Freshman play delivers unique flair

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Members of the John Brown University freshman class are busy putting the final touches on the fall production of It’s A Wonderful Life, a play based off the classic holiday film.

While the story is well known, director Jan Lauderdale and her cast have found creative ways to bring this famous story to a new light.

Lauderdale said experiencing is one of the most challenging aspects when putting on the freshman play every year. In order to encourage freshmen to audition, she attends the Early Registration Program in hopes of finding potential cast and crew members.

Another obstacle Lauderdale must face is deciding which play to put on each year. This year, It’s A Wonderful Life proved to be exactly what Lauderdale was looking for.

"This is not a Christmas story. It’s A Wonderful Life is a story that is taking place during the holidays," Lauderdale said. "People mistakenly take this story as a Christmas story because it is aired each year during the holidays."

To break the holiday feel, the setting has been set in 1932 and moved to the setting of the original story, Iowa. Lauderdale has decided to set the story in a radio station in Siloam Springs.

"Students will be portraying the actors who are reenacting the play on the radio," said Lauderdale. "In addition, each actor will be playing multiple characters."

"The actors are focusing on character development with this play," said Lauderdale. "To teach about character development, I have them come up with a secret for each character they play. That way the character becomes real to them."

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Freshman Lori Kyles is in charge of creating sound effects that assist the audience in imagining the events taking place, all while staying true to the time period.

"We have to form the sound from material that would have been available during the 1940s," said Lauderdale.

To develop the sound effect of walking on snow, Kyles, while on stage, takes a box, sprinkles corn flakes on top of it and walks on the box to produce the sound of snow.

"It’s extremely different than anything I have done before," said Kyles.

The freshman performance of It's A Wonderful Life will begin on Oct. 3 at 7:30 p.m. Those interested in attending the production are encouraged to purchase their tickets ahead of time either online at jbu.edu/tickets, by calling the box office at 479-524-7342. Tickets will also be available at the door prior to the performance.
**Homecoming event honors and reminisces**

By ALYSSA SCHOENWALD

The Threefold Advocate

October 2, 2014

**Homecoming Community Event**

A panel of the Department of Communication addressed the importance of campus community event: "We have to better protect ourselves and constantly be mindful of our surroundings," said Ronald Smith.

**Satanic group protests in Oklahoma City**

Contributions from ZACK BROWN

**Black mass Satanic group protests in Oklahoma City**

OKC satanic play-acting controversy has already been in place. Some protesters have appreciated the events and activities on campus, while others see these events as being inappropriate for the community. Some have expressed their concern about the events, while others have praised the efforts of the First Amendment to protect them.

**Increased safety efforts addressed**

Students may have noticed an increase of safety efforts in their mailboxes at the beginning of the year. They also remember when he and his wife first moved to Tulsa in 1972 and how they did not have to worry about keeping their doors locked at night. With the elevation of crime now, we do not have that luxury anymore. We have to better protect ourselves and constantly be mindful of our surroundings.

The Oklahoma Christian University community agrees, "We have to be on the lookout for anything." The campus security has increased in response to the "Black mass" controversy. Many of the students have appreciated the efforts of campus security.

"The campus safety has become more apparent this year," said John Brown. The quarrels have also led to lawsuits against the local government and the university. Despite religious restrictions and limitations, Christians have found a way to express their beliefs to the public. The "Black mass" controversy has been in the air for around the last two months. Hundreds of Christians have gathered to participate in the "Black mass" play-acting. The manifestation has also raised controversy because even though most residents are upset about the "Black mass" event, it has not been a problem on the university's campus.

The quarrels have also led to lawsuits against the local government and the university. Despite religious restrictions and limitations, Christians have found a way to express their beliefs to the public. The "Black mass" controversy has been in the air for around the last two months. Hundreds of Christians have gathered to participate in the "Black mass" play-acting. The manifestation has also raised controversy because even though most residents are upset about the "Black mass" event, it has not been a problem on the university's campus.

"It is in response to a new act by the campus, and if there is a new act that is not easy to perform due to his administration for the late Robin Williams, it was a matter of being a New Englander. The idea for a movie that is actually performed in the showroom, I think, is an opportunity for us to eliminate sexual harassment and sexual assault in the workplace.

Some expressed their concern about the events, while others have praised the efforts of the First Amendment to protect them. The residents of Oklahoma City and Christians near them have shared their reactions on the matter; she felt sad for the community and her experience at OKC. This is an opportunity for us to eliminate sexual harassment and sexual assault in the workplace.

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HANNAH WALTERS
Contributor
walters@jbu.edu
Hundreds of Muslims are taking part in the flooding social media conversations with campaigns against ISIS, using the hashtag #NotInMyName. Hancock states that Muslims do not wish to fight ISIS in a negative way, as they are also Muslims and want to show that they are not dangerous to anyone. Hancock also says that people feel uncomfortable with the thought of Muslim students being bullied, which is the reason they are joining the campaign.

ALIYA KUYKENDALL
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After the results of the Scottish independence referendum some John Brown faculty and staff are not convinced.

REBEKAH HEDGES
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A new wave comes new adjustments, and John Brown University provides students with the resources they need to succeed, such as the CARE Center and counseling center.

Counseling center offers comfort and guidance

With a new year comes new adjustments, and John Brown University provides students with the resources they need to succeed, such as the CARE Center and the counseling center.

Many students take advantage of the counseling center, as it is available for hours open to all University students, and the first 3 sessions are free. Danielle Hancock, senior center major says that she is happy to be going to counseling.

“I served as a member of the Baha’i faith and I am happy to be going to counseling. Not matter what class you are, there is always a chance to be back in school and to return to being social life, academics, and home life,” said Hancock.

Although there may be a certain stigma behind going to counseling, Hancock said that she felt comfortable and welcomed. “There are a lot of people who have problems and difficulties and my problems are not more insignificant than anyone else.”

She continued saying that she never once felt embarrassed by going to the counseling center. “The good thing about the counselors at JBU is that they let you be yourself and that you can talk and be open with them.” Hancock stated.

“I think it’s another example of sore losers,” said Page. “I think the Muslim Students Association has nothing to worry about. It falls on deaf ears,” said Vila. Page pointed out that despite online advocacy, Muslim nations are reluctant to get involved in the conflict. USA Today reports that, as of Sept. 22, the battle had been used over 10,000 times. Whether the campaign accomplishes their goal or adequately represents Islam, the hashtag #NotInMyName continues.

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As a captain in the United States Army or Oklahoma National Guard, expressed that he believes ISIS and Islam are separated with a certain stigma behind the act.

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Choose Joy: Finding positivity in a negative world
Between the horror stories coming out of the Middle East, the volcanic eruption in Japan that killed 31 people, a shooting in Miami that injured several teens and countless other tragedies we see on the news, it becomes easy to get discouraged or cynical about many things. It is hard to imagine how to combat the negativity of the world and not be overcome with sadness. Although in this same week that news has been altered all over the world, there have been stories of happiness and joy. A recent headline about a chemistry major who felt Chelsea Clinton's new baby girl, and across from the stories of IS were pictures from George Clooney's wedding. People have an amazing talent for finding good things in the midst of the bad. Even though things can be falling apart around us, there are little reminders that life and happiness can be found.

We The Threefold Advocate encourage you to look for these reminders of positive life that is all around. Do not see the bad news, but help others see the good for yourself, but help others find it too. Some people have a harder time than others seeing good. Many have a hard time finding good things in the news, it becomes easy to get discouraged or cynical about many things. It is hard to imagine how to combat the negativity of the world and not be overcome with sadness. Between the horror stories coming out of the Middle East, the volcanic eruption in Japan that killed 31 people, a shooting in Miami that injured several teens and countless other tragedies we see on the news, it becomes easy to get discouraged or cynical about many things. It is hard to imagine how to combat the negativity of the world and not be overcome with sadness.

Put some chocolate in someone’s mailbox. Smile at the people you pass on the sidewalk. While you are running, look into the faces of others as you are passing them. Start a fundraiser for those persecuted in other countries. Be the change you wish to see in the world. As the Dalai Lama said, “If we could change ourselves, the world would change with us.”

Anxiety Disorders: How the community can support those who suffer
Many have heard about anxiety or, rather, can imagine what it sounds like. They think anxiety is just being worried about something, that it is a word that gets overused. Others believe anxiety is just being inexperienced or naive. Anxiety is actually a complex mental illness that can be used lightly. Little do they know just how panic-inducing anxiety can be.

We The Threefold Advocate believe that anxiety disorders are a serious mental health issue that should be given more attention.

Anxiety and Depression Association of America says that anxiety disorders are one of the most common mental health problems and affects over 40 million adults in the U.S. adults. 18 percent of adults suffer from anxiety disorders. For this to be able to happen, those with anxiety, particularly students, need to feel safe to admit that they have anxiety disorders. Similarly, students and professors need to consider methods of coping with their own anxiety and others, as well as understand how to be sensitive to those who suffer.

For those who have anxiety, there is always the risk of having a panic attack during class. Because this risk is constant, students and teachers need to deal with it as best as possible. We encourage the community should take these considerations to heart and educate ourselves further on how they can help those who suffer.

Corrections
In Issue 3 of The Threefold Advocate, the end of Rod Reed’s column “Should Business University be Safe Place?” the end of the column was cut off. We apologize for this mistake and invite you to read the column in full at advocate.jbu.edu. If you found this mistake and invite you to read the column in full at advocate.jbu.edu. We reserve the right to edit for space and appropriate content. The writer’s name, job title, or organization may be changed for privacy reasons. Letters to the editor should be submitted in 250 words by e-mail or by in on Monday.

Suggested stories/colleums or ideas for future stories should be submitted to the editor.

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COLLABORATIVE PUBLISHING
Kelli Elson, Daniel Madrid, Lauren Christensen, Clayton Garmo, Kelsey Gulliver, Grace Nast

Threefold Advocate invites you to submit an accuracy statement to the editor. We reserve the right to edit for space and appropriate content. The writer’s name, job title, or organization may be changed for privacy reasons. Letters to the editor should be submitted in 250 words by e-mail or by in on Monday.

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"as I asked other people their opinions, I was given the same response in a roundabout way. ‘I thought you were a lesbian. Well, a little make-up wouldn’t hurt. ’"

"Rachael Bannert Contributor"

Plan changes face transitions

"You’re supposed to be doing this one way but now do them another way. You were that but now you’re this. I can’t make that decision. ‘What are you doing here?’ "

This is my story. I was told my youth pastor for the season. It happened when I was a little too sensitive. I thought that it was the financially

"You look like a lady now. "

I was home for fall break and

"I thought you were a lesbian."

Each morning as I open up

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I was home for fall break and
Campus thoughts on dedicated barefooters

COLLEEN CORNETT
Managing Editor
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On the campus of John Brown University, many students have adopted the habit of not wearing shoes in class, around campus or inside other buildings. Though the origins of this practice on campus remain unknown, there are a range of reasons cited by various students.

Last year the trend rose in popularity to the point that a few students neglected to wear shoes in the cafeterias. The students were quickly asked to wear shoes in areas where people would be eating, such as the cafeteria and the California Cafe. Senior Malachi Stumlich has attended JBU the entirety of her college career. She said that before she came to school barefoot, everyone wore shoes in public areas. For Stumlich, it’s first and foremost an issue of respect.

“When people put their feet on the desk, chair, or prop them up on tables that are used by a lot of people on campus, after not wearing shoes all day around campus, that’s gross,” Stumlich said. Stumlich said that last year while she and her friend were sitting in chapel, a student sitting behind them propped her bare feet on the pew, nearly touching her friend’s shoulders. “My friend was so grossed out and had to ask the girl to take her feet down,” Stumlich said.

“That is when it’s even bigger issue when you begin invading the personal space of those around you and making them uncomfortable.”

Though some students on campus choose to remain shoe-free, many students say they struggle to understand who those students are.

Senior Courtney Marshall summed up that viewpoint with one sentence: “It’s our campus,” Marshall said. Marshall believes that, as long as they aren’t harming others directly, the barefooted students should be able to do as they please. “Just be mindful of others around you,” Marshall said.

“The valley has one way in and one way out,” Arrington said. The villages are small and have a population between 40-600 people. According to Arrington, the Lisu people were first evangelized by Am at 1916, and in 1917 they began to accept Christ. Arrington clarified that there are 55 minority groups in China and that the Lisu, approximately 700,000 people, are one of those 55.

Arrington said the Lisu people have church five days a week and are known for singing Christian hymn in front- part a capella harmony.

“Everything is done in a group,” Arrington said. “When the Lisu first started to become Christian it started at the family level. Becoming Christian, to the Lisu mind, was a change in allegiance from demons to Jesus.”

While the Lisu evangelized themselves, missionaries helped by teaching Bible schools.” Arrington said. “The Bible and the Christian hymnal were translated and are nearly the only two books in the Lisu language.”

The Lisu people are a singing people. There is a story from missionary times about two Lisu men who were held in arro- warren during war time and the only way that they survived was because they proved to be Lisu Christians by singing hymns.

“Today the Lisu sing a hymn to start every hour of class at the Bible school,” Arrington said.

Meat and vegetables grow corn in terraces. Because there is no flat land. “The room my daughter and I stayed in had corn hanging from the ceiling,” Arrington said.

The Lisu people harvest rice, beans, peas, and other vegetables, and their main sources of meat are pork and chicken.

“I can remember waking up to the sound of a pig squealing, knowing that meant a pig was being led to slaughter,” Arrington said. “They used every part of the animals that they ate.”

Arrington said it is her calling to serve a cross-cultural bridge here at JBU.

“I want to teach students, equipping them to impact the world through the gospel,” Arrington said.

Shannon Griggs, a sophomore intercultural studies major, values Arrington’s experience. “Hearing her stories of adaptation from Beijing to working in the village is so inspiring,” Griggs said.

Griggs likes that the stories of the mission field are still fresh on Professor Arrington’s mind.

“The thing that I like about her most is that she is vulnerable and open up to us, which encourages us, as a class, to open up as well.”

During her time at John Brown, Arrington hopes to set up post- graduation connections for international studies majors in the near future.

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John Brown University welcomes 35 students into the new pre-nursing major. The 2014-15 school year marks the first in which students can declare a major in pre-nursing.

KELLY ESCARCEGA  Staff Writer  escarenga@jbu.edu

Anna Buck, owner of the Joy of Motion Dance Studio, specializes in teaching girls the art of confidence and grace.

When she began taking ballet at seven-years-old, Anna Buck quickly grew to love it. Continuing with classes throughout high school, Buck became an associate of the Royal Academy of Dance. She also studied under countless professionals in the industry.

Today, Buck is the owner of Joy of Motion dance studio in Siloam Springs. As her daughter, Carys, has been taking ballet classes for four years, and she says she can see the difference that's just really neat.

"There's a beauty to it and it kind of grew into something bigger," Buck said. "It started off as this little group of kids, and it kind of grew and it's new and they are trying to grow the program, so it makes sense."

"There is still an application process which involves writing an essay in addition to the GPA requirements," said Sager. "I decided to come to John Brown knowing I was going to get a one-of-a-kind degree, and it's especially great to have that one-on-one attention with the nursing program."

"...It started off as this little group of kids, and it kind of grew into something bigger."

-Anna Buck

Joy of Motion
Teaching confidence and grace

LEXI CHRISTENSEN/The Threefold Advocate

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LEXI CHRISTENSEN/The Threefold Advocate
Club volleyball expands to co-ed team

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Club volleyball at John Brown University opens its doors to include women as it begins its first official season as a co-ed sport.

"Originally, it was a man's club team," said John Morgan, a sophomore co-president of the team. "There wasn't a place where anyone could go to play volleyball. Last year, it evolved into an all-boys and anyone who wanted to come could be a part. Since then, we've had more people.

With this co-ed, we don't have a set team to play against," said Kelsey Boss, who has been a part of club volleyball since freshman year, said. "It's more we coming together and having fun playing volleyball. Girls don't do it as much, and the net is a lot lower. It doesn't change the intensity because everyone brings their all--they do their best.

Lindly Martin, the co-president of the club, also said that the dynamics of the team change with the addition of women. Men are more competitive while women are more coordinated.

With this competitive nature, the club hopes to play competitive games. The number of participants per game depends on the number of people in attendance.

Athlete of the Day

SHAYNA DANIELS

Volleyball

With the help of Daniel's 10 aces, the Golden Eagles beat the No. 22 ranked team, the Pioneers. Daniels, who came in at libero, recorded a career-high 11 digs stated the JBU Athletic Department.

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Alongside various competition, the JBU ultimate team offers either a vision of something greater and two great reasons to be proud of club sports culture here on campus.

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TARAH THOMAS

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Club volleyball at John Brown University opens its doors to include women as it begins its first official season as a co-ed sport.

"Originally, it was a man's club team," said John Morgan, a sophomore co-president of the team. "There wasn't a place where anyone could go to play volleyball. Last year, it evolved into an all-boys and anyone who wanted to come could be a part. Since then, we've had more people.

With this co-ed, we don't have a set team to play against," said Kelsey Boss, who has been a part of club volleyball since freshman year, said. "It's more we coming together and having fun playing volleyball. Girls don't do it as much, and the net is a lot lower. It doesn't change the intensity because everyone brings their all--they do their best.

Lindly Martin, the co-president of the club, also said that the dynamics of the team change with the addition of women. Men are more competitive while women are more coordinated.

With this competitive nature, the club hopes to play competitive games. The number of participants per game depends on the number of people in attendance.

Athlete of the Day

SHAYNA DANIELS

Volleyball

With the help of Daniel's 10 aces, the Golden Eagles beat the No. 22 ranked team, the Pioneers. Daniels, who came in at libero, recorded a career-high 11 digs stated the JBU Athletic Department.

October 2, 2014

The Threefold Advocate

Alongside various competition, the JBU ultimate team offers either a vision of something greater and two great reasons to be proud of club sports culture here on campus.

Club volleyball expands to co-ed team

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8 ways to exercise during class

Struggle finding the time in your daily schedule to hit the gym? Try these easy workouts you can do while sitting in class.

1. Textbook Curls
   Trade in those 100 pound weights for that $100 textbook. Place the textbook in the palm of your hand and curl your arm working your bicep muscles.

2. Leg Raises
   Sitting in one position can cause your legs to fall asleep. Wake up your legs by raising them up and down at a perpendicular angle. Your knee may even touch your desk!

3. Water Bottle Reips
   Whenever you feel yourself nailing off in class, take a sip from your water bottle to keep your mind in check. The more you sip, the more hydrated you'll be.

4. Hand Raising
   Professors love for students to be engaged in discussion. The next time your professor asks a question, lift your hand high into the sky and bring it down after being called on. The more questions you answer the more toned your arm will be.

5. Shoulder Rolls
   Rolling one or both shoulders at a time improves your back posture and stretches your upper back. It also helps release tension in your neck.

6. Calf stretch (or, “The Brisben”)
   Bonding during another physical science lecture? While in your seat, push your toes upwards, feeling the stretch in your calf muscles.

7. Toe up’s, or, “The Brilliant”
   When you’re waiting in line to turn in a test or standing up in biology lab, stretch those calves by shifting your weight onto your toes, then back onto your heels.

8. Seat Twists
   Sitting in one position can cause your legs to fall asleep. Wake up your legs by raising them up and down at a perpendicular angle. Your knee may even touch your desk!

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Tweets This Week

“The most exciting volleyball game I’ve been to at JBU! Way to go girls! #goJBU”
@j_bran12

“I couldn’t be prouder of my team. What a win! #goJBU”
@lblasingame5

“Another great day to be a Golden Eagle. Way to go JBU volleyball. #goJBU”
@CoachSoda

#GOJBU

Upcoming Home Games

Saturday, Oct. 4
@11:00 a.m: Volleyball vs. Oklahoma Baptist
@1:00 p.m: Women’s Soccer vs. St. Gregory’s
@3:00 p.m: Men’s Soccer vs. St. Gregory’s

Tuesday, Oct. 7
@5:30 p.m: Women’s Soccer vs. Science & Arts
@7:30 p.m: Men’s Soccer vs. Science & Arts
As we welcome alumni back to campus the Threefold looks back out times past at John Brown University. Ken student much of this history will be new, but we invite alumni to answer the question: Remember when?

...we did brigadoon the last time?

Remember well by the memories must of years of a good old spring's drive. In 1992 with a and we did offer the fiddle to a block of students. The music was provided by a local student and the cast list might see some familiar faces. The cast list included the Gmott, a James and a Con продукции.

...those guys used a bunch of treadmills at Mock Rock?

It seems a few years back that the band took a break from the pool and started using the treadmills. Unfortunately the Red Zone was the first place to be flooded.

...those guys started a Nerf gun war that lasted for weeks!

In 2009, a group of students purchased a couple Nerf guns. They jumped in the pool and started shooting up the pool. Unfortunately the pool remained flooded for weeks.

...all those new clubs got started!

Note: It's true, there are new groups that have entered the Lumberjack scene. They are: The EOG, The Buck, and The Fraternity. They were brought with every Red Shirt's fight.

...the J. Alvin K.A.'s all wear adult diapers?

Yes, it's true. The J. Alvin K.A.'s still wear adult diapers. This group of special events is the student body's celebration of the God. Since 1958 they have been making noise every April. Ask four and watch them diaper dance.

10 SPOTLIGHT

Designed by Alyssa Schoenwald

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