

Alumni ‘dive’ headfirst into dreams p. 7 & 8



The Threefold Advocate

JOHN BROWN UNIVERSITY’S STUDENT NEWSPAPER

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KLRC’s reach increases fourfold

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John Brown University affiliated radio station KLRC plans to almost quadruple its listening audience before the end of the year.

They will move from 101.1 FM, which only offers 6,000 watts of power, to 90.9 FM which allows 100,000 watts of power – the most permitted by the Federal Communications Commission.

This project has been five years in the making, ever since the FCC announced an opening. Seventeen radio stations applied for the same vacancy as KLRC, and initially 90.9 was granted to the Cherokee Nation.

Sean Sawatzky, general manager of KLRC, said that while it may have seemed like the door was closed on this opportunity, God urged them not to give up yet. KLRC sent a congratulatory letter to the Cherokee Nation, which also mentioned their continued interest in the property.

Later, they received a letter back from the Nation explaining its intent to sell. In

spring 2012, the property came under the ownership of KLRC.

As a result, the station will add a second radio transmitter tower in Colcord, Okla., which will significantly increase its potential audience in both Oklahoma and Northwest Arkansas.

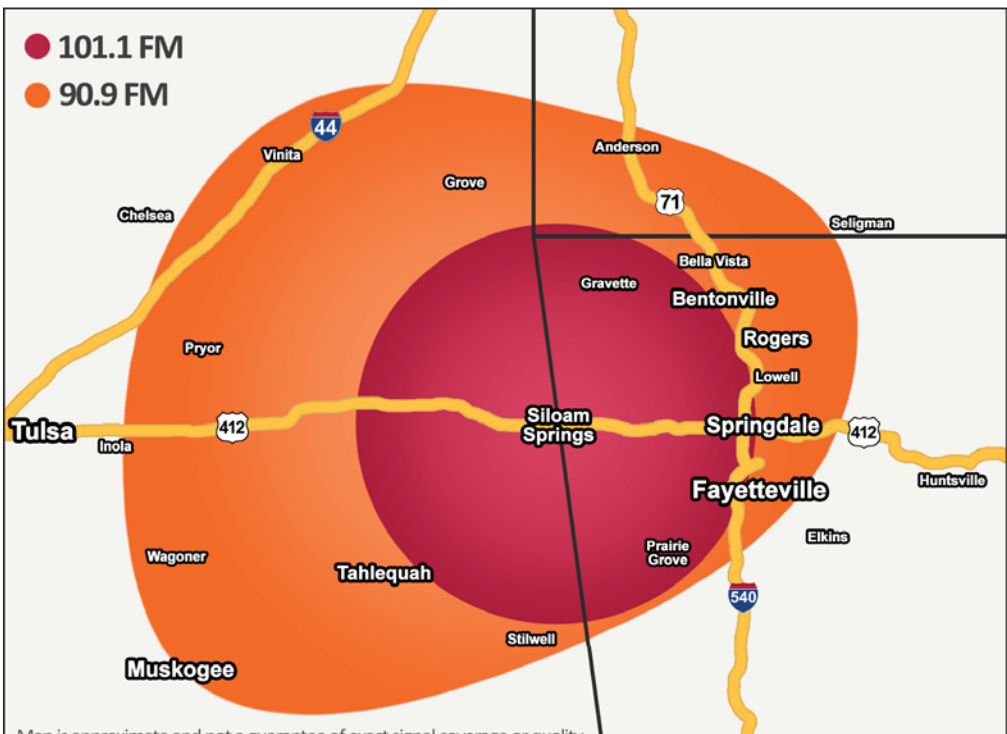
Currently, 84 percent of listeners tune in out of range.

“They listen to us through the static,” Sawatzky said.

After the new tower is finished, that audience will hear more clearly; and a previously unreachable group of people will hear KLRC for the first time.

“We will always be a Northwest Arkansas station, but we will definitely be reaching out to the people of Northeastern Oklahoma,” Sawatzky emphasized.

Expanding into Oklahoma was not an initial component of their plan. Yet, the KLRC team feels excited for the potential ministry opportunities that may evolve with the unfamiliar territory. They have already



Submitted by: KLRC

The map shows KLRC’s total area reached before the transition (in red) and after the transition (in orange). The switch will expand its audience in Oklahoma and Northwest Arkansas.

See KLRC on page 2

enactus

SIFE Worldwide receives new name

Laura Roller
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A long-standing tradition at John Brown University and other universities worldwide received a new name and face Sunday.

Students and professors referred to the group, formerly known as Students in Free Enterprise, as worldwide SIFE. This student-project based club seeks to “bring together the top leaders of today and tomorrow to create a better, more sustainable world through the positive power of business,” according to the University’s SIFE page on Facebook.

Going forward, the organization will refer to itself as Enactus, which they hope will better represent them in the future as “entrepreneurs in action” for the greater good.

Enactus leaders unveiled the new name during the opening ceremonies at the World Cup competition in Washington, D.C. Before the announcement, K’naan and students from around the world jammed out to the hit song “Waving Flag” as flags fluttered throughout the venue.

Doug McMillon, chairman of the worldwide board of directors, thanked students, faculty and business leaders for their amazing efforts to impact the world.

“Your work helps people around the world change their own destinies. Nowhere is that idea more evident than at this World



“The most important thing to remember is that we are part of this community not because of the name, but because of all that we can do through it.”

-Verdin

Cup.” McMillon said.

Alvin Rohrs, the president and CEO of SIFE for the last 30 years, explained the reasoning for the new name.

“Rather than abandon our commitment to entrepreneurial spirit, we are reaffirming it through this name change,” he said. “We want to create something we can own and be proud of. Believe me, we did our homework.”

“We realized that we can’t build a globally admired brand unless we know what our name is and we have one name that works everywhere around the world,” Rohrs continued. “I want to reassure you this is not about reinventing the organization you

and I have worked so hard to create. It is in fact the opposite.”

This announcement culminated nearly a year and a half of deliberation and planning on behalf of SIFE worldwide.

SIFE worked with Landor Associates, a worldwide branding company. Landor has an impressive portfolio of clients, including P&G, Old Spice, FedEx and Kraft. Landor did research and collected information from all over the world to help SIFE create a unique brand strategy for Enactus.

“Tonight we are starting a new chapter, a new chapter in our history,” said McMillon.

See ENACTUS on page 3

Sarah ‘not so’ Plain & Tall



J PABLO GARCIA/The Threefold Advocate

Younger Anna, played by Katherine Boettcher, follows the direction of her father Jacob, played by Daniel Loganbill, in the freshman production of “Sarah, Plain & Tall.” The next show will start Friday at 7:30 p.m.

Student ticket prices increase with move

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With the opening of the freshman production “Sarah, Plain and Tall” this past weekend, students might have been surprised to learn their tickets are no longer free. All drama and musical theater productions now cost students \$3 to attend.

Jan Lauderdale, the director for drama productions, said the price increase is directly attributed to the move from Jones Recital Hall to the Berry Performing Arts Center.

Historically, students have not always received free tickets. Three years ago, Student Development decided to set aside \$6,000 of its budget to make tickets free for students, under the condition it would only pay for a student to see

the show one time.

“Students could go to athletic games for free, but not plays,” said Steve Beers, director of student development.

Beers said he wanted to make that experience free for students as well.

A year later, the Berry Performing Arts Center opened, and seating for productions went from 157 to 486. Tripling the audience automatically increased the royalty fees from publishing companies, which determine the costs based on the number of seats in the house.

“In addition to that, the expectation was that we would be able to put on bigger and better productions,” Lauderdale said.

Including more students on the

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Soderquist unveils new line of products

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Business leaders around the world now have access to an extra set of tools to shape their employees. The Soderquist Center for Ethics & Leadership released a new line of products last month which anyone can use without prior training.

The discussion kits now available for sale on the Center’s website provide a do-it-yourself approach for team development, said Bryson Moore, director of emerging leaders and communications. The Center’s team created both videos and curriculum, including slide presentations and participant handouts.

The videos focus on interviews with successful leaders about helpful business principles. Each kit takes about an hour of time, which makes them great for “lunch and learns,” according to an introductory video on the Center’s website. The sessions offer a “watch this, discuss this, do this, remember this” format which encourages participants to take ownership of what they learn.

The Soderquist team created the videos with the goal of helping people have the “Soderquist experience” on their own, Moore said.

The Center, affiliated with John Brown University, typically offers in-person programs for businesses, which focus on facilitating

meaningful conversations. Their goal is to get past the surface and ask people questions which will take them to a deeper level. The new products simply take that same model and make it available to a much wider audience.

“We want to impact people and make them different,” Moore said. “Once individuals change, it affects the business team, then the organization as a whole and eventually their customers as well.”

Christy Hall, the Center’s graphic designer, emphasized that the kit development team wanted to keep the videos and curriculum simple.

“There’s no need to be a professional trainer to use these,” she said. “We want to make the bosses and whoever uses these the hero to their team.”

The team originally started making videos about leadership principles after Moore joined the Center in 2009. Those first videos, called “Leaderskilz,” use role playing to demonstrate how not to lead. They are available on the Center’s website for free.

People liked that video content, Moore said. When the team noticed how well they were catching on, they started working on the products they just released. The development took more than 18 months.

Although the process could sometimes discourage him, Moore said the idea of being able to go worldwide with no restrictions created enough excitement to propel him forward.



J PABLO GARCIA/The Threefold Advocate

Bryson Moore, Christy Hall and Zac Freeman sit under posters for the leadership development kits in the Soderquist Center offices.

“This could really change the Center long term,” Moore said. “Our material can now go anywhere and everywhere.”

Hall said the push to keep costs down helped her stay excited during the process. The team wanted the videos to be as simple and straightforward as possible, and they also wanted to keep the cost low.

To do so, they utilized the Center’s connections with prominent business leaders to obtain exclusive interviews at a low price, Moore said. The videos feature people such as:

- Don Cathy, founder of Chick-Fil-A
 - Bill Pollard, father of University President Chip Pollard and retired chairman and CEO of ServiceMaster
 - Don Soderquist, retired COO of Walmart and the Center’s founding executive
 - Steve Reinemund, retired chairman and CEO of PepsiCo
- While the new discussion kits could take the Center down what Moore called a “whole new road,” they also remain consistent with the Center’s mission.
- The Center seeks to provide

businesses with leadership development and team building resources as a part of the training industry, he said. A variety of organizations work to provide similar services. The Center provides these services to both profit and non-profit organizations.

A focus on a values-based approach sets the Center apart from other similar groups, Hall said. The Soderquist team encourages groups to look at why they do the things they do and to ensure that their values are correctly driving their actions.

Homecoming Schedule

Saturday, Oct. 6

7:30 a.m.: Run for the Rain - Half Marathon, 10K & 5K
www.oneheartforjustice.com

8 - 9 a.m. Breakfast in Kresge Dining Hall (meal plans apply)

10:30 a.m. Ultimate Frisbee match vs. Alumni

11 a.m.: Rugby match

11 a.m. & 4 p.m. Women’s volleyball tournament

11 - 2 p.m. Lunch in the tents on the Quad (meal plans apply)

1 p.m. Windgate Visual Arts East Open House and Women’s soccer match

2 - 4 p.m. Student play “Sarah Plain and Tall,” Berry Performing Arts Center

3 p.m. Men’s soccer match

3:45 p.m. (halftime of men’s game) Homecoming Coronation. Sponsored by SGA

5 - 7 p.m. Dinner in the tents on the Quad (meal plans apply)

7-8:30 p.m. Homecoming Student and Alumni Showcase, Cathedral of the Ozarks

8:30 - 10 p.m. Homecoming Finale Reception, Walker Student Center

University works to save on electric bill

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A new update to John Brown University’s electrical system has the potential to significantly cut their electrical bill.

“This is a very small piece of the budget, but every small piece added together makes a big difference,” said Steve Brankle, the director of Facilities Services.

Because of these changes, the electrical bill is the lowest it has been in eight years. Meanwhile the University has added building footage that equals a quarter million square mile. The updates to the Siemens System allow maintenance to monitor the energy being used in each building in real time. Because of this, they have been able to automatically turn off heating and cooling systems in unused

buildings. Facilities also know exactly what the temperature is in each building so they can make small adjustments as well.

“We don’t do lighting yet, we can add that later though with this system,” said Brankle.

Facilities services’ main goal with this system is to not only cut the amount of electricity used but to cut the University’s demand.

Brankle explained that there are two parts to the electricity bill the University pays. The first part is the actual amount of electricity used. The second part is something called demand.

When measuring demand, the electrical company looks at the highest amount of electricity used in the last ten months. They then bills the University for the ability to give that much power.

Brankle said about a third of the University’s electrical bill

goes to covering demand.

The changes in the Siemens System allow them to look at how close the University is to reaching the level of electrical use that will affect their demand.

“When it gets to that 85 percent, our phones start going off and we start turning stuff off,” said Brankle.

Brankle, whose son attends the University, said he and the rest of the facilities service department is conscious of the fact that their budget comes from student tuition, which is why cutting these cost as the campus grows is so important to him.

“You guys are like my kids,” said Brankle. “How do I want my kids to spent their money? On the electrical bill or on things to better their education?”

KLRC continued from Page 1

been contacted by a Christian bookstore in Tahlequah, Okla. about partnering for events in the future.

The total cost of the project is an estimated \$900,000. KLRC aims to have the money raised before the end of this year. The radio station launched a campaign called “The Powerful Difference” in mid-August, shortly after the plan was released to the public. Initially, they

mailed out support letters to the community. In mid-September, they held a week-long telethon. For 12 hours employees, extra staff and volunteers answered the buzzing lines. During the telethon, 500 first-time donors called in.

While technology has minimized the need for actual people to answer the phones, Sawatzky said that the station stresses the importance of building relationships with their donors.

Approximately \$564,000 have been raised so far, an

overwhelming majority as a result of the telethon.

KLRC has not currently committed to any other major fundraisers, but Sawatzky did not rule out another telethon next fall.

“We had no idea what to expect,” he said. “Our heads are spinning trying to grasp everything that has happened.”

The end of the station’s support letter states, “A Powerful Difference is coming. Hope will be shared. Hearts will be touched. And thanks to Jesus, we each get to play a role.”

TICKETS continued from Page 1

stage meant more money went toward costumes and setups.

On top of that, Lauderdale said the drama and musical theater departments were striving to put on shows that appealed to University students. As a result, more students are coming.

Last year alone, the departments put on two of the most popular shows in University history: “Into the Woods” and “The Three Musketeers.”

““The Three Musketeers’ kind of blew us out of the water and we used up all of the budgeted amount student development gave us,” Lauderdale said. “We actually lost about \$3,000 on ticket sales because we had to let JBU students in for free.”

Though productions are “bigger and better” with the move to the new building, the department budgets remained the same.

Lauderdale said the money made from ticket sales was vital for keeping the programs alive.

“To lose \$3,000 is just something we knew we wouldn’t be able to handle if it happened on a regular basis,” she said.

Both Lauderdale and student development believed \$3 was a reasonable compromise. Non-university students pay \$8 to \$10 to see each show, senior citizens pay \$10 to \$12, and adults pay \$12 to \$14.

Senior Rebecca Ridings, who has both attended and participated in student productions, said the \$3 was more than worth it.

“Nowhere else ever will you pay \$3 to see the quality shows

we have at JBU,” she said. “For \$3 you can’t go get a coffee at Pour Jon’s, you can’t go see a movie at Siloam 6, and you can’t even pay for gas to go to Fayetteville.”

Others like junior Mikael Seamans think student attendance will suffer with the increase.

“I don’t think I will go to the play for that very reason,” he said. “I am crunching for cash, and when I have it, I don’t want to waste my time at JBU... Yes, students would rather go to a free sporting event rather than spend their Taco Bell or laundry money on a play.”

Lauderdale said her goal is for students to still come see the show as a vital part of education.

“We all wanted to make it affordable for students to continue to come,” she said. “Hopefully we’ve managed that.”

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Mayfield, nurse encourage healthy living

Esther Carey

Managing Editor

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Americans may be fat and happy, but sometimes they cannot even walk around DisneyWorld on their own two feet anymore, said John Brown University’s nurse Rhonda Hostler.

She contrasted the typical American’s health with that of Ugandans or Europeans, as she witnessed during her travels this summer. In other countries, people walk or bicycle everywhere and tend to eat healthier food.

“We are killing our children,” Hostler said. “We have poor eating and poor exercise. In order to be healthy, we need to balance diet, activity and sleep.”

Counselor Jennifer Niles and Hostler talked to the Mayfield women at their monthly dinner on Tuesday about the importance of living a healthy lifestyle. Hostler provided some basic information about dieting, sleeping and exercise. Niles discussed the importance of sunlight exposure, social connections and engaging activities.

Both Niles and Hostler emphasized the need to sleep for eight hours a night.

“Consider it studying time,” Niles said. “The brain best processes information at night

when you are sleeping. Remember that the brain is like a muscle and it is important to give it a break.”

“I see the Industrial Revolution as the second fall,” Niles said. “Our technological advances create problems such as depression in our society. As a result, we live sedentary and stressful lives.”

Three things she talked about can help combat that stress. Sunlight provides the body with Vitamin D, which improves people’s moods. Social interactions, face-to-face rather than over electronic media, encourage people to keep priorities on people rather than achievements. Engaging activities provide people with a way to escape ruminating about negative experiences. Over-thinking about issues tends to drag down people’s attitudes, particularly for women.

Mayfield dorm is hosting a competition during the month of October to encourage and support residents to practice a healthy lifestyle in accordance with the ideas Hostler and Niles introduced. Last year, 25 women turned in forms as participation the event.

Women are encouraged to aim for certain goals in the six areas discussed, earning points by doing so. Prizes will be awarded at the end of the month to the women with the most points.

Resident Director Sarah Erdman aims for the month’s focus to help Mayfield be an extension of the classroom.

“We do not want this to be just a place to have fun,” she said. “We also want students to learn here. Students hear this information a lot, but it is easy to forget about it with everything else they have going on.”

Students need to pay attention to the habits they are forming now and not be complacent, Erdman said. Maintaining healthy lifestyles can become increasingly challenging during mid-terms. Students may be tempted to eat to feel loved, to deal with the figurative weight of classes, to combat seasonal depression, or to deal with being away from their families.

Mayfield’s Resident Hall Association will host workout Wednesdays in the Mayfield basement during October, as it did last year. These evenings will feature a variety of exercise types such as yoga or Zumba.

The University’s administration shares Erdman’s concern about student health, Hostler said. When the school hired her as nurse, people talked to her about how to help students address concerns such as weight loss and depression.

The two often go hand-in-hand,

she said. When students cannot or do not maintain a balance between all of the aspects of a healthy life, their bodies will suffer as a result.

College students face particular challenges with this because their parents are no longer feeding them healthy meals or telling them when to go to bed.

Nurse Rhonda’s Health Suggestions

Dieting (per day):

- Between 1,800 and 2,000 calories.
- Six ounces of whole grains
- Two servings of protein
- Three servings of dairy
- Four servings of fruit and vegetables

Sleep:

- Eight hours per night
- Avoid taking long naps
- Stay on a set sleep schedule

Exercising:

- Aim for 20-30 minutes/day
- Aerobic action is the best
- Do whatever will keep you interested

plans with information from a dietician about how to eat well in the cafeteria.

Hostler said she hopes to keep the number of students in the group between six and eight. In the spring, she is planning to also incorporate counseling, looking at why students overeat, and the services of a physical trainer into the program.

Niles said including counseling in the program is important because emotional issues can often impact people’s physical health, such as their weight.

“Any part of our health that is out of sync will disrupt the whole system of our body,” she said.

The true problem causing a student’s weight issues can often be something deeper. An example is emotional avoidance.

“A student’s perceived chaotic life can manifest itself in his or her weight,” she added.

Anyone interested in participating should email Hostler at rhostler@jbu.edu. They can start by having physicals and blood work completed now ahead of time to check for underlying issues.

“Americans tend to have such stagnant lives,” Hostler said. “One in 10 people has Type II diabetes, and estimates show that by 2050 that could be one in four. We must start living better lives.”

Writer entertains, teaches at “Giving Voice” festival

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Staff Writer

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“Heck yes, I’ve seen miracles. I saw people coming out of my wife!” and “I think periods are fascist, actually,” quipped Brian Doyle, as he held the attention of John Brown University students and showed off his gregarious Irish personality during Thursday’s chapel.

Doyle, an award-winning author, essayist and editor of the University of Portland’s “Portland Magazine,” was here as the creative nonfiction writer of the Univeristy’s annual “Giving Voice” festival. Other speakers at the conference include fiction writer Kevin Brockmeier, poet Gwen Hart, and songwriter Derren Raser.

Giving Voice, a festival of the arts, gives John Brown University’s humanities department a chance to encourage high school and college students to embrace creativity and the written word.

A lunch panel discussion allowed students to pick the brains of the guest speakers. They asked questions about the revision process, where writers get their inspiration, and what to do about writer’s block.

Doyle told students he has “no



ABBY CHESTNUT/The Threefold Advocate

Brian Doyle, award-winning writer, reads his work to students during the University’s “Giving Voice” festival, which took place Sept. 28-29.

patience for writer’s block. I think it’s rather selfish. If you get stuck, then start working on something else. Shoot. Write a letter to your mom, and then just take off the ‘dear mom.’”

The artists then held a time of reading Thursday evening in the Soderquist Business Center.

Notable pieces from the night included a break-up poem from Gwen Hart concerning

the heart-wrenching divide of Barbie and Ken, a short story about finding God’s overcoat by Kevin Brockmeier, Derren Raser’s quest to figure out if “a friend can recover from loving the other” through one of his songs, and a short piece by Doyle about a miracle, the miracle of a child giving a burial at sea to road kill.

Friday was all about the high school students, who attended workshops presented by both professors and guests.

Steve Snediker ran a workshop on stop motion film, and his students actually put together a short project, which they showed at Friday’s final ceremony in Berry Performing Arts Center.

Brian Doyle ran a session on writing creative non-fiction.

Lisa Mayhue, senior and student facilitator, said “There were kids who went in that didn’t want to be in this workshop at all, and yet they left being so excited about writing. Doyle just had the most creative ideas.”

Doyle’s teaching pedagogy included challenging the students to a mental game of lists: names of your seven future kids, activities you are awesome at, your favorite number, your favorite color, your brother’s favorite color.

Gwen Hart led a poetry workshop in which students collaborated on poems in a specific

genre.

Other workshops included a reader’s theatre, run by Jan Lauderdale, and an improvisation class led by Donna Rollene.

Students then had an opportunity to show off their newfound acuity in various art forms. Poetry, improv, the stop motion film and the reader’s theatre each presented their day’s work in a final ceremony.

Out of the Bubble

Discovery Channel crashes jet for research

usatoday.com Oct. 2

The Discovery Channel program “Curiosity” put test dummies and biomedical engineering equipment in a Boeing 727 to test aircraft safety, passanger survival rate and improvements that can be made.

The group crashed the airplane into the Mexican desert on April 27, just before the pilots and engineer parachuted away. Another pilot remotely controlled the crash landing.

Georgia holds first democratic elections

bbc.com Oct. 2

The United States, Russia, and the European Union welcome Georgia’s election results. This is the country’s first democratic transfer of power since the Soviet Union.

In the Bubble

TobyMac Concert

TobyMac, the Diverse City Band and special guests Chris August and Jamie Grace will give a concert on Oct. 5 in the Bill George Arena.

Tickets can be purchased at www.itickets.com or by phone at 1-800-965-9324

Return to Sender

A new art gallery exhibit, “Return to Sender,” will open on Oct. 4 and continue to Nov. 2. The gallery will display alumni art.

For more information, contact Jeannie Abbot at jabbott@jbu.edu.

ENACTUS continued from Page 1

So far, many University students are not sure if the new name is a better name.

“It was personally very shocking to see the new name,” said Estefania Verdin, JBU SIFE’s vice president for marketing. “It maybe is because I was so used to ‘SIFE’ that right now I think any new name is a bad name. I am sure the organization has a good reason for choosing that name and if it is for the well-being of the organization, then people should be flexible and accept the new name.”

In a YouTube video explaining the need for the name change, Rohrs compared it to a new set of clothes.

“For some of us, they’re going to fit perfectly, we’re going to love it at the beginning,” he

en•act•us

entrepreneurial:

having the perspective to see an opportunity and the talent to creatue value from that opportunity

action:

the willingness to do something and the com-mitment to see it through even when the outcome is not guaranteed

us:

a collection of people who see themselves connected in some important way

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EDITORIAL

The Threefold Advocate

Play worth the pennies

THE THREEFOLD’S TAKE ON THE COST FOR CAMPUS PLAYS

TobyMac tickets, intramural team shirts, Fall Break trips— it seems as if everywhere we turn someone else is asking for a piece of our tiny money pie. Now even attending the school plays and musicals, which once was free, will cost students \$3. Students have responded in a multitude of ways, but we at The Threefold Advocate believes it is still worth it.

For starters, attending a production is an educational experience like no other. Just as you need math, science, English and history to round out your schooling, the performing arts play an important role.

Furthermore, seeing a play or a musical of the caliber the University performs will cost you \$30 or more elsewhere. Here your fellow students will give you a quality production for a fraction of that price.

Your fellow students provide another reason for you to pay to see the production. These are your friends and classmates, and they have spent hours and hours of hard work to entertain you. The least you can do is give up one latte at Pour Jon’s to see them perform.

Finally, let’s be honest, few entertainment opportunities exist that cost less than \$3. You can’t go out to eat. You can’t go see a movie. You can’t go bowling. You might be able to Redbox a movie, but that’s probably already getting old. Going to see the freshman play “Sarah, Plain & Tall” will be a cheap, yet quality, experience that will add some diversity to your social life.

So go ahead. Dig around in your couch cushions, break open that piggy bank, and look in the car cup holders to gather up all your spare change. Because we truly believe the student productions are worth more than \$3.



LAUREN ADDINGTON / The Threefold Advocate

Give a helping hand

HELPFUL TIPS ON BEING A SEXUAL ASSAULT FIRST RESPONDER

According to the Center for Disease Control and Prevention estimates, 20 to 25 percent of college women in the United States experience attempted or completed rape while in college. That is a very real and a very frightening statistic. Rape is just a category of sexual assault that affects both the men and women that surround us every day on our university campuses.

The Threefold Advocate condones the efforts by the John Brown University Residence Life staff during sexuality week. It is important for campus leaders to be informed about sexual assault, and to be taught how to effectively take on the role of a first-responder. We also believe that it is a vital issue for the entire campus to know about, and would like to share some of what we learned.

The following steps are guidelines to be followed if a student tells you they have been sexually assaulted. They are not set in stone, but would be a helpful reference.

1. Listen—Listen to what the other student is telling you. Believe what they are saying, and realize this is a serious issue they do not need to face on their own.
2. Inform—There are plenty of steps that can be taken from here for the student to get more help. There are many options out there and steps that will help the student better process, but ensure your peer it is ultimately his or her decision to do something about it.
3. Encourage—JBU provides students with incredible resources. Help the fellow student look into JBU Health Services and the JBU Counseling Center for further help.
4. Document—Write down everything you were told. This will help you when you need to go back over and look at more details. Who? What? Where? When? And Now What? Are all questions that need to be answered if possible.
5. Consult/Debrief—Get help processing what you’ve been told, and help the other student in getting help to process what has happened. It is also important to think about future obligations you may have concerning the other student or the University.

The Threefold Advocate

- advocate.jbu.edu -

STAFF

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

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Homecoming PRESENTS:



J PABLO GARCIA / The Threefold Advocate

Gluten free not so freeing

OPINIONS EDITOR

Shelby DeLay

Being “gluten free” is much easier said than done.

As a junior, I’m required to live on campus, meaning that I have a minimum of at least 12 meals in the cafeteria each week and never really know what that means I might be served that day.

The cafeteria isn’t very gluten free friendly if you ask me.

I have Celiac’s disease—which means I’m allergic to gluten. Wheat, oats, barley... the good stuff in all of the good food. All of the things that makes your food “yummy.”

Statistically one out of every 133 people have celiac, which means that here at JBU there are around 10 undergrad students who have celiac, have to eat in the cafeteria daily, and as a result, have to worry about what is in our food and what could

possibly make us sick.

I know, it doesn’t seem like a big, significant number at all, but when you think about how serious it actually is, then you realize that sticking to a gluten free diet is super important.

I found out this summer that I was Celiac, and it has been nothing less than a life change. I am now “that girl” when I am at the store, having to look twice at things I use to be able to eat with no problem. I am now the one friend in the group that has to read menus for restaurants before we go anywhere and I now have to be super cautious before I eat anything.

I think that the biggest problem I’ve encountered is in the cafeteria. None of the food is labeled. I can stay away from the obvious things: bread, pasta, anything fried and cookies or cake, but the hard part is the things that I do not know about.

I am grateful for the efforts that the people in the cafeteria do go to in order to make sure that what they serve is safe for us who need it. The sandwich makers will change their gloves, I am able to ask questions about what is in most things and they can answer them, but there is always a level of uncertainty that I have to deal with.

What if that one dish is seasoned with something that

has gluten in it?

What if that spoon touched something that I cannot eat?

It is something that I just have to take a chance on.

I think that the school should try to cope with students who have special dietary needs. Gluten is not the only issue here. There are peanut allergies and lactose allergies just to name a few.

We should be able to know what is going into our food each day. Even if that means that there is just a sign in front of the main dish with a warning for major allergies, and we should have the option to opt out of eating in the cafeteria when what is there could harm us even more.

If this were the case in our school’s cafeteria, I would feel a lot more at ease when I walk in, and I know I wouldn’t have to worry about getting sick just from eating there.

DeLay is a junior majoring in journalism. She can be reached at delays@jbu.edu.

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CONTRIBUTOR

Mikael Seamans

Wham! It's only 8:00 a.m. and another girl's hair has gone to the dogs. All that the poor girl wanted was to get to her morning class, but her whole day became ruined when her hair was rudely wacked into a discombobulated mess by a branch.

Nothing says 'good morning' like a good ole whack in the face; right?

Why then? Why there? Why ever would this happen?

It never fails that I will be walking to class from Hutcheson Hall or back to my room, at the humble abode, and a hopeless student runs into a branch on one of the trees that border the walkway along the treacherous hill.

I can't help but sympathize for the poor soul. It isn't their fault. They are not excepting to run into something. Yes, it is common knowledge that the plants that are included in the landscaping around the University would be alive, but should not attack the students.

You may expect something like this to occur at a school like "Hogwarts," but not at John Brown University.

These "Whomping Willows" need to be taken care of.

I have friends who work for ground's that recognize the trees are ridiculously low, but every time I mention that they should work on the trees, they say they have to do their specifically set job. Whose job is it to trim the trees?

Trimming these branches is not something that would take an act of congress to complete and there is no need to call in the military either. There needs to be people, on ground's crew that are assigned to keep up with the tree branches around campus.

It is quite obvious a tree's branches need to be clipped when they are too low, stick out or are dead.

I see people on the ground's crew take hours to sweep up dead leaves off the ground in a parking lot, when they could be using their time in other effective ways, making sure the trees are tended too.

Yes, controlling debris that are on the ground is important. Yes, trimming the bushes and pulling weeds is also important and makes the campus look nice, but when the branches of the trees are below eye level it is an issue.

There are many obstacles in our daily lives and throughout the rest of our lives that we will have to dodge, but branches should not be among them.

I may slightly miss the humorous responses that are put on display each time I make the walk, but would be relieved that I wouldn't have to dodge the trees myself.

On numerous occasions I have run into a branch and as a rebound the branch, which is loaded with berries, pelted the person behind me.

Luckily, I haven't witnessed or received any serious injuries from the trees, but I knock on wood each time the thought of a branch puncturing my eye comes to mind.



Seamans is a junior majoring in public relations. He can be reached at seamansm@jbu.edu

J PABLO GARCIA / The Threefold Advocate

Adventures Abroad

Greetings from the "City of Dreaming Spires"



CONTRIBUTOR

Judi Bell

Sometimes, I'll be riding my bike or drinking a cup of tea when I'm completely overwhelmed by just being here. Oxford is beautiful, and completely lives up to the nickname "City of Dreaming Spires." Every day I walk in the footsteps of men and women who shaped all of Western culture, America included. It's strange to think of the authors, artists and painters who began here and who maybe visited the same coffee shop or studied in the same library. How many thoughts and dreams and stories were inspired here? The buildings are stunning, if a bit intimidating, and people from cultures from all over the world are attracted here, to Oxford's colleges and libraries. The libraries are incredible. Thousands of books on any subject you could ever dream of fill hundreds and hundreds of shelves. This is a place that loves its books.

The program I'm here with, SCIO, has taken us on field trips all around England. There are around 50 of us—all honors scholars from universities all over America. We visited Saint Albans, where the first English martyr lost his head. We traveled to Bath and saw the Roman baths, and then walked the streets where Jane Austen's heroines visited. In London, we saw Big Ben's clock tower, the

Tower of London and listened to Evensong in Saint Paul's Cathedral. My favorite field trip was to Hampton Court Palace, one of King Henry VIII's favorite palaces and the home of some of his six wives, one of whom is still said to haunt an upstairs corridor. The museums in Oxford are filled with artwork by famous painters and artifacts of ancient cultures, and one museum is filled with dinosaur bones found in England.

Tonight, I am taking advantage of the fall break to visit London, where we will watch Shakespeare's "The Taming of the Shrew" in the Globe Theater, which is basically the most awesome thing I've ever done.

It's strange to be in a city where academics and study are not considered a means to an end. At home, the first question anyone asks after learning someone's major is "What will you do with that after college?" Learning here is valued for its own sake. Some things should be studied because of their intrinsic value, not because they lead to a prosperous lifestyle somewhere down the road. It's a very different mindset than that of the United States. Less practical, perhaps, but still so very appealing.

I love it here—the culture, the books, the tea and even the ever-present threat of rain. This semester is going to be challenging—two 2,000- word essays every week—but it will be worth it. I've already learned so much about literature and writing and culture, and I'm so excited to keep living this fantastic adventure!

Bell is a junior majoring in english. She is studying abroad in Oxford, England this semester.



CONTRIBUTOR

Broderick Wilson

John Brown University claims to be a community, but in all honesty, it's nowhere close to the characteristics of a community. If JBU was a "community," every ethnic group here on campus would be acknowledged, treated with respect and appreciated through events, classes and even worship.

Some would argue that JBU is a community for everyone here, but in reality it's only a community for the majority here. As an African-American student here at JBU, I have seen this every day since my freshman year. From being the only African-American in every class to not even acknowledging African-

American worship at chapel.

The majority here will smile in my face or any other minority student here, and in return, talk about us behind our backs and even judge us from afar. People here judge you because you're not like them and look at you like "Why are you here?" or "You don't belong here." I've witnessed this for three years, from students here to even some

and get to know them. It's not easy being a minority student here at JBU, but we try to fit in and interact with people around campus. The least you can do is respond back to us. Just because we have our earphones in our ears or we're talking to other minority students here, doesn't give you the right to not interact with us and get to know us as a people and JBU students.

You'll be surprised how much you learn by just talking with someone outside your ethnic background. As a matter of fact, I challenge every JBU student here to do that this year. If JBU is going to call itself a community, then act like a community. Accept "all" worship styles, accept "all" different backgrounds here on campus, and act like a Christian instead of pretending. The challenge has been issued.

Wilson is a junior majoring in family and human services. He can be reached at wilsonbr@jbu.edu

“Before you judge people different from you, talk to them and get to know them. It’s not easy being a minority student here at JBU, but we try to fit in and interact with the people around campus.”

of the faculty here, from the way they look at me and talk to me.

Before you judge people different than you, talk to them

got opinions?

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

For more information email us at: advocate@jbu.edu or delays@jbu.edu.

Investing in station and listeners

Sean Sawatzky reflects on his past two decades at the University's radio station

Kelsey Gulliver
Lifestyles Editor
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Sean Sawatzky has played an important role in the transformation of the KLRC radio station over the past decade. He is the first full-time employee ever hired by the John Brown University affiliate and is the current general manager. Sawatzky began listening to Christian music when he attended a Christian high school in his hometown of Weatherford, Okla.

“I discovered it was music that was actually relevant to someone my age,” he said. He also interned in radio during his high school years, working at a mainstream, top-40 station during the evenings and broadcasting religious music on Sunday mornings. During his time as a student at the University, Sawatzky quickly plugged into KLRC. The station has changed much since Sawatzky first began working there. In the nineties, the station was primarily an educational training ground; music was not broadcast all day

long and there was no formula for selecting songs. He even remembers running out and picking up his own new tracks to play. Two days after his graduation in 1996, Sawatzky joined the station as program director and was in charge of selecting and scheduling music. He has remained with the organization ever since. The station eventually promoted him to general manager. While this position is more administrative, Sawatzky has grown to appreciate it. Because the staff of KLRC

remains small, Sawatzky fills in where necessary. He maintains a relationship with listeners on his daily shift on air from 10:30-3:30p.m., Monday through Friday. “Radio is very intimate,” Sawatzky said. “People will invite you into their houses in the morning as they are making coffee, before they have talked to anyone else.” As manager, he also establishes relationships with many of the artists the station broadcasts—which he said is one of the perks of working in the radio industry. Some

of his favorite contemporary Christians artists of today include Third Day, MercyMe, Sidewalk Prophets, Rich Mullins, Big Daddy Weave, Needtobreathe and David Crowder Band. “Most artists do live up to your expectations,” he said. “We just had Britt Nicole, and our interaction was great. She’s the real deal. It’s not about her and her band but about what God is doing in people’s lives.” While Sawatzky considers attending concerts and meeting musicians as definite advantages of his job, he said the most rewarding aspect is interacting with listeners. “[Radio] is a good ministry tool,” he explained. “It blows my mind to think that God can use a three-minute song to change a person’s life.” He has listened to many people’s stories over the years, including those of a woman who decided not to have an abortion after all, an inmate who accepted Christ, a person contemplating suicide. As part of the KLRC staff, he intentionally prays for the station’s audience. Sawatzky believes music is so powerful because it is able to spark memories and speak to listeners on an individual level. This is true in his own life. A few years ago, soon after his wife’s stepdad passed away, Sawatzky found encouragement in Third Day’s song, “Cry Out to Jesus.” “The music just had a whole new, fresh meaning,” he said. Outside of his work at KLRC, Sawatzky spends time with his wife, another University graduate, and the couple’s Maltese. He also enjoys riding motorcycles.



Sean Sawatzky sits behind the mic during his daily broadcast from 10:30-3:30. The General Manger of listener-funded KLRC wears many hats within the organization, including disc jockey. Sawatzky said one of his favorite parts of the job is working with such an incredible, close-knit team.

Want to know KLRC's recent fundraising campaign? See page one.

O'Plumstone

An evening at Taqueria El Rancho



CONTRIBUTOR

Samuel Dinger

In the hype and the buzz and the pop of development and new restaurants, there are still the regulars—still normal, still shuffling through Monday, wearing grease-slicked shoes, sweat beads on noses. In back, in the kitchen is the chatter of a language I don’t understand, speedy and poised, muffled by the sliding Plexiglas and the bubbling hot oil and the patting of tortillas and the tending of blackened pots filled with day-long cooking. I encounter a small woman and a small man—he with a dark, clean moustache and she with curly hair, a one-sided smile and tiny restrained diamonds in her eyes—taking orders with kind, distinguishable voices and the same prompts I or anyone else hear when ordering. I order the only thing I know, or care to know-Three Corn Quesadillas- and attend a paint chipped booth filled with friends, awaiting number five. We hear the window to the kitchen world roll open. From behind it, a faint, tired voice says, “Fife.” In the dining room, cluttered with a birthday party and others, my friend and I go up to the tall window and look at eye-level upon the food on the counter like children peeking above the

counter at an ice cream shop. There is this condiment bar with faithful, few ingredients and plastic wares. Chopped white onions with fresh cilantro. Limes. Salsa—red and green. I heap on the onion mixture atop the rice and pile up quarters of limes for squeezing. We sit down together, doctor our dishes (I put the onions on the rice and squeeze on the red salsa and the limes and glop portions of the clean, tangy crema, saving some for dipping the miniature quesadillas), pray and eat. I spend the time between mouthfuls promoting the food and the dish and the restaurant to my friends—as though they were not eating on my left and across the table. The three crisped, salty, greasy tortillas pocket mild, buttery cheese melted around pork (I think it was al pastor. One can choose between beef, chicken, or this pork. They are all good). Some of the cheese melts out and bubbles and turns to a brown crisp on the edges of the semi-circles. I order extra crema since I use it for dipping quesadillas and add it to the rice concoction where the cool cream balances the heat of the red salsa and the herby, sweet onion and cilantro mixture—a reverent, Honduran flavor symphony. Here the food is consistent and humble and honest and uncompromisingly delicious and the service is kind and the food comes quick and it is inexpensive—a combination unmatched in our fair town.

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Alumnus dives into advocacy



Abby Fennema
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Jeremy Seifert, a John Brown University graduate ('99), turned dumpster diving into a social cause. Most see a dumpster as trash, but Seifert sees dumpsters

as the solution to end hunger in America. To demonstrate his point, he produced a documentary released in 2010 entitled "Dive!"

"Dive!" follows Seifert and his friends as they live off of the leftovers from numerous grocery stores.

"We eat like kings," Seifert claims in the documentary.

Each night they set out behind stores such as Trader Joe's, Whole Foods, Safeway and Vons, dumpster diving to find their next meal.

Daily, grocery stores discard large amounts of edible food into the dumpsters. Stores usually dispose of food that is near its expiration date.

"If 854 million people go hungry every day, why are our trash cans filled with food?" the documentary asks.

The answer is simple: convenience. It is easier for grocery stores to dispose of near-expiring food than to redistribute it. In his documentary, Seifert calls companies and consumers to better stewardship. He attacks the issue of redistribution of resources.

A scene in the documentary shows Seifert and his friends contacting local grocery stores on New Year's Eve, collecting their discarded food and redistributing it to a half-way home. This simple act captures the vision Seifert is calling his audience to.

Seifert's passion and

adventurous spirit is nothing new, just redirected. Frank Huebert, director of discipleship, and Seifert's fellow student, remembers him from their University days.

Huebert knew Seifert and his friends for their "stunts and pranks that usually tip-toed over the line."

"It did not really surprise me that he would participate in something as socially questionable

"If 854 million people go hungry every day, why are our trash cans filled with food?" -"Dive!" documentary

as dumpster diving for food," Huebert said. "And though I tended to keep a safe distance from his antics as a student, I always admired his sense of adventure and the full-heartedness with which he approached life."

Seifert's passion for dumpster

diving began a few years ago when some friends came to visit and brought trash bags of delicious food they had hauled out of a dumpster. Their friends shared where the food originated from, inspiring Seifert to follow in their footsteps.

"At the very beginning there is this hump you have to get over," Seifert explained. "You fight this culturally infused sense of shame... but after a few leaps into the dumpster and after acclimating to that unmistakable aroma, you can do it alone. And it becomes as natural as walking into a grocery store."

Seifert does not call his audience to dumpster dive in response to his film. Rather, he asks his followers to write letters to their local grocery stores demanding a change in corporate policy to end food waste.

Seifert is in the process of producing his next documentary focusing on GMOs, genetically modified organisms. Seifert studied English during his time at the University and later received a master's degree from Fuller Theological Seminary.



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Students gain experience on area film set

Adrianne Karasek
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Junior Karson Holbrook and sophomore Angela Morse are skipping classes for two weeks. They both received jobs working on an independent film in northwest Arkansas.

Filming lasts from Sept. 22 to Oct. 6., with locations in Springdale and Fayetteville.

Both students will receive internship credit for their work, and Steve Snediker, associate professor of cinema, is working with them and their other professors to provide tutoring sessions and excused absences.

While Holbrook interviewed for his intern position, Snediker recommended Morse to the executive producer, Jennica Schwartzman, as a production assistant. Morse and Schwartzman exchanged a few emails, and now Morse handles much of the paperwork for the producer.

"The producer, Jennica Schwartzman, contacted me in the spring and said there were four to six positions perfect for students. I let my cinema students know through Facebook and email. Then it was up to them to contact her," Snediker said

"This has been such a great opportunity for me," said Morse. "I am learning so much working on a professional film, and I think I love production work. I never thought I would say that, but I love the organization and paperwork the producing side involves."

Holbrook, who was hired as boom operator, enjoys working with a professional crew.

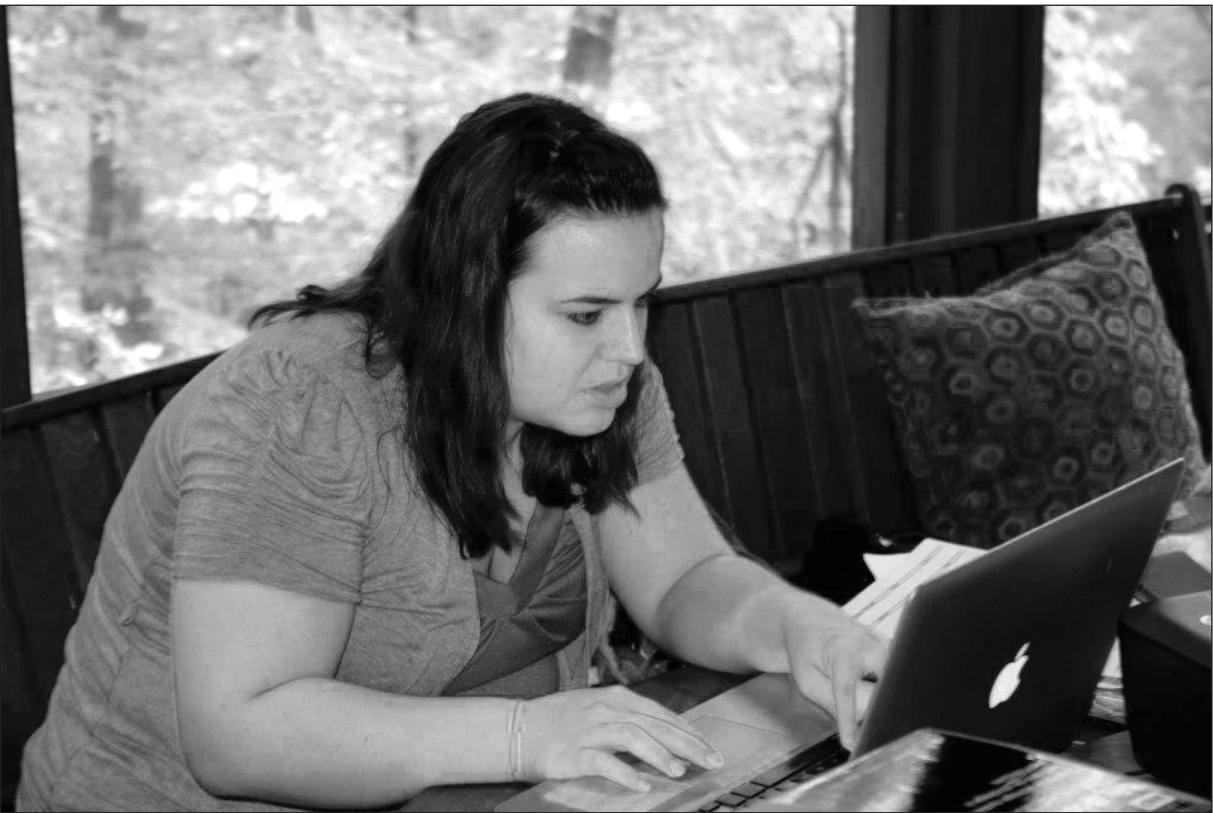
"It's really great, but a lot of hard work," he said. "Literally, we wake up, go to shoot, go home for a late dinner and go to sleep. We have 12-15-hour days."

Coming from the University, Holbrook said, Snediker prepared him well for working on a professional film set.



FACEBOOK PHOTO

Two John Brown University cinematography students work on the movie "Gordon Family Tree." Junior Karson Holbrook and Sophomore Angela Morse are spending two weeks on the film set in northwest Arkansas. Holbrook (above) holds a boom mic during the scenes. Morse takes on a more administrative role. Both work long days, about 12-15 hours.



FACEBOOK PHOTO

"I was very familiar with all the gear they're using," he said. "I know the terminology and set etiquette."

Snediker said, "The more experience you have, the more people you meet, the better it is. It's important to network."

Both Morse and Holbrook said they are learning a lot through this film.

"I am watching people's processes and set-up methods," Holbrook said. "I hope to keep working on films like this to learn the different departments, such as sound, lighting and camera, to find what I like best."

"One of the benefits of these opportunities is to see a real world film experience," Snediker said.

"Getting hired and being a part of this scared me a little," Morse said. "But overall I'm just really excited. I really appreciate learning all this so I can do it again in the future."

The film, "Gordon Family Tree," tells the story of an architect from a successful family who takes a road trip and learns what true success in life is. Two prominent TV actors, one from "Psych" and one from "Home Improvement," represent a part of the cast.

Morse said that Schwartzman is compiling a notebook of how to film in northwest Arkansas for any future filmmakers that travel out from Hollywood.

"Her dream is to inspire a film community here," Morse said. "She loves this area and wants to share it with the film community in California."

Holbrook said a director from Los Angeles visited last week and is considering filming his project in northwest Arkansas this spring.

"I am very excited about the possibility of more films in the area," Holbrook said. "It's important to get real experience on films. This would make it possible for us to get that experience without the trouble of trying to get out to California."

Cross Country wins in Clarksville

Jon Skinner
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At the Ozarks Invitational in Clarksville, Ark. on Saturday, the Golden Eagles men’s and women’s teams placed first and second, respectively.

The win by the men’s team was the first team win for the cross country program.

The men dominated in a 29-point effort in the 8K.

Sophomore Marcos Gutierrez came in second overall for the men at 27:27.

Juniors Tekste Gebreslasse (third), Caleb Fuller (seventh) and freshman Kenny Crane (eighth) also placed in the top 10.

For the women’s team, junior Melissa Roth led the Lady Eagles with a 19:52 run, good for a fourth place finish in the 5K.

“I was really pleased,” said Roth. “I was hoping to drop time

and I did.”

Sophomore Kari Miller (eighth) and junior Valerie Kliewer (ninth) also placed in the top 10, helping JBU to a 64-point second place effort, just outpacing the 69 points of Henderson State.

Roth, Miller and Kliewer all had personal records.

The win came after the team struggled in their last two races due to weather, according to Roth.

“It was a good race just to see we are improving,” she said.

Next up for both teams is the Oklahoma Baptist Invitational, which will be the first meet where the Eagles will see many of their conference opponents.

“The next meet will be good to measure where we’re at with other conference teams,” said Roth.

“I want to see how we are doing compared to other schools,” said Gutierrez.

The OBU Invitational will be Oct 6 in Shawnee, Okla.

SUBMITTED BY KYLE SCHMIDT

The Men’s Cross Country team shows their first place plaque. The men’s team won their first team meet and had at least one runner reach his personal record. The ladies finished in second with most of their runners reaching their season personal record.

Athlete

of the

Week

Marcos Gutierrez

Cross Country

Marcos Gutierrez came in second at the Ozarks Invitational, leading John Brown’s men’s team to its first ever team victory at a meet. Gutierrez had a time of 27:27 in the 8K race.

Women’s soccer ready for USAO

RON ASBILL/The Threefold Advocate

Sophomore Casey O’Brien fights with two defenders and the goalie for possession.

Jon Skinner
Sports Editor
skinnerjj@jbu.edu

In their last game the Lady Eagles snapped a winning streak.

Now, on Homecoming weekend, they will look to start a new one.

The Eagles will try to recover from a defeat to Oklahoma Baptist and earn their first conference win in a game against the University of Science and Arts of Oklahoma.

“The game being homecoming makes it fun for all of us,” said women’s head coach Scott Marksberry. “We want to represent how we’ve been playing well.”

A 3-0 defeat to OBU last Thursday in JBU’s conference opener snapped an Eagle five-game winning streak.

“I thought we played a pretty good game,” said Marksberry. “We did a lot of things defensively and in the middle of the field that we wanted to do.”

The Lady Eagle defense allowed three goals, which is three times what they had allowed during their entire winning streak.

“We played really well defensively for most of the game but we had one moment [in the 55th minute] where we left [Bison junior midfieder Elisa Brito] wide open for a goal,” said Marksberry. “That kind of shook us.”

After that, the Bison scored twice more to put the game out of reach.

The Lady Eagle offense, by leading scorers sophomore forward Laura Garcia and junior midfielder Whitney Brannan, will be coming off their first scoreless game of the season.

The Drovers will come in with a seven-game winning streak after defeating Rogers State 3-2 in overtime last Tuesday.

Sophomore forward Linda Addo and senior forward Calli Cooper headlines USAO.

Addo has a team-high six goals and Cooper leads in points with 15.

“They are very athletic, fast and hardworking team,” said Marksberry. “They have a gritty determination.”

JBU and USAO will play at 1 p.m. at Alumni Field on Saturday.

WELCOME TO THE SAC

Meet the newest members of the Sooner Athletic Conference

<div>TEXAS WESLEYAN UNIVERSITY</div> <div>RAMS</div> <div><p>Location: Fort Worth, Texas</p><p>Founded: 1890</p><p>Enrollment: 3,378 Students</p><p>Previous Conference: Red River Athletic Conference</p><p>Notable Sport: Table Tennis-</p><p>Texas Wesleyan has won nine consecutive Collegiate Table Tennis National Championships.</p></div>	<div>SOUTHWESTERN CHRISTIAN UNIVERSITY</div> <div>EAGLES</div> <div><p>Location: Bethany, Oklahoma</p><p>Founded: 1946</p><p>Enrollment: 673 Students</p><p>Previous Conference: Midlands Collegiate Athletic Conference</p><p>Notable Sport: Softball-</p><p>In their inaugural season the Lady Eagles placed second in the NCCAA Regional Tournament.</p></div>	<div>SOUTHWESTERN ASSEMBLIES OF GOD UNIVERSITY</div> <div>LIONS</div> <div><p>Location: Waxahachie, Texas</p><p>Founded: 1927</p><p>Enrollment: 2,013 Students</p><p>Previous Conference: Red River Athletic Conference</p><p>Notable Sport: Men’s Basketball-</p><p>The Lions finished an all-time best fourth in the RRAC last season with a record of 16-8.</p></div>	<div>NORTHWOOD UNIVERSITY AT CEDAR HILL</div> <div>KNIGHTS</div> <div><p>Location: Cedar Hill, Texas</p><p>Founded: 1966</p><p>Enrollment: 1,500 Students</p><p>Previous Conference: Red River Athletic Conference</p><p>Notable Sport: Baseball and Softball-</p><p>NU’s Baseball and Softball teams both have won the RRAC tournament twice in the last four years.</p></div>
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