha Posey, director of the Honors Scholars Program. Altogether, 3,500 abstracts were submitted to NCUR. University students submitted 19 abstracts, 16 of which were accepted.

Students selected range from sophomore to senior level. For some, it will be their first time to present research at a collegiate level, while others return as veterans.

Senior biology major Victoria Bennett has presented at two conferences in the past but is excited for the new opportunities the national conference entails.

During her time at the University, Bennett has attended the Great Plains Honors Conference twice. Her sophomore year she discussed a paper focused on the perception of Mary Magdalene, and her junior year shifted her research to the proper identification of sex-trafficking victims in the United States.

This year, two of Bennett’s projects made the cut.

For more than a semester, Bennett worked to finish an honors capstone project with Nick Ogle, assistant professor of family studies. The project, titled “Sex Education in Conservative Christian Families: Impact on Females,” was a qualitative research study.

She and two other University students, Josh Morgan and Thomas Galliguez, helped assistant professor of biology Joel Funk. Their research, “Sequence Analysis

of Conserved Baculovirus Genes in *Plodia interpunctella* Granulovirus,” will also be presented.

Bennett enjoyed working closely with both faculty members and is thankful for the help and advice each gave her.

“They are both great



professors who did an excellent job of explaining the various steps of the research project and walking me through what to do and how to do it,” she said.

Posey said that the acceptances demonstrate the “commitment of the faculty members to devote to student research... this is a way of showing good research happens at smaller private schools.”

While Bennett admitted that it can be nerve-wracking presenting to a room of strangers, she remained eager to take advantage of this opportunity offered through the Honors Scholars Program. Bennett is excited to have one more opportunity to present her research, in addition to learning from the other research that will be presented.

For Posey, national research conferences are important in the process of a student’s professionalization. University students meet and connect with students from all across the country, especially those involved and interested in similar areas of research.

Students who plan to attend graduate school, about half of those going, may also form relationships that will further their academic careers.

“In some ways, this is a culminating experience of their four years at JBU,” Posey said.

To her, the 16 acceptances are not just proof of a strong honors program, but of a collective effort of the campus as a whole. She extends her appreciation to all of

the faculty and non-honors students who worked tirelessly with these students on their research.

“This is not just an honors accomplishment, but something the University as a whole can be proud of,” she concluded.

Out of the Bubble

Boy Scouts possibly to allow gay membership

cnn.comJan. 29

The Boy Scouts of America is considering changing its longstanding policy against allowing openly gay members.

The organization, which has 2.7 million members, is “potentially discussing” doing away with its national policy after months of protest. The decision may be made in February.

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The first and last elements are relatively new to public safety. Wanzer said the training previously only focused on lockdown. He added that all of that changed with the shooting at Columbine.

“They realized public safety had been training people to just lockdown, and they hadn’t really empowered them physically or emotionally or psychologically to fight back,” he said. “You’ve got a room full of first graders; they can’t fight back very well. But it’s really not necessary for 30 adults to just sit there and stare at this gunman and be killed one at a time.”

However, people do not

have time to think about this in the moment. Considering it beforehand—mental rehearsal—becomes the best preparation.

“We are trying to empower people to think about that decision ahead of time,” Wanzer said. “It’s a little scary, but unfortunately that’s where we are in our culture.”

Wanzer specified that training for a college campus is different than it would be for high school, middle school or elementary school campuses. Everyone is considered an adult, and therefore students as well as professors and administrators are empowered in the same ways.

The training also included steps toward prevention of an active shooter. Wanzer said

a similar model is already being used in academics at the University:

- Awareness
- Observation
- Reporting

Wanzer encouraged students, faculty and staff to be aware of what is going on around them. If you see something suspicious or out of place, it is better to speak up and tell someone.

“God gave us a sixth sense for a reason, and it is good,” he said.

Senior Josh Manning said the video provided very practical advice.

“It was something that I can think about and something to do instead of just freak out,” Manning said. “I’ve sort of thought about it, but this puts

it forward and makes it easy to rationalize.”

Bryan Cole, resident director of the townhouses, attended the first training session not only so he can be prepared in such a situation, but also so he can help train his RAs.

“The more students, faculty and staff that prepare and train for a crisis situation like this, the better,” he said. “The takeaways and points that the session make can be attributed to other crisis situations as well, not just the rare active shooter situation. Assuming something like this would not happen at JBU or Siloam Springs is the worst response we can take to the recent increase in violence on campuses.”

In the Bubble

Grab your dancing shoes!

CIF is hosting their “Hollywood meets Salsa” dance on Feb. 15 from 8 p.m. to 11 p.m. at the Siloam Springs Community Building. Tickets are \$3. Lessons will be offered in advance on Feb. 1, 4 and 6.

The JBU Swing Society will be teaching swing and salsa dancing for free in the Murray Sells Gym on Feb. 2 from 9 to 11:30 p.m.



# EDITORIAL

The Threefold Advocate

## Improving the library

HOW THE LIBRARY CAN GO FROM BORING TO BRILLIANT

At the Threefold Advocate, we realize that research is one of the main things students do. If we do not have the needed resources available, it can be very frustrating and even hurt our grades. Finding those resources can be a headache, using hours of our scarce time.

The first place we go to accomplish research is the University library. At first the library seems like a stuffy, boring place to be. But if you use the system right, there is much valuable information at your fingertips. The trick is finding it, and that is easier said than done.

Many resources are available. The library staff is excited about their new online tool, SuperSearch, which can search simultaneously across several databases. That makes research easier. Now, their collection of e-books is over 90,000 titles, nearly surpassing the print collection. Over 15,000 journal titles are available, so even specific articles can be easy to find. Recently, the library purchased all the books needed for the core curriculum classes, and those are now on reserve for any student to use. Simply check out your text, stay in the library for three hours, and get your reading done for class. That is pretty wonderful.

Keeping the book collections up to date is hard work. The library relies on the faculty to help them do this. So for example, your science professor is asked to come in and look at the books related to his or her specialty. They take out the ones that are out-of-date or irrelevant, and ask the library to order new ones that fit students’ needs. Faculty, students need your help to keep the library up to date, so we can use the resources to perform well in your classes. We encourage you to please help accomplish this goal by being attentive and proactive about student research needs.

Finally, finding the right information can be very tricky. The librarians who have worked in the library for years still sometimes have to ask each other for advice on finding things. So, don’t expect to be able to do it all yourself. When you check out, the desk clerk is supposed to ask you, “Did you find everything you needed?” We encourage you to be honest. If you did not find everything you sought, ask a few more questions. Your research paper might just get a better grade because of it.

## A look at gun control

WHAT REASONABLE MEASURES COULD LOOK LIKE

After the tragic massacre at Sandy Hook Elementary in Connecticut, gun control came back to the forefront of political dialogue. Sandy Hook is not the only senseless tragedy that launched this dialogue.

Instead, it is simply the latest in a long line of mass shootings going back to the shooting at Columbine High School 14 years ago. Similar violent outbreaks now seem to occur on a yearly basis. Solutions proposed range from giving teachers guns to banning guns altogether.

We at the Threefold believe that the best solution is a more balanced one. Obviously, guns should not be banned outright. That would be unconstitutional. Plus, it does not keep guns away from criminals anyway. For example, Chicago holds the strictest gun control laws in the nation, and yet is in the midst of a bloody gang war.

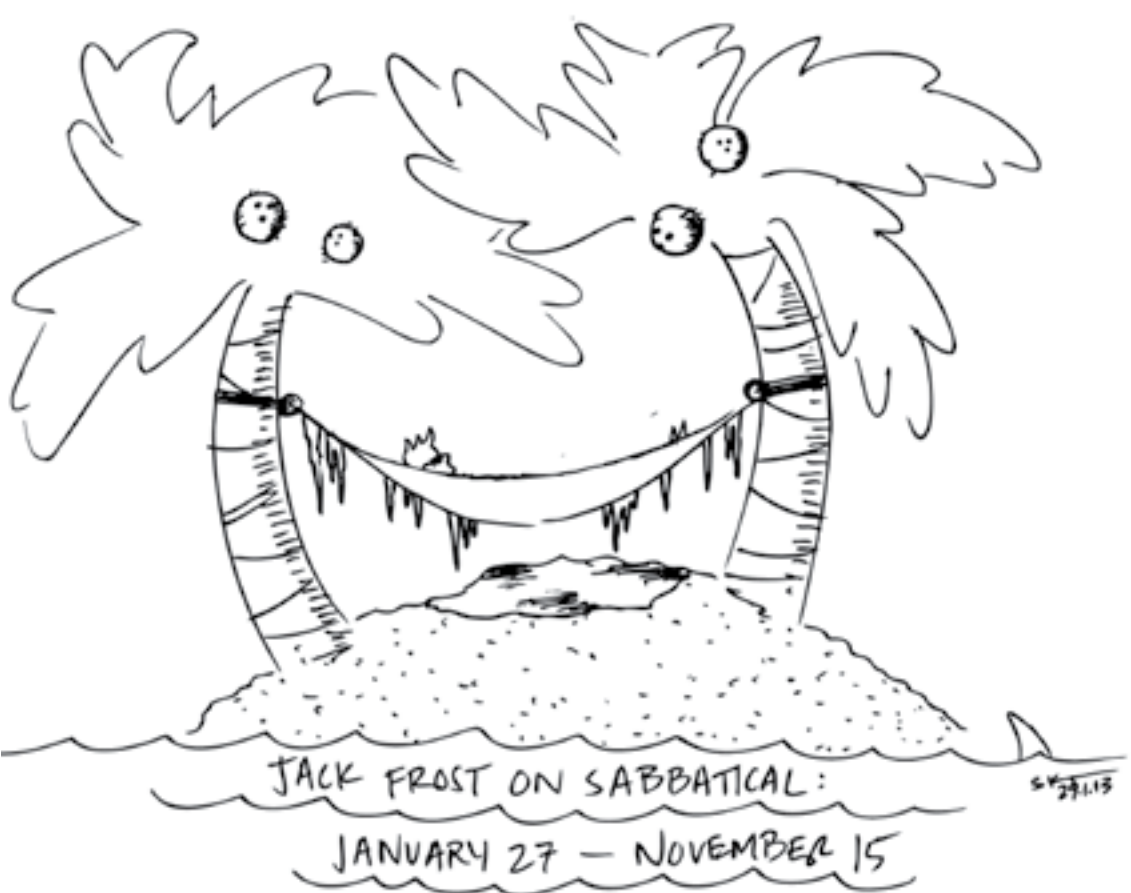
On the other hand, giving guns to teachers creates a twofold problem. It puts guns in the same room as students, and it potentially creates under-trained gun owners, especially in areas where private gun ownership is uncommon.

Just because the extremes are not the answer does not mean there is no answer. Closing existing loopholes is a start.

Currently, guns can be bought at gun shows without a waiting period. As a result, countless gun shops organize outdoor ‘gun shows’ year round. By getting rid of this loophole, the government can make sure law-abiding citizens are the ones buying guns without adding any unnecessary regulations.

Another part of the solution is something that has recently been part of the problem: the media. When the media reports every detail of a gruesome killing, they encourage copycats and enter school shootings into the cultural consciousness. The media has a responsibility to report the facts, but it also has a responsibility to do so in a way that does not make it easier for future shooters to cause damage.

Enforcing existing rules effectively instead of adding more regulation is the best way to solve the nation’s mass shooting epidemic. Responsible, moderate action is the way to create a safer society, and the tragedy in Connecticut should not be the linchpin for needlessly taking away rights.



SETH KAYE / The Threefold Advocate

## Having a heart for Christian service



STAFF WRITER

### Shelby DeLay

When I tell people that I go to school at John Brown University, their first question is “Where is that?” Usually followed by “Where is Siloam Springs?” or “Oh. That is a small Christian school, right?”

Then I get asked, “Why did you choose such a small school?”

I graduated high school with 600 of my closest friends... whatever that saying means. Okay, really I could only name about half of my classmates and that number probably dwindles with each year I’m away from high school.

But because I graduated from a public high school whose building probably wouldn’t even fit on JBU’s campus and the fact that I chose a tiny school with a biblically based worldview really surprises some people.

Maybe because they know that I am one to write, “change the world” at the top of my to-do list.

I have learned, since I have been here, that breaking out of your comfort zone is

hard. It is much easier to do what you are used to, and not have to deal with that sense of “culture shock.”

But I have also learned that this is not possible for me to do if I want to continue living in a way that is worthy of the calling that God has for my life.

I need to be willing to go where he leads and be committed to serving him in all circumstances.

Including right here on my small Christian school campus.

I fully believe that we are placed in certain circumstances for specific reasons. Meaning that I am here at John Brown University for a reason... and I do not know what that is yet.

There is a lot that can be said about leaving your comfort zone, traveling abroad and sharing the love of Christ with others.

But fulfilling the calling that Jesus has for our lives does not have to send you far. Acts 1:8 says “You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth.”

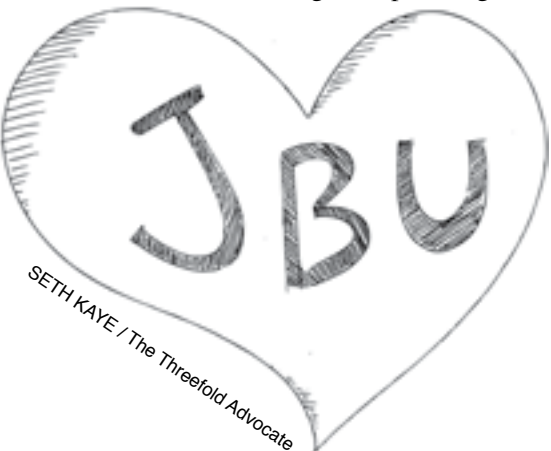
I get caught up a lot in thinking about the bigger picture of “Judea and Samaria, and to the ends of the earth.” It’s hard for me to be comfortable with

the idea of ministry within my comfort zone and even within my own circle of friends.

I have learned that I need to be okay with the idea that God has placed me where I am so that he can grow and stretch me further. So that I can become what he has planned for me. So that I can be comfortable with sharing and spreading

the love of Christ within my own group of friends.

We are placed in every stage of our life for a reason. Comfortable or uncomfortable... that may mean ministry where you least expect it.



## The Threefold Advocate

- advocate.jbu.edu -

STAFF

The Threefold Advocate invites you to submit a signed letter to the editor. We ask that you keep your comments to fewer than 300 words, and we reserve the right to edit for space and appropriate content. The writer’s phone number, classification and hometown must be provided. E-mail or mail letters by 6 p.m. on Monday.

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Chances are you do. Let your voice be heard. Write for the opinion pages.

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# Putting an end to Mexico’s drug war



CONTRIBUTOR

Jeffrey Williams

Mexico’s drug war has dramatically affected the innocence of the American people ever since the development of their well-organized drug operation. The Mexican Cartel has successfully breached U.S. boarders to supply a hungry American society of drug abusers for years. Despite the many efforts of the U.S. government in aiding Mexico in the drug war many people believe that it is and should be solely Mexico’s problem. However, I believe it is crucial for U.S. citizens to realize that the drug war is not just Mexico’s problem, but America’s as well.

The Cartel makes most of their money from selling drugs to Americans. Being that drugs are illegal in the States, the income that the Cartel rakes in from their business is fairly large. This makes the Cartel very powerful. Some believe that by legalizing marijuana, the Cartel will be crippled and

have no one to sell to. The fact of the matter is that this idea is completely inaccurate. Even without marijuana as an item on their menu, the Cartel would still remain just as strong from the large production of other illegal drugs that they sell. For example, if weed was to be legalized, then the they would simply resort to selling strictly heroin, cocaine and other strong drugs. I believe the only way for America to rid the addiction of drugs supplied by the Cartel is to realize who and what they are supporting. All of the lives that have been taken in order to sell these drugs to Americans should sway ones decision when buying drugs imported from the Cartel.

A key reason the Cartel is as powerful as it is would be because America feeds it everything it needs. The drugs they sell and make all their money from are sold in the States. Well, there is the answer right there, right? If America wants to eliminate the oppression of the Cartel, then all we have to do is quit supporting them. This is only partially true. It is very difficult for an elite criminal to turn from a criminal lifestyle and switch to living and making money honestly. Kidnappings for ransom and crime would sky rocket if the Cartel did not have a drug production as a source of income. Well then how does the government beat the Cartel? I believe Mexico

and America should work together to target the leaders of the Cartel and do everything possible to slow them and their production down. But who is to say they’re not? With modern technology and the many new resources our Border Patrol now has, the U.S. and Mexico patrols have worked well together to stop a lot of the smuggling through our borders. Things would be much worse if we did not have the elite Border Patrol that we have.

My mother shared with me a story she heard from a Texas Ranger at Community Bible Church in San Antonio, Texas one Wednesday night. She did not share everything with me but she did tell me he shared the news that our Border

Patrol has done a significant amount of damage to the Cartel and their smuggling operation within the last few years. Not only are they smuggling drugs, but now people as well. The scary thing is these are not just Mexican immigrants that are being smuggled in. She told me the Ranger mentioned a patrol catching a group of Pakistan immigrants being smuggled through the border. He said we would be very scared if we knew about everything and everyone being smuggled through our southern border.

To sum it up, I believe that in order to cripple the Cartel, America needs to stop supporting their drug operation, vote against the legalization of marijuana, and support our Border Patrol in every way possible. Remember, this is not just Mexico’s war, but America’s as well.



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# Truth and possible control of underage tobacco use



CONTRIBUTOR

Connor Reed

Underage tobacco use has become a much overlooked issue by parents, the underage user, the government and people in general. Who can regulate it? I am here to tell you why parents play the biggest role in regulating underage tobacco use. Why? There are several reasons. The majority of underage tobacco users range from age 13 to 17. What teens do not know is that tobacco use is the number one killer in the United States. Over 400,000 people die each year from diseases caused by tobacco. Personally, I think the main reason teenagers use tobacco is because of peer pressure.

I believe peer pressure is the reason teens gets addicted. From my own personal experience, I know all

about peer pressure. When I was 16-years-old, I tried my first cigarette. My friends and I went to hang out since there was nothing else to do in the small town of Huntsville, Ark. My good friend had a pack of Marlboro Lights cigarettes, and I felt the need to try one. The moment I lit up, I hated it. Days passed and I was ready to try again. I knew it was bad, but I liked the way it made me feel and the status it gave me at school. Being popular and curious is the “thing to do” in high school. My parents owned a convenience store that carried tobacco, so I was considered “cool” for selling tobacco to underage teens. Unfortunately, after I was addicted, I could not go a day watching someone else smoke or even smelling the odor of a cigarette without craving one myself.

Many people influence the use of tobacco. For example, the media. When a teenager sees someone they look up to using tobacco, they feel the need to use it as well. So how do parents regulate this? Parents are sometimes too respectful of their child’s “space,” which leads to the parents not being involved in the child’s life as much as they should be. Parents should always know where their teen is, what their teen

is doing and who their teen is with.

As a parent, if you are curious if your teen is using tobacco, there are several ways to find out. For example, smell the teen’s clothes when they get back home. Do not be fooled by cologne! If your teen does not wear much cologne, that is a red flag. Also, changes in attitude are signs of tobacco use. Failing grades, poor outlook on things and crankiness are all signs of tobacco use. Since the majority of teenage tobacco use is caused by peer pressure, the parents basically just need to regulate who the teen is hanging out with. The parents can control who the teen hangs out with since they are the provider. Yes, the teen will not like the fact that their parents are barging into their personal life, but they could be doing their teen a favor.

Do not be scared to take action. Yes, some may think that the government could better regulate this. In fact, that is wrong. Yes, the government can raise the taxes on tobacco or try and completely shut out the tobacco industry, but teens will still find a way to get it. Does the government really care about an underage teenager using tobacco? Probably not. It is more money in their pocket. I will admit, the community

does play part of the role, but not the biggest. The only thing the community can do is give feedback to the parents by telling them if their teen is using tobacco because they saw them using it, or they tried to purchase it and the cashier knows the parents.

Needless to say, parents do play the biggest role and will always play the biggest role. When you were a teenager, who were you more scared of? The government, the people in your community, or the people who provided for you?



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# Simple drawing reminds student of a unique calling



CONTRIBUTOR

Laura Nelson

“Is our Gospel really good news?”

This is the question that evangelist James Choung posed to JBU students when he spoke in chapel during Spiritual Renewal Week. Using this as a springboard, Choung launched into a speech in which he examined a question that our generation has been asking: what is good? Choung answered by declaring that this good news is most certainly the gospel. He drove his point home by showing his viral video entitled “The Big Story,” which has received more than 87,000 views on YouTube.

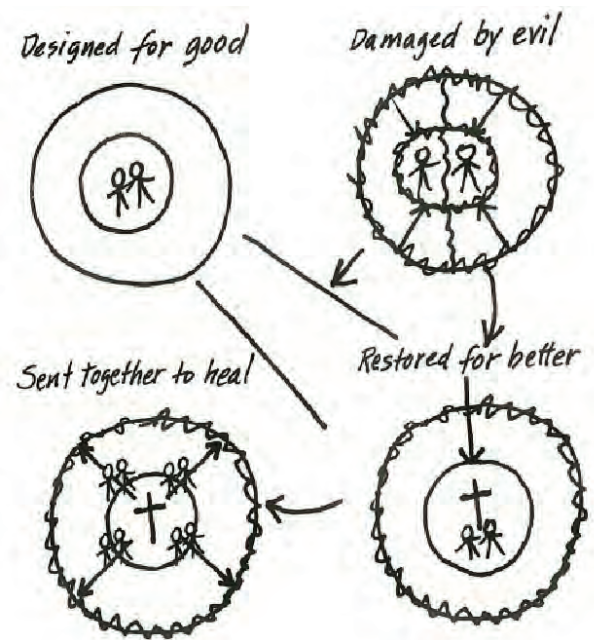
Using simply a Sharpie and a piece of notebook paper, Choung diagrammed how our world was

“What would you do if fear wasn’t in the equation?”

designed for good, damaged by evil, restored for the better, and that we are sent together to heal: the essential message of the gospel here-and-now. This was only the first of Choung’s powerful messages, which stirred students like myself to think more about evangelism.

For me, the most meaningful thing I learned from James Choung came during his talkback session Tuesday night. Since I often let my fear hinder my evangelism efforts,

Choung’s statement that faith is the opposite of fear impacted me hugely. “What would you do if fear wasn’t in the equation?” he questioned. Along with this, Choung reminded us of the verse 1 John 4:18, which talks about how God casts out fear. He encouraged us to live our lives emboldened by courage and to have confidence that if something is of God, there will be no fear involved. Such a simple reminder, but one that can breed powerful results if we put it into action. Another one of Choung’s circular diagrams, which he called “The Discipleship Cycle,” illustrated this point: hear ~ respond ~ debrief. Through the words of James Choung, I was compelled to live a life of intentionality as I seek to bring others into the Kingdom of God.



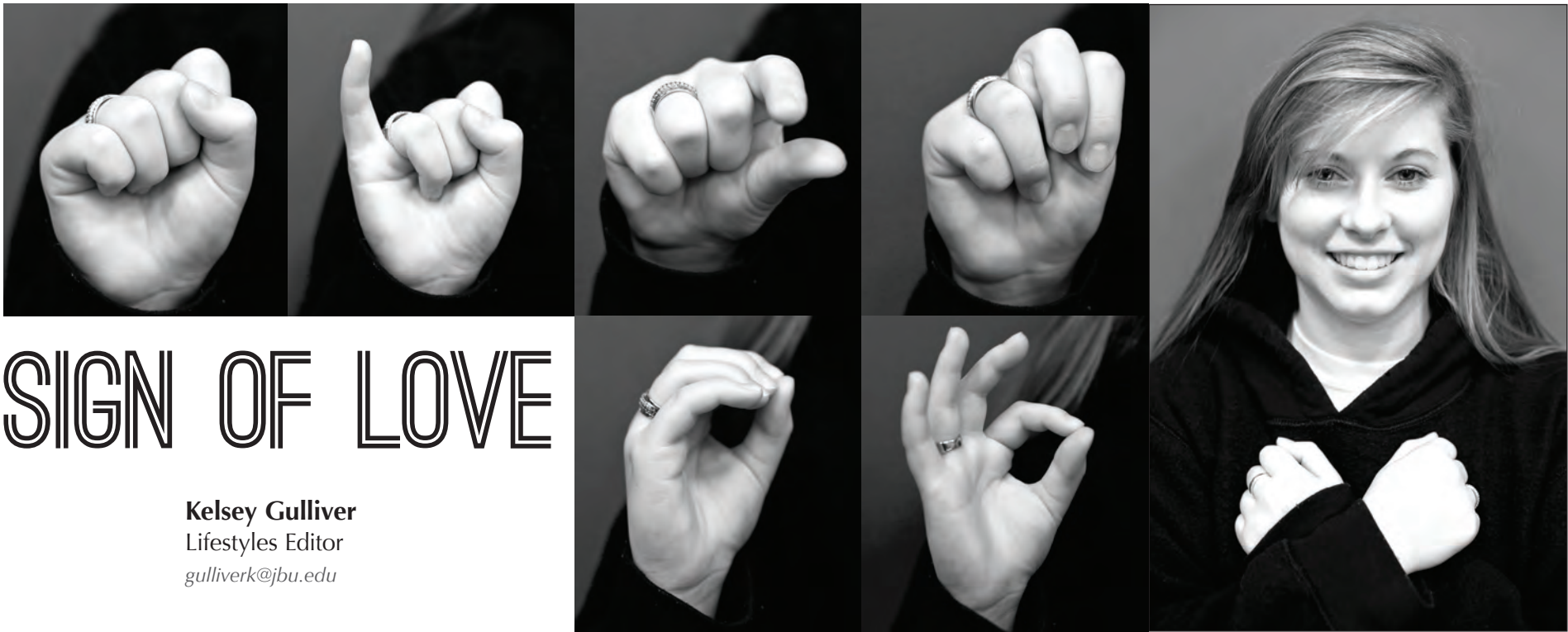
As humans we were designed for good, damaged by evil, restored for better, and sent together to heal. Drawing by James Choung. For more about Choung’s visit to campus, check out “Evangelist brings personal stories to campus” online at [advocate.jbu.edu](http://advocate.jbu.edu).

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# LIFESTYLES

The Threefold Advocate



RON ASBILL/Threefold Advocate

Morgan Asbill grew up learning sign language. She began to communicate using Signing Exact English, or SEE, with her older brother Devin before she could even speak. Devin and Morgan’s father Ron, a current John Brown University student, is hearing impaired. And although Ron does not use sign language, Morgan’s family encouraged her to pursue it.

Like many states, Arkansas requires high school students to take a foreign language in order to graduate with honors. Currently a junior at Springdale High School, Morgan hopes to take a sign language course in place of another language such as Spanish. She also wants other students who are unable to fulfill a language requirement due to hearing impairment to get the opportunity to graduate with honors, an opportunity denied to Devin.

Knowing that the situation was unfair, Morgan decided to take action.

A little on the shy side, Morgan described how her friends reacted when she recently created an online petition to put American Sign Language in Arkansas high schools.

“A lot of my friends were surprised, but they thought it was neat,” she recalled.

She put the petition online for people to sign at [www.change.org](http://www.change.org) in August. The website allows anyone to create a petition and will help promote the idea using social media tools such as Facebook and Twitter.

Morgan’s mother Jennifer said the petition accumulated around 770 signatures so far, with people from New York to California joining the cause.

While signatures are not required for a proposal such as this to go before the state legislature, Morgan’s effort and the number of signatures it produced caught the attention of Rep. Andy Mayberry.

Mayberry, who represents Arkansas District 27, and his wife, Judy, decided to sponsor the bill in October. They communicated with the Asbills via email and expect the official bill to go to vote this year.

**According to the National Institute of Deafness and Other Communication Disorders, 17 percent of American adults report some hearing loss.**

When the time comes, Morgan will stand before the state legislature and explain why it is so important for schools to allow ASL as a foreign language credit. She will concentrate on remembering people like herself who may be able to speak, but still recognize the importance of being able to communicate with all people.

Both of Morgan’s parents are proud of her.

“We’ve just given Morgan the tools she’s needed to do it,” Ron explained.

At the University, Ron is one of two current hearing-impaired students. He works closely with Student Support Services (SSS), which helps students who are low-income, first-generation immigrants or have documented disabilities.

Director Jackie Wright explained that after a student applies and is accepted, SSS will work with them on an individual basis, providing anything from audio books to captioning. The program’s goal is to ensure that students stay in school and graduate.

If a student cannot complete a required class because of a disability, SSS will guide the student through the University’s official course substitution policy.

Since his enrollment, Ron has witnessed the program grow stronger.

“I fight. I fight a lot more for what is needed,” he said.

Despite his efforts, however, the program downsized.

“The SSS is willing to help, but they don’t have all the resources they need,” he said. “JBU has potential for a huge open door. It’s disappointing to see them not pursuing that avenue.”

# Snapshot captures campus from 1937

Jenny Redfern

Editor-in-Chief

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The year is 1936. The first baseball players are elected into the Baseball Hall of Fame. The Hoover Dam is completed. And “Gone With the Wind” by Margaret Mitchell is published.

It is also the year Robert John Oakes was a sophomore at John Brown University.

Not much is known about Oakes. Though he appears in the 1936 yearbook, he is interestingly absent from the 1935, 1937 and 1938 yearbooks. However, Oakes left a valuable piece of history for generations of University students: this picture.

Oakes’ nephew, Robert Kashwer, submitted the photo to University archives. Kashwer said Oakes told him he climbed the KUOA radio tower—presumably against the rules—to take this picture of campus.

Kashwer said Oakes went on to get his doctorate at Oklahoma University and continued his career as a physician in Oakland, Calif. He had three sons and a daughter.

The picture below shows a John Brown University unknown by a majority of campus.

Bonus: The first issue of The Threefold Advocate was published in 1937, about the time Oakes took this picture.

**1 J. Alvin Brown Hall.** The residence hall is the only building in the picture that still remains. In 1936, the hall was home to 150 boys. The Dean of Men at the time stated, “This job is like a cold bath, not so bad after you get into it.”

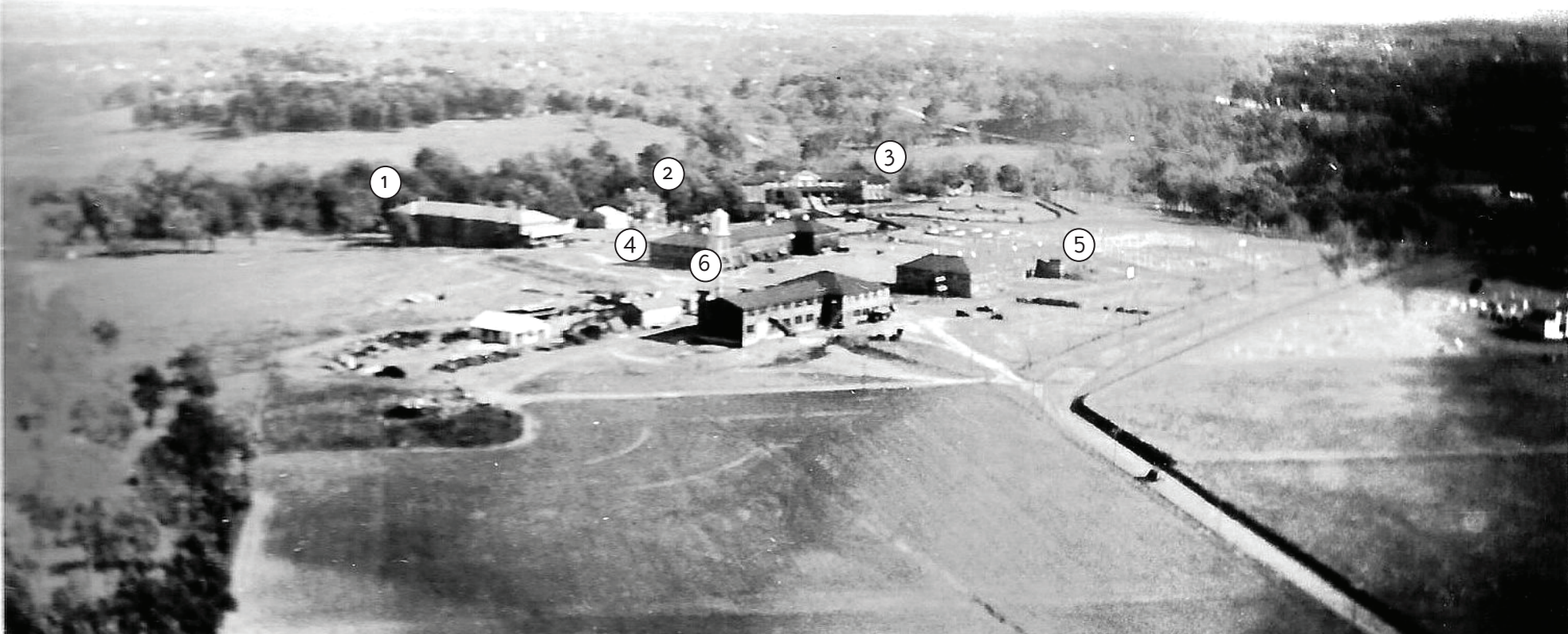
**2 Alumni Building.** Older students might remember it as the Hyde engineering building. During Oakes’ time it housed a laundry room, bakery, cannery, pressing shop and dress factory with a heating plant in the basement.

**3 California Building.** At the top of the 101 stairs remains what is left of the residence hall. Along with serving as a girls’ dormitory, it also held the dining hall for the entire student body and a “parlor” where boys could be entertained.

**4 Helen Brown Hodges Memorial.** The building was named after John E. Brown’s second daughter, who was the first death on College Hill. It is recognized as one of the hardest times in Brown’s life. The building included offices, a men’s dorm and the chapel.

**5 Mech #1.** Many enterprises of the University were housed in this building. A brush factory, furniture factory, ice plant, electrical shop, cold storage plant, beauty shop, barber shop, dress factory and even an auto agency found their home here.

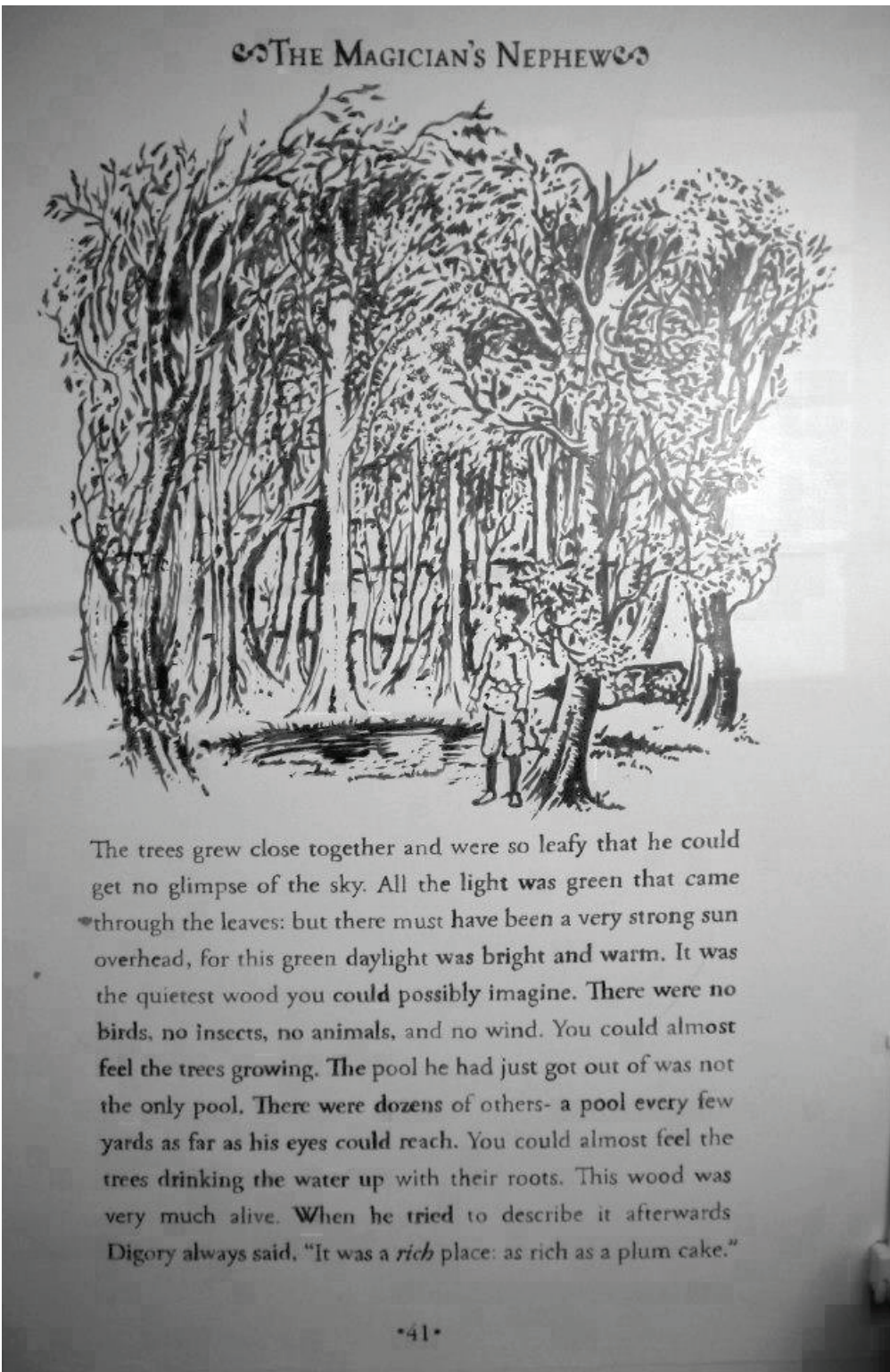
**6 Mech #2.** This building held an aviation lab for the Civilian Pilot Training Program. In preparation for the war, the University designed this program, building an airfield, hangar and wind tunnel shop, and buying two planes.





# Painting a story

*Students create murals on campus and abroad*



Submitted by: BRIAN MELLEMA

The walls of one room in the Missionary in Residence house at John Brown University are now covered with art depicting the countries many of the University students represent. The goal behind unleashing the creative freedom upon the walls is to give ownership to the students who call this house their second home.

The University's current missionaries in residence, Chris and Kelly Cole, first brainstormed the idea for the mural. Back in their home country of Thailand, Chris taught at a local school. He valued creating room for those with artistic gifts in his classroom.

"As a teacher I am not very artistic myself," Cole said. "But I've ended up over the years giving many assignments that allow kids to use their artistic abilities."

Each week the Coles make a meal at their home for all of the missionary kids at the University. The Coles wanted to give them more ownership of a place that many feel is a home away from home.

"Kelly and I were talking about it and got the idea that there has got to be a lot of talented MKs," Cole said. "What if we did something that allowed them to display their pride and love of where they grew up and take ownership of the MK room where we serve all the meals?"

It was simple; each continent received the rights to one wall and the creative freedom to decorate it as they wished.

Because of how the MIR program works, the house in which the Coles reside belongs to the University. A new family moves in each year as the old MIRs depart to their home country.

Before paint could touch the walls, the Coles needed to get the idea approved. They brought the idea to Billy Stevenson, director of international programs. Stevenson cleared the idea, and the Coles moved forward with their new project.

Cole sees the project as an addition to their home without any risk.

"To me, it's a no-lose [situation] because at any point you want to change it, you paint over it," he shared.

Junior Hannah Salters explained the importance of the mural.

"The MK mural started out as a basic idea to bring creativity to the MK room and a simple excuse to hang out together, but it has become a really cool representation of the love we have for the places we call home as well as something we can be proud of," she said.

The project brought more than just new colors to the walls.

"I think it is honoring to the Lord. It's fun and it's been a unifying thing. We've had three nights where we've worked on it, and it's been a really good time," shared Cole.

Cole hopes to finish the project in three weeks.

*By Abby Fennema*

A mural now adorns a wall of Lakeside Manor, the headquarters of John Brown University's semester in Ireland program. Students from the fall 2012 team shared their love for Northern Ireland and art through the project.

Late one night in Ireland, while sophomore Cori Hunt and junior Brian Mellema sat in the C. S. Lewis room, they hatched a plan. The bare walls and the magic of Ireland pulled at the artsy side of the two students.

They decided to paint "the wood between the worlds" from Lewis' book "The Magician's Nephew," which emphasized the natural and magical aspects of the place they were living.

The mural became a family project in which everyone took turns filling in spots. Two of the main supporters in the effort were sophomore Samara Eyster and alumna Katelyn Banks, who served as the house manager and cook.

"It was fun to paint because you couldn't really tell what your were painting up close to it, but when you stepped back it looked like an awesome intricate forest," said Eyster.

The students wanted to paint a mural at Lakeside because of what it would mean.

Mellema, who also painted a suite mural last year in J. Alvin, said he wanted to "leave a lasting mark."

"Not only did we make one on that place through our great joy and fellowship that we shared together but also with the physical mark of our painting," he explained.

Billy Stevenson, director of international programs, said he loved it.

"It looks like you're stepping out of the wardrobe and into Narnia," he said.

It impressed him the way that the team hid their initials in the branches of the trees.

"It is an exceptional piece of time consuming work," he said.

Others noticed it as well. Groups from other schools that stay at Lakeside, such as Cornerstone University students, commented on it.

Stevenson is hopeful that the mural will stay up.

He said he would love for future teams to "make their mark" as well. The only issue is space, which could eventually be the end-all for this particular mural.

Stevenson encourages future teams to expand their artwork, though, and share their passion and talent by "bringing their mural skills to the Irish Peace Wall."

*By Jamie Odom*



ABBY CHESTNUT/Threefold Advocate

(Above left) A scene from C.S. Lewis's work "The Magician's Nephew" adorns a wall at Lakeside Manor in Belfast, Northern Ireland. Students from the University who studied there this past fall decided to paint the mural to leave a legacy. (Above) Freshman Erin Smith paints an elephant, part of a larger global mural, at the home of the Missionaries in Residence.







# Eagles return home after first loss

Jon Skinner  
Sports Editor  
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The first go-around, the Golden Eagles beat seven out of eight teams in the conference. Now they will start the second half of their conference schedule against seventh place USAO.

Coming off a road trip that produced the team’s first conference loss, the Eagles come home hoping to both continue their success in conference play and recover from their 84-70 loss at Wayland.

“Going in with a sense of urgency and a good frame of mind will help us with that,” said Head Coach Clark Sheehy. “Each game is the most important game of the year because it’s the one right in front of you.”

In their loss, the Eagles got off to a less-than-stellar start, quickly falling behind 22-5 while the Pioneers rained down threes. WBU shot 63 percent from three point range.

“Defensively we’ve got to be better when teams get in a rhythm like that [to] do some things to get them out of it ... and not let them be in a good flow,” Sheehy said. “Defensively we weren’t where we needed to be.”

Wayland senior guard Reggie Fondren had a monster game, scoring a season-high 30 points and going 7-7 on three-pointers en-route to SAC Player of the Week honors.

“He hit a couple of shots early,” Sheehy said. “If you let good players get in a rhythm, then they can make really big plays.”

Despite the rough start and the final result, the Eagles did manage to pull the game within five points late in the second half before another Wayland Baptist



RON ASBILL/The Threefold Advocate

**Senior guard Coleson Rakestraw high fives his teammates during player introductions** before John Brown’s 76-58 win over Mid-America Christian. Five of the Eagles’ eight remaining games are at home, where John Brown has won eight straight conference games.

run put the game away for good.

“We showed a lot of guts to get back in it,” Sheehy said. “You’ve got to give them credit, they make a lot of plays.”

John Brown fell from fourth to sixth in the national coaches’ poll this week after the loss. The Wayland game was the second game of the Eagles’ Texas road trip. The Eagles barely escaped with a win in the first game of the trip, slipping by Lubbock Christian 72-71.

Next up for John Brown is USAO. The Eagles beat the Drovers 68-58 on Jan. 8 when John Brown was unranked and USAO was ranked ninth. The Drovers have gone 3-3 since that game. The Drovers are led by senior guard Norris Rumph, who is averaging 15 points per game, and senior center Brandon Cutler, who is averaging 14 points per game. The Eagles will have to deal with another threat from downtown in Rumph,

who ranks first in the NAIA in three-point field goal percentage (.505).

After USAO the Eagles will host last place St. Gregory’s on Saturday. John Brown beat SGU 63-61 on Jan. 10. St. Gregory’s is 0-7 in conference as of press time.

JBU will then hit the road again, visiting rival Rogers State in a rare Monday game on Feb. 4. John Brown last played the Hillcats in a thrilling 81-80 win

NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS

## NAIA Men’s Basketball National Rankings

1. Columbia (Mo.)
2. Lee (Tenn.)
3. Lewis-Clark State (Idaho)
4. Lindsey Wilson (Ky.)
5. Westmont (Calif.)
6. **John Brown**
7. Pikeville (Ky.)
8. Cal State San Marcos
9. Oklahoma Baptist
10. Emmanuel (Ga.)

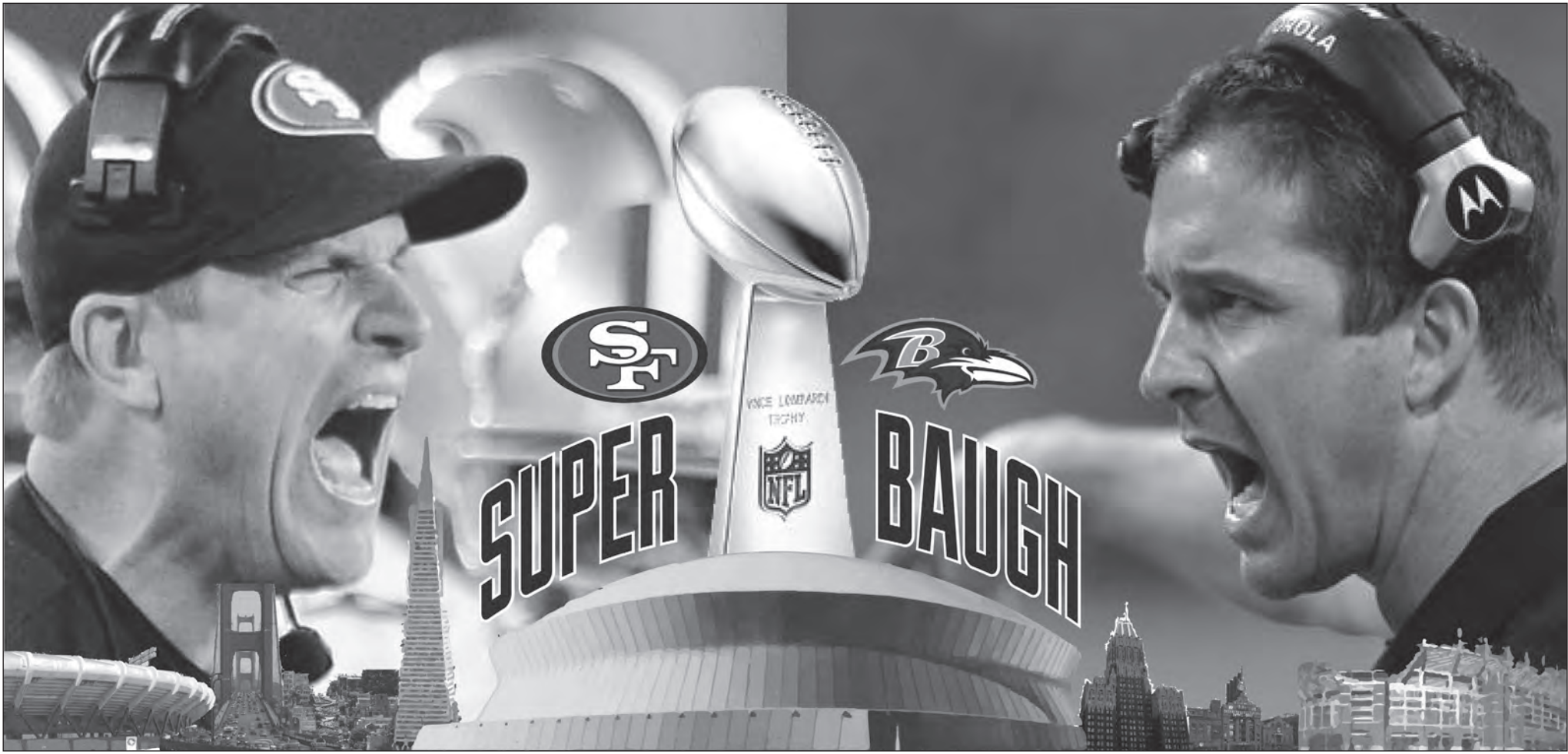
## SAC SOONER ATHLETIC CONFERENCE

### Men’s Basketball Conference Standings

1. **John Brown (7-1)**
2. Oklahoma Baptist (6-2)
3. MACU (5-3)
4. Rogers State (4-4)
5. Wayland Baptist (4-4)
6. Lubbock Christian (4-4)
7. USAO (4-5)
8. Oklahoma City (2-6)
9. Saint Gregory’s (0-7)

on Jan. 12. Rogers State is 4-4 in conference and is three games back of JBU as of press time.

The Eagles will play next vs. USAO at 8 p.m. on Thursday.



# Sit back and enjoy the Super story

SPORTS EDITOR



Jon Skinner

As a journalist, I look for the narrative in everything, and it does not get much better than the Super Bowl.

This year, the Baltimore Ravens and San Francisco 49ers will play for more than the Lombardi Trophy. They will be playing out a sibling rivalry on

the biggest stage possible.

In case you did not watch any TV last week, you should know that the head coaches of the two teams are brothers. John Harbaugh coaches the Ravens, and Jim Harbaugh coaches the 49ers. They will compete against each other, making for a fantastic story leading into the Big Game.

But, the HarBrawl (or Super Baugh, or Har Bowl, take your pick) is more than two brothers on the sidelines and one conflicted family in the stands.

Both teams are looking to take the next step after losing their respective conference championships last year. And both teams have young, unproven quarterbacks.

Joe Flacco played for the Ravens in a consistent manner during his young career, but many fans criticize and doubt his ability to win.

On the other hand, 49ers fans believe wholeheartedly in Colin Kaepernick after he started midseason and lead his team straight to New Orleans.

Jim Harbaugh’s decision to bench long-time starting quarterback Alex Young in the middle of a successful season and going with an unknown quarterback gives the 49ers’ run the air of destiny.

The Ravens can claim that too, seeing as their unlikely run is superstar linebacker Ray Lewis’ last hurrah. The future

Hall-of-Famer announced at the start of the playoffs that this season would be his last after a 17-year career.

His last game will be in the Superdome, for better or for worse.

San Francisco had one heck of a year in sports already, with the Giants winning their second World Series in three years. It does not hurt that the San Jose Sharks are off to a 5-0 start, either. I would say a 49ers Super Bowl win would be the icing on the cake, but it would really be more like another cake altogether.

This Super Bowl has the best narrative since the underdog Giants took on the undefeated

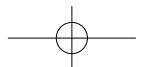
Patriots in Super Bowl XLII. That story got better when the Giants pulled off the upset and felled the evil Patriots.

In this game, there is no clear villain, which in a lot of ways makes it more enticing. Unless you are a Falcons or Patriots fan bitter over your recent loss, you can sit back, relax and watch the Harbaugh’s match.

The only part of the story yet to be written is the game itself. If Super Bowl XLVII turns out to be a close game, it will be an all-time great. This Super Bowl has delivered on pre-game hype. Let us see if it can deliver on in-game excitement.

If not, there are always the commercials.





SPOTLIGHT

The Threefold Advocate

— FLU —

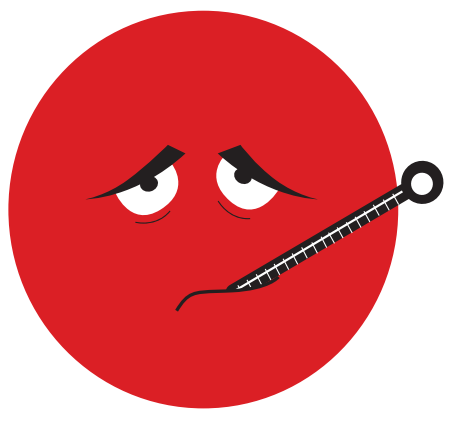
FACT OR FICTION

By: Kelsey Gulliver

The flu hit hard this year. John Brown University reported thirty suspected cases so far.

“It is definitely a more severe flu season than last year,” said Rhonda Hostler, director of health services.

Do you know all that you need to know in order to effectively prevent and combat the flu? Check out the information below from Hostler and the Centers for Disease Control and Prevention (CDC).



**1 If you are not running a fever, then you do not have the flu. False.** According to the CDC, people may be infected with the flu even if they are not running a fever. Watch out for other symptoms such as: sore throat, runny or congested nose, cough, body aches, headaches, chills and fatigue. Hostler explained that while symptoms of the common cold will build up slowly, the flu will hit you all at once.

Hostler described a typical student’s experience: “I was fine when I got up yesterday. I was sitting in classes and bam, I suddenly felt horrible.”

**2 One of the most effective methods of prevention is hand washing. True.** Hostler advised students to wash their hands often with soap and water; if not readily available, the CDC recommends an alcohol-based hand sanitizer. The virus can survive on surfaces for up to eight hours, so be mindful. Also, keep hands away from areas such as the eyes, nose and mouth, where the virus can be easily spread.



Submitted by: LAUREN ADDINGTON

**3 It is too late to get a flu vaccine. False.** While taking extra Vitamin C or Airborne may promote a healthier and stronger immune system, the CDC said the most important step towards flu prevention is to get a flu shot. People six months and older are eligible to receive the vaccination, which protects against the three most common strands of the flu virus.

Vaccinations are available at the local Walgreens or Siloam Springs Medical Center. There are a select number of vouchers available through the University to cover the cost of the vaccine. Stop by Health Services in Walker Student Center for more information. Also make sure to eat well, sleep, exercise and stay hydrated.

**4 I should go bring my friend chicken noodle soup since they feel sick. False.** Hostler wanted to emphasize that students should not visit sick friends. She explained that the flu is spread through the air.

“A person can talk, cough or sneeze, and their droplets enter the air we breathe,” she said. “We then inhale the droplets, and we are then contaminated. These droplets can move up to six feet away from the sick person.”



**5 I have to go to the doctor if I think I have the flu.** It is up to each person. A doctor can test for the flu and give an anti-viral called Tamiflu, but Tamiflu does not kill the virus. Hostler cited studies that show it is actually ineffective, and suggests that students should instead treat themselves with an over-the-counter medicine such as ibuprofen, acetaminophen, a decongestant or cough medication. However, if you begin to have difficulty breathing, go see a doctor!

Stay healthy! And if you have any questions, email Hostler at [rhostler@jbu.edu](mailto:rhostler@jbu.edu), or stop by her office in Walker Student Center, first floor.

Designed by: Kara Underwood

