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The Threefold Advocate



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University considers new venture Health Complex renovation in 'initial planning stage'

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John Brown University has made many recent changes to various buildings and programs on campus, such as the J. Alvin dormitory renovation and in-the-works nursing program. Students, faculty and community members of Siloam Springs can now anticipate a renovation of the Walton Lifetime Health Complex.

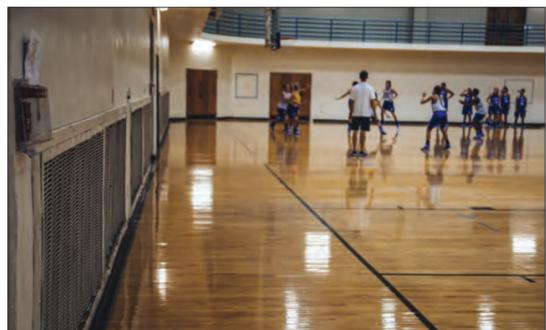
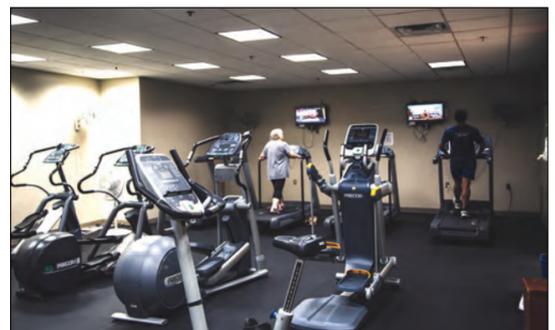
Steve Brankle said the renovation would include a host of updates. "The rec gym, Murray Sells gym and the soccer locker rooms would potentially be air conditioned," said Brankle. "The cardio and weight rooms would be renovated. The common areas would be modernized." Brankle mentioned other upgrades and repairs around the complex, such as potentially repairing the pool deck, adding a community fitness center and a new parking lot to accommodate

the changes. At 25 years old, the facility is beginning to show its age. "Needs and practices have changed," Brankle said. "We are trying to make the building more user-friendly in order to attract more use." The J. Alvin renovations totaled a cost of \$6 million and the updates to the cafeteria cost \$1.3 million. The estimated cost of the Health Complex renovation is \$5 to \$6 million. The project is still in the initial planning stage. "At this point it is a

proposed project," said Brankle. "No money has been raised at this time." Thanks to the generosity of various donors, over \$81.5 million has been given to JBU since July of 2010. According to Krall, 40.26 percent of that amount came from various individuals, 48.46 percent coming from foundations. The remaining 11.28 percent came from corporations and organizations such as federal grants. This week's issue of the local newspaper, The Herald Leader, reported that Siloam

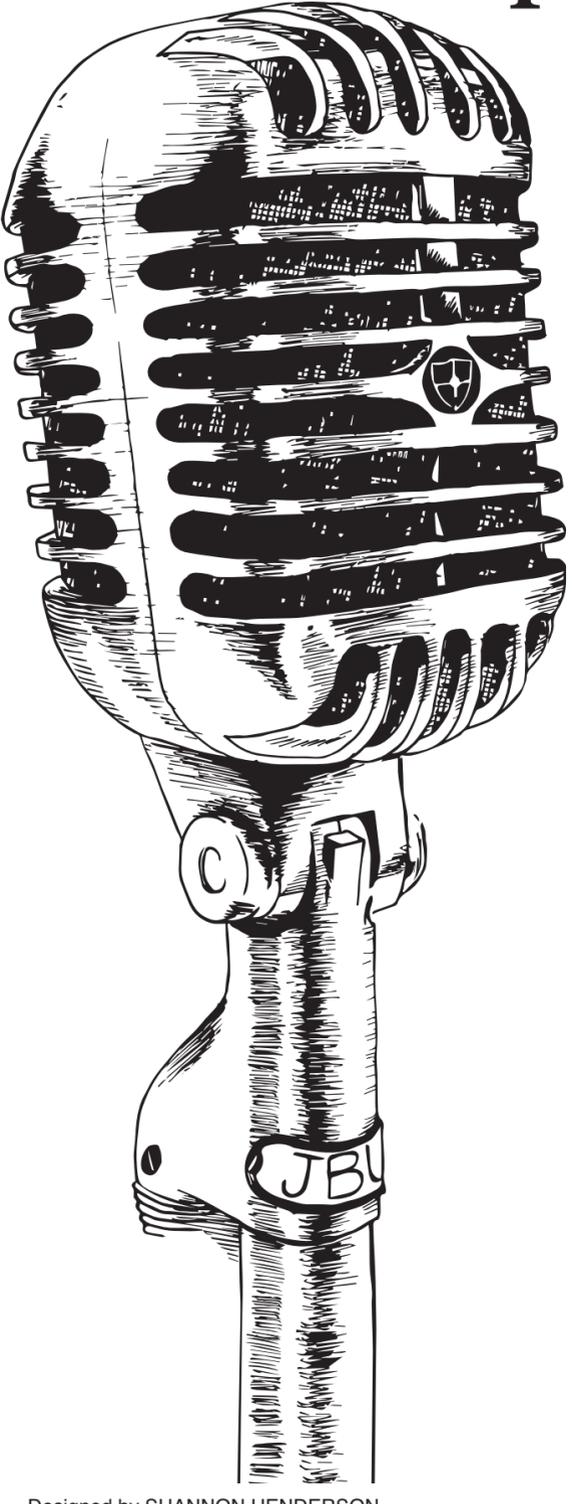
Springs city administrator David Cameron suggested a partnership between the city and the University, which would include a donation from the city in the amount of \$500,000 toward the Health Complex renovation. With the city board's approval, Cameron will sign a letter of support that JBU can use as a fundraising springboard to draw a lead gift for the project. Krall emphasized that lead gifts are key for any building projects and since the community currently makes use of the existing health

complex, it's important to have the support of Siloam Springs. Krall explained what the next steps look like for the University. "We will now explore with donors the possibility of a lead gift to this project," Krall said. "If a lead gift materializes, we can then move forward with planning and further gifts to support the project." Should the University successfully raise the necessary funds, Brankle estimates the renovation to take approximately one year.



CLAYTON LYON/The Threefold Advocate

Freshman play delivers unique flair



Designed by SHANNON HENDERSON

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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 display the famous story in a new light. Lauderdale said recruiting is one of the most challenging aspects when putting on the freshman play every year. In order to encourage

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 completely flipped. In lieu of the original setting, Lauderdale has decided to set the story in a radio station during the 1940's. Students will be portraying actors who are reenacting the play on the radio. In addition, each actor will be playing multiple characters. "The actors are focusing on character development with this play," said Lauderdale. "To teach them about character development, I have them come up with

"I have them come up with a secret for each character they play. That way the character becomes real to them."
-Jan Lauderdale

freshmen to audition, she attends the Early Registration Program in hopes of finding potential cast and crewmembers. 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

a secret for each character they play. That way the character becomes real to them." Freshman Mariah Makil portrays three different characters in the play, ranging from being secretive and gossipy to loud and outspoken. She said that in order to keep her characters distinct, she created a story for each one. Freshman Lori Kyles is in charge of creating sound effects that assist the audience in imagining



KLARA JOHANNESSEN/The Threefold Advocate (From left to right) Freshmen Cody Bliss and Kameron Pierce rehearse Sunday in Berry Performing Arts Center.

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 1940's," 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 is 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, or by calling the box office at 479-524-7382. Tickets will also be available at the door prior to the performance.

Homecoming event honors and reminisces

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With Homecoming in full swing at John Brown University, students, faculty and community members are enjoying the various events and activities on campus.

One of the most anticipated events is the Disney Animated Musicals Showcase.

The showcase features students and alumni teaming up to recreate some of the most memorable Disney songs countless people grew up with.

Junior Matt Bowen, a member of the showcase cast, was invited to be a part of the production after the director saw his abilities on an Ireland choir trip.

"It was a matter of being in the right place at the right time," Bowen said.

Bowen said it was an honor to be chosen

to perform the Disney classics.

"I remember when I saw the showcase as a freshman," Bowen said.

"I was wowed by the talent this school has."

The songs preformed in the showcase will come from some of the most popular Disney movies of all time, such as *Beauty and The Beast*, *Mulan*, *Aladdin*, *The Lion King* and *Frozen*.

Bowen will be performing the song "A Friend like Me" from the movie *Aladdin*, an act that he is particularly honored to perform due to his admiration for the late Robin Williams. Williams voiced the role of the Genie in the original film.

"Robin Williams was given the gift to be able to do a lot of different pieces. I remember in one interview he did 32 different characters," Bowen said.

"In his passing, I just want



to do him honor."

The idea for a Disney themed showcase has students interested and excited.

"I have an obsession with Disney," said freshman Blythe Wisdom.

"I was the Little Mermaid twice for Halloween."

"I have never experienced homecoming before, so I am pumped," Wisdom said.

The showcase premieres Saturday Oct. 4 at 7:00 p.m. in the Cathedral of the Ozarks.

Homecoming Schedule



Thursday, October 2

8:00am- Life-sized Board Games at the Intramural Fields



Friday, October 3

10:00-10:45am- Alumni Chapel
7:30pm- Battle of the Basketball Teams
7:30pm- Student Play "It's a Wonderful Life Radio Play"
8:30-10:00pm- J. Alvin Open House and Coffee Bar



Saturday, October 4

8:00-10:00am- 5K run to support *Traveling Stories*
10:30am- Ultimate frisbee match
11:00am- Volleyball match vs Oklahoma Baptist University
11:00am- Rugby Match vs Alumni
12:00pm-2:00pm- Lunch (Kresge Hall & soccer fields)
1:00 & 1:30pm- Men & Women soccer game vs. St. Gregory's University
2:00pm- Student Play "It's a Wonderful Life Radio Play"
7:00pm- Showcase Performance in Cathedral
8:30- Homecoming Final Reception

Contributions from ZACK BROWN
ALYSSA SCHOENWALD/The Threefold Advocate

'Black mass' Satanic group protests in Oklahoma City

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Hundreds of people gathered outside the Basement of the Civic Center in Oklahoma City to protest against the Satanic "black mass" event on Sept. 21. According to the *Tulsa World*, around 350 protesters were outside the building while the event was taking place.

The manifestations planned by a group of "publicity-hungry Satanists" led by Adam Daniels has caught national and international attention, affirmed the *Tulsa World*.

Despite religious organizations' requests and protests, the Civic Center refused the petitions citing the constitutional rights listed in the First Amendment.

The "black mass" controversy has been around for the last two months. Hundreds of Christians have gathered, prayed and signed petition sheets in order to stop what they believe is an offense to the Holy Eucharist. The manifestation has

also raised controversy because even though most residents are upset about the "black mass," the rights established in the First Amendment protect them.

Residents of Oklahoma City and Christians near the area share their reactions on the matter.

Some expressed their concern about these public gatherings, while others think that there are more important issues in the world that need attention.

Theology professor, Robbie Castleman was not surprised at the matter; she felt sad for those involved.

"I've certainly seen these things before, so I wasn't surprised or upset, just sad for the people who think this is remotely significant or necessary as an expression of their anger or disappointment," she said.

Castleman thinks Christians should give the issue "as little attention as possible" because there are more concerning problems such

as famine and poverty.

She also commented that she believes now is an opportunity for believers to express their confidence in the Kingdom of God. She said that getting upset and opposing would just draw public conflict.

These protests are "ill-advised, unwise and unnecessary," Castleman said.

On the other hand, residents of Oklahoma City expressed their concern on whether the conflict between Christians and Satanists affect the peace in the community. As a result of the confrontations, some have been arrested for surpassing the law while seeking to stop what they think is a blasphemy to their doctrine.

The quarrels have also lead to lawsuits against the leader of the satanic group, Adam Daniels.

London Ross,

Oklahoma native, was shocked about the satanic event. Ross has never seen such kinds of religious discrepancies.

"It's kind of shocking that's happening since Oklahoma is a really conservative state," said Ross.

Ross observed and believes that Oklahoma has always been a Christian state and that these kinds of conflicts are quite unusual.

She also highlighted how Christians should be more focused on spreading the Word of God.

"In North America, Christians have no idea what it really is to suffer for Christ," Castleman said. "This OKC satanic play-acting is nothing worth paying attention to compared to what our sisters and brothers in many other parts of the world are really going through."



Courtesy of DOUG HOKE/The Oklahoman

Leader of "black mass" Adam Daniels shares information about the history of Satanism during his black mass event at the Civic Center Music Hall.

Increased safety efforts addressed

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Students may have noticed an increase of safety material in their mailboxes and advertisements around campus at John Brown University.

The campus safety department ensured that nothing has happened, but they want students to be aware because danger exists.

Olivia Morrow, a campus safety work-study, said, "Campus safety has become more organized this year. They have become good at recognizing problems and finding solutions."

Ronald Kirk Smith is the daytime campus safety officer and believes that awareness is the key to making students more conscious of dangerous situations.

"We are making people more aware through the use of the flyers and posters. A lot of information people will get is through their emails and newsletters."

Smith also wants to make the JBU

community aware that, "We do not live in a bubble anymore." Smith remembers when he and his wife first moved to Siloam 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."

"We have to better protect ourselves and constantly be mindful of our surroundings."

-Ronald Kirk Smith

Smith emphasized that the goal of campus safety is to be informative.

Campus safety director Scott Wanzer explains the sexual harassment handouts that students found in their mailboxes at the beginning of the year.

"It is in response to a new act by the U.S. Congress that is strengthening existing laws."

The American Civil Liberties Union website says the new act Title IX "prohibits discrimination on the basis of sex, including on the basis of sex stereotypes in education programs and activities that utilize federal funds."

This law is usually only associated with the world of sports, but in broader context, it applies to the dating subculture.

Wanzer said it,

an undisturbed meal in the cafeteria has now been affected by this event. In that instance her opportunity to have an even playing field and her experience at JBU have been affected, and that falls under Title IX. It's not a sports issue, but it's this sexual issue and dating issue and that is why it falls under Title IX."

Wanzer went on to discuss how officials have improved Title IX to cover dating violence: the SaVe Act. The SaVe Act works to eliminate sexual violence on college campuses. Due to this law, campus safety was required to send out the updated information on Title IX and the SaVe Act to all students.

The new 911 posters around campus are due to Wanzer's effort to combine a former safety document to a more updated version.

Wanzer combined the two documents making them easier and more accessible. Wanzer said that his goal is to strengthen policies that are already in place but need updating.

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Corrections

In Issue 3 of The Threefold Advocate, there was a spelling error in the headline on page 2. The headline should have read, 'Alcohol restrictions stir up conversation.' We apologize for this oversight.



Muslims cry out via social media against ISIS

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Hundreds of Muslims around the globe are flooding social media with campaigns against ISIS, using the hashtag #NotInMyName to claim that the terrorist group has nothing to do with their religion. The question that the online campaign raises is whether or not Islam can actually separate itself from ISIS or if they are intrinsically intertwined. Burt Page, a captain in the United States Army and Oklahoma National Guard, expressed that he believes ISIS and Islam can be separated as two different entities. "Islam as a whole is a peaceful

religion," said Page. He added that taking the terrorists as representations of the religion as a whole would be like using Westboro Baptist Church to represent Christianity. "They may act under the guise of a true and valid religion but have perverted it to further their own cause," Page said. The campaign led by Muslims to detach themselves from ISIS is actually effective, Page's reaction was positive. "With online media being the most efficient way to reach the masses, I would have to stipulate to the possibility that it is somewhat effective," said Page. "I think the Muslim community must stand at the forefront of the

fight against ISIS and similar groups." Page said that Muslims who do not stand to fight ISIS because they are also Muslims are validating that the terrorists are an acceptable part of their religion. Page said that these are his personal opinions and do not necessarily represent the views of the United States Army or Oklahoma National Guard. David Vila, professor of religion and philosophy, had a different view on the issue. In his opinion, ISIS and Islam cannot be separated. "ISIS is Muslim," said Vila. "It is a branch of Islam that most Muslims are uncomfortable with and embarrassed by, but it is still a branch of Islam."

A frequent visitor to the Middle East, Vila said that online advocacy is ineffective. Although he is very involved in following the topic of ISIS and other Islamic terrorist groups, he has not heard of the campaign #NotInMyName.

"It falls on deaf ears," said Vila. He 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

hashtag had been used over 10,000 times. Whether or not the campaign accomplishes their goal or adequately represents Islam, the hashtag #NotInMyName continues.

Anti-ISIS Social Media Campaign

#NotInMyName

"I'm a #Muslim and #ISIS doesn't represent me!! #NotInMyName"

@Amani_Mina_

"I'm Musliman: I seek for peace. I am not a terrorist. #NotInMyName"

@CooJeylee

Claims of foul play with Scottish Referendum

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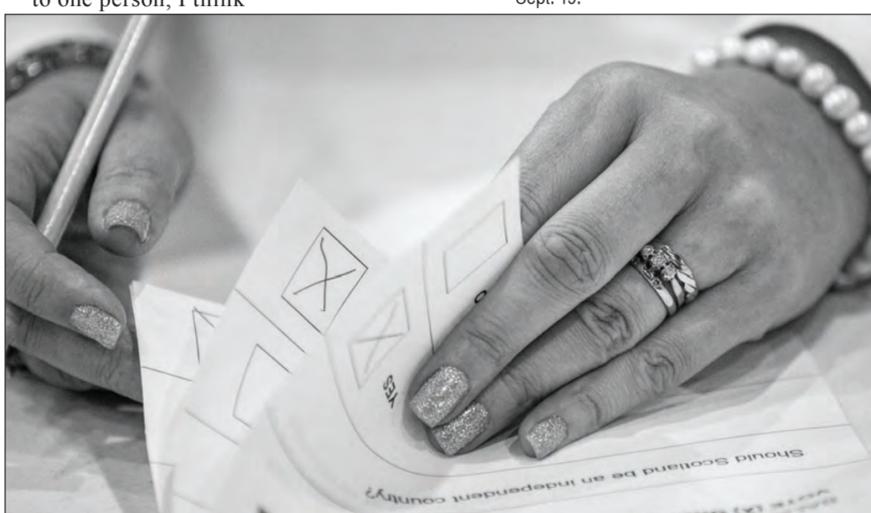
After the results of the Scottish independence referendum some John Brown faculty and staff are not convinced. Over 90,000 Scots have signed a petition calling for a recount of the Scottish vote, claiming foul play, but the response from JBU students and staff is overwhelmingly suspicious toward claims of conspiracy. Various YouTube clips show alleged evidence of referendum foul play. One such clip shows a woman putting ballots she originally placed in the "yes" pile into the "no" pile instead. Another shows a table marked for "no" ballots covered in bundles of ballots; however, one ballot on the table is clearly marked "yes." Such evidence has left many Scots distrustful of authority. With an incredible turnout of over 90 percent in some districts, Kevin Simpson, professor of psychology, said that it's not surprising that the referendum represents a contentious issue. Simpson is also doubtful that a recount would ever happen since the "no" side

won by 10 percent, a win so large that it would require "pervasive and widespread cheating" to falsify. Assistant professor of intercultural studies, Bill Stevenson, agrees. He knows the Scottish people very well and as a member of the United Nations, has followed this issue for the past few years. "I think it's another example of sore losers," Stevenson said. "I have a high confidence in the Scottish people to be able to conduct a referendum ethically," Stevenson said. Emma Mutimer, a freshman from England, also found the video clips unpersuasive. "For one video to look somewhat suspicious to one person, I think

it's probably not fair to see that as a representation of all the different counting," said Mutimer. Mutimer said, it's fair enough to provide a recount and quell concerns, since the "no" side has nothing to lose if they have nothing to hide. In the end she believed that if looked into, a reasonable explanation could be found for the suspicious actions in the clips. In fact, investigations have been made, and officials claim there's nothing to worry about.



Citizens wait in line to vote at the Royal Highland Center counting hall in Edinburgh. Politicians announced the decision on Sept. 19.



Workers counted ballots at the Aberdeen Exhibit and Conference center during the referendum.

According to BBC a spokesman from the Electoral Management Board for Scotland responded to concerns. "The chief counting officer is satisfied that all counts throughout Scotland were properly conducted and scrutinized by thousands of people representing both the "Yes Scotland" and the "Better Together" campaigns, as well as international election observers, media and police," he said. "None of these people raised any

concerns during the verification, counting and adjudication stages." He also addressed different scenes from the video. "Each of the episodes in the video can be easily explained," he said. Despite all the conspiracy drama, Mutimer is happy with the way the referendum turned out. Mutimer said, "I like the Scottish, I would have been sad if they would have left."

Counseling center offers comfort and guidance

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With a new year comes new adjustments, and John Brown University provides students with the resources and people to help, such as the C.A.R.E Center and JBU counseling center. Many students take advantage of the counseling center, as it is available for all University students, and the first 8 sessions are free. Danielle Hancock, senior education major saw the benefit of going to counseling. "It served as an unbiased source of companionship. It allowed me to talk and be open and real," Hancock said. "There seems to be such a stigma about going to counseling. No matter what class you are, transitioning back to college is hard, learning to balance social

life, academics, and home life," said Hancock. Although there may be a certain stigma behind going to counseling, Hancock said she felt comfortable and welcomed. "It didn't make me stand as an outcast, said Hancock, "There are a lot of people here with problems and

difficulties and my problems are no more insignificant than anyone else's." "Be comforted that you are not the only one interested in going. The counseling center is in such high demand, because it is incredibly normal to need someone to talk to besides friends and family," she said.

In Feb. the counseling center changed the policy from an unlimited number of free sessions to 8. "[I] focused on my progress," not on the number said Hancock. "I was required to go for a class, but it was so genuine that I didn't mind going and actually looked forward to it," Meghan Cushman, junior family and human major said. Cushman said, "It's for people that have a good life, but want to make it even better." "The good thing about the counselors at JBU is that they let you come in with what you want to talk about," she said. Cushman said that she never once felt uncomfortable and was able to be open and honest. "We all experience the daily feelings of being overwhelmed, but we can utilize the resources we have on campus," said Hancock.



Located on Holly St., the counseling center is in walking distance from the JBU campus.



GRACE NAST / The Threefold Advocate

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 becomes hard to see all the darkness and negativity of the world and not be overcome with sadness.

However, in this same week that claimed many lives and altered other forever, there have been stories of happiness and life. Beside a headline about police violence was the news of Chelsea Clinton's new baby girl, and across from the stories of ISIS 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 those little reminders that life and happiness can be found.

We The Threefold Advocate encourage you to look for these positive reminders that life is not all bad. Some people prefer to shut themselves away from the bad news by not watching TV or reading the paper, but that only encourages ignorance. While sometimes it may not seem so, there are good things happening everywhere, everyday.

It is important for us to find these moments and cherish them. They can remind us of God's love and handiwork as well as his power. Sometimes this good news can come in the form of a stranger saying hello, getting a letter from a friend or your cousin calling to say she is pregnant. Whether big or small, good news has the power to change your mood quickly, and that good mood can spread. Attitudes are contagious, so if you are tired of hearing about the bad news, go out and spread the good.

We The Threefold Advocate want you to go out and not only see the good for yourself, but help others find it too. Some people have a harder time than others seeing the good in life. Maybe someone is struggling with depression or didn't get into their dream school. We don't always know what people are dealing with, and one way to help them is by being a light in their darkness.

Put some chocolate in someone's mailbox. Smile at the people you pass on the quad. Let someone go before you in the checkout line. Start a fundraiser for those persecuted in other countries. "Be the change you wish to see in the world." Or, as Gandhi said, "If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him."



Graphic by ALEX JOHNSON/The Threefold Advocate

God's saving grace: a reward for our works?



TIM GILMOUR
CONTRIBUTOR

I appreciated some of the points made by Fr. Salvador in his article last week ("The Catholic View of Salvation: A Response"), such as his exhortation that "accepting Jesus Christ is only the first step in our faith journey." As the Bible confirms, we are not to stay immature in our faith, but instead "grow in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18).

However, Fr. Salvador went on to quote Cardinal Cassidy's statement that "eternal life is, at one and the same time, grace and the reward given by God for good works and merits."

Some linguistic 'categories' overlap (for example, one could be both a chemistry major and an engineering major), while others do not (a married bachelor). Crucially, when describing how we guilty sinners can receive "justification" (righteous status allowing us to be in God's presence), the Bible consistently contrasts "works" against

"grace" and against "faith". In this context, the categories are mutually exclusive. As Paul wrote: "In the same way then, there has also come to be at the present time a remnant according to God's gracious choice. But if it is by grace, it is no longer on the basis of works, otherwise grace is no longer grace." (Romans 11:5-6)

Paul disagrees with Cardinal Cassidy - "grace" given as a reward for works "is no longer grace." Paul likewise explains how God 'credits' righteousness to us:

"Where then is boasting? It is excluded. By what kind of law? Of works? No, but by a law of faith. For we maintain that a man is justified by faith apart from works of the Law...if Abraham was justified by works, he has something to boast about, but not before God. For what does the Scripture say? 'Abraham believed God, and it was credited to him as righteousness.' Now to the one who works, his wage is not credited as a favor, but as what is due. But to the one who does not work, but believes in Him who justifies the ungodly, his faith is credited as righteousness, just as David also speaks of the blessing on the man to whom God credits righteousness apart from works" (Rom. 3:27-28, 4:2-6).

I understand that Fr. Salvador would likely emphasize that the "internal transformation" that (he would say) causes us to merit eternal life is itself a gift from God, and that this internal (infused) sanctification is accomplished by the Holy

Spirit's power. But I still respond that it is not Biblically accurate to say that eternal life is a "reward" from God for our good works, regardless of the source of the good works. This is why Eph. 2:8-10 says that our salvation (justification) is "not by works", while also saying that we are created "to do good works" (sanctification).

As Fr. Salvador quoted, we are indeed to "work out [our] salvation with fear and trembling, for it is God who is at work in you" (Phil. 2:12-13). But this does not mean we are to work "for" our salvation (i.e. our justification), wondering whether our works will be sufficient to bring us into eternal life with God! Rather, we work "out" our salvation. That is, having already been justified through faith in Jesus Christ, we naturally evince the fruit of that new relationship with God. James emphasizes the same thing with his famous explanation "faith without works is dead" (James 2:14-26), speaking of the way we "justify" or make apparent our faith to other people who are watching our lives. True faith will always eventually produce fruit.

I thank Fr. Salvador again for his thoughtful article, despite this major disagreement. I wish him the best, and I would be glad to dialog further with him or others interested in this topic.

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Anxiety Disorders:

How the community can support those who suffer

Many have heard about anxiety or, rather, can imagine what it is like. They think it is just being worried about something, that it is a word 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 issue that the John Brown University community should become more aware of.

The Anxiety and Depression Association of America says that anxiety disorders are one of the most common mental health problems on college campuses, affecting 40 million U.S. adults. 75 percent of those adults experience their first episode of anxiety by age 22.

The disorder can be treated with medication and therapy, but that does not ensure that the anxiety will no longer exist. Thus, students and professors need to consider methods of coping with this in themselves 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 must be prepared to deal with the problem and must remain sensitive to the issue as a whole.

For this to be able to happen, those with anxiety, particularly students, need to feel safe to admit that they have an anxiety disorder. Similarly, students need to be aware that their professors will likely be sensitive to the issue if they choose to share it with them.

We The Threefold Advocate believe the JBU community should take these considerations to heart and educate themselves further on how they can help those who suffer.

Corrections

In Issue 3 of The Threefold Advocate, the end of Rod Reed's column, "Is John Brown University a 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

The 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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October 2, 2014
The Threefold Advocate

Student rejects lesbian stereotype



BECKY WATTS
STAFF WRITER



One summer night, I was in the mood for some sesame chicken. I asked my sister to take me down the street to the Chinese buffet for to-go food. As we were driving, I felt a need to discuss an issue with my older sister that had been cultivating in the back of my mind.

"I think I should start dating soon. What do you think?" I asked foolishly, looking for a comforting answer. I forgot that comfort is not my sister's strong

point. "Really? I just thought you were a lesbian the entire time," she responded.

At first I thought this was about as bad as it could get. I was wrong.

"What made you think that?" I asked with some sort of delusional hope.

"You dress like a dude, you

informed me that I do not talk enough like a girl, it wouldn't hurt me to wear some makeup and I could get a date if I wore better clothes.

The sesame chicken tasted bad that night.

At first I thought my sister's words were harsh, but then I thought maybe I was being a little too sensitive. I thought

that were not baggy but more fitted. I bought new shoes because flats are not sexy, but heels are the hottest thing a woman can wear. It took me three and a half hours to say a heartfelt goodbye to my favorite pair of flats that I bought from Payless. I had my eyebrows arched and I learned how to put on makeup. I am sure I fractured my eye five times trying to apply mascara.

Finally it was time for people to see me. When people at church saw my improved femininity, they showered me with compliments. "I am glad you started wearing makeup," "You should wear heels more often," "You look so much better now," and my personal favorite: "You look like a lady now."

Every compliment felt like a stone being thrown at everything I thought formed who I was. The makeup started to feel like a mask of bronze instead of lightweight powder foundation. I quickly realized I felt incredibly uncomfortable in this makeshift skin. I was not offended by my sister's comments. She was just

trying to help me, but I decided it was time to ask the opinion of someone I had ignored through this entire process.

I went to my mom and laid out my emotions and personal disappointments to her. She simply stated without hesitation, "when it is your time, it will be your time. But until then, if I were you, I would enjoy it not being my time."

I still do not know how my mom made the answer sound so simple. I had been worrying about my future spouse and 2.5 kids so much I had forgotten to live in the present. I was letting precious moments slip away. My mom reminded me that, whether single or married, God still has a plan for my life, and worrying so much over one aspect of my life was a distraction from that. Given this revelation I quickly said hello again to my flats from Payless, returned to my beautiful jeans and allowed the makeup to be a dust collector.

Watts is a junior majoring in English. She can be reached at wattsb@jbu.edu.

"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 you.'"

talk like a dude, you have never flirted with a guy and a guy has never flirted with you. And all of your friends are girls. I just thought you were afraid to tell Mom and Dad."

To put this statement in context, you should know that my parents are pastors.

After I got my food and returned to the car, my sister continued her evaluation. She

this was just my sister's view, but 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 you."

I decided maybe I should take this seriously so I submitted myself to my sister's will.

I entered boot camp that summer. I bought new clothes

Plans change



EMMA BENTLEY
CONTRIBUTOR

Dreams. They are why we went to college in the first place. We wanted to be world-changers, to find someone special and to make something of ourselves. Dreams are also our driving force when we leave college. We want that dream job, a fulfilled future and life with purpose.

For some, dreams quickly come true with a ring by spring or a job lined up before graduation. For others, dreams keep on being dreams a little longer.

After graduating from John Brown University four months ago, I found myself moving back in with my family and struggling to find a resume-worthy job.

My dream of moving to Nashville with an amazing job waiting for me has been left unfulfilled, and my reality of being an unemployed college graduate stings a little bit more each morning as I open up my laptop and search for job openings.

For me, life after college means doing what I said I would never do and facing my biggest fear: failure.

I was very adamant during college that I would never move home after graduation. I didn't want people to think that I wasn't good enough to get a good job or that I didn't work hard enough during college.

Moving back home symbolized that I had failed as an adult. After moving out and going to college in another state, working hard to earn good grades, and learning what

life was like living on my own, I couldn't do the one thing that would guarantee my success as an adult: finding a full-time, degree-related job.

I made the tough decision to move back home after I realized that it was the financially responsible thing to do.

By moving back home, God was allowing me to face this fear of failure and realize the lie that I had been telling myself. I was not a failure, but I did need to learn to more fully trust in God's plan for my life and trust in His timing.

I don't know what my future holds, where I will find a job, or if I will ever move to Nashville, but I do know that God will bless me where I am in my life, and that His plan for me is far better than mine.

Maybe you are facing life after college in ways that you least expected, or you are about to graduate and are afraid of what the future holds for you. Maybe you just started college and are struggling in this new setting.

Whatever stage you are in, I hope you are reminded that failure may be a big fear, and the future may look like a big question mark, but God is bigger than all of the unknown.

Sometimes it's okay to go home. It gives you time to rest, time to realize the truth and time to get even closer to God. It reminds you of why you started dreaming in the first place.

Sometimes, home is what you needed all along.



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/The Threefold Advocate

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Process transitions



RACHEL BANNERT
CONTRIBUTOR

Do you remember the first time you visited your high school after you graduated?

I do. I was home for fall break my freshman year. My mom asked me to pick up my brother from school. I remember considering the prospect and thinking, "Okay, yeah! It would be cool to see everyone again and show them how grown-up and collegiate I am." So I went.

About three minutes after I set foot on campus, I realized that I had made a terrible mistake. I had decided not to tell my friends that I was coming and was expecting them to be jubilant at the sight of me. Instead of unadulterated joy, their faces showed... confusion.

"What are you doing here?" they asked as they smiled and hugged me. There was the question of the hour. What was I doing there? After several minutes of horribly awkward conversations with them and with some teachers and administrators who saw me, I was ready to bail.

Let's be real. We've all been there.

It happened when you decided to go home for the first high school football game of the season. It happened when you walked into your youth room to say hi to your friends and your youth pastor for the first time since you'd left. It happened when you agreed to go with a friend to his senior prom even though you had a year of college under your belt. And you wonder, "Why did that

feel so incredibly weird?"

By definition, transition is awkward. You did things one way but now you do them another way. You were that but now you are this. Change is awkward. (If you don't believe me, look at a picture of yourself in 8th grade or go read your old MySpace posts).

When you transition, you're leaving one thing behind and starting another. I used to tell people, "I am studying Family and Human Services." Now when I'm asked I say, "I studied Family and Human Services." Past tense. It's over. I studied Family and Human Services and now I'm (insert adult things here).

Transition is scary. You were doing this one thing and now you're supposed to be doing this other thing, but what if you're no good at this other thing? You were pretty decent at that one thing because you had been doing it for a while and it was comfortable. But this new thing... well it's new. And different. And hard. But you have to do it because you've left that other thing behind and you can't go back.

That's why you feel so weird when you go back to your old high school to visit. Everyone knows that you've transitioned. You used to be a student there but now you're not. Now you're supposed to be doing some other thing. You are afraid to give the impression that you haven't transitioned well. You're scared others will think you're not very good at doing that other thing.

Transition is a process. It's a gradual change.

When you walked across your high school graduation stage you did not become a successful college student overnight. And when I walked across JBU's stage in Bill George last May I did not become a successful "young professional" adult overnight.

It has been four and a half months and I still cannot start our lawnmower in less than

seven tries. I have an adult paycheck now and am bringing in more money than I ever have and sometimes I make stupid purchases because it seemed like a good idea at the time.

It took me a while to feel confident enough in my own abilities and knowledge to speak up during staffing meetings at work. Last month I forgot to pay a bill because I swear there's like 37 different ones that are all due at different times. I still accidentally shrink my sweaters because I put them in the dryer instead of following the directions on the tags.

This transitional process has given me ample opportunities to take pictures of my mistakes, 'gram them, and #thatadultlifetho. I've learned to laugh, throw away that casserole I made for my housemate that had two tablespoons (instead of teaspoons) of salt, and order a pizza. There is grace to be found in the transitional process. Embrace it.

Yeah, I'll be real. There are plenty of times when I want to ditch the "gap year" idea and go back to become a fifth-year senior. There are times when I miss the JBU bubble. There are times when I question my decision to do the grown-up thing in a state away from my family. There are times when I bemoan my choice not to go to grad school right away because I know it would be way more comfortable than what I'm doing now.

These are the times I dig in my feet and think about that quote I see on Pinterest all the time: "Wherever you are, be all there."

I'm all here. And it's scary. And that's okay.

Bannert graduated from JBU, majoring in Family and Human Services. She can be reached at bannetr@jbu.edu



Professor reflects on years in China

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"I was walking up the mountain and I remember a donkey carrying my stuff, thinking where are they going to put us?" said Aminta Arrington, professor of intercultural studies.

Arrington just moved back to the States with her family after dissertation fieldwork with a small

minority group in Southwest China to begin her new job here at John Brown University.

Arrington has spent the last eight years with her family in China and is a few weeks away from receiving her PhD from Biola University.

Arrington is the mother of five kids alongside her husband Chris. She explained that being in Siloam Springs is the first time her three youngest children have experienced

American schools and English as their primary language.

Arrington spent her time in China working for universities in Tai'an (Shandong Province) and Beijing teaching English and other subjects. During her last year in China Arrington began working and doing research, all done in Chinese, for her dissertation on the Lisu people, who live in a steep valley in the mountains of Yunnan province.

"The valley has one way in and one way out," Arrington said. The villages are small with a population between 40-800 people.

According to Arrington, the Lisu people were first evangelized in 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 hymns in four-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 really 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 at arrow-point during war time and the only way that they survived was because they proved to be Lisu Christians by singing.

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

Most Lisu villagers grow corn in terraces, because there is no flat land. "The room my daughter and I stayed in had corn hanging from the rafters," 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 as 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 villages with the Lisu is so inspiring," Griggs said.

Griggs likes that the struggles 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 opens up to us, which encourages us, as a class, to open up as well," Griggs said.

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



LEXI CHRISTENSEN/The Threefold Advocate

New intercultural studies professor, Aminta Arrington, has spent the past eight years in China, working on her dissertation. While at John Brown University, Arrington hopes to teach students to use the gospel to impact the world.

Campus thoughts on dedicated barefooters

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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 origin of this practice on campus remains unknown, there are a range of reactions to it from various students.

Last year the trend rose in popularity to the point that a few students neglected to wear shoes in the cafeteria. The students were quickly asked to wear shoes in areas where people would be eating, such as the cafeteria and the California Cafe.

Senior Madi Susmilch has attended JBU the entirety of her college career. She said that before she came to school here everyone wore shoes in public.

For Susmilch, it's first and foremost an issue of respect.

"When people put their feet on the desk chairs 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," Susmilch said.

Susmilch 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 shoulder.

"My friend was so grossed out and had to ask the girl to take her feet down," Susmilch said. "That's when it's an 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-wearers, they aren't necessarily bothered by those who choose not to.

Senior Courtney Marshall summed up that viewpoint with one sentence: "To each their own," 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 section titled "General Expectations" in the campus policies handbook addresses the issue of wearing shoes on campus:

"Clothing standards for classes, meals in the cafeteria and campus events will vary with the activity. As a minimum, however, shoes, shirts and other clothing required by modesty should be worn in all public buildings."

The University states that students are required to wear shoes in class, chapel and other buildings on campus with the exception of the dorm rooms and outdoors.

Since this rule is not strictly enforced, students who choose to let their feet fly free will likely be able to continue to do so for many years to come.



KLARA JOHANNESSEN/The Threefold Advocate

STUDENT SPOTLIGHT PRESENTS:



RaLee Holloway

YEAR: SENIOR
MAJOR: EARLY CHILDHOOD EDUCATION
HOMETOWN: FORT SMITH, ARK.
FUN FACT: I HAVE DISLOCATED MY KNEES A TOTAL OF 49 TIMES
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University welcomes students into pre-nursing program

REBEKAH HEDGES
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This year is exciting for John Brown University as first-year students are welcomed to a pre-nursing major.

Though some nursing programs are highly competitive, John Brown is taking a different approach by accommodating students with some limitations.

Students have to maintain a 2.8 GPA in their math and science classes and an overall GPA of 2.5 to move on to their junior level classes, which qualify them as official nursing majors. Currently we have 35 students in the pre-nursing major going on towards their major in nursing.

Elise Bruinsma, administrative assistant for the JBU nursing department, said, "We want to try to keep it as non-competitive as possible."

Bruinsma explained that other universities have a large number of applicants, but then only a small margin of the students get accepted into the program.

"This weeds out



Photo submitted by ELISE BRUINSMA

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.

potentially good nurses," said Bruinsma, "We want to meet the students where they are at. A lot of times you can be a good student, but have bad bed-side manners."

The pre-nursing students at JBU have to wait until their junior year to begin their nursing classes and clinicals. This can offer a bit of a problem for students that are not completely secure

with the major itself, as it is common for students to change their major.

"We designed the program to make it easy to transfer credits for classes to count with other majors if this problem arises and provides an easy transition," Bruinsma said.

She added that the program tried to be creative in offering clinicals in local medical

centers in Siloam and surrounding areas. They plan to be connected with New Beginnings, a local pregnancy center, and other smaller agencies to get students directly involved in the community.

Bailey Eason, freshman pre-nursing student, said although the program at JBU is less competitive, "It does not mean it is subpar. I think it is

definitely up there and able to compete with other state universities."

Eason said she found her passion through a year off between high school and John Brown and was interested in skin care and what nursing has to offer.

Sophomore Payton Sager said she understands that it is not competitive, "But the nursing program is 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."

Joy of Motion Teaching confidence and grace



LEXI CHRISTENSEN/The Threefold Advocate

KELLY ESCARCEGA
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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 has also studied under countless professionals in the industry.

Today, Buck is the owner of Joy of Motion dance studio in Siloam Springs, Ark., where she teaches girls the art of confidence and grace through dance.

Buck attended John Brown University where she majored in exercise studies and participated in the Great Abandon Dance Ministry. Buck, while a student, began teaching dance and ballet classes at the Walton Lifetime Health Complex and

continued teaching classes even after graduating.

Realizing she was ready to take the next step in her career, Buck started looking for a place to establish a studio in December of 2012. In January of this year, that plan was fulfilled.

"It wasn't my plan at all to teach as my job and to have my own studio," Buck said. "It started off as this little group of kids, and it kind of grew into something bigger."

Buck has a lot of goals for the future of her studio, the most pressing being to teach her students about confidence and how to appreciate their bodies. Buck says that there is a lot of pressure to look a certain way, especially with young girls. Buck combats that by teaching her girls ballet.

"I want them to have a healthy understanding of using their body in a way that's healthy and appreciating what God's given them," Buck said.

As their teacher, Buck says that one of the biggest rewards comes from seeing her

students learn to love themselves and ballet.

The mother of one of Buck's students agrees.

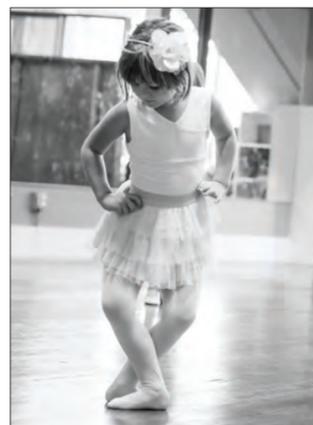
Her eight-year-old daughter, Carys, has been taking ballet classes for four years, and she says she can see the difference.

She says that at first, it was just a fun activity, but that ballet has grown to be something her daughter treats as her "job."

The mother said, "There's a beauty to it that's just really neat."

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

-Anna Buck



LEXI CHRISTENSEN/The Threefold Advocate

8 SPORTS

October 2, 2014
The Threefold Advocate

Frisbee teams envisions something greater

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Frisbees fly around in the campus consciousness somewhere between “Frisbee’s a sport now?” and, “Aren’t they the people throwing stuff at trees?”

Ironfist, the John Brown University men’s ultimate frisbee team, has been to the national tournament twice in the last two years. The women’s team, Savage Skies, has exploded numbers-wise.

Three years ago, Savage Skies would take seven women to a tournament and play as many as five hour-and-a-half-long games without any substitutions: intense cardio, but not a strategy for staying competitive throughout the tournament. Playing without substitutions is called going savage.

“This year and last year have been great recruiting years for us; we’ve really doubled and tripled in size,” Andrea Boss, Savage Skies captain, said. “We started off my sophomore year with barely seven people. Now we have twenty one.”

The men have also seen expansion.

“This year we’ve lost several good players; Andrew Goode, Jacob Moore and Chris Geinheimer have been significant contributors on the field during their time here,” Ironfist Captain Kyle Dyer said. “Despite losing them, we have an unprecedented amount of first-year players.”

“We reloaded with the best freshman class I have seen come through,” Aric Powers, fellow Ironfist captain, added.

Both teams have just returned from Rookie Ride, a tournament that introduces new players into the fast paced, highly competitive world of Ultimate Frisbee. Powers was “impressed with how the younger players have learned the game so quickly.”

“I saw huge improvement over the weekend,” Boss said of Savage Skies’ tournament play.

Field awareness is a hard thing to teach in practice. Knowing where space is on the field and when to be in that space is fundamental to

a competitive ultimate team.

Savage Skies is also announcing their first-ever fundraiser. To raise money, sophomore captain Greta Smith is threatening to shave her hair.

“We are super excited about our first fundraiser: Save It or Shave It,” Smith said. “Tournaments are usually pretty expensive and we were given a pretty small budget this year, so we’ve got a lot to raise if we want to continue to go to tournaments. We’re really hoping that other students and even faculty and staff will get as excited as we are about this and help support us.”

Look for Savage Skies’ table in Walker and contribute to one of two jars: “Save it! Or Shave it!” Smith may or may not be shaving her head, depending on which jar gets more money.

While a big recruiting class is great, Ironfist and Savage Skies have work to do. Tournaments are set up such that most of the weighty, rank-deciding events happen in the spring. Ultimate teams use the fall to develop rookies and hone

skills.

“Specifically, we are looking to improve individual awareness of both offense and defense,” Dyers said of his team’s goals. “By doing this, we can play effective team defense and utilize all of our athletes on both sides of the disc.”

Competition isn’t everything for the ultimate teams on campus. Captains from Ironfist and Savage Skies emphasized how each team provides ministry opportunities in concrete, practical ways.

“We pray with every team after every game at each tournament,” Dyer said. “Win or lose, God gets the victory when someone comes up and shares how much of a blessing that simple prayer is.”

“We really do focus on the community and also outreach,” Andrea Boss said about Savage Skies’ character. “We play with great sportsmanship and integrity, and then afterward, we always ask the team if they want to pray at the end, thanking God for the game, that kind of thing.”



Submitted by KELSEY GULLIVER
Aric Powers jumps to catch the frisbee at an afternoon practice. Ironfist has played in the national tournament twice in the last two years.

Alongside serious competition, the JBU ultimate teams offer others a vision of something greater and two great reasons to be

proud of club sports culture here on campus.



Submitted by KELSEY GULLIVER

(To the left) Nichole Coates, from Savage Skies, the women’s ultimate frisbee team, reaches to catch the frisbee during an afternoon practice. **(To the right)** Members of Ironfist, the men’s frisbee team, scrimmage each other at a practice.

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 team.

“Originally, it was a men’s club team,” Jocie Morgan, a sophomore co-president of team, said. “There wasn’t a place where anyone could go to play volleyball. Last year, it evolved into co-ed, and anyone who wanted to come could be a part. Since then, we’ve had more people.”

At their first practice, over 40 students signed up. Now, 25 to 30 players consistently come to practice every week.

“With co-ed, we don’t

have a set team to play other schools.” Romello Williams, who has been a part of club volleyball since freshman year, said. “It is more us coming together and having fun playing volleyball. Girls do not hit as hard, and the net is a lot lower. It doesn’t change the intensity because everyone brings their all—does their best.”

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

With this competitive nature, the club hopes to attend more than one tournament by the end of the year. However, the lack of funds hindered the team

“It is still really competitive while being fun and not having a big time commitment. We are trying to change this year by making it open to people who are willing to learn and to get better, while still being competitive.”

- **LINDY MARTIN**

from entering.

“The cost of playing in tournaments is really high,” Martin said. “We play a low-key league rather than playing a competitive one because the cost of membership is so expensive. Hopefully we will be able to raise money to [play competitively] do that this year—if not then for next year.”

Another issue that

play serving games to improve their skills and bring variety to practices.

“We really want to be able to welcome people into the team and to see the change of learning so that we create an actual team that can compete,” Martin said. “We can have practices and train people that want to learn how to play volleyball better and not go travel, while those that are competitive enough can go travel. It is a fun atmosphere of learning while still having that competitive side.”

A lot of people don’t know about the club due to its elitist nature of previous years. Although many members of the club have played volleyball in the past, the club is always open to new recruits or

people who have never played.

The club is open to all different levels of skill in volleyball and a fun atmosphere to be in.

“We accept anyone that would come and play,” Williams said. “We’ll teach them if we need too.”

The club practices every Monday and Wednesday from 7-9 p.m.

“It is still really competitive while being fun and not having a big time commitment,” Martin said. “We are trying to change this year by making it open to people who are willing to learn and to get better while still being competitive.”

ATHLETE OF THE WEEK



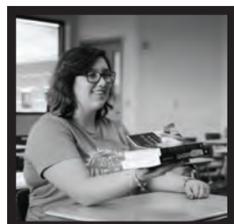
SHAYNA DANIELS
Volleyball

With the help of Daniels’ 10 aces, the Golden Eagles beat the No. 22 ranked team, the Pioneers. Daniels received her third career triple-double, recording 27 assists and 10 digs stated the JBU Athletic website.



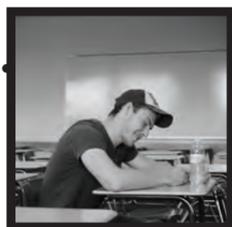
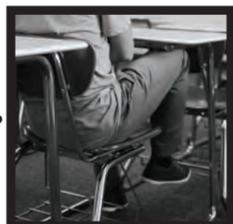
8 ways to exercise during class

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 Reps
 Whenever you feel yourself nodding 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.



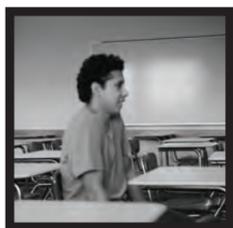
5 Seat Twists
 Sitting up at a 90-degree angle, twist your body from side to side. This exercise not only stretches your back but also keeps your core tight.

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 arms feel.

4



6 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.

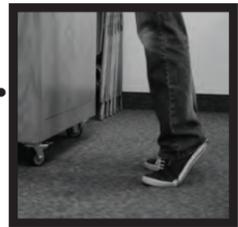


Calf stretch
 Bored during another physical science lecture? While in your seat, lift your toes upwards, feeling the stretch in your calf muscles.

7



8 Toe up's, or, "The Brisben"
 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.



Submitted by KLARA JOHANNESSEN
 CHAD SCHLAGEL/ JOSAFAT RODRIGUEZ/ ABIGAIL DANLEY/ REBEKAH HEDGES
 TARAH THOMAS & REBEKAH HEDGES/ The Threefold Advocate



LIVIN' THE FANTASY
 This Week's Fantasy Football Picks
 By: Nathan Marquardt, Jacob Hoskins, Nate Mace

FANTASY STUDS

Eli Manning (QB)

Bishop Sankey (RB)

Larry Donnell (TE)

Tom Brady (QB)

FANTASY DUDS

Torrey Smith (WR)

Jamaal Charles (RB)

Courtesy of ESPN.COM

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"
 @lblingame5

"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





10 SPOTLIGHT

October 2, 2014
The Threefold Advocate

Remember When

By: Hannah Wright

As we welcome alumni back to campus the Threefold looks back on times past at John Brown University. For students much of this history will be new, but we invite alumni to answer the question: *Remember when?*



...we did Brigadoon the last time?

Brigadoon will be this semester's musical, but it's graced the stage at the University before. In 1982, with a cast so large they had to move the production to a local high school, kilts and brogues abounded. Current students who took a peek at the cast list might see someone they recognized, like Gary Guinn, or Jan and Terri Wubbena.



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

In 2008 in order to reenact the incredible music video of the song "Here it Goes Again" by OK Go, four students flipped, stepped, and danced on eight treadmills, right onstage in the Cathedral. One participant lost twenty pounds in practice.



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

In 2008 a few J. Alvin men started a casual shooting match that escalated into a regular all-out war. They met weekly on Friday nights during open dorm, with occasional men-only matches during the week. Unfortunately the Nerf wars were later banned after too many innocent bystanders were caught in the crossfire.



...it snowed almost a foot during Springfest?

Students were prepared for some fun in the sun in the March of 1989. They weren't prepared for a two-day winter wonderland. Instead of tanning and picnicking, most students dusted off sleds and snow pants.



...all those new clubs got started?

Some of the campus groups we know today, like CAUSE, go back decades, but several we know well got their start in 2004. That year brought with it the first Ultimate Frisbee team and the first Anime Club.



...the J. Alvin R.A.'s all wore adult diapers?

Some things will never change. This group of Smurfs was the welcome freshmen residents of the historic dorm received when they stepped onto campus in 2003. At least they're wearing shorts!

