

Celebrate Halloween with ghost stories & pumpkins p. 7 & 10



The Threefold Advocate

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JOHN BROWN UNIVERSITY'S STUDENT NEWSPAPER

Thursday, October 25, 2012 Issue 7, Volume 78 Siloam Springs, Arkansas

Former president named civic leader

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Friends and family gathered in John Brown University's Kresge Dining Hall to commemorate the lifelong service of John Brown III. On Oct. 23, Siloam Spring's Chamber of Commerce awarded Brown with the Outstanding Civic Leader award.

Awarded by friends and family of the Siloam Springs community, this award provides tangible proof of the former president's servant-heartedness to both his grandfather's namesake University as well as to

his community.

His service projects include serving on a northwest Arkansas council for educational improvement, the Kiwanis Club, CEO and president of Windgate, and many other organizations dedicated to the furthering of education for disadvantaged students such as high school dropouts.

Those that came to speak out on behalf of his character include Coach John Sheehy, Mark Simmons, Siloam Springs Mayor David Allen, and his own daughter Jenny Benson. Each told stories about the integrity, quirky sense of humor, lifeguarding years in

his short red shorts, generosity, kindness and dedication.

The mayor also named Oct. 23 as John Brown III Day to commemorate the servanthood of

"I really don't deserve this, folks. I do have a few flaws. Not many, but a few." —Brown

the former president.

Brown said that receiving the award was just "an overwhelming experience."

"I really don't deserve this, folks.

I do have a few flaws. Not many, but a few," he added with customary humor.

As a man, Brown has served in many different roles. Not only did he come from a family of four sisters, he also had four daughters to add to one son. Politically, he served for two terms as the Arkansas State Senator and attended college with Bill Clinton at the University of Arkansas Law.

Despite the fact that he came from a staunchly Democratic family, Brown served Arkansas on the Republican ballot, to which his mother claimed that it would take her birthing one to actually vote for a Republican.

Students in college during his presidency had a few things to say about Brown.

Mary Nolan, class of 1976 and the now director of the Siloam Spring's Children Center, said, "We were so excited when he became president. We just related so much more easily to him because of his youth."

James Barnett, who studied Business Law under Brown, said, "He was a very good, factual teacher with an excellent dry humor, and a fair grading system."

Students now have Brown

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Visual art department purchases 19th century letterpress

KATLYN TWEEDY/The Threefold Advocate



J PABLO GARCIA/The Threefold Advocate

Todd Goehner, associate professor of visual arts, cranks the wheel of the Chandler & Price letterpress. Though the letterpress is outdated, it has regained popularity among artists today.

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One of the newest additions to the visual art department might also be one of the oldest pieces of technology on campus. This past month the department purchased a letterpress and large cabinet of type for Windgate Visual Arts East.

The Chandler & Price letterpress originated between the 1880s and 1920s in Cleveland, Ohio.

The visual art department purchased one such press from Cody Langford, a graphic designer and letterpress artist who restores old letterpresses in Carthage, Mo., said Todd Goehner, associate professor of visual arts.

The department also negotiated a deal with Siloam Springs Printing to acquire a large cabinet full of type to use with the new printing press.

"They just have a whole treasure trove of lead and wood type," said Bobby Martin, associate professor of visual arts. "We've reached an agreement to get all their old type stuff—the type cabinets, the type itself and they've also got some other bits and pieces of equipment we can use."

Though letterpresses are no longer commercially used, Martin said they have become a "cottage industry."

"It's this boutique printing now where designers will get a letter press machine and do really upscale wedding invitations and different projects," he said. "Artists use it, too. You can print not only with type, but you can print linoleum cuts or you can even do digital plates...and lock them into this machine."

In order to use the letterpress to create a

print with type, the artist first lays out the type using a composition stick. Both the letters and words are set up backwards so it will read correctly after it is printed.

Once the type is composed, the artist sets it into the chase, which holds everything in place during the process. Originally, printers pedaled the machine to turn the wheel and start the press, but now the press is equipped with a motor.

As the wheel turns, rollers cover both the chase and type with ink and then lightly press the type against the paper for a "kiss," or impression. The kiss slightly embosses the words and figures onto the page. The artist will remove the freshly printed sheet and replace it with a new one in a continuous process. This particular letterpress prints on 8" x 10" sheets of paper or smaller.

Martin said the department would eventually like to have a dedicated letterpress class.

"In the beginning stages it might just be integrated into a printmaking class or... a typography class," he said. "We haven't 100 percent decided. It initially might just be a class project."

However, both Martin and Goehner agree the letterpress helps make the art department a more complete program.

"The press will bring more depth to our department, giving students a better understanding of the history of design and communication and teaching a new set of skills that they can integrate into their art and design," Goehner said.

Martin added that the press provides "part history lesson, part contemporary practice."

"They need to know the ideas of leading

See PRESS on page 3

University recognized regionally for sustainability

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The Northwest Arkansas Business Journal named John Brown University the "Greenest Office" in their 2012 sustainability issue. The article highlights the University's status as the first zero-landfill campus in Arkansas.

Steve Brankle, director of facilities and sustainability, was dubbed CSO, Chief Sustainability Officer, by the journal. Though Brankle found the title humorous, he also said there was some truth in it.

"It's cool because I think my job is that," Brankle said. "I should find ways to save you money... If we can impact the environment in a positive way, that's great, but if we can make the school more financially stable and ultimately affect your tuition going up as fast, that's what I see."

Both Brankle and the article emphasized the importance of financial sustainability.

"It makes no sense just to do something that's green if it's going to cost you more money," he said. "Every project we've done makes financial sense."

These projects include

removing dumpsters, which saves the University \$30,000 each year, and installing the HVAC control system, an interface that can control any thermostat or boiler on campus and should bring a return on investment in one to two years.

The article additionally mentions other projects that are in the works. Brankle said the major one involves working with Siloam Springs leaders to find a way to pump effluence—clean water that comes from the sewage plant—on campus to use for irrigation.

Brankle also said they are researching lighting improvements, occupancy sensors,

high-efficiency cars and vending machine sensors, all with the purpose of saving students money.

"I hope students see this as important," Brankle said. "Just the recycling, I don't expect everyone to do it. I really don't. But hopefully some of the things we do here changes how you think about stuff."

Senior Matthias Roberts loved the school's recognition for its sustainability efforts.

"Sustainability is important to me, as I believe

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University board members prepare for future

Esther Carey
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During the John Brown University Board of Trustees meetings Oct. 4-5, members received updates about the University.

Ed Ericson, vice president of academic affairs, said the board meetings “lacked substantive action” because of President Chip Pollard’s sabbatical absence.

The board has two main purposes, Ericson added. The first is to serve as gate keepers, ensuring that the University remains true to its purpose and mission. Secondly, the trustees look at the fiduciary choices the University makes.

A few of the topics covered or reviewed by the board included:

- The University’s endowment currently contains \$75 million, the highest ever in the school’s history
- The seven companies remain in the food bidding process, which is proceeding well
- A brief look at the progress on the new nursing program.

The board also approved a couple of things:

- Board members are donating money to turn the flowerbed circle in front of the Cathedral into a fountain
- Continued exploration

of renovating J. Alvin, including looking at the economics of doing so

- As normal, students will be able to graduate in December.

Jim Krall, vice president of University advancement, said the board added three new members. All three are non-alumni parents of students. There are about 30 members on the board.

They also recognized Bill Berry (*56) for his long service on the board, Krall added. Berry reached the mandatory retirement age, but received a Trustee Emeritus appointment. Emeritus members can still attend board meetings, but do not vote in the proceedings.

Ericson said the Academic Committee met with several of the new faculty members, and the trustees found them impressive in every way.

The board celebrated the successes and blessings the University has experienced, Ericson said.

Members of the Student Government Association sat in on the board’s meetings. They provided summaries of the discussions at the committees they attended.

Junior Jeremy Enders, SGA vice president of communication, reported on the finance, facility and audit board. The University has managed its finances “phenomenally,” he said, even

in a not-so-great economy.

“The third-party auditor said that compared to other universities like JBU that have struggled financially in this economy, we are healthy,” he said.

Senior Kelsey Daugherty, SGA president, said she was amazed to see the University’s focus on its students.

“We have staff and faculty that truly care for us and are dedicated to our growth and development,” she said. “One thing I really would like students to know is just how much the board cares about us! They are always asking what the effect or benefits will be for students, and they want to make JBU as great as it can be.”

Professor shares Native American art in Little Rock

Jon Skinner
Sports Editor
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A decade ago, a collector’s interest inspired Bobby Martin, associate professor of visual arts, to return to the art form he loved.

Now Martin is curating that very collector’s art in an exhibition dedicated to his favorite technique: printmaking.

“Indian Ink: Native Printmakers in the J.W. Wiggins Collection” opened Oct. 11 at the Sequoyah National Research Center at the University of Arkansas Little Rock.

“For me as an artist...it was really fun because I got to step into the shoes of a curator to pick and put the art together,” said Martin.

The show focuses on Native American printmakers.

“My main goal was promoting printmaking. I’m a printmaking evangelist,” said Martin. “A lot of these prints show the day to day lives of artists...in the Native [American] world.”

Most of the prints were from the collection of J.W. Wiggins, a prominent art collector and a retired professor at the University of Arkansas Little

Rock.

According to Martin, Wiggins’ collection of Native American art has more than a thousand pieces and is one of the top five collections in the country.

“Its really exciting for me, because...[it’s] an opportunity to curate from a large and important collection and ask current artists to contribute,” said Martin.

“Indian Ink” includes 40 prints from Wiggins’ collection and an additional 12 prints commissioned by Martin for the show.

“Curating is a creative process,” said Wiggins. “You take a lot of small parts and make a coherent whole from it.”

Besides the focus on an art form near and dear to Martin’s heart, the show also took on special meaning for Martin because of his relationship with Wiggins.

“He’s been one of my main cheerleaders and an inspiration to me,” said Martin. “To work with him on this and take advantage of his collection...has been really special.”

Eight years ago, Wiggins’ interest in purchasing some of Martin’s prints helped encourage him after a decade of work in graphic design.

“He’s really one of the main people that pushed me back into art,” said Martin. “His interest and starting work here at JBU...made me realize God was kicking me along to get me into doing art again.”

Wiggins found Martin after seeing Martin’s print in the Gilcrease Museum in Tulsa. Wiggins tracked him down and commissioned him to make a similar print for his collection.

“I was just looking for art,” said Wiggins.

Martin said Wiggins has more than a business relationship with the artists he buys from.

“He’s not just buying art because he thinks it might be valuable someday. He’s buying from his friends,” said Martin.

Wiggins, in turn, was also positive about the job Martin did in curating from his own collection.

“When we had the opening, people were very complimentary of the job he had done,” said Wiggins. “He put it all together in an aesthetically pleasing way.”

The collection will be on display until Dec. 15.



Submitted by: BOBBY MARTIN

Bobby Martin, professor at the University, examines at some of the prints for the exhibit in Little Rock, Ark. showing Native American artwork.

Post office clerk explains policies

Anali Reyes
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Say goodbye to the Facebook notifications and hello to handwritten letters and care packages.

With the holidays right around the corner, many are getting a head start when it comes to mailing their holiday correspondence.

However, if you lack know-how consider looking over these steps to guarantee success according to the University mail room and the U.S. Postal Service.

Play by the rules

Before sending something ask yourself if the item abides by the rules. According to the USPS, “all matter that is outwardly or of its own force dangerous or injurious to life, health, or property is nonmailable.”

University post office clerk, Reta Leavitt, said the mailroom has the same policy as the USPS. This means it is prohibited to

ship and receive certain items through the post office, including firecrackers and illegal drugs.

Though not illegal, when sending something fragile excessive cushioning is highly suggested to avoid breakage or an injury from broken glass as the package is being handled.

Compare shipping rates

Whether it is domestic or abroad, consider comparing shipping rates to see what type of delivery is best.

Websites such as shippingsidekick.com allow users to get an approximate estimate of what they can expect to pay by entering the weight and dimension of their item.

Post Office Supervisor Janet Curry said the mailroom has all the proper tools in case students ever have questions regarding the weight of their mail.

Label envelopes properly

With over 16.5 billion cards and packages delivered between Thanksgiving and New Year’s Day, labeling correspondence

correctly is a critical for efficient delivery.

The USPS suggests to first check the address for accuracy. Several websites offer quick tools that help by looking up the zip code to ensure that the correspondence is being sent to the correct location.

Once you have verified the information, remember to label the item according to USPS guidelines. This includes having the delivery and return addresses printed on the same side of the item, parallel to the longest edge.

However, if you are the one receiving mail, Leavitt reminds students to use their “actual name rather than a buyer’s name,” when having the item delivered to the school.

If the student’s name is not on the package, “it makes it really difficult to track down who the package belongs to,” she said.

The mail room is open from 9 a.m. to 4 p.m. Monday through Friday. They are closed weekends and during chapel.

Free Speech Week

This week, the Communication Department is hosting the University’s first ever Free Speech Week. The events will feature Pulitzer Prize winner Glenn Proctor.

Thursday:
9 - 10:15 a.m. Free Speech and Public Relations with Glenn Proctor (LRC 149)

1:15 p.m. - 2:30 p.m. First Amendment & Media/News with Glenn Proctor (TV Studio-LRC 119)

8 p.m. Free Speech Zone: Five Minutes of Free Speech (TV Studio-LRC 119) *Free coffee and donuts!*

Friday:
10 a.m. Talkback with Glenn Proctor (TV Studio-LRC 119)

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Must know holiday mailing dates	
The season of giving is almost here which means one thing, the fight to get pakages shipped on time. To ensure your mail arrives by Dec. 25, remember to ship by the following dates:	
Domestic mail/product	Post marked by
First Class Mail <i>Letters, postcards, and packages sealed against inspection.</i>	Dec. 20
Priority Mail <i>Flat rate shipping, 2-3 day guarantee mail arrival</i>	Dec. 21
Express Mail <i>Includes overnight delivery, money back guarantee</i>	Dec. 21

Sound system gives University growing pains, opportunities

Sidney Van Wyk
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“New and improved” does not mean “perfect.” The Berry Performing Arts Center opened in the 2010 fall semester to answer the many problems faced by the music and drama departments due to lack of space for performances and rehearsals. The BPAC not only answered these problems, it also offered practice space, better lighting, an orchestra pit, a greater amount of seating and a much larger stage. All these aspects of a great performance that could possibly be connected to the facilities themselves were answered. Except for sound. The 500-seat auditorium is designed for sound to bounce off of the walls and ceiling to surround the audience during a musical performance such as a choral recital.

In dramatic performances, this makes it hard for the audience to hear what is being said on stage unless every actor has their own microphone. It can also make sound effects very difficult. “We’re still kind of playing with the best ways to get the best sound,” said Jan Lauderdale, the director of most dramatic performances on campus. Currently, Event Technology only has eight mics, though they add more every year. Because of the large demand for mics during “The Three Musketeers,” the University’s last major play, the department had to rent mics and Event



J PABLO GARCIA/The Threefold Advocate

A group of students act in “Sarah Plain and Tall,” the most recent drama production staged in the Berry Performing Arts Center with newer audio technology.

Technology staff had to help actors exchange mics between sets without disturbing their costumes or the mics themselves. “It got a little crazy, but they made it,” said Lauderdale, who hates using wireless mics on actors but sees them as a necessary evil. There have also been issues with the performances’ sound recordings. After the 2010 performance of “Steel Magnolias,” the first play performed in the BPAC, the actors were hard to hear though the sound effects were

including practice spaces, rooms to work on blocking and offices was added to the original design. Building this space took funds away from other planned features of the BPAC. “We decided students would be so much better served with that space,” said Mitchell. Event Technology uses different mic’ing techniques to combat the “bouncing” sound produced because of the layout and design of the auditorium. “In sound, there are a lot of guidelines but no rules,” said Mitchell. “We have overcome a

lot, but that’s the fun of the job.” Mitchell said she feels her staff would be able to handle the sound difficulties presented in the BPAC if they had more practice working there. “The Cathedral has many more sound issues than the BPAC but we do three to four events a week, there while we only have three big, high profile theatrical productions in the BPAC every year,” said Mitchell. She is confident everything will smooth out as everyone grows more used to the Performing Arts Center.

Summer Studies Programs 2013

As registration for the spring semester draws closer, it becomes time to make decisions about summer study programs. The International Office is holding a fair today in Walker Student Center from 9 a.m. to 3 p.m. But here is some quick information about each of the programs offered next summer for consideration.

German Studies

6 credit hours
Date:
May 16 - June 16
Cost:
\$4900
Professors:
Tim Dinger & Robbie Castleman

Courses:
BBL 3003 Evangelical Theology
BBL 4002 Christian Life
(May substitute Christian History II or Church History II)

Irish Studies

9 credit hours
Date:
May 15 - June 25
Cost:
\$5400
Professors:
Mindi Stevenson, Hadden Wilson, Frank Niles & Jennifer Niles

Courses:
EGL 4043 Irish Literature (core - Stevenson)
BBL 4043 Christian Life (core - Wilson)
POL 3003 Political Philosophy (core - F Niles)
KIN 1002 & 1011 Welness: Ireland Outdoors (core - J Niles)

Italian Studies

6 credit hours
Date:
May 6 - June 3
Cost:
\$4900
Professors:
Scott Jones & Paola Brance

Courses:
ART 2153 European Art & Culture (core - Jones)
BBL 3003 Evangelical Theology (core - Brance)
POL 3003 Political Philosophy (core - Jones)

Berlin & Austrian Studies

6 credit hours
Date:
May 26 - June 24
Cost:
\$4900
Professor:
Peter Pohle

Courses:
ART 1243/2453 Drawing I & II (Pohle)
ART 3383/3393 Oil Painting I & II (Pohle)

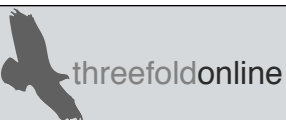
England Studies (Bible Dept.)

5 credit hours
Date:
May 31 - June 30
Cost:
\$5000
Professors:
Jason Lanker
Courses:
BBL 4002 Christian Life (Lanker)
CMN 4663 Internship in Cross Cultural Ministry (BBL - Lanker)

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and point size and all these things on your computer screen, it came from here,” he said. “You are still using it today when designing something in [Adobe] InDesign or Illustrator. The terms came from here.” The professors are not the only ones excited about the letterpress. Senior Will Oelschlaeger is eager to try it out. “It’s a printing method that’s

grown in popularity again and is often used for works that appear on blogs and in design magazines,” he said. “I was very curious to try this method firsthand. It’s not something that’s common outside of specialty design firms.” Oelschlaeger sees himself using the press to make résumés, business cards and portfolio pieces in the near future. “I think the letterpress reflects the impressive growth the art department has enjoyed over the last few years,” he said.



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Online later:

- Eagle Break coverage
 - Irishman explains European Crisis to students
 - Film advocates for the poor
- “Blue Like Jazz” chapel
 - 10-Day follow up

Out of the Bubble In the Bubble

Apple creates mini iPad

foxnews.com Oct. 23
Apple executives have unveiled the newest member of the Apple technology family: the iPad mini. It costs \$329 and can be held in one hand. The mini will start with 16 GB of storage.

Scientists get prison for earthquake

cnn.com Oct. 23
Six Italian scientists and a government official were convicted of manslaughter and sentenced to six years in prison for a failure to accurately forecast the 2009 L’Aquila earthquake. The earthquake killed more than 300 people and was a magnitude of 6.3. Experts around the world are shocked at the ruling and argue that they cannot be responsible for the severity of natural disasters.

Blue Like Jazz

The movie “Blue Like Jazz” will play in the Berry Performing Arts Center on Oct. 25. It will begin at 7 p.m. and continue to 10 p.m. For more information, contact Danielle Keller at dkeller@jbu.edu or the Student Activities Committee.

The Venue

The Honors Scholars Program is hosting The Venue on Oct. 26 from 7 p.m. to 10 p.m. The event will take place in the Honors House. The theme is Shakespearean England.

Blue Halloween Concert

Blue is sponsoring the annual Halloween Concert on Oct. 31 in J. Alvin. It begins at 8 p.m. and ends at midnight. Contact Chris Hembree at hembreec@jbu.edu for more details.

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that we are called to be good stewards of the creation God has given us,” he said. “Belonging to a community that places emphasis on this calling is fulfilling, and I’m proud to claim that my school cares about the world that we live in.”

Brankle added, “It shows that we’re a leader in sustainability. It shows that we are thinking outside the box. The University is very blessed, and there are a lot of Christian colleges that would like to do what we are doing, but they just don’t have the finances. We’re a very blessed place.”

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to thank for the Honors College on campus, the “new” wing of Mayfield, Walton Lifetime Health Complex and other projects. The Chamber of Commerce acknowledged the privilege of being blessed by the efforts of Brown and expressed that his mark on the city will be remembered for years to come.

EDITORIAL

The Threefold Advocate

This is Halloween

THE THREEFOLD’S TAKE ON HALLOWEEN’S MISCHIEF

As October nears its end, it is time for the culture wars to resume. As our culture’s only purely secular and unabashedly amoral holiday, Halloween attracts a wide range of reactions in the Christian community.

For some, it is an opportunity for deviant behavior and a time to celebrate immorality. For others, it is a chance for indulgent judging or aggressive non-participation.

The Threefold’s position is that there is nothing inherently immoral about Halloween and that it is a holiday that can be enjoyed by Christians in a healthy way.

Part of celebrating Halloween the right way is finding a healthy middle ground between indulgence and judgment.

While pranking on Halloween can be okay in moderation, it can easily go over the line and lead to property damage or emotional damage.

If we are not careful, simple jokes or pranks on Halloween can lead to damage that will still be there on November 1.

Halloween fosters a mischievous mindset, which needs to be reined in by a diligent sense of self-control.

It is critical that we celebrate Halloween in a way more respectful and more disciplined than our culture generally does.

When celebrating, Christians need to be mindful of whether or not their actions show the love of Christ to their fellow believers and the world.

This also applies to the other end of the spectrum. Some Christians believe that Halloween is a sinful holiday. They are entitled to their opinion.

However, if their beliefs lead them to judge those in the Christian community who chose to celebrate the holiday, then they have crossed the line from personal belief into self-righteousness.

For example, some churches from a more fundamentalist tradition host ‘Hell Houses.’

These attractions are similar to haunted houses except they show sinful behavior followed by sometimes graphic scenes of the judgment of hell.

To use an outreach to judge others does not show others the love of Christ and instead sends a message of separation and elitism.

Halloween needs to be a time where Christians show the godly way to enjoy, partake in, and affect a secular culture.

By using Halloween as an opportunity to judge secular culture or to be a sinful part of it, we fail in our duty as Christians to be redeeming forces in the world.

This Halloween it is critical to strike a balance between graceless judging and thoughtless indulging.

Crazy costumes

A TAKE ON WHAT COSTUMES SHOULD BE AVOIDED

Adults, not just children, should be able to dress up for Halloween. However, make sure to put ample thought into your disguise for the night.

Here are a few costume ideas to avoid at all cost:

1. Jesus. Yes, Christians are called to imitate Christ, but this could easily fall under the category of sacrilegious.
2. No abstract philosophical ideas. If we have talked for ten minutes and I still don’t understand how you are “Existentialism,” you have missed the point of dressing up for fun.
3. Either of the presidential candidates. We have seen enough of them over the past few months; they do not need any more attention. Plus you risk getting socked in the face by some disgruntled constituent.
4. Going as bubble wrap. Or foil or toilet paper or any other common household good. This shows both a lack of creativity and self-confidence. You’re so much more than a Hefty bag.
5. Don’t even think about being a hipster for Halloween—unless you are doing it ironically, of course.
6. When you show up as a character from Jersey Shore, we all know you only wanted an excuse to get a spray tan and use acronyms like, “GTL.” Snooki is old news, try Honey Boo Boo or one of the Duck Dynasty men if you are dying to be a reality television personality..
7. If your costume includes the word sexy, try again. No, you cannot be a sexy Genius Bar worker or sexy buffalo. Let’s make a pact that sexy and classy are synonyms. You should be able to successfully bend over in your outfit without revealing yourself to the world.
8. Forget cheesy couple costumes such as salt and pepper or peanut butter and jelly. Let’s get creative!

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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.



J PABLO GARCIA / The Threefold Advocate

THE (W)RIGHT DELIGHT

Breaking down barriers



STAFF WRITER

Hannah Wright

Dear Broderick,

I read your column a couple weeks ago. I have to say, man, it cut me to the quick. I know I treat people of different races differently. I’ve known that for quite some time. And I hate it, but I don’t really know what to do about it.

I’d like to explain myself, and in doing so, maybe shed some light on the way other white people treat you and other black people. I’m not saying that I’m right, or that my point of view is typical. I just want you to know, all right?

I really would like to get to know you. I think you’re cool and smart, and I think it’s totally awesome that you want to be a counselor. I’ve gotten the chance to learn this about you through the speech and debate team, and that’s

good, because I’m not sure I would have otherwise. But it’s not because you’re black, dude, it’s because I’m white.

I’m absolutely terrified of being a racist. I’m afraid that if I say the wrong thing around you or act the wrong way or make a wrong assumption, you’ll think less of me, and I’ll be labeled a bigoted jerk in your mind and in the minds of everyone in the black community for all eternity. I don’t want to hurt you, and I don’t want you to think less of me. So I kind of keep my distance. That’s the first thing.

The second thing is that I pride myself in treating everyone differently, because everyone is different. One of my strengths from StrengthsQuest is Individualization. I recognize people’s uniqueness, and I love it. I want to pick out your individual story from everyone else’s. Of course, you are very obviously different from almost all the people on this campus simply by virtue of your complexion. I think that’s cool. Talking to you is like talking to a redhead— it doesn’t happen very often, at least not on this campus.

However, it’s one thing to go up to someone and say, “Gosh, you’re a redhead! You’re cool!”

and it’s entirely another to say, “Gosh, you’re black! You’re cool!” Here comes that fear again: If I imply that you’re in any way different than anyone else just because you’re black, that makes me racist.

I know there’s more to you than your race, just like there’s more to a ginger than her hair. I want to find out what it is. I want to hear your story.

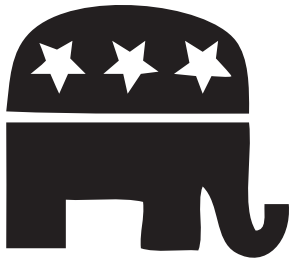
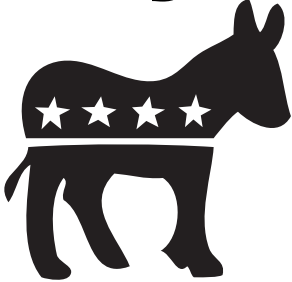
So I’m sorry for my fear, Broderick. I’m going to make a concerted effort to get to know you better, not because you’re black, or because of some weirdo white guilt or something, but because you’re cool and different and interesting. I hope you’ll forgive me when I say stupid things, because I’m going to try to be a little less careful around you.

That’s right. I’ve exposed my vulnerabilities of character to you, Broderick, and it scares me, but it’s a start. I hope we can be friends.

Wright is a sophomore majoring in chemistry. She can be reached at wrightjhj@jbu.edu.

Want to share your presidential opinions with the Threefold?

#jbuvote



Healthy lifestyles look past the mirror



COPY EDITOR

Laura Roller

What does being healthy mean?

In 2008 in Arkansas alone, 65.7 percent of adults were either overweight or obese as defined by their body mass index. This equates to an estimated 1.4 million Arkansans, according to a report by the Arkansas Department of Health.

Meanwhile, up to 24 million people nationally suffer from an eating disorder such as anorexia, bulimia and binge eating disorders, said the National Association of Anorexia Nervosa & Associated Disorders. These disorders are also often coupled with depression or anxiety problems.

We are obsessed with organic, green, fair-trade, natural, good-for-you stuff, and yet are killing ourselves with habits that make us increasingly unhealthy.

While our digitally-enhanced models look amazing, we look in the mirror and see someone we do not think quite measures up. We believe the lie and think, if only I could do this one thing a little better, I would look more like the person I idolize.

Our society is often an extremely high-pressure environment. We are constantly trying to do more with less,

make our lives easier and earn more than the next guy. We are pursuing the American dream.

These practices are having a lasting effect on personal health. So many problems stem from this lack of time and abundance of pressure. People begin to take short cuts on health. Friends, this is dangerous ground we are treading on.

But wait a minute; I am not really here to chastise society as a whole. That changes nothing.

Really, I want you to take a look at your own life.

Do you believe the generalizations, perceptions and marketing ploys asking you to buy something or do something because they tell you it is “healthy?” Or are you pursuing what is healthy for you individually?

You see, health is a very personal thing. It is doing what is best for you.

First, there is physical health. While it may be just fine for me to eat milk on my cereal or have an extra cookie at dinner, you may be lactose intolerant, diabetic or watching your calories.

For someone trying to lose weight, eating balanced and low -calorie meals is recommended and necessary. Yet for a young person struggling with an eating disorder, the obsessive compulsion to cut calories is anything but healthy. It can be deadly.

People can also be emotionally unhealthy. If I watch a movie or read a book that does not exactly end happily ever after, that may be fine for me. But for a person fighting depression, the vortex of depressed thoughts they sink into because of

that entertainment choice could be very tough to escape for hours or even days.

Perhaps your area of illness is in relationships. You may have a strong relationship with your family, your boyfriend, your girlfriend or your roommate. Or that relationship may be feeble, dangerous or emotionally taxing. There are ways to have healthy relationships, and it may not be what the TV or the Internet is saying.

Then there is spiritual health. How is your spirit? Are you taking care of it like you would your body if it were sick? Take care of yourself by having good spiritual disciplines, not just physical and mental ones.

Our habits and daily choices need to be what is healthy for us, not what society is telling us is “healthy.” As you walk through the cafeteria, browse the grocery store aisles, surf the channels or spend time with others and God, resist the urge to compare yourself to others. Do what is right for your body, your mind, and your spirit because in the long run, that is what counts.

I encourage you to strive for true health, inside and out.

Roller is a sophomore majoring in marketing. She can be reached at roller1@jbu.edu



Jenny Redfern / The Threefold Advocate

Adventures Abroad

Living and learning about God’s plans in Ireland

CONTRIBUTOR

Sarah Bladdick

Ireland. It is no longer just a country to me, but a place of change, memories, growth and a place that I have grown to love. It has been my home for the past month and will for two more.

Before I arrived, though, it was a place that held my expectations of what my time here would be like.

During my final days in northwest Arkansas, I remember thinking to myself “Why did I sign up for this?” It wasn’t that I didn’t want to go to Ireland, but I instead was concerned of what I might be missing out on while I was gone.

My selfish, human self wanted to pause life at JBU while I was in Ireland so I could return to a campus that was just the way I left it behind. The reality of things, though, is that there is no “pause button” available to press.

Thankfully, the morning I flew out to Belfast I felt God reassuring me that Ireland was where he wanted me this semester. Looking back, I find it so strange that I ever questioned this incredible journey. During the past seven weeks I have found myself overwhelmed with God’s faithfulness. It is so apparent to me that God had such a hand in selecting the perfect group of people for the semester.

Although all 25 of us are very different and didn’t all know each other before the trip, God has really formed us into a family this semester. What a blessing it has been since we not only go to class together, but also eat together, live together, travel together and are, in general, constantly together. It’s funny to me that a lot of us went from strangers to traveling around Europe together.

Each Friday, as a group, we literally go see

and experience Ireland. Whether it has been the North Shore, Giants Causeway, castle ruins, St. Patrick’s Cathedral, the Peace Wall or an Ulster rugby game, it has been so interesting to learn about Ireland’s history and geography that has made it into what it is today.

During the past month, so many memories have been made. Among those, there have been many “that awkward moment when you are American” hashtags. We are learning though... Cookies are called biscuits, wee means little, and “crack” isn’t just a drug but a good time. Most importantly, though, pants aren’t jeans; they are underwear... that one could cause some awkward moments let me tell ya.

We have been enjoying even the littlest things of Ireland to the fullest whether it be listening to the Irish accents, sipping hot tea, or sitting in awe of God’s beautiful creation.

During the time I have spent here, God has really been teaching me about expectations. When I set expectations of what something is going to be like, I most of the time will be cutting God short of what he can do. I came into this semester thinking that I would enjoy it, but I didn’t even consider what he would teach me through my time here.

I thought that I would go to London for fall break and was excited about that, but plans changed and I ended up in Barcelona which ended up being one of my favorite places that I have ever been.

My concerns about “missing out” on what is happening on campus now look silly, because if I wouldn’t have come to Ireland, I wouldn’t have experienced so many moments that are now so treasured in my heart.

I came to Ireland with two close friends and will leave with several more. I completely underestimated what God had in store for me this semester and the semester is only half over.

Ireland hasn’t been a great experience. It has been a fantastic experience and I am looking forward to the next few months.

Bladdick is a junior majoring in graphic and web design. She is studying abroad in Ireland this semester.

Ice ice, maybe

CONTRIBUTOR

Megan Stoll

The clink of jewelry as it slides down a woman’s wrist.

The smell of fine perfume upon entering Macy’s.

The sound of heels clacking with sophistication across a hard floor.

Let me spare myself of sounding very high-maintenance...I do enjoy the finer things in life. Shopping the Promenade, nice linens, high thread count sheets, designer hair products, quality cuisine, and above all ice.

This probably seems a bit odd, but please follow me. Ice is a very applicable resource, one used most every day for a variety of purposes, from keeping something chilled, to soothing pain or soreness. Therefore, given that ice not only sustains healthy living, but feeds into a little sense of personal indulgence,

I believe the installment of ice machines in residence halls would be brilliant.

Imagine it, athletes could ice up after practice, before bed, etc with ease and precision. Not to mention common ailments could be soothed without a trek to the Caf or even the nurse through easily accessible ice machines down the hall. Also, I believe this would be a good investment to make given the fact that while many people have fridges, few have freezers on campus.

If something needed to be chilled immediately (water before bed or a recently bought bottled drink) then ice machines would make this possible. I mean, hotels and other nice establishments have these, and they really lend a sense of class and convenience to life. Keep in mind that I do not suggest a reckless spending of University dollars to fund a seemingly whiny first world problem-I am merely suggesting the idea as an investment in the future.

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LIFESTYLES

The Threefold Advocate



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Professor Jason Lanker often tells his Old Testament Survey classes, “I married the Proverbs 31 woman.” His wife Heather is the owner and designer for Heather Hill Clothing, a children’s clothing store on Broadway Street in downtown Siloam Springs. She is also a mother of two. Above her sewing machine in her shop hangs a quote by Saint

Irenaeus: “The glory of God is man fully alive.” Both Jason and Heather point to that quote as a description of Heather’s life and business. “I live by that,” she said. “I still know what God has created me for. Sometimes I wonder, but I remember that showing people what I do is showing who God is.” Jason said, “Her greatest desire is to glorify God. She knows that he hasn’t just made her to be a shop owner or a designer. He has also made her to be a wife, and a

mother, and a friend. You could talk to anyone who knows her and they would say she is incredible, because she constantly gives of herself.” Heather began her career as a designer after graduating college with a degree in home economics. At the suggestion of a professor, she went through the yellow pages and called every costume house in Hollywood. She ended up with a job designing costumes for productions, theaters and individual buyers. They even made an Elvis costume for a Chinese man one time. Heather laughed describing the event. Twelve years ago, when Jason and Heather had their first daughter, Madison, Heather quit that job to stay home with her. “I kept sewing, but I sewed for her,” Heather said. Jason said, “She couldn’t keep her hands still, so she started making clothes for the kids. She would go out places and people would say, ‘Where in the world did you get that?’ and she would say, ‘Oh, I made it.’”

Elise, their second daughter, was born nearly three years later. “I didn’t start out wanting to design kids’ clothes. My daughter kind of marked my way in that,” she said. “I love costumes. As a kid, you can get away with wearing over the top kind of things. I love to mix and match prints, and kids love it, too.” By the time the Lankers moved to Siloam Springs in 2006 for Jason to start his new job at John Brown University, Heather had developed a thriving design and wholesale business in Los Angeles and was selling to boutiques across the United States. They thought she had everything arranged to be able to continue in Arkansas, but after moving she soon discovered the promised resources were no longer available and Heather was unable to continue her business. Heather quickly fell into depression as she was left with

only excess fabric and dashed hopes and dreams. “I would leave her in the morning and she would just be crying in her bed,” said Jason. “I would come home after work and she was right at the same place I left her. She was just broken. I have never seen anyone in my life broken like that.” One day Jason came home and said to Heather, “You know what? You have all this stuff. It is just sitting here. You are always better as a person when you are doing what you were made for. So just start making stuff again, start playing with fabric and being creative. You’re not wasting

Three years ago, selling at festivals and shows gradually led to leasing a small storefront downtown as their home ran out of room to comfortably produce the clothes. When another store, the Baby Closet, went out of business about 18 months ago, Heather Hill Clothing took over their lease and moved around the corner to Broadway Street. This year, Heather embarked on a new adventure. At Jason’s encouragement, she entered the world of wholesale once again, even though at first she was unsure and a little gunshy because of her previous experiences.

“She does not just sew for her dreams anymore, she really sews because that is the way God made her.”
-Lanker

money; it’s just sitting in the garage. You’re not wasting any time; you’re just laying your bed. Just do something.” Soon Heather had a bunch of little outfits and nothing to do with them. At the suggestion of some friends she sold them at the Dogwood Festival. “I was hooked,” said Heather. “I kept making more one-of-a-kind outfits and travelled around the area selling them.” The dream that was dead was coming alive again. “One thing I love about her is she always wants to do what God wants to do,” said Jason. “If there was one area where she had her greatest will and desire it was her clothing, and even though it broke her and was really hard when we moved out here, I think when it came back to life it was like a resurrection. And because God had brought it back to life she was finally willing to give him that part of herself.”

“At the show in Dallas, I told Jason I wouldn’t do it unless my first choice rep approached us and asked to carry the line,” said Heather. “Not 10 minutes after I said that, he came up and said he loved my line’s look and he wanted to carry it.” Finding a manufacturer in India, Heather quickly designed her line for spring 2013, so they would have plenty of time to produce. Her wholesale line is now rebranded as Heather Feather, and her handmade line remains Heather Hill. “To me it is just the next step. I feel this is the beginning of something; I just do not know where it is going,” said Heather. Jason said, “Through all this, the last four years, it is not just her business. So she does not just sew for her dreams anymore, she really sews because that is the way God made her. She sees that. She’ll sew for him and sell for him as long as he wants her to.”




STEPHANIE WILLIS/Threefold Advocate

Heather Lanker proudly displays her handiwork, including bows, dresses and other childrens’ apparel. Her store, Heather’s Hill is located in downtown Siloam Springs and is open everyday except Sunday and Monday.

Plumstone

CONTRIBUTOR



Samuel Dinger

I remember a hazy Sunday night scene in a Southern Baptist fellowship hall in Indianola, Miss.—my childhood hometown. I remember the Superbowl was on. I remember sitting in the front and on the right side of the row—made by church chairs that connect to each other before the large, dwarfing screen. The room was dark and the screen was bright and the cavernous, echoey hall was loud with beer commercials and the crack of crashing plastic helmets and laughter. I remember the stack of Styrofoam bowls at my dangling feet, each with a white plastic spoon stained slippery orange from chili grease. In the bright, fluorescent, pale yellow hallway outside the fellowship hall were tables up to my chest and power strips leading to a sea of crockpots full of red. One of the competitors was an old man who seemed to always be around the church. He had black hair and brown, wrinkled, leathery skin and had a fading, bleeding tattoo of what must have been an anchor or a snake on his forearm. He looked strong and harsh, and had a wife who looked particularly gentle. I saw him before that night and had heard passings-by of his conversations as I ducked and wove through the halls playing hide and seek after youth group and I saw him after that one night. But in those memories, before and after, he doesn’t matter. This Sunday Superbowl night he won the chili cook-off category for “Hottest Chili” and I’ll never forget the nameless, old, tattooed man. Two winters ago in the midst of deer season I invented a chili of my own using venison. And it would be a different kind of chili. It would have Hatch and green Anneheims, and it would have lime and cilantro and a drizzle of olive oil, all served over rice. But one thing seems to stick with me as I make chili, conventional or not: it must be hot.

Green Chili

- Ingredients**
- 1 ½ - 2 pounds Beef or Venison stew meat (in smallish cubes)
 - 3 Onions (diced)
 - 1 Head Garlic (cloves peeled and sliced)
 - ½ Cup White Wine Vinegar
 - 4 Jalapenos (diced)
 - 3 Annaheim or Poblano Chiles (skins removed and diced)
 - 1 Quart Chicken Stock or Broth
 - Olive Oil
 - Cumin, Oregano, Chipotle Powder
 - Salt
 - 2 Tablespoons Butter mixed together with 2 Tablespoons Flour (if you like)
 - Rice
 - Lime
 - Cilantro

Preparation

Sear the meat in hot oil in a cast iron skillet or a Dutch oven or a big pot capable of holding chili. Remove the meat and add the onions and diced chiles to the hot oil and beef (or venison) drippings and sauté for a few minutes. Add the garlic and continue to sauté gently until the onions become translucent. De-glaze with the white wine vinegar, scraping up the brown bits on the bottom of the pan. Season with salt, cumin, oregano, and chipotle powder. Add the meat back into the skillet and add the chicken stock (add enough to cover the meat). Put on the lid. Bring to a boil and then reduce to simmer for an hour or so (until the beef is tender). Make some rice—enough for everyone to have. There should be a ratio of chili to rice of about 1:1.

At this point, you can stop and serve the dish—in big bowls on top of, or next to rice.

If you want a thicker, more developed sauce you should stir in the butter/flour mixture and simmer for several minutes before serving. After dishing it up with the rice, put lime quarters on top (for your guests to squeeze onto the chili), add chopped cilantro, and a drizzle of olive oil and serve.

RON ASBILL/ The Threefold Advocate



Adrienne Karasek
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In honor of this spooky time of year, enjoy these three mysterious stories of John Brown University and the surrounding area. While not all creepy or ghostly, coming upon or discovering one of these should make your heart race in excitement.

Steam Tunnels and Caverns

From the beginning of Siloam Springs, there have been rumors of caverns and tunnels crisscrossing the area, leading to springs or other places. While no one has ever documented an underground tunnel, there are plenty of stories around town of people falling into one, accidentally discovering one, or making their way underground and winding up on the other side of town.

Don Warden, the director of the Siloam Springs museum, said he met a man about 20 years ago who said as a boy he found a tunnel from a building on Broadway Street that led all the way to Sager Creek. For any adventurous spelunkers looking for a fun weekend activity, hunting for a cavern could be the answer.

Rumors also swirl on campus about some steam tunnels, allegedly located under the quad. Steve Brankle, director of facilities services and sustainability, said there are indeed several steam tunnels crossing the Quad.

Of course, these are off limits to students. Firstly, Brankle said, the government defines those tunnels as a confined space, so whoever goes in must have a permit. Secondly, the pipes are very

hot and it is easy to burn yourself on them. This has not stopped students in the past.

These tunnels were a part of the old power plant, which the current prayer garden by J. Alvin replaced. The original tunnel entrance was there, but the University filled it over at the construction of the prayer garden. The tunnel goes across the quad, roughly following sidewalks, and branches off at the Cathedral trio, with entrances in the basements of the Cathedral and the two art buildings. Another branch runs toward the flag poles and connects to the cemetery-side of the Learning Resource Center. The sidewalks in the Quad have padlocked vault entrances.

A few years ago a mower broke the lock of the LRC entrance. Before the lock could

his name in the wall.

“Frankly, I don’t understand why the tunnels are so interesting here,” Brankle said. “I went to school at Calvin College and grad school at St Mary the Woods. Now those were some tunnels. Some of the tunnels at St. Mary’s were even a part of the Underground Railroad.”

Flora Ewing

The owners of the English Tea Room, which is now closed, believed the house to be haunted by a previous owner. They lived upstairs while operating a restaurant downstairs.

Cynthia Lee, community outreach coordinator of the Siloam Springs museum, said owner Rob Cork was passing through a hallway and thought he saw his wife wearing a robe

of the restaurant said they saw strange things.

The owners even brought a northwest Arkansas paranormal group that investigated with their equipment, Lee said. While nothing could be decided conclusively, the group told the Corks that there did seem to be some sort of activity in the house.

Lee and Warden helped the Corks look through old genealogical records to find what woman the ghost could be.

Flora Ewing, the wife of John Ewing who built the original house and the annex, which is the only part left standing, died in 1889 at 40 years old. She is the most plausible identity for the ghost wandering the old house.

The Corks closed shop shortly afterward, though for other reasons, and the house now stands on University Street, waiting for the next buyer.

Spooklight of Hornet

Just before the Trail of Tears there was a beautiful Quapaw maiden who fell in love with a brave. He loved her back, and they asked her father for permission to marry. But her father did not approve, and told them to break it off, for she was to marry someone else. Distraught, the Indian couple eloped and ran into the woods.

It did not take long for her father to notice them missing, and the Quapaws sent a search party to find them. As the search party grew nearer and nearer, the young couple raced through the woods until they found themselves cornered at a cliff overlooking the Spring River. Not knowing what else to do, they decided that death together was better than life apart. So they took one another’s hands and

leapt over the cliff just as the search party came upon them. They fell into the river and died in one another’s arms.

Now their souls look for one another, desperate to be reunited. They have been searching for one another for almost two hundred years now. At night, near midnight, sometimes travelers have seen one of their souls—a bright light floating through the trees, looking for the other.

This spooklight of Hornet, Missouri has been seen since the Trail of Tears, though there are still no explanations for it. Other legends, such as a murdered Osage chief looking for his lost head, abound. Although the U.S. Army Corps of Engineers and several scientists have studied it during the 20th century, no one can say for sure whether it’s gases in the atmosphere or anything else.

David Cox, a JBU alum of ’07, went to see the ghost light with some friends as a part of a MICE event around Halloween his sophomore year.

“I did not actually see the light,” he said. “When we went, the entire area around Hornet was covered with people. Being Halloween, everyone wanted to see the light. We waited for a while, but in the end it got dark and cold enough we opted to leave so we could get back to campus by a reasonable hour.”

These stories are not the only urban legends in the area. There are old stories of a University professor hanging himself in the Cathedral while it was under construction. The story of how graduation used to take place on the Hundred Steps until someone fell and died. Those stories will have to wait for another time. Except for the asbestos one. That’s true.

Spooklight Tips:

- 1. Don’t arrive in Hornet long before dark. Since the light is only visible after dark you will just waste time sitting around.
- 2. Ask the locals about the light—they can give good directions and insider tips. This can help you avoid a long hike.
- 3. Be respectful of other peoples’ property. The highway is a public thoroughfare, but the woods and fields on either side of it are private property.
- 4. Watchers say the best chances for spotting the light occur after dark when parked on Oklahoma East 50 Road, four miles south of the tri-state junction of Kansas, Missouri, and Oklahoma in Ottawa County, Okla. and looking to the west.

be repaired, some J. Alvin students sneaked in. They followed the path all the way to the Cathedral when a facilities services worker found them.

About 20 years ago, Brankle said he found an old mattress down in a corner of the tunnels. A student had sneaked in and was sleeping down there—he even carved

walk downstairs. He called out, and realized it was not his wife. Dawn Cork, his wife, was in their bedroom taking a nap.

This began the occurrence of several strange sightings or movements. The transoms above doors and other household utensils would move for no apparent reason. Lee said even some customers

Golfer’s attitude helps beat cancer

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West Loveland first noticed the lump on his neck last April. He had been more fatigued than usual and thought it must be from a cold he was sure he was getting over. He continued to prepare for his graduation from John Brown University while finishing his senior season of golf as the Golden Eagle’s top golfer. “Nights after tournaments, we would sit around and they would ask ‘What’s that on your neck?’ and I would say “I don’t know.’ We would laugh about it and they would poke it,” said Loveland.

Loveland eventually went to the Siloam Springs Community Clinic to see what was wrong. He endured tests for strep throat, the flu and other illnesses. Neither he nor the doctors thought it could possibly be cancer.

Loveland did not get better so he went to an ears, nose and throat specialist in Rogers two weeks before his graduation. There they did a needle biopsy of the lump on his neck. The results came two days after he walked across the stage and received his diploma.

Loveland was diagnosed with non-Hodgkin’s Lymphoma, a cancer that can attack a person’s lymph nodes, spleen and other organs in the immune system.

“It was a shock,” said Loveland. “I am the only person in my family to have cancer.”

A few months prior to Loveland’s diagnosis, his stepfather had died from an unexpected heart attack. His mother and siblings were left wondering why all these terrible things were happening to their family.

Doctors advised Loveland to wait a semester before returning to school, but Loveland wanted to begin his next degree and not allow his treatment interfere with his life anymore than could be helped.

“In the beginning, when we were getting all of the information, I stepped out of the room,” said Loveland, explaining that he did not want to know the odds of recovering because he wanted to maintain a positive outlook.

He informed the University about his situation and began treatment at the Vanderbilt-Ingram Cancer Center in Nashville, Tenn.

Loveland said the people he met at Vanderbilt tried to maintain a positive attitude because of the positive impact it had on those around him encouraged him.

Every three weeks, Loveland and his mother would drive three hours to Nashville from their home in Knoxville, Tenn., undergo treatment then spend the night before driving back in the morning, where they were greeted by Loveland’s siblings.

“After treatments they would just want to cling to my neck,” said Loveland. “The youngest, who is 3,

would point at my neck and ask me ‘How’s your boo-boo?’”

When school started Loveland continued to seek treatment in Nashville while living in Rogers with his grandparents. During the course of his treatment, he drove or flew back to Tennessee a total of seven times.

Whenever Loveland flew, he could sense people staring at him because of the mask and gloves he wore due to his weak immune system. He also had to deal with extra airport security and was extremely cautious about anything he ate or drank.

Loveland said his professors were very understanding and allowed him to complete homework, tests and other assignments early so he would have time to recuperate from treatments.

Heartening notes and friends’ willingness to spend time with him while he regained his strength between treatments were an encouragement to Loveland, especially when he was forced to stop working at his job at Café on Broadway and also had to stop golfing.

“I did golf one or two times but I slept for 12 hours after,” said Loveland.

Loveland’s seventh and final trip to Nashville was not for treatment, but to find out if his treatment was working.

He was confirmed cancer free on Oct 4.

Once again, Loveland refused to



OFFICE OF SPORTS INFORMATION

Graduate West Lovelan after coming first in the Mustang Invitational March 28 . Around this time, West began to feel fatigued and soon discovered a lump on the side of his neck.

hear the odds of his cancer returning.

“I’d rather not look forward to something to dread,” said Loveland.

He said that while not everyone has understood this decision, he

wants to trust God and live one day at a time.

“Cancer can go either way,” said Loveland. “I feel like I have a second chance.”

Volleyball falls



RON ASBILL/The Threefold Advocate

Kailey Bain digs the ball in a game on Saturday. The Lady Eagles are now 1-7 in conference play as of press time after loosing their eighth straight game.

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The Lady Eagles will face the Oklahoma Baptist Lady Bison on Saturday. Currently, JBU sits at 1-7 in the Sooner Athletic Conference and are at the bottom of the conference.

Oklahoma Baptist is currently at the top of the SAC without any conference losses. OBU’s Kristin Pressley leads the SAC in kills; averaging 4.2 a game while teammate Sabra Clark leads the conference in assists with an average of 10.5 per game.

Gabby Samuels, their top defensive player has a total of 414 digs, an average that is only .2 points bellow the conferences leading defensive player.

The Lady Bison are coming of a decisive 3-0 win against Oklahoma City last weekend.

The Lady Eagles under went two difficult losses this weekend against Wayland Baptist (Texas) and Lubbock Christian (Texas).

LCU and WBU are second and third in the conference, respectively.

Against Wayland Baptist, the Lady Eagles barely lost the first and second set though the final set was a definitive victory for WBU.

Lubbock Christian out-blocked JBU and forced the home team to give up 25 errors while only having 16 errors themselves, though the Lady Eagles held their own defensively with 39 total digs to LCU’s 41.

In both games, the Lady Eagles had an exceptionally large number of substitutions, with four players recorded in one position and three recorded in two others. Each of the three freshmen also received playing time as starters this weekend.

The Lady Eagles will face OBU on Saturday in the Bill George Arena at 1 p.m. before facing non-conference rival Lyons College (Ark.) at 6 p.m. later that night.

Dig Pink game successful

Staff Reports

The annual Women’s Volleyball Dig Pink game on Oct. 19 raised over a thousand dollars for the Side-Out Foundation, a non-profit organization dedicated to united volleyball players and coaches to fight breast cancer.

At the event there was a Silent Auction of pink game-worn jerseys, pledges to donate money for every dig in the game and t-shirt on sale, according to junior

volleyball player Staci Williamson.

Williamson and a few other volleyball players along with the JBU Cheer Squad partnered to put on the event.

They also took time between two sets to honor and recognize those within the John Brown University community who had personally suffered from breast cancer or had family members who struggled with the disease.

They raised a total of \$1,330 at the event, which is more than they

have been able to raise in past Dig Pink games.

Williamson said that \$791.90 was raised in pledges off of the 58 total gigs in the match.

Cheer Coach Kerri Young said the Cheer Squad helped with promotion of the event making a sign advertising the event that was hung in Walker, running the Silent Auction table and passing out donation buckets during the game, in addition to cheering on the Lady Eagles.

Is NFL’s October really pink?



CONTRIBUTOR
Jon Skinner

When the calendar flips to October, we can be sure two things will change: the leaves will turn orange and the NFL will turn pink.

October is National Breast Cancer Awareness Month. For a whole month the NFL decks out every piece of equipment—from caps to compression sleeves to gloves—in pink to increase ‘awareness.’

Honestly, whoever doesn’t know about breast cancer already isn’t going to learn about it from sports.

I’m not saying promoting Breast Cancer Awareness is a bad thing, though. Every sport does some form of pink game. It’s just how the NFL goes about doing it that I don’t like.

For example, MLB does their promotion on Mother’s Day. The pink items, like bats and gloves, are not for sale but instead auctioned off with a majority of the proceeds going to a good cause. That’s the right way to do it: one day, one event. Going Pink for a month is like beating a dead Bronco.

Still, the promotion can be effective.

Pink definitely catches the eye because it clashes with every single team’s colors and hovers over everything like a pink nebulous reminder to be ‘aware.’

The real problem is that in the NFL the whole exercise does nothing to actually help find a cure, instead it simply makes consumers feel good about ‘helping’ and makes the NFL feel good about making money.

The whole point of Pinktober isn’t really about raising awareness as the League says; it’s about selling merchandise.

The NFL goes beyond pink equipment and decks out things that consumers buy in pink as well. Pink hats, pink jerseys, pink shirts—NFLShop.com has a whole section just for pink merchandise. The problem with this is that the focus then becomes the product and not the cause.

I know the news that the NFL is doing something purely for profit is shocking, and in your shocked state of mind you might counter with the argument that the money goes to a good cause. You would be right, but only barely.

Only five percent of all profits from the sale of NFL Breast Cancer Awareness products actually goes to the American Cancer Society. And further, not all money the ACS gets goes to finding a cure. So less than five dollars out of every \$100 spent on NFL Merchandise actually goes to finding a cure. That’s the real travesty.

The NFL is actively misleading its fans into thinking their money is going to a good cause instead of to the coffers of the NFL.

The NFL isn’t supporting a good cause. It’s making money off of breast cancer.

ATHLETE OF THE WEEK



Pablo Garcia
Men’s Soccer

Junior Goalkeeper Pablo Garcia had his first shutout of the season in a 5-0 victory over Lubbock Christian Oct. 13. Garcia had four saves in the win. It was Garcia’s eighth shutout in three seasons.



HOW TO CARVE A JACK-O-LANTERN



By Hannah Wright

Jack-o-lanterns are the undeniable symbol of Halloween. Carving a pumpkin is an easy and fun way to get into the spirit of the holiday. Though some protest that jack-o-lanterns are for kids, sophomore Gabrielle Bromling disagrees. “It’s like Easter eggs or any other holiday expression,” Bromling said. “It’s artistic and it’s visual, and as an art major who’s been doing art since I could hold a crayon, that’s always been very important to me.” Bromling won both the pumpkin carving contest held by the University’s Art Foundry and the one at J. Alvin and Mayfield’s fall event last year. “[I’m] always finding new ways to celebrate,” Bromling said. As a crafty carving veteran, Bromling was pleased to share some of her best carving tips with the Threefold Advocate.

Step 1: The Pattern

If you are new to carving, it helps to draw out the pattern you wish to carve beforehand on a sheet of paper. Simple patterns are better for beginners. Remember, you only have two colors to work with. “Think in terms of positive and negative space,” said Bromling.

Step 2: The Pumpkin

Choosing a pumpkin is key. Bring your pattern along when you go shopping, to help you choose the right shape. Select a pumpkin without any imperfections along the side you wish to carve, one that will stand flat on the ground. Always make sure your pattern will fit your pumpkin before buying. Bromling also recommended buying a do-it-yourself pumpkin kit, not for the pattern, but for the tools.



Submitted by: GABRIELLE BROMLING

indoors. Cut a hole in the top of your pumpkin with a serrated knife or a keyhole saw. Scoop out as much flesh, pulp, and seeds as possible. (You can save the insides in a bowl if desired; see the recipes below!) Scrape the sides of the pumpkin until they are firm and mostly dry. “It’s easy to rush the beginning, but the thinner you get that wall, the cleaner it’s going to be,” said Bromling. She also said to keep paper towels handy, so when you start to carve, your hands do not slip.

Step 4: The Carving

Affix your pattern to the pumpkin. Using a T-pin or the needle tool from your kit, poke holes along the outline of your pattern. Keep your pattern for reference. When beginning the actual carving, insert your knife straight into the pumpkin, and keep as perpendicular as possible. Using an up and down motion, follow the dotted lines. Since open flames are not allowed in the dorms, Bromling recommended electric candles for your jack-o-lantern. “Before you reveal it to your friends, test it with your light first,” Bromling said. Congratulations! You are carved your very own jack-o-lantern. Happy Halloween!

Step 3: The Guts

Cleaning your pumpkin is best done outside, but if the weather is not right, lay down several sheets of newspaper or a plastic tablecloth on a spacious flat surface



ABBY CHESTNUT/The Threefold Advocate

Pumpkin Pie Recipe

Roasted Pumpkin Seeds

Ingredients:
1-1/3 cups all-purpose flour
½ tsp. salt
½ cup shortening
¼ cup water
1 cup mashed, cooked pumpkin*
12 oz. evaporated milk
1 egg, beaten
¼ cup and 2 tbsp. packed brown sugar
¼ tsp. ground cinnamon
¼ tsp. ground ginger
¼ tsp. ground nutmeg
¼ tsp. salt

*To prepare pumpkin: take out seeds and stringy portions. Cut meat into chunks. In saucepan over medium heat, in 1 inch of boiling water, heat the pumpkin to a boil. Reduce heat to low, cover and simmer for 30 minutes or until tender. Drain and cool. Return pumpkin to the saucepan and mash with a potato masher.

1. Preheat oven to 400 F (200 C).
2. Prepare pie crust by mixing together the flour and salt. Cut shortening into flour. Add 1 tablespoon water to mixture at a time. Mix dough and repeat until dough is moist enough to hold together.
3. With lightly floured hands shape dough into a ball. On a lightly floured board, roll dough out to 1/8 inch thickness. With a sharp knife, cut dough 1 1/2 inch larger than the upside down 8 to 9 inch pie pan. Gently roll the dough around the rolling pin and transfer it right side up on to the pie pan. Unroll, ease dough into the bottom of the pie pan.
4. In a large bowl with mixer speed on medium, beat pumpkin with evaporated milk, eggs, brown sugar, cinnamon, ginger, nutmeg and salt. Mix well. Pour into a prepared crust. Bake 40 minutes or until a knife is inserted 1 inch from the edge comes out clean.

Designed by Kara Underwood

Ingredients:
whole, raw pumpkin seeds
butter, melted
pinch of salt*

*Seeds can also be seasoned with garlic salt and seasoning salt, garlic salt and Worcester sauce, or cinnamon and sugar. Be creative!

1. Preheat oven to 300 F (150 C).
2. Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir occasionally.

