The forensic team won 12 individual awards and "was first in the tournament," according to Forney. The number of JBU students and Communication Analysis, Interpretation, Duet Improvisation and Negation, "is a Christian, so we have a tremendous opportunity to share the light of Christ with those we encounter," said Chen. "We want to walk down the road and negative side got a choice of five topics for each round. Once the topic was finalized, the competition was over and winners were determined. The team that won the competition was the one that won the tournament," said Robertson. "I wasn't really afraid to knock them down it did. Both the Moores modeled for infertility issues, effectively making them the most difficult opponents for the team to face. For me going to college was about more than just learning, it was a way to keep myself accountable." Ben also tries to avoid smoking without the negative outcome. "I want to walk with them and understand the addictive nature. It's probably not feasible to always say quit smoking without the negative outcome," said Chen. "I don't go smoking by myself if I get stressed and I don't get caught with it. I don't want to be held accountable." Former student Blake Randel was unanimous that the University wanted him to quit smoking, but he said that didn't prevent him from seeking help. "I wasn't really afraid to talk to somebody but I never did," Randel said. "I just did it on my own. For me going to college was about more than just learning, it was a way to keep myself accountable." Randel said that, though, they felt called by the University to help them quit. "I wasn't really afraid to knock them down it did. Both the Moores modeled for infertility issues, effectively making them the most difficult opponents for the team to face. For me going to college was about more than just learning, it was a way to keep myself accountable." Ben also tries to avoid smoking without the negative outcome. "I don't go smoking by myself if I get stressed and I don't get caught with it. I don't want to be held accountable." Former student Blake Randel was unanimous that the University wanted him to quit smoking, but he said that didn't prevent him from seeking help. "I wasn't really afraid to talk to somebody but I never did," Randel said. "I just did it on my own. For me going to college was about more than just learning, it was a way to keep myself accountable." Randel said that, though, they felt called by the University to help them quit. "I wasn't really afraid to knock them down it did. Both the Moores modeled for infertility issues, effectively making them the most difficult opponents for the team to face. For me going to college was about more than just learning, it was a way to keep myself accountable." Ben also tries to avoid smoking without the negative outcome. "I don't go smoking by myself if I get stressed and I don't get caught with it. I don't want to be held accountable."
have to petition to perform with the symphony; the symphony selects the University’s choir.

The piece they are performing is “Ein Deutches Requiem, Op. 45” by Johannes Brahms, a 19th-century German cantate de chorale translated as “A German Requiem.”

Becky Pohle, the administrative assistant for the University’s department of communication and fine arts, said the piece has been a beautiful, spiritual meaning. “I think the choir is viewing this as a ministry to members of the symphony,” said Pohle.

Smith said the requiem is among the top five major choral works of all time. The piece is the first requiem to be written in vernacular German, as all previous pieces before this piece were written in Latin. With this piece, German in the 19th-century were able to appreciate not only the musical composition, but also the spiritual meaning of the message. “This is a significant work of music,” said Smith. “It was written for a concert mass, not a church service. Some of the works of the time were written for church masses. Freshman Joe Morgan, a member of the choir, says performing such a challenging piece during her first year is “like being thrown in the water and expected to know how to swim.”

“This is one of the hardest but most rewarding choral works we’ve done,” said junior Alice Alem. “It is very written to perform a choral work this big that was originally written to move the hearts of others towards God in a church setting, while also having the opportunity to unite with others in glorifying God with the gifts He has given to us, to create something so much bigger than we ever could alone.”

The choir will be rehearsing Thursday and Friday evening in the Berry Performing Arts Center. If people will be “attentive and respectful,” they are more than welcome to come and listen to the rehearsals, said Smith.

Smith expects the performance to be sold out. The show will be at 3 p.m. on Saturday evening at the Walton Arts Center in Fayetteville.
Kacie Galloway
Contributing Writer
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Students, not SGA officers or senators, are the main focus of this edition of the Student Government Association week. The slogan of the week is “We are YOUR voice.” People just don’t really understand who we are and what we are here for,” said senior Sophie Shafer, Vice President of communications for SGA. “What we have really been trying to push this year is that we are here for the students.” Shafer has been planning up the events for SGA week.

Who can run for Student Government and what are the requirements?

Just about anyone can run for SGA. You can run for senate seats, but officers must be of good moral character. In order to run for any of these positions, students must have a 2.0 GPA or higher, meet the application requirements and obtain different numbers of student signatures depending on which position they are running for.

Divisional Senators need 10 signatures, but they must be from that division. For example, a student running for education senator must have 10 education signatures. Senators—also known as division senators—must be a student in that class. So if a student wishes to run for Student Body President, he must have 50 different signatures to sign their application.

Candidate must have 100 signatures from the student body, regardless of class or division. Have you considered running for a position in John Brown University’s Student Government Association? Many students have but have a few questions. Elections are coming up soon and applications will be available during SGA week. Here are a few of the most common questions that students have about running for SGA.

What are the officer positions available in SGA?

There are three types of positions. First there are the divisional senators who represent their academic division, such as communication, whether I enjoy doing it rather than goal-oriented.

What kinds of positions are available in SGA?

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No to drones

AMERICA DOES NOT NEED ANOTHER EXCUSE TO BE LAZY

It would most Americans' not to have to get up early to go to work. The world is full

of long hours — that’s for sure. But if Amazon and other major for-

profit companies begin to use drones for delivery, what could the repercussions be for our society?

In an interview broadcasted on “60 Minutes,” Amazon CEO Jeff Bezos seemed optimistic about the evolution of the factory—
to-shopper process. The company hopes to begin delivery service

in 2015, but must wait on approval from the Federal Aviation

Administration. We The Threefold Advocate think it best that the approval

never comes.

Theoretically, the drones could be used to fly at least 30 feet to avoid being

attacked, and be able to sustain that altitude for up to a 10 mile

radius.

Even with the extreme of pessimism, Bezos said the company plans to expand its effort and technology to

city/county town. The company hopes to begin delivery service

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On an airplane ride home for Christmas break, I was reminded of the importance of that person who has not, only individually, but also as a group that joins together to impact the world. It brought new meaning to Jesus’ command to “Let your light shine before men” (Matthew 5:16). It pushed me to rekindle my beacon of shining light. (Matthew 5:16). It pushed me to r e k i n d l e  m y  b e a c o n  o f  s h i n i n g light.

I want to encourage you, dear readers, to let it do the same for you.

Sitting on an airplane, surrounded by a noise that echoes between a horn and a roar, and scaring some 10,000 to 15,000 feet above the ground is something I don’t get to do very often. Even more rare is a flight at night, so rare that I don’t recall how magical it could be.

As we took off, I looked out the window. First the lights shined slowly, and then with increasing speed.

We lifted off the ground, and the landscape of Tulsa, OK, black and mazelike in the darkness. Homes and businesses were indistinguishable from each other. We were a part of this great city, this vast metropolis, and the perspective was novel and the twinkling lights were gorgeous.

The sheer magnitude of the world was overwhelming. I began to reflect on how small we actually are. I was one little pixel sitting on an airplane full of hundreds of thousands of people headed to St. Louis and beyond. I am only one. How much can I do in a sea of people? I just blend in. Each person on this one plane has his or her own stories, joys, frustrations, journeys and adventures ahead.

I looked ahead at the light reflecting off the pages of the book and onto the face of the woman behind me. Beside me, a man’s face glowed from the light of his iPhone. The dim lights illuminated the exhaustion, busyness, boredom and anticipation in each passenger’s face.

Below on the ground, each light also represented a human, a family, a business, a destination. Porch-lights cast a glow of light in front of homes. Brightly colored signs indicated businesses, and I checked that I could pick out a Walgreens from hundreds of feet in the air. Headlights and streetlights enabled countless people to navigate their ways through the evening traffic. If one of the many people looked up, they might notice the blinking red and white lights or sense the roar of a commercial airplane. The lights on the ground and in the air reminded me of the candlelight service at John Brown University during the Christmas season. While one candle or parking lights can be seen from thousands of feet in the air, a single light among a large group of other lights cannot be hidden, a lamp on a stand surrounded by other beacons of light.

The only other alternative is the light has a lamp on a stand surrounded by other beacons of light. The sheer magnitude of the world was overwhelming. I began to reflect on how small we actually are. I was one little pixel sitting on an airplane full of hundreds of thousands of people headed to St. Louis and beyond. I am only one. How much can I do in a sea of people? I just blend in. Each person on this one plane has his or her own stories, joys, frustrations, journeys and adventures ahead.

I want to encourage you, dear readers, to let it do the same for you.
Patty Kirk spent a part of her life
escaping her damaged family. Today, she runs for pleasure around the nature of Northeast Arkansas.
Kirk grew up in California until her
family of eight moved from Los Angeles to a Polish Catholic town in Connecticut.
Both places played an important role in her
life.
Kirk said her suburban town in
California seemed artificial and every-thing looked like plastic, whereas Connecticut was full of mushrooms, wild black raspberries, weather and "not colored icicles" which she had seen before.
She then returned to California to
attend the University of California in Irvine; she began a journey to escape her, what Kirk would describe as a "really messed up, dysfunctional family.
Kirk’s parents caused damage to her
five siblings. Three turned to drugs, one
whore had gassed herself to death. Kirk
decided to apply for graduate school at
Brown University, professor Kirk spoke
of her escapes to New Orleans, Berlin,
China and Hong Kong. She said that she
resisted at first.
Kirk remembered a bartender whose
wife had gassed herself to death. Kirk
thought he would regularly overboard the ferry and having to learn a new
language in order to start from scratch.
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Siloam Springs is a community with a long history and many unique collectives available for residents and visitors alike. Recently, however, many residents have expressed an interest in collecting vinyls from local antique shops, coffee shops and online. Andrew Lehr, resident director of Walker Hall and the duplexes, began collecting both modern and vintage vinyl since before he moved to Siloam Springs. “My dad actually collected vinyl back when he was in college, and back then it was the primary way to listen to music,” said Lehr. “He ended up giving me a lot of his old records and starting off my own collection. It’s a neat thing for me to have my dad’s collection and add to my own collection too.” Lehr has been expanding his collection since then with records collected from Pour Jon’s Coffee & Vinyl in downtown Siloam Springs and also online at websites such as Insound. Lehr said that listening to vinyls rather than digital versions of music not only enhances his listening experience, but also causes him to take music more seriously. “It’s the aesthetic of it. The sound is better, the quality is better, and the general listening experience is just enhanced when you’re listening to it on a physical record,” said Lehr. “I love the pops and the sound of the record when it starts up.”

Freshman Connor Reed, a fellow collector of vinyls and records, believes that his vinyl collection connects him to a rich musical history so often disregarded by people today. “I just want students to know that records aren’t just some old trashy thing to listen to music with, but they’re a piece of history they basically defined the past couple of generations before cassettes,” said Reed. Read is particularly interested in older music, which contributed to his decision to begin collecting vinyls. Some of the places Read frequents to find new additions to his collection are local antique shops, Pour Jon’s and Vintage Stock in Fayetteville, Ark. “Remember [records] fondly and appreciate them and the cool history that comes with them,” said Reed. “Don’t forget about the records.”

Chelsea Spencer
Staff Writer
spencerca@jbu.edu
Women’s basketball tournament opener

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High honors to seven Golden Eagles

Colleen Cornett
Sports Editor

Seven John Brown University basketball players have received honorable titles and nominations through the Sooner Athletic Conference.

Freshman Quinton Smith has been given the conference’s Co-Freshman of the Year honor.

Smith, who plays forward for the Golden Eagles, was placed in the starting lineup about midway through the season.

Since then, Smith has increased his points-per-game, three, averaging at a steady 8.73 his points-per-game by over mid-way through the season.

Freshman of the Year honor.

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Christians focus energy during yoga

Kelsey Gulliver
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For Jennifer Niles, a counselor at the John Brown University Student Counseling Center, yoga provides many benefits.

Niles started practicing yoga approximately nine years ago when a friend began teaching classes in her backyard studio.

“I went to see if it could help with several things,” Niles said. “One of them being headaches with several things.”

Niles started practicing yoga approximately nine years ago when a friend began teaching classes in her backyard studio.

“Another great 40min effort, really proud of our guys today. Learn from wins and losses, it’s GO time now. #TourneyTime”

“Super stoked about the fact that my boy @Jashelton95 got ‘Freshman of the Year’ for JBU #Bballin”

“Another great 40min effort, really proud of our guys today. Learn from wins and losses, it’s GO time now. #TourneyTime”

For a Hinduism and Buddhism class I took last spring, I read a book called “Can Evangelicals Learn from World Religions?” Good said. “It talked about how we can understand more about God (with prudence, of course). Yoga does help me center myself more and take time to relax and clear my mind.”

For those interested in getting started, Good encourages them to simply get started, which she describes as the most difficult part.

“There’s no right or wrong way—you just do it every body type,” said Niles. “The practice can specifically be useful to students to develop self-awareness and authenticity.”

One of the benefits of yoga, Niles explained, is that it is a workout—she is awakening her body—including the finer muscles that running and climbing don’t get to.

Niles practices 3-4 times each week for about an hour. Good practices “on stiff mornings or lazy afternoons.”

“I attended a counseling seminar a few years ago on using yoga in the treatment of anxiety and depression,” Niles said. “That got me thinking about becoming certified in order to incorporate yoga into my therapy practice… Even ethically incorporate yoga into my therapy practice. Even. I love my students and the work I do, but admits that they can intersect.”

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“There’s no right or wrong way—you just do it every body type,” said Niles. “The practice can specifically be useful to students to develop self-awareness and authenticity.”

Niles is enrolled in a Hot Yoga class, where participants practice in 90-degree temperatures, which is technically called Power Vinyasa Yoga by Baron Baptiste.

She is also working on yoga teacher training. To become an certified instructor, Niles, who is halfway through the process, must complete 200 hours of training under an already approved instructor.

Incorporating the practice into her career is important for Niles. She is also working on yoga teacher training. To become an certified instructor, Niles, who is halfway through the process, must complete 200 hours of training under an already approved instructor.

“In my sport climbing on the weekends,” said Niles. “I also wanted a way to maintain my strength, due to stress.”

“I went to see if it could help with several things,” Niles said. “One of them being headaches with several things.”

Niles started practicing yoga approximately nine years ago when a friend began teaching classes in her backyard studio.

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“Super stoked about the fact that my boy @Jashelton95 got ‘Freshman of the Year’ for JBU #Bballin”
Lent happens every spring, yet many remain confused as to its true purpose.

There are ashes involved on the first Wednesday of Lent. The ashes used in the Ash Wednesday service are also not necessarily reminders of an individual's sin but of the need for penitence for all people and reminder of humanity's immortality—“from ashes to ashes.” The BBC reports the ashes are a way for Christians to show God they are “sorry” for their sin.

Observers also only eat fish on Fridays, unless they are Orthodox, and tend to give something up, like chocolate, alcohol or social media.

Pope Francis I said the theme of this year's Lent is, “He became poor so that by His poverty we might become rich.”

Historically, Lent is about much more. The First General Council, the same one which created the Nicene Creed, are the first who recorded the 40 day fast before Easter, as William Bradshaw wrote for the Huffington Post.

The 40 days are directly related to the time Jesus spent in the desert before he began his ministry, but are also connected to 40 days of preparation Noah experienced before leaving the Ark and the 40 days Moses fasted and prayed on Mt. Sinai before receiving the Ten Commandments.

"Taking into consideration how Jesus prepared for his ministry, 'forty' was determined to be the number of days his followers should use in preparing for Easter,” Bradshaw said.

It was also the time period in which the church focused most on baptism and training for new believers. Baptism has always been held within the church to be a great sacrament of salvation and life in Christ.

Lent is defined by Easter, the day Christians believe the entirety of Scripture, even time, hinges upon, and the remembrance of the day Jesus defeated sin through death, bringing eternal life.

"Lent, then, is generally observed as a time for Christians to reflect, repent and pray as a way of preparing their hearts for Easter,” stated Bible Gateway.