



Intramural intensity p.8



Library's lifespan in question p.7

The Threefold Advocate



Thursday, October 16, 2014

Issue 6, Volume 80

advocate.jbu.edu

Siloam Springs, Ark.

New generation lacks voting drive

SARAH WHITE
Contributor
whitesj@jbu.edu

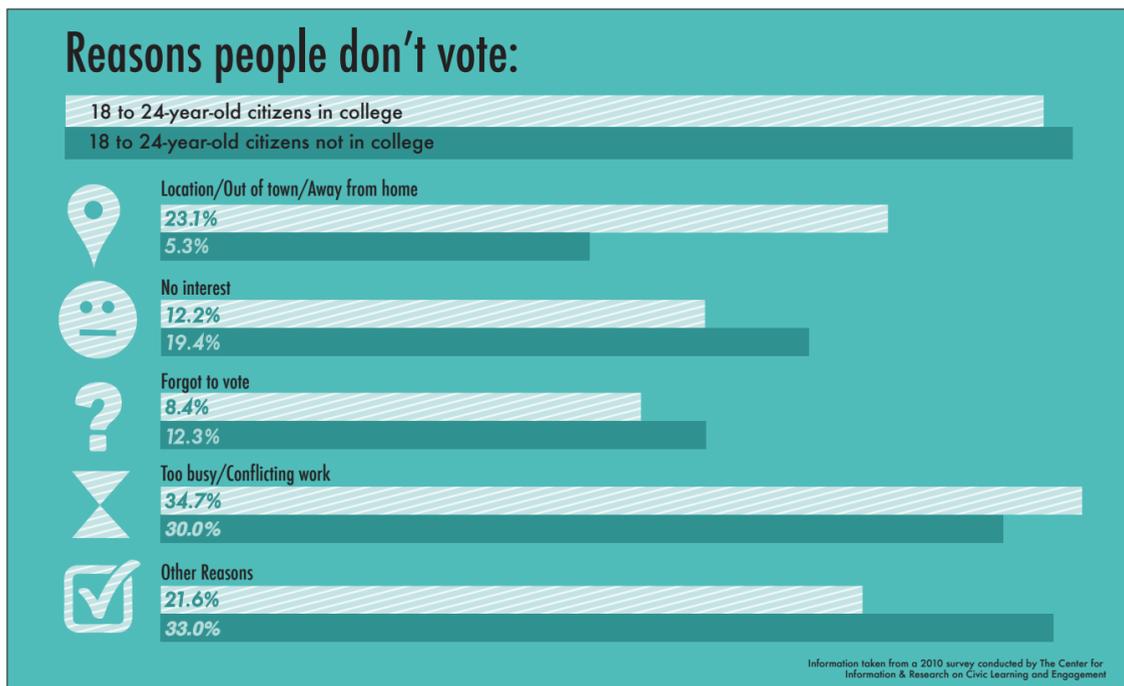
Men and women between the ages of 18 to 24 decreased their participation in the electorate between 2010 and 2012, according to the Center for Information and Research on Civic Learning and Engagement. Citizens within this age range made up 8.5 percent of the electorate in the 2012 election, one percentage point lower than in 2010.

The overall percentage of student voters has also decreased since the last presidential election. According to the Center, 51 percent voted in 2008 while only 45 percent voted in 2012.

With midterm elections less than one month away, John Brown University students must soon decide how they will contribute to the statistic.

JBU students have varying opinions concerning why the youth vote is so low.

"Students do not vote because they do not know where they stand,"



Sophomore Abby Servaes said.

Senior Jessica Foley agreed that many students have yet to make up their minds about what they believe and are in the process of separating their own views from those of their parents, making them unsure of which side to support during the election.

"Many students

think they have better things to do than vote and pay attention to the government," Servaes said.

The Center agreed with this statement and said that one way to increase student turnout is to provide them with information.

Freshman Myriah Yam said she has not yet registered to vote,

Graphic by ALYSSA SCHOENWALD/The Threefold Advocate

describing the process as confusing.

The Center stated that students do have a lower registration rate than older age groups. However, registering to vote is heavily related with student turnout, and research showed that only 84 percent of registered voters between the ages of 18 and 29 actually go to the polls.

Yam also said students are probably a bit lazy and feel as if their votes will not matter. This makes them feel as if it is not worth the effort, especially considering the work they must put forth to register to vote and research the candidates and issues presented.

"Even though students do not feel like their votes matter, they do," Yam said.

The Center pushed that college-age students can influence the results of an election, showing that the number of youth eligible to vote is actually larger than that of the elderly population.

Professor of political science Frank Niles said JBU students are similar to their college peers and are especially not interested in politics.

One way to become involved in politics is for students to engage in class work that requires political interaction, Niles said.

Another way of thinking about politics is to consider it in terms of social justice—an area in which JBU students have shown particular interest, Niles said. He highlighted that social justice translates into politics since many social justice fixes have come through government.

Another way to encourage student engagement is to think about how citizens live out their cultural mandate through political involvement, Niles said.

Women lead ranks in biblical Great Commission

HANNAH WRIGHT
Staff Writer
wrightj@jbu.edu

Nearly two-thirds of missionaries are female, according to "Women in Mission," an essay in the Perspectives Reader on the World Christian Movement.

This statistic seems counter-intuitive to some, but since the Civil War, women, especially unmarried women, have dominated the mission field.

The essay suggests that women began flocking to missions after the Civil War because many were widows or had lost so many men in their community that they viewed marriage as an unlikely prospect. Many missions opportunities opened up for women out of necessity, and remained available even after men began coming back to missions.

Why haven't the numbers stabilized? Why do women missionaries, especially single women missionaries, continue to flock to the field?

"I sometimes wonder if it's because women are more in tune to God's voice," said Ed Klotz, professor emeritus of intercultural studies. "I hate to generalize on that question. It's more of a feeling, really."

Jarra Woods, a sophomore in the intercultural studies program, agreed that women may be more sensitive than men. She argued, however, that this sensitivity results more from culture than it

does from God's call.

Or perhaps, as the essay suggests, it is that female missionaries last longer, tending to persevere more in the face of trouble than do men.

Woods said that gender roles may play a factor in why men do not respond

explained it is more difficult for a wife to convince her husband to leave for the mission field rather than the other way around.

"A man could entice his wife along, but I don't think a woman could entice a man," Arrington said. "If a woman feels called to

the family's calling, but the woman's calling is not. I can't say if it's a good thing or a bad thing, but it is a thing."

Perhaps, she added, single men have better marriage prospects on the mission field than single women, citing a kind of

On the contrary, she feels encouraged by the fact that though she may go out onto the mission field by herself, she will not be the first to do so.

"I was very impressed with their dedication, their service, and their abilities to relate to other people," Klotz

a woman she knew who felt a strong call to China, but also desperately wished to get married.

After spending a little time in China, this woman met and married someone while on furlough, and hasn't been back to the mission field since.



2/3

of missionaries are
w.o.m.e.n

Graphic by ALYSSA SCHOENWALD/The Threefold Advocate

as eagerly to God's call to missions.

"Young men tend to be pushed into more practical professions," she said. "Teaching and the arts are considered less practical, and so is missions. We're still pretty segregated in terms of gender roles, and if someone steps out of that they get bullied back into their little corner."

Aminta Arrington, assistant professor of intercultural studies, said gender roles play a significant role in the call to missions, particularly within a marriage situation. She

missions, marriage is going to be the end of that calling, and either she goes single or she doesn't go at all."

It is rare, Arrington said, for both a husband and wife to feel the call to a missionary lifestyle. She said this truth has played out in her own life, explaining how, before she and her family spent eight years in China, she felt called long before her husband did. If her husband hadn't eventually felt called to go overseas, they probably would never have left for China, Arrington said.

"The man's calling is

attractiveness that comes with a strong spiritual man that doesn't necessarily accompany a woman.

Is the disparity a problem? Is there something in missions that needs to be amended?

"I don't feel like I have the right to say it's a good thing or a bad thing because I don't have a say in who's called," said Mick Silvers, a junior in the intercultural studies program. "I don't know how you determine that. In some degree, everyone is called."

Woods does not see the numbers as a problem.

said, speaking of the female missionaries he came into contact with in his twenty-two years in Africa.

Klotz said that the trouble single female missionaries face is not their gender, but their singleness, and that this is a problem that faces single male missionaries as well.

"You face a degree of loneliness," Klotz said. "That's one of the main challenges that singles face, but that seems to be amplified when you're on the mission field."

But singleness may bring advantages as well. Arrington recounts a story of

"I remember saying to her, why aren't you embracing your singleness?" Arrington said. "If you're single, there's freedom to live out your calling."

Silvers agreed. He mentioned the idea that marriage can split one's focus on the mission field, and lead to neglect of either missions duties or family duties.

Woods said she recognizes these challenges and is ready to face them.

"Regardless of marital status, my plan is to do missions," Woods said.

Ebola spreads, U.S. continues preventative action

SETH BURGETT
Staff Writer
burgetts@jbu.edu

An estimated 8,000 total cases of infection and a resulting 4,450 deaths make 2014's Ebola outbreak the most deadly ever. The outbreak's magnitude leaves many with concerns, and various news outlets have capitalized on the inherent fear associated, overstating the risk of treating American Ebola patients in Dallas, Texas and Atlanta, Ga. One news organization used a helicopter to follow the ambulance of American doctor Kent Brantly, who had contracted the disease. Leslie Savan, staff writer for the U.S. magazine, the Nation, drew parallels from such coverage to O.J. Simpson's infamous white bronco car chase. Politicians are also using the Ebola outbreak in West Africa to further personal agendas. Georgia congressman Phil Gingrey used the Ebola outbreak in West Africa to talk about the recent "influx of unaccompanied children and their subsequent transfer to other parts of the country." Gingrey called for "immediate action" in response to the "reports of illegal immigrants carrying deadly diseases such as swine flu, dengue fever, Ebola virus and tuberculosis." With similar news

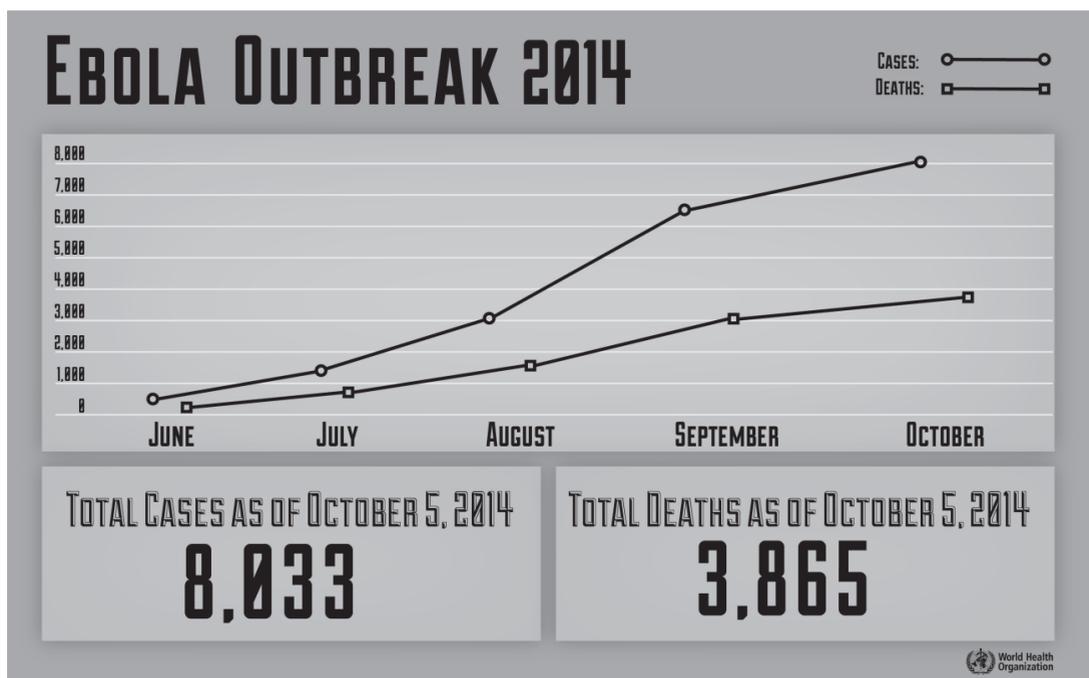
floating around social media, one could find many reasons to worry. The Center for Disease Control, though, has a message: Do not panic. Dr. Tom Frieden, director of the CDC said, "Ebola can be scary. But there's all the difference in the world between the U.S. and parts of Africa where Ebola is spreading." "While it is not impossible that there could be additional cases associated with this patient in the coming weeks, I have no doubt that we will contain this," Frieden said. Sensationalizing the presence of Ebola patients in the US and using the inherent fear of outbreak for political gain moves public attention away from reality in West Africa. Dr. Brantly described what he saw in a five-page address to the United States Senate, "I witnessed the horror... the intense pain and humiliation of those who suffer with it, the irrational fear and superstition that pervades communities and the violence and unrest that now threatens entire nations." Dr. Brantly contracted the disease eight months after moving to Liberia as a medical missionary, and three months after the initial reports of Ebola in the region, "I became a patient." "Even though I knew most of my caretakers, I could see nothing but their eyes through

their protective goggles when they came to treat me. I experienced the humiliation of losing control of my bodily functions and faced the horror of vomiting blood." Dr. Brantly described the grueling work. Workers wear plastic, personal protective suits in temperatures often reaching 115 degrees. Treatment of one individual requires 30 minutes from a team of three to five people due to the safety protocols necessary for so infectious a disease, and the outbreak has overwhelmed treatment centers. Workers rely on commercial airlines

to deliver supplies, and few commercial jets fly to the area. Dr. Brantly called for assistance from the US Airforce, "Our military is the only global force with the capacity to immediately and effectively mobilize this kind of logistical support. We cannot turn the tide of this disease without regular flights of personnel and large cargo loads of equipment and supplies." According to the CDC, health workers can isolate patients and contain Ebola. In the U.S. where health centers everywhere have prepared to receive

Ebola patients like the one who contracted in Africa and was diagnosed in Dallas, containment is not an issue. In West Africa, patients often go into hiding. Dr. Brantly and his fellow aid workers know the issue well, "We know that the virus is being spread primarily by those who are unwilling or unable to go to an Ebola Treatment Unit. Many Ebola-positive people are staying at home and even hiding when they become ill." "Because of fear and superstition, their family members either abandon them or lovingly tend to them in ways

that almost always result in the infection of the caregivers." If Ebola is to be stopped in West Africa, patients need more workers, and workers need more supplies and facilities. According to Dr. Brantly the US needs to focus its attention on West Africa and providing aid. Should the U.S. not give proper attention to Ebola where the problem lies, Dr. Brantly said, "We cannot fool ourselves into thinking that the vast moat of the Atlantic Ocean will keep the flames away from our shores."



ALYSSA SCHOENWALD/The Threefold Advocate

Gender equality from a biblical perspective

BECKY WATTS
Staff Writer
watts@jbu.edu

Gender equality is an issue that is gaining new attention due to the HeForShe Twitter Campaign led by UN Women. Actress Emma Watson is part of this campaign, and in her speech to the United Nations, she discussed the controversy around the word "feminist". At John Brown University, students have given several different definitions, for the word feminism, such as "controlling, angry, women trying to dominate men" overbearing and advocate for gender equality. "Empowerment and equality. A feminist is someone who wants to live in a progressive world," said junior Ariel Lyon. "A girl who thinks she can defeat a man at everything and that a woman is more powerful than a man," said freshmen Holly Kindermann. "Confidence. I am a feminist, and most people think about feminists in a negative light," said sophomore Sara Lachance. "I don't like the word feminist, it sounds too one sided. It should just be equality," said junior Jake Lemons. The common definition for a feminist, or feminism, according to the Merriam-Webster Dictionary is "the theory of the political, economic, and social

equality of the sexes." In her speech, Emma Watson uses this term to focus on the issue

not attending school, 39 million are girls. In Nigeria alone there are 5 and a half million girls

for man and woman) were equal partners in the garden. In fact, there is no hint of hierarchy

is how she is the same as him. He recognizes her as resembling him. Essentially, the man is saying 'this is the one who fits me,' Castleman said.

Castleman explained how humanity deals with the consequences of the fall daily.

"In Genesis 3 God outlines the consequences of the fall: that the man will be over the woman, and the woman will have this manipulative longing for the man, but it is a disruptive relationship," Castleman said.

"So God has set these three basic consequences out, but what is interesting to me is that we don't question the use of tools to push back against the consequence of toil; we don't push against the use of pain medication for helping women in childbirth, but somehow we set in concrete the hierarchy of male dominance. Then we say that's how it is supposed to be."

The Apostle Paul in his letters said much about the relationship

in the church. Randy Peterson, the author of the article "What About Paul?," reexamines Galatians 3:28.

This is the scripture where Paul writes "There is neither Jew or Greek, slave or free, male and female, for you are all one in Christ Jesus."

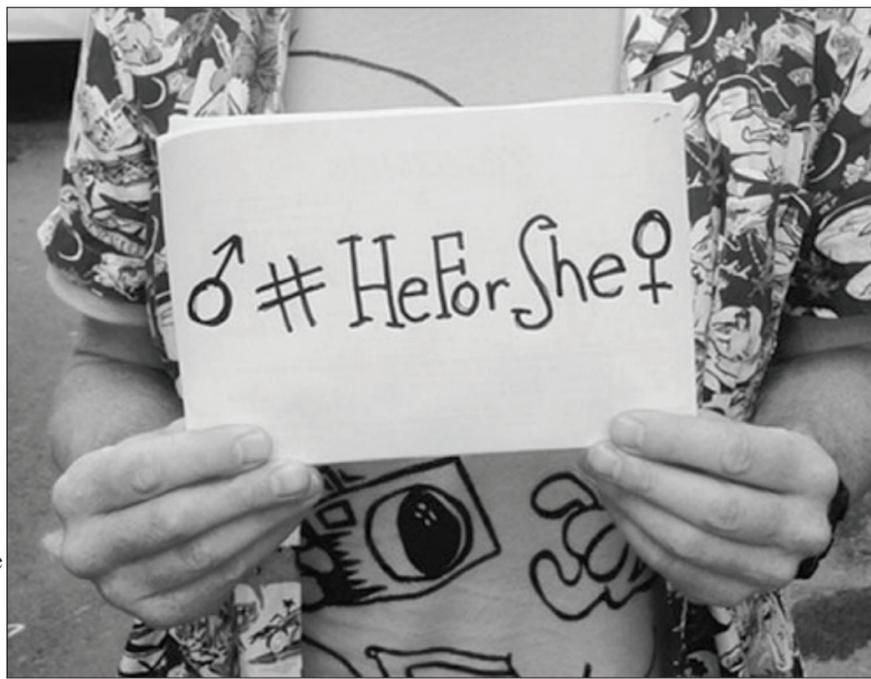
Peterson points out that this statement does not intend to comment on the relationship between men and women, but to emphasize that "we are all one in God's eyes."

Paul not only had women participating in the leadership roles of the early church, but he also wanted those women to be educated.

"I believe in the power of spiritual gifts, and that God gives spiritual gifts to all people. I am completely comfortable with a woman being a church leader if that woman has been given those spiritual gifts," Jacob Stratman said, professor of English at the University.

Castleman said when the discussion of gender equality is finished, it all comes back to becoming a servant.

"If Jesus is equal to God, which he is, and if men and women are equals, as a Christian what do I do with that equality? I empty myself. Have this mind in you which was in Christ Jesus, Philippians 2, who though he was equal in God counted this equality not something to be exploited for his own benefit, but humbled himself and took on the role of a servant," Castleman said.



Courtesy of THE TELEGRAPH /@simonpegg

of gender equality in the world and equality for education. The World Wide Atlas of Gender Equality in Education published by the United Nations Educational, Scientific, and Cultural Organization states that, "Education is a fundamental human right—one that all individuals are entitled to enjoy whatever the circumstances in which they live—that also brings important benefits to human society as a whole." According to the UN of the 774 million illiterates globally two-thirds are women. Of the 72 million children of primary school age who are

not in school, in Pakistan there are over 3 million, and in Ethiopia there are over 1 million. The HeForShe campaign seeks to spread awareness of this problem. HeForShe describes itself as "a solidarity movement for gender equality that brings together one half of humanity in support of the other half of humanity, for the benefit of all." What does this mean for the spiritual implications of gender inequality? Robbie Castleman, professor of bible and theology, explored what gender equality looks like in Scripture. "The way that Genesis 2 reads is very clear that *ish* and *isha* (Hebrew

until after the fall. "Hierarchical relationships between the genders are a result of the fall and not by divine design," Castleman said.

"If Jesus is equal to God, which he is, and if men and women are equals, as a Christian what do I do with that equality?"

-Robbie Castleman

"What *ish* celebrates when he sees the woman

between men and women and women's roles

Measuring the cost with the reward Graduate school pays off with experience despite debt

SETH BURGETT
Staff Writer
burgetts@jbu.edu

Millennials are defined as the generation born between 1981 and 2004. There lies a stigma associated with the millennial generation.

About half of the millennial generation has been alive long enough to graduate from college.

Though statistics show that college is paying off, a Pew Research study on the economic value of college degrees said, "On virtually every measure of economic well-being and career attainment, young college graduates are outperforming their peers with less education."

The study also concluded that the debt incurred over the course of college was worthwhile, "About nine-in-ten with at least a bachelor's degree say college has already paid off (72 percent) or will pay off in the future (17 percent)."

Studying the associations between college degrees and income, Pew Research

says that, in the end, graduate school does pay more. Additionally, the study showed, "The earnings of young workers with advanced degrees have grown even more than the earnings of those with bachelor's degrees."

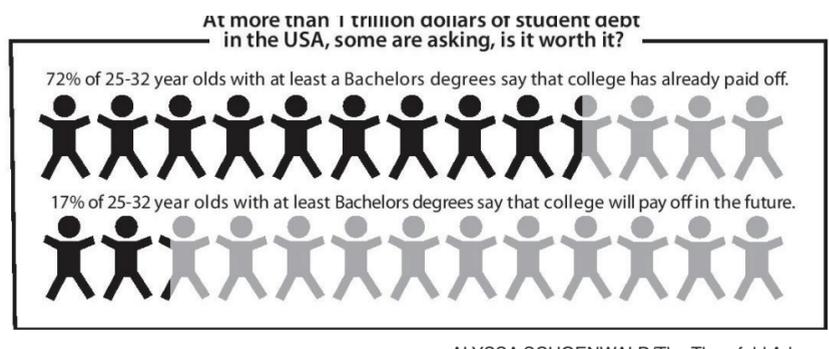
Despite accusations of narcissism and a general lack of regard, college-educated millennials are doing well in the job market when they can find jobs.

Those without a college education, though, are facing unemployment rates far higher than ever before.

Another Pew study found a 12.2 percent unemployment rate among those with only a high school diploma. A two-year degree lowers that rate to 8.1 percent, and those with college degrees face only a 3.8 percent unemployment rate.

Despite the positive earnings and job numbers, millennials find themselves with enormous amounts of debt.

"At more than \$1 trillion, student loan debt in this country is



ALYSSA SCHOENWALD/The Threefold Advocate

bigger than credit card debt," NPR noted in a story on their radio cast, Morning Edition.

This means that, for those with a bachelor's degree, graduate school may not seem like an option.

Writing for forbes.com, Raymond James said, "The decision isn't always about earning more money. For some fields like law, science or medicine, a graduate degree is a necessary stepping stone to gain employment," James said.

"For other fields such as business and technology, graduate school presents an opportunity to cultivate your skill set, change career directions and explore your passions."

If there isn't already a career in place, grad school may not be the best option, especially considering the ample amounts of debt one may have accrued in undergrad.

However, Patty Kirk, John Brown University English professor, said, "When I think students are grad school material, it's my expectation that they have a good shot at getting in. They'd excel in graduate coursework and they're likely to eventually turn the degree into gainful employment in a field they love."

"Typically you have to pay for an MA, but with a straight-through program, you get everything for free," Kirk said.

If a graduate program

wants you, they'll make it possible for you to get your degree without your having to pay tuition."

"Not only that, but they'll pay you enough to live on for teaching lower level courses as a graduate TA. That's a win-win situation for the graduate student and the university," she said.

"Grad school is so wonderful, if you do it right," Kirk said. "You get to hang out with such interesting, like-minded people, get to study and get to learn so much more deeply and meaningfully, and the whole time you get paid to be there. What could be better?"

May 2013 JBU graduate Megan Toney started grad school this fall at Washington

University in St. Louis, one of the top programs in the country for social work.

Toney said that, because it is a top program, most of her fellow students are driven individuals and passionate about what they are studying, contradicting most stereotypes regarding millennials.

Like most post-college millennials, Toney accrued a certain amount of debt in undergrad, but does not regret her time at JBU. Before making a decision on grad school, she talked with friends who had finished graduate degrees.

"I tried to get an informed picture. 'Tell me about your life now that you are out, and do you regret it at all?' was essentially what I wanted to know."

"After talking with people, I got a fairly unanimous response that they don't regret taking out that debt in order to get their degree," a surprising response, Toney said.

Statistically good graduate schools pay off.

Couple highlights vices and virtues in relationships

SETH BURGETT
Staff Writer
burgetts@jbu.edu

Relationship week brought Jeff and Debby McElroy to the John Brown University campus for three days last week.

The couple said they are always glad to be on college campuses, and especially JBU. They spoke on relationships ranging from the everyday intrapersonal to the relationship between married couples.

The couple started out like most college graduates, moving from university life into steady, job-oriented career choices. Mrs. McElroy worked as a music teacher, and Mr. McElroy worked at IBM with intent to pursue a career in law.

"I'd always thought the way to happiness and a great lifestyle was by pursuing a career in corporate law," Mr. McElroy said on the couple's website, foreverfamilies.com.

According to their website, the McElroys decided to leave their jobs

in 1989 and "by 1991, their conferences were in such demand, they were on the road more than they were home. So they gave it up."

"With a six-month-old of their own, they sold their home, paid off their debt, and began searching for a travel trailer so they could take home with them," the couple said.

A sudden move from secure, corporate jobs to touring less-guaranteed conferences across the US may seem abrupt, but Mr. McElroy said, "We just couldn't stand by and watch what was happening to kids as their families were falling apart."

Since 1989, the McElroys have put on conferences for families, married couples and anyone interested in improving their relationships.

"We love being on college campuses. I ask the RAs, 'When you hear being in a relationship, what does that mean?'" said Mrs. McElroy.

"Immediately, people said, 'Boyfriend-girlfriend,'" she continued, "But relationship is a lot more than that."

Mr. McElroy added, "It's not just about marriage. That's not our only message here, especially with the CRE



GRACE NAST /The Threefold Advocate
Jeff and Debby McElroy act out a skit in chapel Thursday for Forever Families ministries.

being the launching pad on campus." "We love their view that we all have one thing

in common: we're all in relationships and the success of everything we will ever do in our life rests on our ability to

essential aspect to having good relationships.

"I know in chapel, they've been teaching a lot about the vices and virtues. The reason those virtues are virtuous is because they enrich every relationship. The vices are vices because they are all relationship destroyers," Mr. McElroy said.

When asked 'how does one exhibit virtues over the vices?' and 'What is the bridge between God and the virtues in our lives?' the McElroy's answered, "Surrender."

The couple pointed out that most conflicts in relationships stem from a conflict of wills, and that it is not necessarily a conflict of person-to-person wills, but a conflict of person-to-God.

"God's call for us to submit to each other out of reverence for Christ is one of the hardest things in relationships, period, not just between a boyfriend or girlfriend, or husband and wife," Mrs. McElroy said.

"It is being able to say, 'You know, I should ask' someone else about that, not just thinking 'I've got the answer for

everything,' Mrs. McElroy said, "It's hard because we're taught to be strong and independent, but we're taught to submit to God. It's hard because it goes against our flesh."

This idea, they said, can even help heal the atmosphere in high conflict relationships. Mrs. McElroy said, "Even if only one of you submits to God [in a conflict situation], it's still going to change the relationship in a positive way."

"Personally, for me, that was hard," Mrs. McElroy admitted.

"Whether it was with my siblings or parents, I needed to prove myself. This caused conflict in my relationships until God finally said, 'You have no right to be right all of the time. You are not paying attention to what I'm asking you to pay attention to you. Be right with me, and I'll take care of letting those people know whether you were right or not, whether it even matters.'"

The McElroys are adamant that God can help heal relationships, and next week, will be taking their message to China.

Smartwatch skepticism could affect sales

KELLY ESCARCEGA
Staff Writer
escarcegak@jbu.edu

It is no surprise that smartwatches are the new up-and-coming product on the market. It started with small manufacturers like Pebble and Megawatch and now even big companies like Sony, Samsung and LG have produced smartwatches.

Some, however, are skeptical as to how useful these watches can be.

An article by the Business Insider about the "classic wrist watch" stated that,

"Brands like A. Lange & Söhne, Piaget, Harry Winston and Rolex all continue to excel and are showing no signs of slowing down despite the potential

added competition of the tech giants."

Much of the popularity of wristwatches comes with the nostalgia of passing on a wristwatch and also as a habit of wearing them frequently. Most smartwatches can receive phone calls, send text messages and use apps.

Some can even take pictures. They are also used as an "activity tracker" and most obviously, they can tell time.

Some, however, find all those uses unnecessary. "I think they're kind of ridiculous," said sophomore, Elissa Branum.

She is worried that this phenomenon could become another burden for those who are already addicted to technology. She says that it's not good for

someone to be constantly connected to technology.

However, there are those who would appreciate the convenience of a smartphone, a watch and an activity tracker.

Alyssa Bowerman, sophomore, enthusiastically expressed her support for the smartwatch and laments only that they tend to be too expensive for college students.

She says that yes, she would get a smartwatch. "Because, I'm on the go constantly. And I run out my phone battery because I have to use it for everything."

She says it would be convenient for having to communicate with multiple people and keeping up with them because a watch is always on a person. "I would find it

very practical for me," Bowerman said.

"According to a Parks Associates survey released in June of this year, just 4 percent of U.S. broadband households say they are very likely

to purchase a smartwatch in the next 12 months," said consumerreport.org.

It is predicted that as the availability of smartwatches becomes more widespread and as they become less

expensive, there is a possibility for an increase in sales.

Eventually the status of the smartwatch will become something less like a commodity and more like the common wristwatch.



Courtesy of EXTREMETECH.COM

Celebrity crises:

We should not mock their struggles

When Robin Williams committed suicide earlier this year, everyone was suddenly involved in the family's private affairs. Everyone is discussing Jennifer Lawrence's nude photos, and, as she told Vanity Fair, even people she knew and loved had looked at the photos. Now Amanda Bynes is lighting up Twitter with her recent hospitalization from mental illness.

These instances, publicized by the media, quickly become feeding material for bored internet users, celebrity fans and the general public. Soon everyone has heard about the latest drama involving Lindsay Lohan, and private affairs are opened up for everyone to see.

While many of these celebrities choose to make their lives open books, we The Threefold Advocate are disgusted by the cruel jokes and careless comments that so many people make about celebrities.

The recent incident with Amanda Bynes, for instance, has caused a stir both online and in print. Many people are making jokes about her being insane, crazy or a drug addict and commenting on her appearance. This kind of behavior is pathetic and thoughtless, and if you are taking part in this, we The Threefold Advocate urge you to stop and think about what you are saying.

Is the joke you have to tell or comment or post going to make the situation any better? Are you going to help the person in trouble, or hurt them even more? Even if it is online, this negative talk needs to stop, especially when the celebrity involved may be in trouble through no fault of their own.

Judging people based on their appearance is often criticized, yet judging people based on their mental state is a less popular topic. Mental health in general is often considered a taboo topic, something that is slowly changing. However, we know that it is wrong to speak ill of any person. Why should we make an exception for celebrities?

Many people use the argument that celebrities choose to put their lives on show, but it is clear that this is not always the case. Paparazzi and hackers often seek out unflattering photos of celebrities, or try to find private information to make them look bad.

Celebrities are always in the spotlight, sometimes for positive reasons and sometimes for negative. Despite your feelings about them, it is important to remember that they are people, with families and feelings. They may have chosen to be in the spotlight, or perhaps they did not, but that is no excuse for ridiculing, harassing or demeaning them.

Keep in touch:

Don't forget family and friends at home

Coming to college is overwhelming, even for returning students. There's packing to do, arrangements to make, schedules to put in order and shopping to get done. In addition to stress there is also excitement. You get to make new friends and see old ones. Depending on your personality, this may come easily or with great difficulty for you.

For some it is easy to get involved in school, new friends and the excitement of college life. Sometimes calling home or keeping in touch with high school friends can be a challenge, or the last item on your to-do list. For others it is the first thing they think of, and they have more Skype sessions than classes.

No matter which attitude you are more inclined to take, eventually there comes a time in the school year when things get crazy. You start to feel overwhelmed, and making time for your old friends and family can become a chore rather than a highlight of your day.

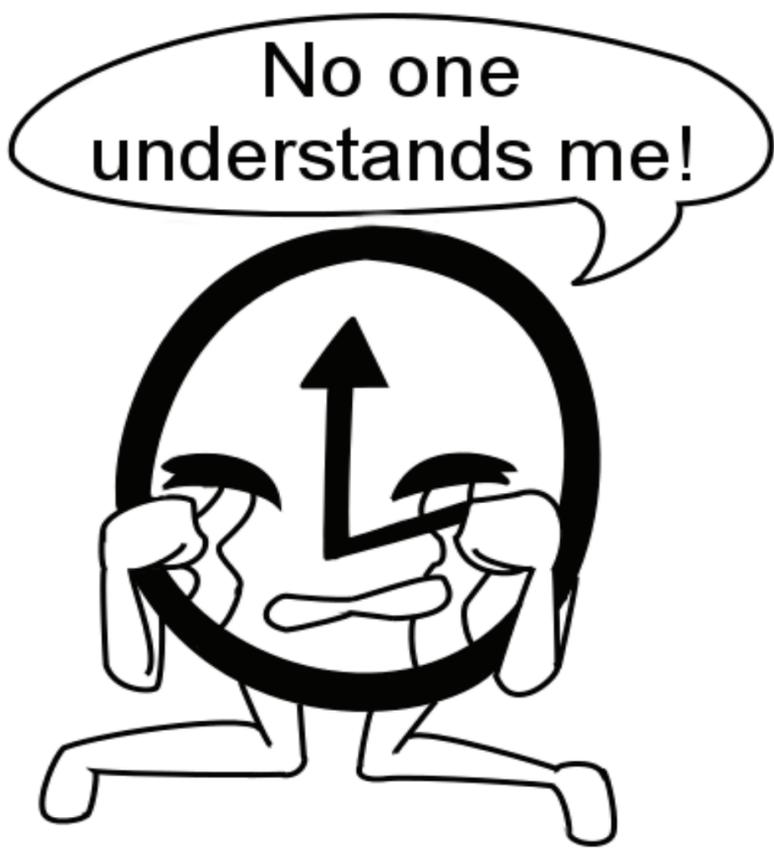
However, we The Threefold Advocate encourage you to make the effort to stay in touch with friends and family back home. This seemingly small and simple task is actually quite meaningful, to you as well as the person you are keeping in touch with. This communication can provide you with someone familiar to seek advice from, confide in and find respite in from the stresses of school. They can even provide an outlet with which to share positive news, not just bad.

Maybe you get countless text messages from home, or never hear from some of your best childhood friends. A simple message to mom telling her what you are doing will truly brighten her day. A handwritten letter to a friend with his or her favorite candy thrown in can make a huge difference in that friend's life. Receiving mail or a care package is always fun, and there are many ways to send inexpensive gifts.

Moving from high school to college, or even returning to school after a summer away, can be challenging. Suddenly you must adjust to new people, in a new environment. Keeping in touch with those friends from high school or your summer job can help make the transition easier, because, most likely, you are both having similar experiences. Because of this, you can relate to each other and find a source of comfort when you feel like no one else can relate.

It is easy to get caught up in school and your school life, but keeping in touch with friends and family back home is something worth taking the time to do.

Are analog clocks no more?



Illustrated by ALEX JOHNSON

Pursue your education



JAKE HOOK
CONTRIBUTOR

As a phoenix dies and then is reborn from its ashes, so is my hope for you. My aspiration for you this year is that you would form from the ashes and rise to the occasion. In this, I am referring to your education.

As a student, you have the privilege of attending this university. Why not take advantage of it? I have been here for two years and I've noticed that many students at this institution don't take their education seriously.

The average student here pays a little over \$30,000 a year in tuition. Most students here don't have the privilege of having a full-ride scholarship, having to pay for their education with scholarships and loans. Many are in debt, yet they don't take advantage of pursuing an education.

I know what it's like to feel hammered down by school work, crunching for time and not feeling able to give professors my best work. However, a lot of this has to do with intellectual laziness. Students would rather do it the easy way instead of

the hard way. They prefer to take easy classes with easy instructors.

I'm going to expel a myth for you: there is no such thing as an easy class or an easy instructor because all of your classes are going to challenge you.

What makes JBU an excellent college is its high standard for academic excellence. The professors and the students here are what make this school great, but it is the professors that really make this school shine. They pour all their time and energy into you because they want to

For example the *telos* of eating a hamburger is so that I don't go hungry and eventually die of hunger. Like every human life, each human has their own *telos*. This means that before you die, you want to accomplish something with your life.

Jones often asked us, "What do you want to accomplish with your life?" He then introduced to us the word *arête*. He often told us that it is in our best interest to live excellent lives. "Hey class, how long have we been in this lecture? 15 . . . 45 minutes? We are that much closer to the

"What makes your life extraordinary is not what you have accomplished, but what you have learned to transform you for the better."

see you grow both spiritually and intellectually.

One professor that does an excellent job of this is Preston Jones. Since my freshman year, Jones has been my biggest mentor and counselor in my education. He opened my eyes to why it is important for us to pursue an education, and I don't mean that piece of paper that we receive after we graduate. An education is the ability to have hours spent in the study-room and have it change your mind, your heart and your soul.

In Western Civilization we studied what it means to be a good person through reading Aristotle's *Nicomachean Ethics*. Jones taught us two Greek words: *arête* (excellence) and *telos* (end point or goal). He taught us that every human action has a *telos*.

grave. So, what are you going to do about it?" Those words hit me like a ton of bricks.

What makes your life extraordinary is not what you have accomplished, but what you have learned to transform you for the better. This is why it is in your interest to pursue your education. You can have all the best grades and earn your diploma, but that piece of paper will be worthless to you unless you take the initiative to get a real education. It is what you learn or don't learn from this life that defines who you are.

Hook is a sophomore majoring in english. He can be reached at hookj@jbu.edu.

The Threefold Advocate

- advocate.jbu.edu -

STAFF

Nichole Coates - Editor
Colleen Cornett - Managing Editor
Rebekah Hedges - News Editor
Becca VerHoeven - Lifestyles Editor
Kacie Galloway - Opinions Editor
Tarah Thomas - Sports Editor
Klara Johannesen - Photo Editor
Billye Lynch - Online Editor
Alyssa Schoenwald - Visual Art Director
Allyssa Westerfield - Copy Desk Chief
Alex King - Copy Editor
Rachel Gaikema - Copy Editor
Olivia Morrow - Ad Director
Justin Burchfield - Distributor
Marquita Smith - Adviser

STAFF WRITERS

Hannah Wright, Kelly Escarcega
Becky Watts, Seth Burgett, Allena Palmer

CONTRIBUTING PHOTOGRAPHERS

Will Echols, Daniel Madrid,
Lexi Christensen, Clayton Lyon,
Kelsey Gulliver, Grace Nast

CONTACT US

E-mail | advocate@jbu.edu
Mail | JBU Box 2501
2000 W. University Street
Siloam Springs, Ark. 72761

The Threefold Advocate would like to clarify that editorials, those pieces in the column above this paragraph, are the opinion of the editorial board. They are therefore not attributed to individual writers. The writings to the right, with mug shots and pithy headlines, are columns. Each is the sole opinion of the mug shot's owner. On occasion, readers wishing to respond to an article or to express a viewpoint will write a letter to the editor. The opinion pages serve as a community bulletin board and are meant to continue the dialogue about various issues relevant to the JBU community. Please write. We want your input.

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 gallowayks@jbu.edu



October 16, 2014
The Threefold Advocate

Hispanic students celebrate culture



ARLINE MEJIA-PEREZ
CONTRIBUTOR



From the middle of September to the middle of October, we celebrate National Hispanic Heritage month with the goal of showing the importance of diversity, not only here on campus, but nationally as well. The activities are meant to contribute to the growth of knowledge and appreciation of variety. God created each

and a combination of all were part of the gorgeous costumes the students wore at the festival. But JBU students did more than just dancing; through their participation, they showed the charisma, joy and oneness that exist among Hispanics. Besides entertaining the public, the students' performances transmitted the uniqueness of the Hispanic culture and the highlights of its traditions, such as music and art, seen in every original musical piece and colorful hand-made costume.

Pupusas, tacos, horchata and many other yummy beverages and plates were offered at the festival. There were also small companies and groups selling some of the most beautiful handmade crafts, jewelry and souvenirs for the public.

Everyone who attended the festival, whether Hispanic or American, was exposed to some of the aspects that make Latinos so special: food, dance, art and music.

Each year we celebrate the Hispanic heritage month at JBU to strengthen the bonds among students. JBU is well known because of the level of acceptance that students from

"Every time we, as the Hispanic community, have the opportunity to expose our culture, we are opening a new road towards harmony and unity."

one of us differently so we could combine as individuals to become one.

For the first time on October 5, John Brown University and the Walton International Scholarship Program had the opportunity to show the Latino flavor and beauty at the Northwest Arkansas Hispanic Heritage Festival. At the festival, students from Honduras, Guatemala, Panama, El Salvador and Mexico performed their national dances. The dances portrayed the cultural outcomes and daily life activities that identify each country.

Humor, love affairs and happiness were the aspects of the countries featured at the event. White, red, blue, yellow, stripes

all over the world receive, and even though we are foreign students, we definitely feel like we belong to this place. It is such a wonderful thing to feel welcomed in a community and also be part of it.

"I think it's very important to create awareness of the Latino culture because, as Latinos, we are part of the world's cultural mixture. It doesn't matter the quantity, nation, tongue or tradition. We all can create an integrationist society," said Claudia Alvarado, a JBU student from Honduras who participated at the festival as a violin performer.

Every time we, as the Hispanic community, have



Submitted by MARIA ARGUELLO

JBU students celebrated their Hispanic cultures at the NWA Hispanic Heritage Festival by dancing, playing music and dressing in costume. In its second year, the festival provides education and entertainment and raises money for Hispanic community education.

the opportunity to expose our culture, we are opening a new road toward harmony and unity. We are given the opportunity to eliminate social stereotypes and thus be perceived as something other than poverty, famine and crime.

Because of this, the Hispanic population at JBU should become more visible. We should make our good customs contagious! We should encourage Americans and students from other countries to learn Spanish, to learn how to cook Honduran, Panamanian, Nicaraguan or Colombian food. We should encourage them to learn about the beautiful handicraft from Guatemala or Costa Rica. They should know about the cheerful dances from Mexico and El Salvador. These and many other Hispanic countries have special features to offer that might be exposed publicly.

As Latinos and ambassadors, our job is to bring a piece of our traditions, language, dances and customs to share and create bonds of international friendship.

Mejia-Perez is a sophomore majoring in communication. She can be reached at mejiaa@jbu.



Submitted by MARIA ARGUELLO

Students Astrid Rodriguez and Juan Morales perform a Panamanian folk dance at the NWA Hispanic Heritage Festival.

Advice from a workaholic: find balance



KACIE GALLOWAY
OPINIONS EDITOR

My phone buzzes and a message from my friend pops up, asking if I want to watch a movie tonight. I sigh in frustration; mere minutes ago I made plans with another group of friends, despite the fact that I will be working down to the wire on Saturday.

Even though I know I cannot watch the movie, I try to find some free time in my day for my friend. I debate whether I should cancel the plans I just made. I struggle with FOMO, the fear of missing out. Full of doubt and trying not to second-guess myself, I text my friend and tell her I cannot watch a movie tonight.

You have probably experienced a similar situation in your own life. Between balancing school, a social life and health, keeping up with everything and not running yourself into the ground can be tough. I've heard it doesn't get any easier after college, and I have a suspicion that balance is

what we are all really trying to learn while in school.

Even though I feel pretty balanced most of the time, I find myself slipping up more than I would like. I go whole days sometimes without seeing some of my friends. I forget to call my grandparents. I never make it to the mailroom in time to send my friend a care package. Sometimes I skip a meal to work instead. I forget to read my Bible.

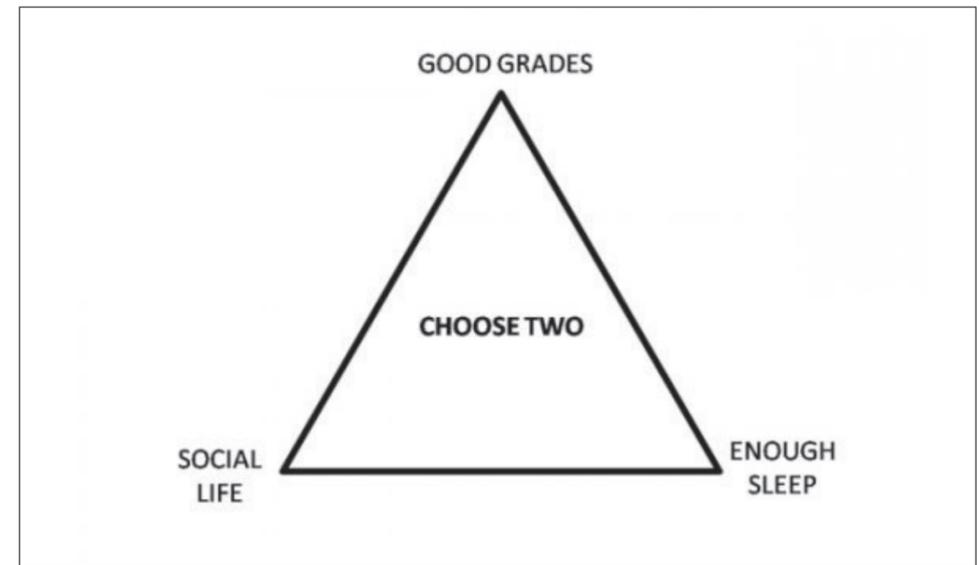
I like to stay busy, but sometimes this busyness distracts me from the more important things I should be doing. At JBU, the word "intentional" gets used a lot, but it is important to remember: sometimes we have to stop doing what we are doing and schedule intentional time to see friends, call home or read a devotional.

Sometimes we try to balance our lives by multitasking. However, going to the cardio room and listening to my

"Ultimately, we have to remember that balance is not something we achieve, but work at constantly."

Christian music while reading for Faith and Politics does not kill three birds with one stone. I end up devoting a percentage of my efforts to each of those tasks instead of giving each my full attention, leaving me unfulfilled and still worn out.

Maximizing time can be efficient, but sometimes it backfires. So if multitasking



Courtesy of GOOGLE

Students often feel like they have to sacrifice one aspect of school or life in order to do well in others. Finding balance may mean eliminating an activity or commitment that students do not want to cut out.

doesn't always work, you're worried about missing out on something fun, your bed is calling your name and there

are still only 24 hours in a day, what do you do?

Stop. Stop what you're doing and stop what you're thinking. Breathe. Now keep reading.

No matter how many things are going on in your life, everything will work out how it is meant to work out. If you don't get to go to that hall event or concert in Tulsa, it is not the

end of the world. If you fail your philosophy paper, life will go on. Your friends won't hate you for not going to see a movie with them.

If you are completely overwhelmed, ask for help or see if you can lighten your load. Maybe you won't be able to be in 3 clubs this semester. Or if you are always the one asking your friends to hang out, evaluate your free time and see if there is something you can do to help your stressed out friends. Do their dishes or run to Walmart for them. Write them an encouraging note and put it in their mailbox.

Balance is something everyone struggles with, so if you are overwhelmed, know

that there are people who can empathize with you and help you. We are all trying to figure out how to balance our lives between work, fun and taking care of ourselves. Ultimately, we have to remember that balance is not something we achieve, but work at constantly.

Galloway is a junior majoring in communication. She can be reached at gallowayks@jbu.edu.



Adequate sleep proves necessary

BECKY WATTS
Staff Writer
wattsb@jbu.edu

It is no secret that a majority of college students struggle with obtaining an appropriate amount of sleep each night while trying to manage time in order to avoid all-nighters.

John Brown University's Nurse Rhonda Hostler says that sleeping is not just for resting but also aids in studying.

"Let's say you are reading your Psychology book and you're taking it all in," Hostler said. "Your brain does not actually process it until you sleep. So if you are doing the all-nighters, you are sabotaging yourself, because it will

not actually stick to the brain until you fall asleep at night."

Adam Knowlden, a doctoral student at the University of Cincinnati, illustrated in a study the connection between memory and sleep.

Knowlden's study involved 200 undergraduate students between the ages of 18 and 24 who live on campus property.

The study surveyed the students' sleeping behavior for a 24-hour cycle. When the survey was done, 24 percent said they had adequate sleep, 54.8 percent had less than seven hours and 20.8% had more than eight hours.

"Sleep helps us save energy," Knowlden said. "It repairs cells in the body. And it's key for memory consolidation. During sleep, the brain acts like a hard-drive on a computer. It goes in and cleans up memories

and makes connections stronger, and it gets rid of things it doesn't need."

"Here is what I tell people: your immune system is strong, but when you start to stress, not eating right, not staying hydrated enough, not sleeping and not exercising, your immune system starts coming down. Then you live around 1000 students, so when one person brings something on campus it spreads like wildfire," Hostler said.

Hostler said the students that visit her most are those who are suffering from a lack of sleep and good time management.

"The best thing to do with sleep is to get up every day around the same time. What happens is you get up every day and go to school or work that morning, and then you go to dinner and that night you hit the bed at a normal time and the next day you repeat. When you guys start pulling all-

nighters and skipping that sleep and taking long naps during the day, you throw your circadian rhythm off."

The circadian rhythms Hostler is referring to "are physical, mental and behavioral changes that follow a roughly 24-hour cycle, responding primarily to light and darkness in an organism's environment," said the National Institute of General Medical Sciences.

When students oversleep, take long naps, skip sleep and pull all-nighters they throw this rhythm off, which in turns causes them not to be able to fall asleep at night and become drowsy at the wrong hours of the day.

Hostler says the best way to remedy the sleep problem is to become a master at time management and learn when their optimum studying time is. Not only is eating right apart of a healthy night of sleep, but exercise also helps to drain the body physically, causing sleep to come more easily.



Graphic by ALYSSA SCHOENWALD/The Threefold Advocate

Local attraction features fall festivities

HEATHER BREWER
Contributor
brewerhr@jbu.edu

As cooler weather approaches and the leaves begin to change the fall festivities are just beginning, one being The Sarsaparilla's annual corn funny farm and corn maze.

The corn maze is just eight miles from Siloam Springs and has multiple family-friendly activities. It opened Sept 26th and will be open each weekend until late November.

The main attraction is the huge corn maze but other features include a giant corn pit, pumpkin flinging trebuchet, haybale mini maze, a petting zoo, pumpkin patch, hot dogs and refreshments.

There is a \$10 cover charge which includes any of the activities listed above.

Abby Nixon, a freshman at John Brown University, said, "The price is totally worth it, and it is honestly cheaper than other places like this that I have been to in the past."

Nixon described the best part of the maze as "being in complete fellowship with your friends."

"You really had to figure out where you were going and which turn you were going to take, because the farther you got into the maze, the more lost you got, but that's what made it

so fun," Nixon said.

The maze is about 30 minutes from Siloam Springs, which is "far enough away to be out of the John Brown bubble," Nixon stated.

"Being lost really put me out of my comfort zone, but the workers there are so ready to help you and guide you that you truly feel safe the whole time you are in the maze," she said.

Nixon said she would go back again because of how much fun she had and how family-friendly the place was.

For Madison Pfrimmer, a John Brown student from Los Angeles, the Corn Maze was an evening full of firsts.

"Coming from California, you don't really get to see a lot of fall type things, let alone huge stalks of corn," said Pfrimmer.

Her favorite part was the petting zoo because the animals were so friendly, she said.

"I really enjoyed getting to be with friends, and it was as though we were trying to solve a giant puzzle together," said Pfrimmer.

For someone who had never really had the chance to experience fall activities, Pfrimmer explained how well Sarsaparilla's did putting on a fall activity that is "good for every age" and is a "fun fall activity to do with friends."

It is very easy for anyone, children to adults, to find something fun to do, Primmer explained.

"I have taken my kids two years in a row now, and it has kind of become a family tradition," said Becky Cantu', a resident in Springdale.

"I love getting to spend time with the people that are with us and laughing together because you have gone the wrong way over and over again," said Cantu'.

According to Cantu', there are activities for every age and the environment is "inviting and safe" for everyone.

"I have never heard anyone say anything bad about it," she said.



Photos submitted by HEATHER BREWER

Libraries: Dying or thriving?

MAX BRYAN
Contributor
bryanm@jbu.edu

Only 19 percent of Americans ages 16-29 said their library closing would have a major impact on them. Despite that statistic, 50 percent of this age group stated that they've used a library in the past year (3 percent more than Americans 30 years and over) and 36 percent have used a library website in the past year (8 percent more than Americans 30 years and over).
Pew Research

published the library study on Sept. 10. The study highlighted the significance of libraries and their use across the nation.
West Loveland, a graduate student in marriage and family counseling at John Brown University said that he sees technology as a big reason why many people wouldn't care if their local libraries closed.
"I feel like electronics are making it easier for information to be made readily available to people," he said.
Loveland also said he believes that the lower library attendance for

the 30-and-over group is largely due to their usual availability times.
"It's tougher for adults to go to the library anymore. Hours are a factor. If you work nine to five, you probably just want to go home and relax."
Brent Swearingen, the instructional services librarian at John Brown University, said he thinks there are definitely other reasons for the low statistics.
He believes one of the reasons why 30-and-over usage is down is because people don't realize all of the possible resources in libraries.

"One connection that people don't make is that the online library is part of the library as well," said Swearingen. "We could probably do better marketing as well, such as emphasizing the use of computers to people who can't afford internet. The thing is that libraries are free."
For the 16-29 age demographic, Swearingen said that school might have something to do with the healthy numbers, speaking of his own library.
"In academic libraries, our usage has gone up," he said.
"Public, academic and

school libraries are all very different animals," said Mary Habermas, director of John Brown University's library. "Academic libraries are the best place for students to centralize resources, facilitate research and are also a unique place on campus for study and work."
Swearingen discussed several reasons why younger people are visiting and using libraries more.
"First of all, that's the Harry Potter generation," he said. "They've grown up with high-quality youth literature, which wasn't really the

case before the 2000s. Second, that generation has grown up during a recession. Libraries tend to be counter-cyclical to the economy. It's free entertainment. It's possible that they started using the library more due to the economy."
Habermas said that libraries aren't going anywhere.
"I see [academic libraries] continuing to have a central role in the universities. I think public libraries will continue to have a place in the community for resources as a meeting place. I think that libraries will not just survive. They will thrive."



CLAYTON LYON/The Threefold Advocate

Student author unveils inspiration



ALEX JOHNSON
CONTRIBUTOR

I used to always complain, "I want to be a writer."
There was just one problem. I didn't write. I couldn't plot to save my life, let alone type up something the length of a novel. That was impossible, and I didn't want to waste my time dreaming big when I couldn't even start small.
Yet I always had my father. I told him many times of my dream, and no doubt I will tell him many times in the future.
"Dad, I want to be a writer."
Many times before,

he hadn't said much. He just assured me it was possible.
But if it were possible, why wasn't I doing it? Why hadn't I plotted out a wonderful story when I'd read of a girl who published a novel when she was just thirteen? Why couldn't I type up more than two chapters without completely abandoning my projects? Why was I making absolutely zero progress?
This time was different. He didn't assure me it was possible; he told me how to make it possible.
"Then write."
Those two simple words sparked the fire of inspiration inside me, even with the snow-covered winter world right outside my window. I didn't know how to make that dream a reality. All I knew was that I had to try.
And so I searched the entirety of Tumblr, a blogging website, for ideas. I had to learn how to write. If I wanted to be a writer, I just had to write.
The question was – write what?
That's when I found

them – prompts. Some were just a sentence that had to be incorporated somewhere in my story. Others were pictures so unique that I could let my mind wander as I found a plot that only I could dream up.
I called the project "Write Every Day." My self-imposed rule for this project was, of course, rather obvious. All I had to do was write every day. It didn't matter if it was a few paragraphs or five pages. If I was writing, I was one step closer to achieving the dream I longed for.
The frozen, bitter winter, plagued by heartbreak, turned into a hope-filled spring. Spring turned into summer. All I was doing was prompts and, quite frankly, I was falling far behind.
But then I had a dream. Sure, it must be a bit cliché to get your best ideas from dreams, but that was how the next phase of my writing dreams began.
One night, I slept peacefully as I enjoyed my lazy, workless summer break. In the

darkness of sleep, color and imagination took over. I can't remember the dream very well now, but there were a few things I remembered.
First, I dreamed of climbing up a giant wall to save my dog. That was the part I remember least. It wasn't important. It wasn't inspiring. It was just weird.
The second part lit the fire of inspiration – true inspiration, the kind that leads you to challenge yourself and write novels. People in futuristic armor were fighting. I was one of them. Yet, we weren't angry at each other. There was no war. We were simply training to the best of our ability. Training for what? I couldn't tell you if my life depended on it, but we were training.
And that training must have led to the third and final part of my dream. Normal people, the ones who had been in armor only moments before, gathered around a table in silence. The silence was only broken when a brunette man with glasses insisted that he had no desire to

work with my group. We didn't know enough. What we didn't know, I couldn't tell you either. But apparently it was big enough for him to outrage my group by leaving.
I woke the next morning and rushed to my computer. A story idea was pulling itself together. I had to write what I remembered while I still had a chance.
So I pulled up a word document – my "Write Every Day" project – and started writing. I wrote the two parts of my dream that I remembered, and I fleshed the dream out into scenes from a story that only I could have come up with. Ah, the beauties of creative and imaginative minds.
But, if I was to write a story, I couldn't just write about nameless people. I needed a story, characters, a plot, a goal – and I was determined to find each and every one of those things.
The next few days were more productive than the weeks before and, quite likely, the weeks after. First, I came up with the vaguest semblance of a

plot – Japanese teenagers dealing with friendship and a magical world – and fit characters into this plot. I came up with a total of eleven characters, named them, designed them and gave them life.
Then, once I had my plot more planned out, I opened a word document and began to write. The words flew off the page: chapter one, chapter two, chapter three and so on. Everything was coming together. My first big project was coming together.
Dad was only partly right. If I wanted to be a writer, I needed to start writing. But to start writing I needed something else – inspiration.

Johnson is a junior majoring in communication. She can be reached at johnsonale@jbu.edu

STUDENT SPOTLIGHT PRESENTS:



Abby Nixon

YEAR: FRESHMAN
MAJOR: NURSING
HOMETOWN: ST. LOUIS, MO.
FUN FACT: I LIKE PICKLES DIPPED IN MILK
IF YOU COULD HAVE ANY SUPER POWER, WHAT WOULD IT BE? TELEPORTATION

Graphic by ALYSSA SCHOENWALD/The Threefold Advocate

8 SPORTS

October 16, 2014
The Threefold Advocate

Intramurals encourage sportsmanship

REBEKAH HEDGES
News Editor
hedgesr@jbu.edu

With a new season comes new sports, and John Brown University offers intramural sports for those not involved in University athletics.

As the intramural program has been created for a fun outlet to participate in sports, some students have had issues with intramurals being too competitive, or not competitive enough.

This year the program has enacted a sportsmanship rating system from 0-4. After each game every team gets rated for their sportsmanship, 4 being good sportsmanship and 0 being poor. Each team must have an average rating of 3 or below to compete in the playoffs.

Senior Nate Mace plays on a flag football team that is on their way to the playoffs this week. Mace commented on the intensity he has experienced during his participation in intramurals.

"I believe the sportsmanship rating system was created because, apparently in the past people have gotten too intense, by swearing and starting fights," Mace said.

"Last year there was almost a fist fight between two guys over an intramural basketball game," Mace said. "This year on my team

we have some competitive people on our team, but I think the system has tapered the tempers, because we have to get to the playoffs."

Mace said the system is necessary for people taking the game too seriously, and he is happy for the opportunity to play football.

Julianna Shedd, junior family and human services major, is currently the team captain for her intramural flag football team and has experienced the intensity and competitiveness.

"I didn't think I was a competitive person, until I started playing intramurals," Shedd said. "When I know our team has a chance to win I get really competitive. Sometimes it gets too intense for me. People forget it's just a game and that we are playing for fun."

"Whenever people get upset on the field, I take it as a grain of salt, and I know that it's easy to let peoples competitiveness get to you," Shedd said. "People get rough on the field, and I don't think it's necessary. I try my best to be competitive, but not lose my cool and remain happy."

"There have been times refs have had to stop the games, when players need to cool down, but I try to keep our team in line," Shedd said.

Growing up, Shedd attended a school that didn't have sports, yet she played on YMCA soccer team. Since her arrival at John

Brown, she has participated in every intramural sport that the University has to offer, with the exception of dodgeball and softball.

Shedd has played indoor soccer, outdoor soccer, flag football, basketball and volleyball. Her goal is to play every intramural sport.

"It's a lot of fun, since that is the purpose of intramurals, and I get to play with my best friends," Shedd said.

Freshman Anna MacLachlan joined an intramural flag football team with her friends and injured her back in the process.

"At first I wasn't excited to play football, but once I got into it, it was awesome and we were able to play our hearts out," MacLachlan said.

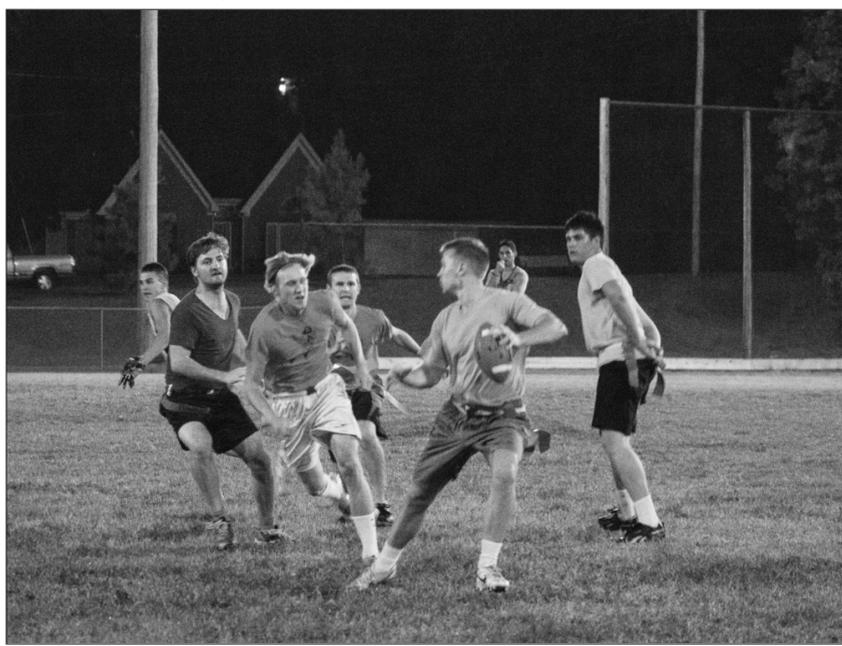
MacLachlan has played sports since ninth grade, including basketball, soccer and volleyball. She was captain of her volleyball team and was really excited to play sports at JBU.

"One girl smashed into me during a game, and I thought, 'this isn't tackle football,'" MacLachlan said. "But once people got physical we responded the same way. We've seen a girl get a bloody nose."

"Even if you are just playing on the quad, people are going to get hurt, so I don't think it is usually malicious when there are injuries," MacLachlan said.



DANIEL MADRID/The Threefold Advocate
Levi Epstein dodges a tackle from the opposing team as he tries to find an open teammate to throw the ball to. Flag football is an intramural sport here at JBU played by men and women.



DANIEL MADRID/The Threefold Advocate
Levi Epstein looks up the field to throw to an open teammate in the in-zone. The intramural program are taking steps to bring more sportsmanship while maintaining a competitive atmosphere.

Cross country starts off on the right foot

SHELBY LAWSON
Contributor
lawsonsp@jbu.edu

Fall season sports are in full swing at John Brown University. Among those

are the cross country teams, whose season so far has had a promising beginning, with a championship for both the men and women under their belts.

Scott Schochler, coach

of the JBU cross country team, claimed training has gone well so far this semester and the team's first meet was a complete success.

"Both the men's and

the women's team won the meet that was held in Fort Smith in September. We won eight of the top ten spots," Schochler said.

Schochler described his experience as the coach at JBU as going far beyond his expectations.

"I have been privileged to get to work with other outstanding coaches within the athletic department, and our student athletes are some of the best young men and women anywhere," Schochler said.

Schochler explained that he has thoroughly enjoyed the athletes he is able to work with, mostly due to the spiritual mentorship component of his coaching style.

"It is great to hear our athletes discussing things we have read, are learning or have experienced in our lives trying to follow Christ," Schochler said.

Schochler has also loved working to build the JBU cross country program into

a nationally competitive program.

Schochler said the large amount of new athletes on his team and their fresh ambition, along with the support from the experienced runners, would translate into success for the entire team.

Abbie Melby, sophomore at JBU and second-year cross country team member, finds challenge and gratification in the sport and in her team.

Melby said that being a part of the cross country team at JBU is "like having a family who cares for you and is there for you on and off the course."

Melby claimed that although cross country is typically understood as an individual sport, the team depends on one another for encouragement through every lap.

"The top five runners are the scorers, but it takes all 11 of us to push each

other to the finish," Melby explained.

Melby described the team's dynamic as ideal and mentioned how difficult the long distance races and the strenuous practices would be without each of her teammates by her side.

Schochler said that the team has three meets in October. The team competed Oct. 4 in Fayetteville at the Chile Pepper Cross Country Festival, which, Schochler added, is one of the largest meets in the nation.

The team also travelled to Lawrence, KA on Oct. 11 to compete in the National Association of Intercollegiate Athletics Nationals Preview Meet against most of the top NAIA schools in the country. The team's final competition before their conference meet will be held at University of Arkansas Little Rock on Oct. 18.



KELSEY GULLIVER/The Threefold Advocate
The men's cross country team began their practice, running miles around the Siloam Springs and Oklahoma area. The cross country teams train hard to not only increase their individual times but also the team's.

ATHLETE OF THE WEEK



SARA FREY
Women's Soccer

Frey was named Arvest Bank's athlete of the week for the week of Oct. 5 and also the Sooner Athletic Conference Offensive player of the week. Frey, a freshman, is currently the lead scorer with three assists and six goals.



MAJOR LEAGUE BASEBALL WORLD SERIES 2014 FALL CLASSIC™

MLB Playoffs anticipate Championship Series

It's October, and like always, baseball fans everywhere are avidly following the MLB playoffs. With the Division Series over, only four teams remain in the hunt for the 2014 World Series title.

AMERICAN LEAGUE DIVISION



Little wonder the Royals finally made it to the playoffs. While they were last in the majors in home runs over the year, Kansas

City made up for it by leading the league with 153 stolen bases by eight different players. But that doesn't mean they aren't hitting.

Watch out for Eric Hosmer, who has seven hits in 14 playoff at-bats, four of them for extra bases. In the bullpen, relievers Wade Davis, Kelvin Herrera and Greg Holland had a combined 1.50 ERA in game-winning situations during the regular season. The Royals also have sharp starting pitching with James Shields and Yordano Ventura heading up the rotation (combined 3.21 ERA over the regular season).

Kansas City Royals VS. Baltimore Orioles

The Orioles are a powerful team. Designated Hitter Nelson Cruz has past experience and power (16 home runs over last three postseasons, including a victory-securing homer against the Detroit Tigers this year in the American League Division Series), highlighting a lineup that led the league in home runs this season. Their pitching has proven solid as well-starters Chris Tillman and Bud Norris put on excellent performances against



Detroit (Norris pitched 6 1/3 innings of two-hit shutout ball in game 3) backed by a great bullpen (two runs in 12 innings vs. Detroit).

Royals

ALCS Prediction: Royals' creative run production gets them past Orioles, who rely on power. Royals in six.

NLCS Prediction: Rosenthal provides Cardinals slight pitching advantage over Giants down the stretch. Cardinals in seven.

Cardinals



NATIONAL LEAGUE DIVISION

Having won two World Series in the past four years, the Giants know a bit about the playoffs. Their pitching rotation, highlighted by ace Madison Bumgarner (who pitched for both World Series-winning teams), posted a combined 1.04 ERA against the Washington Nationals in the National League Division Series. Reliever Yusimero Petit is extremely efficient; he threw six shutout innings on 80 pitches in game two of the NLDS. Also, watch out for shortstop Brandon Crawford, who batted .294 against Washington and hit a grand slam to propel his team past Pittsburgh in the Wild Card playoff.



San Francisco Giants VS. St. Louis Cardinals

The Cardinals always find a way to make it. Much of their power has come from Matt Carpenter, who became the first player to hit a home run and a double in three consecutive games in postseason. St. Louis also features an experienced pitching rotation, including veterans Adam Wainwright (20-9, 2.38 ERA in the regular season) and John Lackey, who has played more postseason innings than any active pitcher. Look for closer Trevor Rosenthal to continue his clutch performance going forward; the Cards' division series featured him closing out every victory with the tying run on base.



Courtesy of GOOGLE IMAGES



MAX BRYAN
Contributor

Bryan is a junior majoring in communication. He can be reached at bryanm@jbu.edu.

Upcoming Home Games

Wednesday, Oct. 15
@7 p.m: Volleyball vs. Oklahoma City

Friday, Oct. 17
@7 p.m: Volleyball vs. Mid-America Christian

Saturday, Oct. 18
@12 p.m: Volleyball vs. Southwestern Christian

All Day: Women's XCountry, Little Rock Invitational in Little Rock, AR.

All Day: Men's XCountry, Little Rock Invitational in Little Rock, AR.

Tweets This Week

"That #goJBU volleyball game about gave me a heart attack all the way in Spain!! Way to get the win tonight!! @JBUathletics #InternationalFan"
@jason_fwellen

"We are excited to get a commitment from @BennSmith24 tonight! Great addition to our bball family at JBU! #ForHim #goJBU #Classof2015"
@CoachBeschta

"Another fantastic week for JBU athletics! Four players named SAC Player of the Week! This is one proud AD. #goJBU"
@JBU_AD

#GOJBU





10 SPOTLIGHT

October 16, 2014
The Threefold Advocate

Surviving the Jungle

by Colleen Cornett

Keeping up with countless deadlines, upcoming assignments, meetings and appointments can prove to be nearly impossible. As college students, we struggle to manage the innumerable tasks on our daily to-do lists, finding ourselves forgetting important responsibilities time and time again. Here are some tips on how to manage your chaotic schedule:

Utilize technology.

If you have a smartphone, iPad, tablet, etc., there are plenty of apps and programs that will send you reminders or notifications on important tasks that you program in. If you set an event on your iPhone calendar, you can have it notify you anywhere from 10 minutes before the event up to 2 days before.

Buy a filing system.

Walmart sells folder-filing systems for around \$5 in a variety of colors and styles. These are ideal for keeping up with important documents, assignments or syllabi. They fit right into your backpack or bag and keep your papers crisp and clean!

Make to-do lists.

Start each day by writing down everything you need to accomplish, such as school assignments, and then make a list of things you'd like to accomplish, like cleaning out your closet. You'll feel a sense of relief every time you get to cross something off your list, and be able to prioritize your tasks.

Color code. Assign each category a different color pen or Post-it note. For example, important assignments or deadlines can be written in red, personal appointments in blue, readings and homework in green, and so on. This helps you not accidentally look a task over in a sea of black ink.

Buy a planner that has both weekly and monthly views. If you have a big exam or an upcoming doctors appointment, putting it in the monthly section helps you get a broader perspective of what your month looks like in full. The weekly layout is perfect for day-to-day tasks, like readings, homework and meetings.

Illustrated by Chloe Fennell