Upheaval in Ukraine affects students on campus

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National singing competition comes to campus

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The Arkansas chapter of the National Association of Teachers of Singing competition takes place this Friday, Saturday and Sunday. Jubilant Sykes, a Grammy awardnominated baritone, will also be perfoming on Friday night as part of the event.

According to the Association's official website, it is the largest organization of teachers of singing in the world, with more than 7,000 participating members.

Each state in the U.S. has its own chapter of the Association. Paul Smith, head of John Brown University's department of music, said some of the University's faculty has been members of the Association for decades. In fact, Smith was president of the Arkansas chapter for two years. However, this is the first year the University has ever hosted the competition.

The University has participated in these competitions on both a state and regional level in the past and has been the home of multiple winners and finalists.

The competition this weekend will bring around 250 people to campus, Smith said. There are a range of students who participate, from high school students to those who are on pre-professional

levels, sometimes with students as old as 40. Because of this range, the Association divides students into 20 categories.

"To make it fair, we categorize according to age and experience," Smith said. He also noted, from the college level on up, the Association separates men and women into different classes.

The main category is classical music, but there is also a Broadway category for high school, college and advanced students.

"Kids that are much more interested in doing a lot of musicals, stage plays, Broadway musicals, etcetera, etcetera, [are given] an equal opportunity to compete," Smith said. "That is, I think for a lot of people, one of their most favorite categories."

Friday starts the preliminaries, the first time the participants sing. Each competitor sings two pieces of music. Most categories require one piece to be in a foreign language. Sophomores and up are required to sing a piece from an oratorio or opera.

Semi-finalists are announced Friday night, and the semi-finals are held on Saturday morning. Competitors sing one piece in the semi-finals.

After the semi-finals, finalists are announced. The Association will hold the finals Saturday afternoon in the Berry Performing



ANA SAMAYOA/The Threefold Advocate

Paul Smith listens to a student during a voice lesson. Smith is the president of the Arkansas chapter of the National Association of Teachers of Singing.

Arts Center. The preliminaries and semi-finals are held in private offices in front of a small group of judges, but for the finals, everyone is welcome and encouraged to attend, Smith said.

Smith said the Jubilant Sykes concert on Friday night is likely to be the highlight of the competition for many.

"He is one of the foremost baritones in the country specializing in spirituals, however, he also is very comfortable in the classical world," Smith said.

Sykes is also a friend of Smith's.

"We attended a summer music conservatory together [in Carmel, Ca.] and were roommates. I competed against him also at the Southern California Vocal Association's competition. When you see that gorgeous smile and that amazing stage presence, you'll know instantly why I lost to him every time," Smith said with a laugh.

Sykes is also in the process of opening a new part of his career, Smith said. He is making his acting debut in the film "Carry Me Home" with actor Cuba Gooding, Jr. The film will be in theaters in late spring.

Tickets to Sykes' concert can be purchased online at www.jbu. edu/tickets or by calling 479-524-7382. They are \$10 for students and \$20 for adults.

Students struggle with tobacco ban: part one

Jon Skinner

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[This article contains references to and quotes from two John Brown University students, identified as Ben and Jeff. Both are real University students whose names have been changed to protect their identity.]

Blake Rardin smoked what he hopes is his last cigarette two months ago. While attending John Brown University from fall 2012 to fall 2013, Blake tried to quit, but he was unable to do so until he left the school.

"It is very hard to quit cold

turkey," said Blake. "Before I came to JBU smoking was a social thing but then it got to the point that I was just smoking to smoke and I was just smoking cigarette after cigarette after cigarette."

It is University policy that students who sign the Community Covenant agree not to be in possession of, or use, any smoking or tobacco product on or off campus, according to the student handbook.

"We ask students to not be in possession of or use any smoking products," said Andre Broquard, dean of student life and director of residence life. "We recognize the health issues and the historical and current position of the general evangelical culture is that our body is a temple of the Holy Spirit and we want to take care of our bodies." For some students at the

University, smoking tobacco has

a social function despite being banned. University student Jeff said he typically smokes a cigar with friends off campus a couple of times a semester, but has had

e-cigarettes in the past. "Usually its late at night and most of the time its back at the beginning or ... end of the semester or its somebody's birthday," said Jeff. "Me and no more than 5 guys go off campus for an hour or two, hang out and get a soda and a cigar.'

For University student Ben, smoking a cigar with his friends is a purely social exercise.

"Most of the time we casually hang out so a few of us that smoke get together and we go someplace in town and hang out and smoke and talk about life and what's happening," said Ben. "It's a really chill time of community."

Blake said when he attended the University he would regularly smoke cigarettes or chew tobacco three to four times a week, most often by himself.

"I would use chewing tobacco and cigarettes on campus and off campus at the lake or at Walmart," said Blake. "Most of the time it

was by myself and I would smoke a cigarette but with a group I would smoke a cigar or pipe."

Blake said he was very aware of his surroundings when he was using tobacco products so that he would not get caught.

"I would make sure campo wasn't around and I would get familiar with the RAs and RDs cars around campus and I would try to avoid [them]." said Blake. "If I ever got caught I thought I'd get heavily fined."

The University ban includes cigars, cigarettes, cigarillos and hookah, among other things.

"In our prohibition of smoking

See SMOKING on page 3

2015 through 2020, the strategic

the school, has moved into "stage

spent several months interviewing staff, faculty, students, trustees,

2." In "stage 1," administrators

Presidential Cabinet in order to

Ideas vary from adding or

getting a campus ice cream truck.

The next step is sending ideas

from group to group, seeing where

and taking opinions on the ideas

already gathered. Additionally,

each vice president is meeting

with members of their staff units

deleting entire departments to

the main areas of interest lie

gather ideas for the next five years.

alumni, parents and the

planning committee, a group

of approximately 30 people representing groups from all over

University Strategic Plan moves toward end date

Hannah Wright

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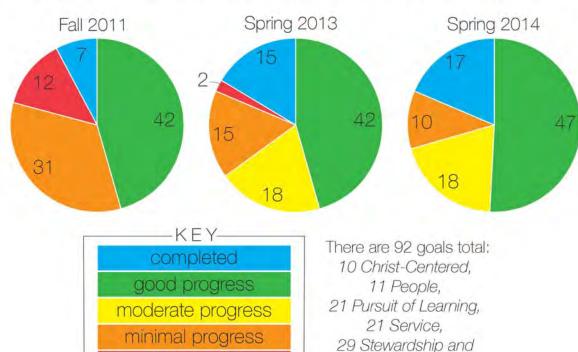
The administration at John Brown University is making progress on strategic planning for the University's next five-year Strategic planning is a method

of setting long-term goals. The current plan, for 2010 through 2015, had 92 goals, two-thirds of which have been completed or are seeing progress, said Robert Norwood, dean of undergraduate studies and a member of the assessment committee for strategic planning.

The other third have been deemed unfit for the University, or are seeing less progress than the administration would like. "There could be some of

those that carry over into the next strategic plan," said Norwood. As for the strategic plan for

Progress on Goals of the 2010 Strategic Plan



Graphic by Elizabeth Jolly

Administrators are determining what questions should take

See PLAN on page 3

Lifestyles 6 / 7 News 2 / 3 Opinion 4 / 5 Sports 8 / 9 INDEX Spotlight 10

BLACK PLATE

zero Excellence

individually.

The Threefold Advocate

Ukrainian protests cause concern for students

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The violent protests happening in Ukraine have headlined across newspapers, television and radio for a few weeks now.

Although the country is situated in Eastern Europe, far away from Siloam Springs, Ark. the events and news has effected part of the John Brown University community.

For freshman Arty Pavlov, who is from Kiev, the violence over the past few weeks effects his family directly.

"My grandparents and my parents are still there in Kiev right now. Far from the main streets where all these events are happening," Pavlov said. "But it is dangerous to be outside of your home right now. Especially at night. There are people there who will rob you."

The protests in Ukraine began in November 2013, after the Ukrainian President Yanukovych did not sign a trade agreement with the European Union Association.

The protests have grown from a fight against Yanukovych's choices and the Ukrainian government, to a fight for basic

human rights and privileges.

The protests have left Pavlov wondering if he will be able to return home this coming summer.

"My parent's don't really know if I'll be able to go home this summer because a lot of international airports have closed," Pavlov said. "And if the situation in Kiev becomes worse, then I'll probably stay here in the United States."

Pavlov is not the only University student whose summer plans may be effected by the situation in Kiev.

Neal Holland, associate professor of visual arts, who is helping to lead a trip of students to Ukraine this summer, has been keeping an eye on the events happening as well.

"Students will be studying graphic design and photography in Ukraine and will be working with the Kiev office of Youth with a Mission, to produce materials that support the work they do in ministry there," Holland said.

Holland also noted that the trip will not be cancelled, although if the situation in Ukraine worsens, then the destination of the trip may have to be reconsidered. Currently, the destination has not been changed.

According to Holland, there is a strong relationship



Courtesy of ABC News

Ukrainian protestors used homemade slingshots and catapults to send projectiles over police barriers. Protestors took control of the government on Saturday and have installed an interim president.

build with the people of Youth With A Mission currently living in Kiev, Ukraine.

"We speak to them often and are aware of the situation there more directly than any speculation about news events," Holland said. "However, we know that events currently make this a potentially dangerous locations and will not knowingly take students into any harmful

situation anywhere in the world." Although the situation deals with the Ukrainian government,

Pavlov believes that it is

important for American students to understand what is happening. "It shows how people can

fights for their rights and confront the government to stop all of the things the government has made against the people," Pavlov said. "People should always

be aware of their government because the government is not always for the people."

Pavlov agrees that people should be able to vouch for what they believe is right.

"This shows that you should be ready for any situation," Pavlov said. "Be ready to fight for what is right."

Evertsz speaks on social injustice in Guatemala

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Tita Evertsz shared her heart with the John Brown University student body as she spoke in chapel about her ministry in La Limonada, the largest urban slum of Central America on Thursday, Feb. 20.

Nearly 20 years ago, Evertsz began serving and feeding the poor in La Limonada against the discretion of her church leaders and friends in Guatemala City who were concerned for her safety. However, Evertsz felt a deep passion for the people of La Limonada, causing her to remain there and even begin an academy for the children of the community 13 years ago.

Evertsz and her team have had the opportunity to teach and care for nearly 430 children in three academies throughout the community since then, providing the students with meals, education, health and hygiene training, sexual education, spiritual refuge and protection from the violence in the surrounding area.

"It's not about being poor. It's about injustice. They have no opportunity; they are marginalized. If we Christians are not present, they have no hope," said Evertsz in chapel on Thursday.

The three academies in La Limonada not only provide the children with protection, education, and food, but they also provide a source of income for the families of the surrounding community. Over

40 out of the 47 members of Evertsz's team are from La Limonada and earn salaries for their work in the academies.

"It's about relationships," said Evertsz. "I think we are very relational, and when we know there is a need for a job, we also know the people and we know their needs, too. That's how we are together."

Evertsz is grateful for the passion that the Lord has given her for the people of La Limonada and refers to her desire to help them as a precious gift from God. Evertsz is not only grateful to be able

to work with the suffering innocent of the community, but also those who cause suffering within the community.

"I started looking at the other side of the 'social monsters,' and they are human beings," said Evertsz. "God's heart is so broken for the ones that are suffering, and God is so broken for the ones that are making others suffer."

Evertsz and her team not only work in the academies of La Limonada, but they also work to build relationships with those involved in gang activity, thievery and addiction within the community.

"One of the biggest things I have learned is to not judge unless I have walked with the people at least three months, and then all you want to do it shut up yourself and help," said Evertsz. "To be fully present in solidarity with them, it's beautiful. Sometimes we just judge, but don't help."

University students have been eager to find ways to help with the efforts being made in La Limonada since Evertsz's visit to the University last Thursday. Joe Walenciak, associate dean of the College of Business, mentioned that prayer and communication

are imperative to helping Evertsz and her team in La Limonada.

"Staying in touch, praying and encouraging is something that everybody can do. And if we do what Tita has been telling us--'Make yourself available'then that doesn't mean go to La Limonada. It means go where God wants us to be. It means to be about the work of the world," said Walenciak.

Evertsz explained that there are many places that need help and that need the hope of Jesus. She knows that God has chosen La Limonada for her, and she has never struggled with that calling. She hopes that the students of this University will also go wherever the Lord leads them, as well.

"Look at your hands," said Evertsz. "Your hands are Jesus' hands. You are His body. Your feet are Jesus' feet. If you stay, He stays. If you go, He goes. How many people will be affected if you say yes to God? And there are so many who are longing for Him to reach them."

In an effort to aid the development of an academy library in La Limonada, the University's Department of Education has begun collecting Christian-themed children's books written in Spanish to donate to Evertsz and her team.

"We wanted to come together and support her physically and also in prayer," said Margo Turner, head of the undergraduate education department.

To make a donation to the academy libraries in La Limonada, please bring children's books written in Spanish to the Department of Education offices in the Learning Resource Center.



J PABLO GARCIA/The Threefold Advocate

Tita Evertsz (right) and Joe Walenciak at chapel on Thursday. Evertsz shared her experiences serving in La Limonada, an urban slum in Guatemala. Evertsz encouraged students to seek the places around them where they can serve.

Apartments hold open house to draw upperclassmen

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John Brown University's Residence Life recently hosted an open house in one of the North Slope apartments for sophomores and juniors considering their rooming options for the coming year.

Between 7-8:30 p.m., snacks, drinks and a gift card giveaway table were set up for students who came to tour a downstairs apartment while representative Colleen Cornett was present to answer questions and give informational flyers

about apartment living. This open house, in addition to promotional posters around campus, is an attempt to encourage more seniors to live on campus next year.

As the J.Alvin renovations will be completed, boys have more housing options and townhouses will now be available to girls, though spots are competitive as several of the townhouses are intended for renovations this coming year and are unavailable.

In order to qualify for either the North Slopes or townhouses, academic credit hours are averaged between the roommates applying, and the highest accredited groups are given priority housing options.

Once students have applied for next year's on-campus

housing, Residence Life will evaluate the male to female ratio and establish how many of each will be housed in the townhouses and apartments.

"The dishwashers," said Cameron Johnson, a transfer sophomore this year living in the duplexes on campus, when asked why he would consider living

in the apartments next year. "Also they're a great deal with all the utilities included, plus a good location on campus," he said. The North Slope apartments are one year old and give students the benefit of a full kitchen in each unit, washers and dryers, furniture such as couches, beds and tables, cable

and internet, more open-dorm

hours and a convenient campus

location for approximately \$500 per resident a month.

Each student also receives a \$100 declining balance meal plan between the cafeteria and campus café. This is an added appeal to those currently living in dorms who are required to pay for meal plans of 12 meals a week minimum in addition to the cost of room and board.

"I think it's a great place for a junior or senior that doesn't want to live in dorms, but still be involved on campus. You're only in college once, so you should try to enjoy the community here!" said senior Rachel Solito, who previously lived two years in the Mayfield residence hall and last year in Walker.

The application process

for those interested in the North Slopes begins with the completion of pre-housing registration on EagleNet with the names of requested roommates and registration for fall 2014 classes between March 25 and April 8.

Once a room reservation deposit is made, housing appointment emails will be sent to notify students of their room draw time in Student Development to reserve a room.

Students should bring a reservation deposit receipt and their class schedule to guarantee the best chances of securing an apartment for the coming year.

The Threefold Advocate

Visiting professor talks Q Fever and microbiology

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Daniel E. Voth, assistant professor of microbiology and imunnology at the University of Arkansas, visited John Brown University last Monday to give a seminar to students about a pathogen known as Coxiella burnetii, which causes human Q fever. Voth partnered with Joel Funk, assistant professor of biology at John Brown, to learn more about what is causing Q fever and how it can be prevented.

Q fever is a flu-like disease caused by a bacterium that lives inside human lungs. Voth and his team are using new models to define the initial interaction between Coxiella and a human.

Q fever can cause acute or

chronic illness in humans, who usually get an infection after contact with infected animals or exposure to contaminated environments, stated the Centers for Disease Control and Prevention's website.

The team is in the process of finding new insights into the complex pathogen and its host.

The project started in 2006 and since then the team has gained a better understanding of the bacteria and how it is affecting our cells.

The immune system is supposed to destroy bacteria when they get inside the body, but this particular bacterium is able to evade detection and hide inside the cells, where it reproduces, Funk said.

The team is trying to figure out what the bacteria is doing to manipulate the human cells into becoming bacteriaproducing cells rather than

destroying the bacteria. Funk joined Voth and his team about a year ago after receiving the IDeA Networks



of Biomedical Research Excellence grant. His role in the project is to investigate one type of enzyme signaling pathway that is found in the cell, called protein kinase c.

Voth visits two to three schools each year to give a similar seminar.

"I hope to convey the importance of intracellular pathogens in human disease and introduce [students] to a unique pulmonary pathogen," Voth said.

Funk's microbiology class and other science majors were present at the seminar.

Senior Tyler Awe was fascinated with what Voth spoke on concerning how he and his team extracted their information about the pathogen through post-mortem lungs.

"Using post-mortem cells and treating them with chemicals to initiate a response similar to if they were alive was very interesting," Awe said.

The hope of the seminar was that students would gain insight into a bacterial pathogen that Funk and Voth felt was beneficial to the student's education.

"It is a fairly rare disease,

but it has a very unique cycle by living in the most hostile environment found in a cell," Funk said.

The project is still developing and new information and insights are being discovered daily.

"The most fascinating part is learning something new every day," Voth said. "Discovering things that nobody has seen before is what drives me as a scientist."

The students present at the seminar were introduced into an aspect of the world of intracellular pathogens that they only knew about in their textbooks. Now, they have seen what their time in the classroom can amount to in life after college.

Through this partnership, Funk and Voth hope to finally understand the causes of Q fever and find a viable cure.

MuKappa to enjoy fellowship at annual goat roast

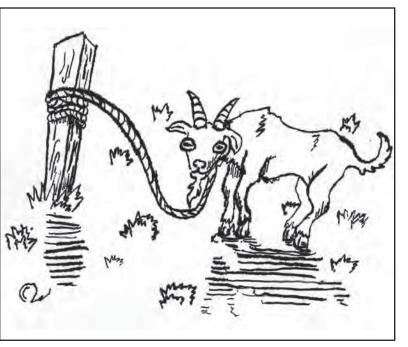
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Although goat may not seem like an everyday meal, missionary kids at John Brown don't kid around when it comes time for the goat roast in Siloam.

"Chicken and sides offered



CHRISTIAN WILLIAMS/The Threefold Advocate

for the less brave," the invitation reads for those interested in feasting on goat at this year's roast on March 2.

The event is held annually at the home of Billy and Mindi Stevenson. It involves a gathering of missionary kids, international students, and other students alike to enjoy goat and one another's company.

"It's not a time to just stuff your face and leave like the caf; it's more a time of enjoying, talking, and spending time together," said junior Tabitha Greenwood, president of MuKappa, the missionary kid organization.

Unlike a normal dinner gathering, the goat roast is a whole day event that involves purchasing a live goat, making the meal, eating, playing soccer and having fun.

"In Kenya, a goat roast is such a big deal and something you do for someone important," Greenwood said. "The guys spend hours slaughtering the goat and cooking it."

Stevenson and a few

students will order the goat off Craigslist and take good care of the goat before it becomes the meal for the event.

For those worried about the treatment of the goat, Greenwood said the process is done humanely and the students in charge are responsible and experienced.

"It was definitely a new experience as I have never eaten goat before," said sophomore Daniel Penner, treasurer of MuKappa.

Penner enjoyed his first time at the event last year and said it was good to interact and hang out with friends. "I'm not super courageous

when it comes to eating new foods, but it was a nice new flavor," Penner said. "I'm super excited to go again this year." Both Penner and Greenwood

acknowledged that this is an important event for the MKs and international students as it can hold memories of home.

"It's something that every MK can relate to," Greenwood said. "Not the eating of goat,

but the idea of spending relaxed time together."

Greenwood, an Ecuador native, said they do pig roasts where she is from, but it's not quite the same experience. She encouraged all people to come and added that it is such a good representation of culture and the individuality that the University encourages.

"So many people have wanted to come that we've opened it up to everyone," she said. "It's appealing to people because it is so strange and exotic."

"JBU is so into being different and I think MKs and Americans love being unique," Greenwood said. "It's fun to participate in something that isn't normal."

"The longer the goat sits on the fire, the better it is. This is such a picture of the goat roast, as the purpose is to have a great time of community," Greenwood said. "It's something that is going to be a memory even if you just go one year."

PLAN continued from Page 1

priority. They hope to tackle issues at the University which affect universities all over the nation, given the changing face of education.

These issues include the increasing number of students who, for a variety of reasons, don't pay full price for their education, as well as the increasing availability of online education and the real and perceived "value gap" of the worth of education versus its price.

"Are you getting a degree or are you getting an experience?" said Ed Ericson, vice president of academic affairs and dean of the faculty. "Is that all this is, knowledge? Or is there something more? Does the internet and computers make things different? We've been responding to and addressing these [questions] over the years." Financial concerns are

among the biggest issues to consider. As always, the strategic planning committee is looking for more ways to keep tuition down and quality up, while alumni giving is down and the cost of utilities continues to go up.

"If college is about the interaction with people, that cannot be made more efficient." Ericson said. "This is why the cost of high-end social services always goes up."

Despite this, Ericson called the University a "healthy institution," especially compared to other universities.

"There are a lot of changes going on in the world, but we seem to be handling them pretty well," he said.

The strategic planning committee will meet for the second time this month, and increasingly more often in the days to come. The new five-year plan will go into effect in the spring of 2015.

Talent Show winners announced



ALEC SOARD/The Threefold Advocate

"The Secret Life of..." performs a song from the movie "The Secret Life of Walter Mitty," winning the Talent portion of this year's Family Weekend Talent and Variety Show. "My Grades Never Bothered Me Anyway," a "Frozen" parody, won Variety.

SMOKING continued

from Page 1

we are recognizing that our bodies are not our own and that has some implications that can stretch beyond the issue of smoking," said Broquard. "I'm not the center of the universe and you're not the center of the universe and when we recognize what is at the center, it has some deep implications about how we live our lives."

Despite the University's policy, Ben sees smoking

as something that can be reconciled with his faith.

"I think it can be used for witness," said Ben. "To some people, finding out that I smoke changed how they saw me from this good Christian kid to a real person."

He also does not think that the ban means smoking is inherently immoral, because of a perceived positive impact on community and because the ban, in his mind, is a purely practical health consideration.

"More or less the spirit of the law is still intact because it's so few times," said Ben. "In my situation and how we've been handling it the benefits outweigh following the letter of the law."

For Ben, promoting a healthy community means more than promoting healthy bodies. and that is why he is unsure if he is against the ban.

"I'm torn. I've seen in my life how [smoking] has provided good community but if you allow smoking on campus

that does separate people," said Ben. "People who don't smoke don't want to be around smokers while they're smoking, but if you allow smoking offcampus then people who smoke will leave campus, and that hinders community also."

Blake said that he thinks the ban on smoking makes it harder for regular users to quit.

"If you have someone who smokes on a daily basis it would be hard to quit," said Blake. "Right now I'm trying to quit

smoking, so if [students are] trying to seek out help with that, I think there should be a designated area on campus just for tobacco use." Jeff, on the other hand,

actually supports the ban. "It's good to have rules

because it creates a better environment," said Jeff. "If I went to a public school, I would smoke much more."

BLACKPLATE

BLACK PLATE

EDITORIAL

MAGENTA PLATE

The Threefold Advocate

CYAN PLATE

Page 4

Child murder

EUTHANASIA IS NOT FOR CHILDREN

Imagine that you are a parent, and your child is diagnosed with a terminally ill disease which leaves him or her in constant, unbearable pain for the remainder of the child's life. You would be devastated, and suffer along with them, wishing there was something, anything you could do to take away their pain. If you could end it, you would. But would you end your child's suffering by allowing him or her to be euthanized?

Belgian lawmakers approved legislation two weeks ago for children to be euthanized. The required conditions include that the child must be terminally ill, in constant and unbearable pain and understand the end result of euthanasia. Doctors must also acquire parental consent before euthanizing the child.

The lower house approved the legislation 86 to 44 in the lower house and sent the bill on for the king to be sign the document into law. If he signs the bill, Belgium will distinguish itself as the first country to revoke all age restrictions on legal, medically induced deaths.

We The Threefold Advocate are distressed by the Belgian legislature's decision and do not believe that euthanasia should be legalized for children. The British Broadcasting Corporation reported that "supporters of the legislation argue that in practice the law will affect an extremely small number of children." Yet even if the law only affects one child, that is one child who has been killed.

We oppose Belgium's legalization of child euthanasia for two essential reasons. Most importantly, the bill is, in its purest form, murder. While strict limitations have been established, the fact remains that the drug will kill a child.

In addition, children are likely incapable of making the complex decision to die. Children are excluded from many decision-making parts of life until they have reached a certain level of maturity for this very reason. Archbishop Andre-Joseph Leonard of Brussels, head of the Catholic Church in Belgium, said it perfectly: "The law says adolescents cannot make important decisions on economic or emotional issues, but suddenly they've become able to decide that someone should make them die."

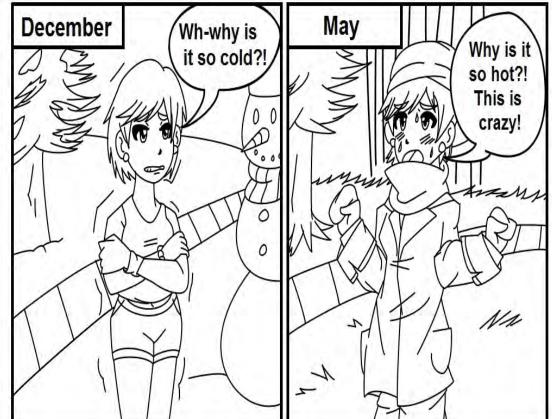
Although the majority of Belgian lawmakers approved the bill, there have been mixed feelings surrounding the legislation. "Opinion polls have suggested broad support for the changes in Belgium, which is mostly Catholic," BBC News stated. Yet there are protestors and petitions rebelling against the legalization of euthanasia for children.

Euthanasia is currently illegal in all 50 states, and there is little chance that the U.S. will legalize the procedure. We must remember that, though it is not as commonly discussed as stem cell research or tax increases, it is an important moral issue to be aware of—one that carries deadly consequences.



http://jarrowscritorium.blogspot.com

DRESS APPROPRIATELY



Alex Johnson/ The Threefold Advocate

Homosexuals deserve their rights



Matt Bowen

The state of Arizona might pass a bill that would allow businesses to turn down homosexuals from shopping or purchasing at their stores.

Bill SB 1062 uses the constitutional right religious freedom expression to defend its stand on not doing business with homosexuals. The bill breezed through the Arizona House of Representatives and is now sitting on the Arizona governors' desk. Should the governor sign the bill into law, gays could potentially be turned away from buying milk, bread, soap and even Nutella from their local grocery stores. LGBT's of all shapes and sizes could be turned down at the gas pump or even at a pharmacy due to their sexual inclination.

I think we've gone too far. Denying rights to homosexuals is not the answer.

I can certainly understand an aversion to homosexuals getting married. Disagreeing with homosexuals living in sin and having sex has very strong grounds in Scripture. We are called to keep our brothers and sisters in check with their sins, even if they are gay. But

to deny them the right to buy a sweater because it's cold isn't an accountability check up, but an unfair judgment. And to me, judging sounds like the opposite of what we're called to do.

I'm no business major, but I can see how denying business to a rather loud minority of people can be detrimental to maintaining a stable economy. From a purely economic standpoint, any state that

to buy bread or water.

Using a law to deny any customer service based on religious beliefs is going to give way to a lot more strife than peace. Can you imagine all the misunderstandings? I don't think we serve a God that wants to do war with those He loves.

People who wanted to be free from discrimination and persecution founded the United States of America.

Denying homosexuals the right to buy ice cream is not the direction this country, or this religion, needs to follow.

signs such a bill into law is going to have quite the loss of income. Because not only homosexuals, but liberals in general will flee the state in order to find freedom to do business. And, along with the liberals, many tourists will refuse to visit, and those beautiful desert sunsets will go unseen by people who could have truly been blessed by them.

A certain amount of fair play dictates that the next logical step will be to deny anyone who is lustful, greedy, lazy, arrogant or even a witch from buying Ibuprofen at his or her local pharmacy. And any woman in a hijab, the headdress Islamic women wear, could be denied the right

This country has seen its ups and downs with regard to segregation, but after 60 plus years of abolishing Jim Crow laws, the country has no reason to go back to anything similar. If anything, Christians need to be keeping homosexuals heterosexuals and accountable for their sins. Denying homosexuals the right to buy ice cream is not the direction this country, or this religion, needs to follow. Pray for Arizona.

Bowen is a sophomore majoring in Biblical and theological studies. He can be reached at BowenMJ@jbu.edu.

BLACKPLATE

Threefold Advocate

- advocate.jbu.edu

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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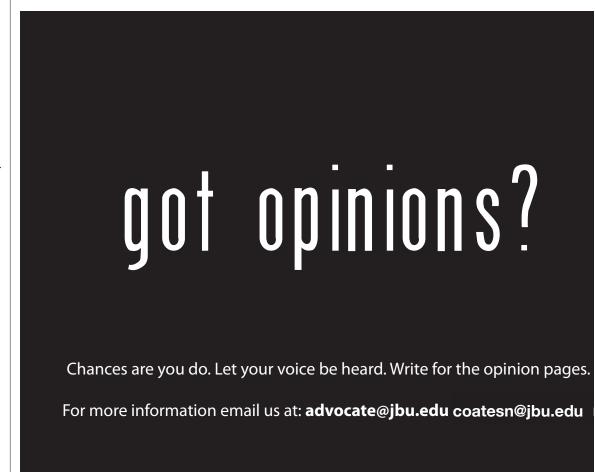
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MAGENTA PLATE

February 27, 2014

The Threefold Advocate

Page 5

Larger portions, please



Chelsey Coffey

Are You Paying For Seconds? At the expense of sounding like the fatty in the room, I want to discuss the cafeteria's portion sizes. I, for one, am a little disappointed with the new food provider's serving sizes.

I'm not sure if you have had similar experiences to what I have had, but if I ask for a larger portion of food, I am always denied my request. This would be understandable if portion sizes were already gratuitous, but apparently half of a sandwich is a serving size these days. I have requested another half of a sandwich simply so I could have a whole sandwich for lunch, and with no one waiting in line behind me, I have been denied that other half of a sandwich.

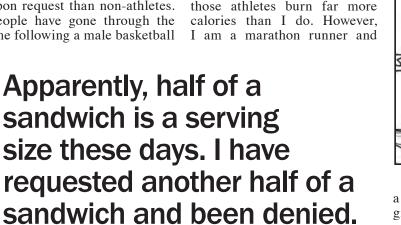
On the one hand, I understand the hesitation due to food waste. Believe me, I am all about not wasting food. However, that food has already been made. In this particular instance, I

basically turned in a circle to go back through the line that didn't exist, and I asked for another half of a sandwich. I want to give the cafeteria the benefit of the doubt, but I'd also really appreciate to get my money's worth at each meal, especially when I know that I can eat a full sandwich.

This is my real issue: athletes are allowed larger portions upon request than non-athletes. People have gone through the line following a male basketball

appearances. Basketball players and soccer players certainly may stand out, but how do cafeteria workers know who the crosscountry, golf and cheerleading athletes are? Also, is this not working off a stereotypical assumption that these people burn more calories than I do?

I'm not trying to argue my athletic supremacy, because I am sure there are weeks that those athletes burn far more calories than I do. However. I am a marathon runner and



player who receives more food upon request, but if a nonathlete requests more food they are told "We can only serve the athletes more food." Really?

Apparently, half of a

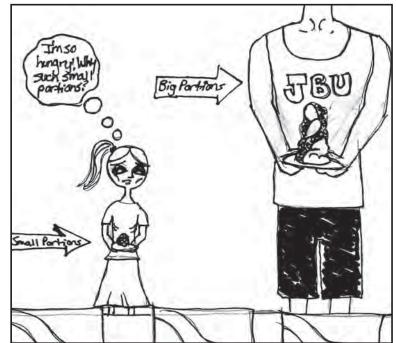
sandwich is a serving

size these days. I have

Again, I want to give the cafeteria the benefit of the doubt here, but unless they memorize every student athlete, how can they know who is an athlete? My only logical response is that they assume who the athletes are based off of stereotypical

an Ultimate Frisbee player. Are club team members not also athletes? I'd wager that a rugby player burns just as many calories during his practice as a basketball, volleyball or soccer player does. Similarly, I feel that I burn an equal amount of calories, if not more, during my two-hour frisbee practices, which occur three times a week, or on one of my 14-mile runs.

It's quite unfortunate that



Drawing by Jacob Hook

a prejudice exists. I know a girl who weighs less than 100 pounds, yet eats as much and as frequently as a college male. But, because of her appearances, she is given skimpy portion sizes simply because cafeteria workers assume she can't eat much food.

Perhaps I am wrong about this, but unless athletes pay more for their food, am I not just as deserving of the opportunity to ask for more food as they are?

Perhaps athletes do pay more for their food because, once again, I want to give the cafeteria the benefit of the doubt.

However, if the cafeteria does not memorize who the collegiate athletes are, or if collegiate athletes do not pay more for their food-may we just have the portions we initially ask for? Remember, many of us do not want food to go to waste. We're not trying to be wasteful, we're simply trying

Coffey is a senior majoring in Family and Human Services and English. She can be reached at CoffeyC@jbu.edu.



Tarah Thomas

At 6 years old, my mother guarded me from the mirror because she turned my hair green with a new hair product she was experimenting with.

I remember at age 12; my father attempted a new hairdo, which resulted in tangled frizzy hair masked by a baseball hat. Upon looking at this, my grandmother said," Boy, what did you do to her hair?"

grandmother When my combed my hair, it resulted in a massive frizzy mess that looked like a lion's mane. My grandpa could be heard in the other room saying, "More hair, more hair, and more hair."

Fast forward to freshmen year of college, while I was straightening my hair, the fire alarms went off in Mayfield because my flat iron smoking.

Needless to say, I have had my fair share of bad days with my

Everyday I ask myself, "What do I do with my hair?" It is a constant battle between how I want it to look, and what it actually looks like.

If I could choose the perfect hair type, I would want straight shiny hair that naturally waves at the bottom. However, God gave me tiny Ramen noodle curls that seem to always attract frizz.

Sometimes my hair is straight and professional. On some days, it's in a bun because I am too lazv to fix it. On other days it just flows freely in a curly fro because I am again too lazy to

In any hairstyle, my hair does not define who I am. However, it does provide an outward

girls, shampoo and

conditioner does not suffice. We need leave-in-conditioner, products, protectant, a blow dryer with a diffuser, a flattening iron, a curling iron, a wand, bobby pins, mousse, gel and the list goes on. We dye it, bleach it, cut it, curl it, perm it or straighten it, which consequences could permanently damage our hair.

Why do girls put so much emphasis on hairstyling? Often times I think it is because society tells women that their outward appearance is their most important asset. Women are consumed with looking good from clothes, to make-up, to hairstyles. Their body image is what society emphasizes,

instead of their intellect. I admire those girls who shave their heads for cancer and brave the consequent days of growing it out. They understand that hair is just dead skin.

Often times, girls read in magazines that guys like girls with long hair.

I cannot help but think (1) why should I care what a guy thinks (2) whatever my hair looks like, he will have to wake-up to it every morning (3) I should not change my hair to earn a guy's affections.

Everyone has a distinct type of hair that makes him or her unique and different. Embracing your hair welcoming what God has given

I am in no way condemning the use of hair products, but I do know that you should be confident in yourself. Accepting your crazy curly or even straight hair is a step in the right direction.

Thomas is a sophomore majoring in Communication. She can be reached at ThomasTJ@jbu.edu.

Crazy hair Shape up the education system



Jon Skinner

The earth goes around the sun. Everyone knows this. Or at least it seems like everyone should know this. Yet in a recent poll by the National Science Foundation, it was found that one in four Americans think that the sun revolves around the

Now as a community of college students, it may seem impossible that one in four people don't know something so basic to our understanding of the solar system. But then again, we live among the most intelligent people in American society. That may seem either elitist or naive, but the basic fact is that the JBU community is made up of people who succeeded in the school system. That's why we are at a University. At a very simple level, the education system did not fail us. The same cannot be said of the one in four people.

The education system in this country is broken. Some communities have a high illiteracy rate among high school students. Many adults have shockingly low knowledge about basic facts, whether it be politics, the solar system, history or something else.

problem The is fundamentally dysfunctional philosophy in schools. Many teachers are more preoccupied

U.S. Education Statistics:

- 14 percent of U.S. adults can't read.
- 21 percent of adults read below a 5th grade level.
- 19 percent of high school graduates can't read.
- U.S. Students rank 25th in math performance. Finland ranks first.
- After completing 8th grade, students are two years behind in math compared to peers in other countries.
- 1.1 million American students drop out of school every year.
- 46 percent of Americans finish college.
- Two-thirds of college professors say that what is taught in high school does not prepare students for college.

**Information was compiled from U.S. Education websites.

with graduating students than educating them. It is easier to pass a student that had not learned any particular grade's curriculum than it is to fail them and make them repeat the grade level again. Teachers too often give up on students who struggle, passing them to make them 'somebody else's problem' instead of taking the effort to try and salvage them and make a difference in their life.

Another problem is the fear that failing a student will cause them to have low self esteem, the everybody gets a trophy philosophy, if you will. It's the same thinking that makes 60 percent the lowest conceivable grade you can get on an assignment you turn in in many

classes. Better reward effort, even if it isn't good. Grades are something earned instead of something that evaluates a student's success actually learning or preparedness for future material.

If we want to live in a society that has a high base level of knowledge, we need to address the institution that builds that base: the schools. As long as we don't have the boldness to challenge students and the bravery to come along side those that do not meet those challenges at first, we will continue to have an undereducated populace.

Skinner is a senior majoring in Graphic and Web Design. He can be reached at SkinnerJJ@jbu.edu.

BLACK PLATE

CYAN PLATE

MAGENTA PLATE

LIFESTYLES

JBU's first lady at a glance

Colleen Cornett

Sports Editor

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A garbage worker, world traveler, bridal consultant, college cheerleader, mother of four and a wife; Carey Pollard has done it all. Now, she is the first lady of John Brown University, a role that she didn't anticipate, but that she loves nonetheless. Though that role is what she is known best for by her peers today, Carey Pollard has had far more humorous, exciting and bizarre experiences than most people would ever know before taking a deeper

In junior high, Carey met her future husband, Chip Pollard, who she would begin to date exclusively during her sophomore year of high school.

Awhile after closing the door on the idea of dating anyone other than Chip, she anticipated a proposal approaching. One night, the couple went on a romantic date that Carey was sure would hold the moment she anticipated...

"He took me to a fancy dinner, it was absolutely beautiful," she said. "But he didn't propose. I was kind of disappointed."

After leaving the restaurant, however, he took her on a drive forever engraved in her memory.

"He drove me by the school where we first met and then took me on a drive down memory lane," she said. "The drive ended at the church I grew up in, and he asked me if I would meet him back there in a year and be his wife. It was very sweet."

The two were wed around Christmas of their junior year of college.

Prior to marriage, Carey had various jobs and duties.

"I worked for a garbage company one summer," she said. "We would go out and check the routes at 4:30 in the morning before the trucks. It was a lot of

Once married, she began working at Marshall Fields, a large department store, part-time during the school year and fulltime in the summers.

While studying art at Wheaton College, Carey showed her school spirit as a member of the Wheaton Cheer Squad, which she lettered in after four years. Her husband wasn't crazy about the idea, but was supportive of her

nonetheless.

"Chip was so embarrassed, but he let me do it anyway because he's very sweet and loving and I wanted to do it," Carey said.

Post-graduation, the young couple moved to Boston after her husband was accepted to Harvard University. There, Carey worked as a bridal consultant at Laura Ashley until she became pregnant with her first child, Chad.

"I sewed a lot at that point," she said. "I had my business cards at Laura Ashley, so I would do wedding alterations while Chad was crawling around, which was great!"

The next step in President Pollard's career led the family to live in England, where Carey gave birth to her second child, Ben, who passed away in 2011. The stay-at-home mom and her two sons were restricted to using the bus as their means of transportation after she lost her license.

"My license had expired in the US, so I applied for a British license, which is extremely difficult to pass even if you're British," Carey said. "It was a stick-shift car, and the rules of the road are a little different there, and I failed. I was too embarrassed to take it again, so I would just load the stroller and kids on the bus. It worked!"

A few years later, the family returned to the and continued to travel and relocate, expanding their clan with the addition of two more children, Emma and

Carey was willing to move her family around the world in order for her husband to achieve his goals, which she understands is something not every wife and mother would be comfortable with.

"I never saw it as a sacrifice," she said. "I enjoyed the adventure of moving around."

Emma Pollard, the only daughter in the family, feels that regardless of how often they moved, her mother always made the transition easier.

"My mom could make any place feel like home, even when we lived in a two-bedroom flat in England, and I had to share a closet-sized room with my three brothers," Emma Pollard said. "I don't see my mom as a wife who merely followed her husband around the world. I see an adventurous woman ready for any curveball sent her way. I'm proud to be her daughter."



DANIEL MADRID/The Threefold Advocate Carey Pollard and Chip Pollard are in their tenth year in Siloam Spring, the longest that Chip and Carey have stayed in one place.

Carey's niece, Abby Burdett, a sophomore at John Brown University, has grown very close to the Pollard side of her family over the years. She sees her aunt as an optimistic person.

"She has always been upbeat and positive about moving around so much for my uncle. She's always been so supportive

of him, and I admire that in her." Spending the majority of motherhood as a stay-at-home mom, Carey believes that there must be agreements and compromises made in marriage in order to do what is best for

the future.

"As a couple you have to decide whose career will take priority," she advises. "You'll end up in a hard place if you don't communicate about that and make agreements with each other from the beginning."

Now 21, Emma is thankful for the role her mother has played throughout the years.

"I don't doubt that she could have done some amazing career in her life, but she put all of her talent and energy into being a mother, and I am eternally grateful for that," she said.

The Pollards have lived in Siloam Springs, Ark., for 10 years now, the longest they have stayed in one place since marriage. As for what's next for her family, Carey said the future is uncertain.

"We have always left our lives in the hands of the Lord," Carey said.

Soderquist Leadership Week wraps up

Tarah Thomas

Copy Editor thomastj@jbu.edu

Gabe Lyons, founder of Q ideas, works to change the image of Christianity outside of Christian circles.

"He asks the question: what's our brand so that we can be more effective to live out gospel and reach people," said Clayton Anderson, a Soderquist Fellow.

Lyons speaks in chapel today concluding Soderquist Leadership Week.

The week began on Tuesday with a chapel speech by Don Soderquist, a retired executive vice president for Wal-Mart.

Soderquist Leadership Week, started in 1999, is an annual event sponsored by Soderquist Business Center in which the Center brings two outside speakers to share their experiences as leaders and challenge the student body on

their conceptions of leadership.

"It started through the Center, and Don Soderquist, founding executive, had some exciting connections with well respective leaders around the world: church, business, and political leaders,"

Clayton Anderson said.

"They thought

'Let's get these people to chapel." As the

Soderquist Business Center approaches its

15th year of existence, it felt right for Don Soderquist to speak in chapel said Wendy Togami, senior director of the Soderquist Business Center and daughter of Soderquist.

"It's great to see where we've come in 15 years," Togami said.

In the past, Tom's shoes

founder, Blake Mycoskie, the inventor of the Frappuccino, Don Valencia, the founder of Ann's Pretzels, Anne F. Beiler, Israeli prime minister, Benjamin Netanyahu and an astronaut have come to speak for leadership

Last year the Center invited

Jon Acuff and Bob Goff to come.

"One of my favorites was

Susan Barrett, the former CEO

of Mercy Hospital," Togami

said. "After an accident, she

became a patient in her own

Togami said that Barrett, by

hospital."

staying in her own hospital, learned how her decisions as an executive affected the patients.

This year the theme of leadership week is asking the question: What is your hill? As people live a life in

> leadership, people face tensions day to day. Your hill is your principal issue in said

leadership Anderson.

In choosing a chapel speaker, Togami said that they choose people whose faith impacted their leadership, who are recognized or made an impact in their profession and who would bring something relevant and different to say about leadership.

Meghan Lane, another Soderquist Fellow, said that Lyons and Soderquist are both diverse.

"They have two different perspectives, but both have the same message," said Lane. "Don Soderquist is a legend with a long career. He is founded in value, culture and faith. Gabe Lyons is young trendy and passionate about what he does. He is focused on what our generation thinks of Christians."

Togami hopes that students would wrestle with the ideas presented by both Soderquist and Lyons. She describes a leader as having a heart of service along with the courage to step up in a leadership role.

"Great leaders move us, ignite our passion and inspire the best in us," Soderquist said in chapel referencing a quote from the book "Primal Leadership." "True leadership is about people."

LIFESTYLES

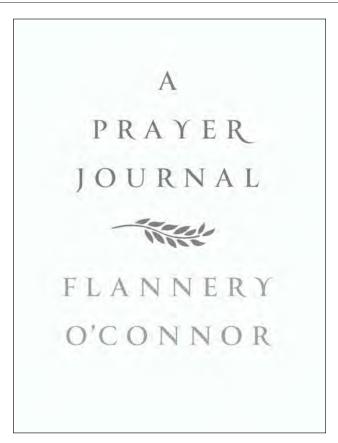
The Threefold Advocate

A CHRISTIAN

SPIRITUALITY

OF FRIENDSHIP

WITH GOD



Jacob Stratman A Prayer Journal by Flannery O'Connor

Simply, it is a very short book of prayers that O'Connor

wrote during her first year of graduate school in 1946 at the University of Iowa. She goes on to become

one of America's most important fiction writers, but

her journal shows her struggles to be committed

to her craft as well as to be committed to her God.

It's quite moving to read something so raw and

vulnerable from someone who would later write such

fierce fiction, and for someone who seems to be so

The Life of the Mind and the Love of God

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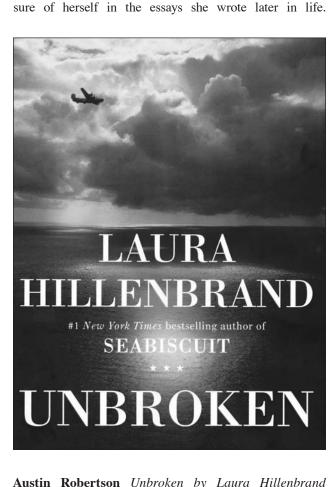
The Life of the Mind and the L

Jason Lanker Wasting Time with God by Klaus Issler
Issler not only explains in lucid ways what the life of
faith should look like, he provides practical ways to
experience that life. When I first read the book, I, like
many, had many of the right Christian propositions. Yet
those thoughts rarely influenced my everyday life. Issler's
book helped me to see how essential it was to live by faith
and how I could do that in imminently practical ways.

WASTING TIME

WITH GOD

Margo Turner Think by John Piper As a professor, teacher, developer and Biblical worldview advocate, this is probably the most influential book as of late. I love it so much because it is practical in its message - we are made for more than doing...we are made to think deeply about life, God, ourselves. I find myself teaching in ways that support these ideas...for example when my students complete quizzes, we discuss the answers, misunderstandings, etc., and always discuss the why's and so what's. Piper was careful to not be wordy but intentional. I recommend this for everyone!



This is a story of Louie Zamperini's incredible journey

through WWII. Louie was an Olympic track athlete

before joining the US Air Force as a bombardier in a B-24

bomber flying missions in the Pacific. This interesting

adventure quickly becomes a story of survival as Louie's

bomber goes down over the ocean. It's an amazing story

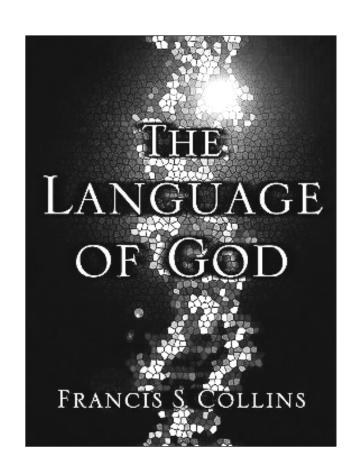
of the fight to survive and is worth reading all the way

to the end to see forgiveness and redemption lived out. You can't help but place yourself in his position and

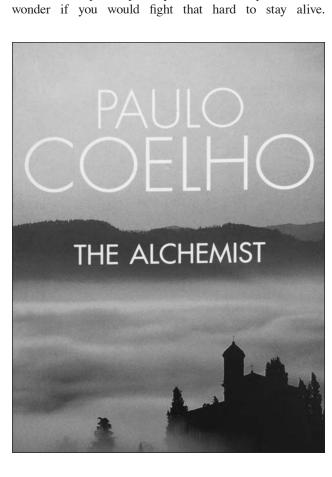
BOOKS THAT INSPIRE

by Kristen Underland

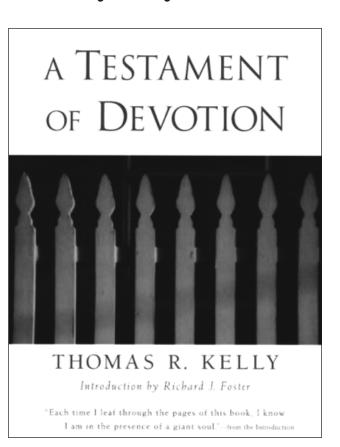
The Threefold Advocate asked JBU faculty and staff what books inspire them. Here are eight faculty and staffmembers' favorite books and why they love them.



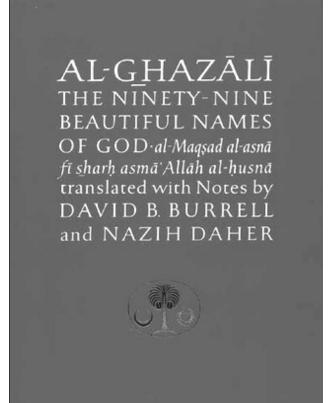
Tim Wakefield The Language of God by Francis Collins Collins was one of the geneticists who piloted the Human Genome project. He is a brilliant and well respected biological scientist. He is also an evangelical Christian. In his book, Collins tries to explain how science and faith in God can be integrated into a better and more holistic understanding of creation. Many young Christian scientists really struggle with this issue and it's great to have a resource like this. It does a great job of resolving some of the perceived conflict between faith and science.



Steve Snediker The Alchemist by Paulo Coelho An imaginary tale of a shepherd boy named Santiago and his pursuit of "worldly treasure" which ultimately leads him on a journey that reveals the "hidden treasure" of the wisdom of following your dreams. I regularly re-read this classic because it reboots my childlike sense of wonder and adventure. Like Santiago, I often get trapped into the ways of the world and need to slow down, appreciate the people and experiences I have and will encounter in the day to day, and ultimately return to that place of peace I have in the simple and pure devotion to Christ.



Tracy Balzer A Testament of Devotion by Thomas R. Kelly From the back cover: "...five compelling essays that urge us to center our lives on God's presence, to find quiet and stillness within modern life, and to discover the deeply satisfying and lasting peace of the inner spiritual journey. (It) is the ideal companion to that highest of all human arts-the lifelong conversation between God and his creatures." It's been important to me because it puts into sharp focus God's gracious invitation to me to be in deeper fellowship with him. I return to this small book regularly to remind me of God's call on my life.



Dave Vila The Ninety-Nine Beautiful Names of God by Abu Hamid al-Ghazali Often looking at a familiar thing from a different perspective yields new and refreshing insights. Studying the similarities and differences between Muslim and Christian understandings of God has helped me to articulate my Christian faith more clearly. It has also helped me appreciate the richness and truth of Christian faith as I see both the insights and limitations of Muslim views of God. Put simply, I love Jesus more because of what I have learned God al-Ghazali. about from

SPORTS

Page 8

Golden moments

Soccer seniors comment on their time at JBU and their hopes for the future



Laura Bradshaw



Brandon Sikes



Whitney Brannan



J.P. Garcia



Savannah Stauffer

Q & A

Favorite JBU memory?

"Beating Oklahoma City this past season in the conference championship. It was one of the best days of my life, and it gave me the greatest feeling. Our team as a whole achieved true victory." Laura Bradshaw

"Getting to travel to Ireland with the team, ministering to people and playing professional teams. Soccer was a great tool for connecting with people there because they love the

-Brandon Sikes

"Winning the conference tournament! Not only was it cool to watch our team come together on the field and battle our way to victory, but we couldn't have done it without the support from our fans. It was fun celebrating with everyone after the win. I'll never forget it!"

-Whitney Brannan

"My favorite memory was the final of the SAC tournament last year against OBU. We lost, but I loved how the whole school was around Alumni Field cheering for us!" -J.P. Garcia

"It's so hard to pick just one! Our team trip to Brazil was definitely one of my favorite memories. We bonded, learned a ton, impacted some lives, were impacted ourselves and did all of that while getting to be immersed in a new culture." -Savannah Stauffer

Most embarassing moment?

"My freshman year, our coach asked me to pray, and when I was finished, instead of saying "In Your name I pray," I said "In MY name I pray, Amen." Everyone started laughing at me and made fun of me!"

"Well, I fall and trip a lot, so that's nothing new! But when we were in Brazil, I was coaching a group of girls with Casey O'Brien and Faith Thurman. I was telling the girls we were coaching to get around the square, but I actually yelled out, "Get around the squirrel!" instead. Everyone just stared at me, and now of course Casey and Faith won't let me live it down!"

-Whitney Brannan

"My first college game and the very first play I was involved in, I thought I was going to score my first collegiate goal. It was a beautiful cross from one of my teammates, Camille, and my heart was beating so fast, and then I missed. The goalie from the other team, the fans, and even my own team was laughing! By far the most embarassing soccer moment!"

-Savannah Stauffer

Plans after graduation?

"Getting married! And finding a job in this area!" -Laura Bradshaw

"I just applied for Optional Practical Training. My plan is to move to Boston and find a job there. I'd really like to work at a graphic design firm and be a commercial photographer assistant." -J.P. Garcia

"I plan on going to physical therapy school to receive my doctorate and help athletes recover from their injuries."

-Brandon Sikes

"Since I have another semester to finish up credits after transferring in, I'm waiting on graduation!"

-Whitney Brannan

"Move to a new city and get a job in pharmaceutical sales. I also plan to go to graduate school and then onto medical school."

-Savannah Stauffer

BLACK PLATE

SPORTS

The Threefold Advocat

Martial arts serves strong purpose for JBU student



Submitted by MICHAEL SPENCE

Michael Spence uses martial arts for far more than exercise. Spence is in the process of training for his fourth-degree black belt.

Carter Henson

Contributing Writer HensonC@jbu.edu

A young man walks into an empty martial arts studio. First he bows to the American flag, and then to the Korean flag.

This studio is where Michael Spence finds his entertainment, self-discipline and self-confidence.

Spence is a third degree black belt in the martial art of Tang Soo Do, a martial art originally from Korea that began in the 1930s. Tang Soo Do is also taught to the Korean military

taught to the Korean military.

After attempting several other sports by the age of nine, the Bartlesville, Okla. native and John Brown University students' father signed him up for his first

martial arts class.

"Growing up, I tried basketball, baseball, you name it," Spence said. "I don't have ADD or ADHD, but I just couldn't sit still during any of them, so I got bored."

Spence said he was dragged kicking and screaming to his first class.

"I was 180 percent against it," Spence said. "My dad literally had to pull me through the door."

Once Spence began the class, however, it became apparent that it would soon become a huge part of his life.

Growing up in a Christian home, Spence had trouble making the adjustment to public school. He claims he had trouble with his self-esteem and faced problems with school bullies.

"Because I was bullied a lot in school, my dad thought it would be good to have some sort of self-confidence boost and confidence around my peers," Spence said. Until he began martial arts, Spence said he had trouble with his identity.

"I could never really find my place, and no one was really like me," Spence said. "Bullies tend to pick on people that are insecure about themselves, and exploit that. This is where my self-esteem issues came from."

According to Spence's roommate, Cameron Offutt, the confidence Spence now has from Tang Soo Do is evident in his everyday life.

"When I think about Michael, I wonder if martial arts would benefit me the way it has benefited him," Offutt said. "It would give me confidence, but you have to be outgoing to do it, so it would make me break out of my shell."

Offutt also said it's fun to be around someone as skilled in the arts as Spence.

"Every single time I try to wrestle Michael I lose. He is hard to keep up with. If I had eight arms, I'd beat him, but I only have two, so I always lose," Offutt joked.

Friend, Jeremy Bass, said being friends with a martial artist tends to have some interesting stories come along with it.

"I think I'll be friends with Michael until he seriously injures me. He likes to use his skills on me anytime I use my wit," Bass said.

Not only has Spence learned the martial arts, but his ten years of experience has also opened up job opportunities for him. He took a test to receive his teaching license, allowing him to teach less-experienced students.

Recently, Spence received a call from his teacher, offering him the head position at a studio in Rogers. He accepted the parttime job.

"It was very flattering and honorable to receive this position. It also means I must train harder to remain sharp for my students," Spence said.

Currently, he is in the middle of training for his fourth-degree black belt. A student must train four years after receiving their third-degree belt, according to Spence

Spence has completed two years of the required training, and has two remaining. Once Spence has done this, he will take a weeklong test, called a Ko Danja, in order to prove that he is worthy of the next degree.

"During this test we will train for 18 to 20 hours a day, taking breaks only to eat, and sleeping for around four hours. It is a very restrictive and secretive

test," Spence said.
Overall, Spence thanks Tang
Soo Do for all of the experience
he has gained for life.

"It has taught me mind over body," Spence said. "If you have the willpower you can achieve anything physically."

Spence's master, or trainer, had him teach classes to younger kids. Spence says he used to be shy and did not like sharing his opinion, but teaching these classes has changed his

perspective.

"My master throwing me out on the floor to teach classes taught me how to speak," Spence said. "All of my presentations for school have gotten easier because of it."

When asked if he has ever had to seriously use his skills, Spence said he has not.

"I've thankfully never been in the position to execute what I've learned," Spence said. "But it is fun to walk around and have all of that knowledge."



Ireland Fundrasier

What:

4 vs 4 Soccer Tournament

Why:

To have fun and help the JBU men's soccer team go to Ireland!

When:

Saturday, March 1st

Where:

JBU Rec. Gym

Time:

Games begin at noon (subject to change)

Cost:

\$5 per player (Team limit of 6) **Prizes:**

Winning team will receive JBU Men's Soccer t-shirts

E-mail your team name and rosters to bahadoorsinghg@jbu.edu to register!

JBU Men's Soccer Ireland Mission t-shirts will be available for purchase! All proceeds will go towards supporting the team on their mission trip to North Ireland.



@bbarker34:

"Tonight, our team beat the #4 team in the nation. And it was wonderful. #lovemyteam #goJBU #naiad1wbb"

@ZakHeald:

"Congratulations to the #JBU Lady Eagles on the big win! #GoJBU"

@JCCarter3:

"The harder u work, the harder it is to surrender. U work in practice, not surrendering is for the game. #goJBU"

#GO**JBU**

ATHLETE - OF THE-WEEK



KAMI GARRISON #35

BASKETBALL

Senior forward Kami Garrison was named Arvest Bank Ahtlete of the Week for Feb. 17-23. On Feb. 20, Garrison set a career-high 16 points against Mid-America Christian. Garrison is ranked no. 9 in the nation in assist-to-turnover ratio.

MAGENTA PLATE
50 40

YELLOW PLATE
30 20

BLACKPLATE 15 10

80 70 60 50 40 30 20 15 10

SPOTLIGHT

The Threefold Advocate

BLACK HISTORY

Written by Sidney Van Wyk

William Tucker Johnson is baptised in Jamestown, VA. Tucker, the son of Anthony and Isabella, is the first recorded African-American birth in the British colonies. Neither he nor his parents were slaves.



The movement of goods

and slaves through the

trans-atlantic slave trade.

Augustine.

1619

Photograph of newspaper advertisement.





first African-American to publish a book.

In Spanish-controlled Florida, Fort Mose, the first free all black settlement, is founded north of St. Phillis Wheatley becomes the



A Federal Fugitive Slave Law is enacted.





Harriet Tubman escapes from slavery and becomes one of the most celebrated leaders of the Underground Railroad.



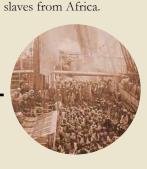
Hiram Revels of Mississippi is elected the country's first African-American senator.

1881

Booker T. Washington founds the Tuskegee Normal and Industrial Institute in Alabama. The school becomes one of the leading schools of higher learning for African-Americans, and stresses the practical application of knowledge.

1808

Congress bans the importation of



On Aug. 28, Martin Luther King delivers his famous "I Have a Dream" speech during the March

on Washington.

1972

The infamous 40-year Tuskegee Syphilis experiment



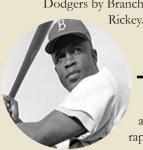
Rosa Parks refuses to give up her seat at the front of the "colored section" of a bus to a white passenger on Dec.1.

1920s

The Harlem Renaissance flourishes in the 1920s and 1930s. This literary, artistic and intellectual movement fosters a new black cultural identity.

1982 The Bill Cosby Show debuts and continues to run until 1992.

Jackie Robinson breaks Major League Baseball's color barrier when he is signed to the Brooklyn Dodgers by Branch



1931

Nine young black men are indicted on charges of rape. Although the evidence was slim, the southern jury sentenced them to death. The Supreme Court overturns their convictions twice; each time Alabama retries them guilty. In a third trial, four of the boys are freed; but five are sentenced to long prison terms.

1909

The National Association for the Advancement of Colored People is founded in New York by prominent black and white intellectuals and led by W.E.B. Du Bois.



2001

Condoleezza Rice is the first African American named Secretary of

2009

Barack Obama is inagurated as the country's first African American president

20



10

Information and photos courtesy of Lost Pedia, Revealing Histories, Google Images, History and Infoplease.

Designed Alyssa Schoenwald

15

10