

* Learning to brew the perfect cup of tea: p. 6

The Threefold Advocate

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JOHN BROWN UNIVERSITY'S STUDENT NEWSPAPER

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Siloam Springs, Arkansas

Tourney leaves school in the black

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The Sooner Athletic Conference Tournament drew regional fans and proved a success for the University, thanks to the work of faculty and alumnus volunteers. The Sooner Athletic Conference Men's and Women's Basketball Tournament at Bill George Arena was University's first time hosting. Between managing lodging, transportation, and scheduling for visiting teams; and ticket sales and accommodations for fans, the SAC Tournament was a massive undertaking. "As far as the logistics of running it and the feedback



that we've gotten from visiting teams, it was very successful," said Director of Athletics Robyn Daugherty, "it was a great event." The University not only was able to cover the \$10,000 cost of the tournament but also make a net profit of \$10,000 as well, which goes to the SAC.

Also, the University was able to pay the \$2,000 it spent reimbursing student tickets out of its postseason tournament budget. Usually, the school will spend upwards of \$7,000 traveling to tournaments out of state, but this year hosting the tournament kept costs down. Another way the school was

able to save money was the complimentary meals in the Arena's hospitality room. Local businesses Zaxby's and Simmons donated food, and alumnus and faculty did their part, too. "Our alumnus and our faculty and staff brought lots of food," said Daugherty, "For three days we fed a lot of people a lot of food with no cost." The effect volunteers had on the tournament extended beyond food, though. "We couldn't have done it without the volunteers," said Daugherty, "We had over 100 volunteer staff members that ran this thing and without them we would have failed." As well as the standard tournament events, JBU

brought an NAIA tournament tradition to the conference level. The University hosted a Champions of Character event simultaneously with the tournament. "This happens at the national tournament, but nobody's ever seen it done at the conference level," said Daugherty. The event brought in young students from around the area to listen to university athletes speak about the program's core values: integrity, respect, responsibility, sportsmanship and servant leadership. "It was a huge success we had about 250 kids that came," said Daugherty, "Our athletes did a

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Bracing for 2012 tornado season



RUSSELL HIXSON/ The Threefold Advocate

West Siloam Springs residents pick up the pieces after tornadoes barreled through their community last Summer.

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When attending a university sitting just outside of "Tornado Alley," it is important to know the significance of inclement weather when it forms. Drive three hours in one direction, and you land in Oklahoma City, which according to NOAA.gov, has had the most recorded tornadoes for a single city in the United States. Drive three hours in the other direction, and you land in Reeds Spring, Mo., the site of a recent tornado outbreak and home town to freshman Liz Coleman. After hearing about the devastation that took place Feb. 29, 2012, a group of six JBU students, including Colman, went to help with relief efforts taking place in Reeds Springs, Kimberling City and Branson, Mo. "When we drove up, the damage was unbelievable," Coleman said. "You always think that it will never happen to you or people that you love, but seeing that it had, left me speechless." Coleman has lived her whole life in Reeds Springs, and knows many of the people and places personally affected by the recent tornadoes including her church family, best friends' homes, and places that she grew up going to. Senior Kaleb Bledsoe also

helped out with the tornado relief, and noted that the group helped clean up the property of a farmer from Coleman's church—Dale. "We spent most of the day cutting trees, picking up debris and a lot of sheet metal from a damaged barn," Bledsoe said. "Mr. Dale seemed to almost tear up at the end of the day and he told me and some of the other guys multiple times that he really appreciated us come out and helping." Each of the people that the students came across were "very open. Everyone was thankful to have someone to cling to," Coleman said. "Everyone likes to cling to possessions, but once those are gone, they rely on clinging to someone." Though it is impossible to predict when or where tornadoes will occur, the chance of a tornado hitting the JBU campus is slim. It is important to know what to do when conditions are favorable for the storm. Two important things to note are the differences between a tornado "watch" and a tornado "warning." According to NOAA.gov, a tornado watch will be issued when "tornadoes and other kinds of severe weather are possible in the next several hours." A tornado warning will be issued when "a tornado has been spotted, or

that indicates a thunderstorm circulation which can spawn a tornado." So what should you do when a tornado warning is issued? Go to a sturdy building, to the lowest level and in an inner room or hallway away from windows. Stay alert and listen for instructions on what to do. NOAA.gov says that after a tornado you should stay with someone else, use caution when dealing with injured, don't enter damaged buildings, and remain calm and alert. As for the damage that has taken place in southern Missouri already this year, there is still a great need both physically and emotionally. "We worked hard, but had a great time working together and by God's grace being the body of Christ," Bledsoe said. "It was a great feeling knowing God used you to encourage this man in such a hard time." As for going back to help with the physical damage, Coleman stated that she "just can't stay away." After any type of disaster, people want to just sit and talk. They need someone to be there to care," Coleman said. "It takes time to rebuild things like homes and businesses, but also a long time to rebuild emotional loss."

Last season

1707 tornadoes confirmed in the U.S.

During May of 2011, three tornadoes ripped through West Siloam Springs. One demolished a mobile home community. Nine were injured, including one with a broken back and several others with broken arms and legs. Seventeen structures were damaged. Numerous groups responded to help, including the Colcord Police, Kansas Police, Benton County Search and Rescue as well as the Red Cross. After the tornado tore through the small mobile home community, remnants of their home such as bags of food, family photos, dressers, sinks and teddy bears sprinkled the ground.

The Next Big Thing



HEATHER FOLEY / The Threefold Advocate

Senior Criston Anderson serenades at the Next Big Thing. Anderson and his bandmate Ark. native Caleb Powers took home the title of "Next Big Thing" and a \$2000 recording contract.

The Threefold Advocate

“People just don’t know what food services offers and they should be more aware” she said.

JOYN's Skinny Bangles

C M Y K 50 40 30 20 15 10

EDITORIAL

The Threefold Advocate

None of the above

THE GOP IS WASTING A PERFECT PRESIDENTIAL CHANCE

Even though Super Tuesday was over a week ago, the Republican party is still unsure of their possible presidential nomination. And the vitriol continues to flow.

The Republican party is somewhat in shambles, imploding under the pressure of the 2012 presidential election. Frankly, it's embarrassing.

The Threefold Advocate urges the party to get its act together. At this rate it seems Obama will hardly have to run at all to win his re-election.

While each election cycle has its fair share of backbiting and mud-slinging, 2012 takes the cake. The amount of bickering within the party is enough to make a decent Republican nauseous. This family feud has gone on publically and gone on far too long. All these factions within the party, of TEA partyers, Christian evangelicals, log cabin Republicans and any others, must work together if they really want to take the presidency back from the Democratic party.

With Romney and Santorum, two very different candidates, practically neck-to-neck and Gingrich holding on with sheer willpower until the Convention in August, it will be fascinating to see what happens and who wins. But this delayed decision only increases the disunity within the party. This extended primary election is only deepening the wedge between Republicans, which in turns raises cynicism within voters.

Romney is blah. Santorum is a nut. Gingrich is arrogant. And Paul, well, Paul's a hoot, but no one wants to elect a hoot. And these are the nice things being said!

This power struggle within the party only weakens it at the end. This squabble between the candidates, their super PACs and all other party leaders must end if the end goal is to be accomplished: beating Obama come November.

The Threefold Advocate hopes that these politicians can be more noble than what's shown on the media right now. Soon, someone has to drop out of the race, and the sooner the better. If the Republican party wants any chance of winning, they need to rally 'round the flag together, giving one another time to lick their wounds and patch up alliances within the party. That's the only way, and it already might be too late.

Allergy-free cafeteria

HELPING STUDENTS WITH DIETARY NEEDS

For most, walking into the dining hall for a meal and seeing indistinguishable food out, ready to eat without signs to identify it can be a minor annoyance. But for some students who have food allergies or who require gluten-free diets, a lack of consistent signage can pose a threat to their well-being.

Like many students here at JBU, we at the Threefold Advocate have noticed that the food in the Kresge Dining Hall is often unmarked, and food in both the dining hall and the California Café has no nutritional information displayed. It is true that JBU food services have a website with such info, but it is often woefully out of date or inaccurate. This lack of up-to-date and accurate info is a disservice to the students on campus who have allergen-free, gluten-free, or vegetarian diets.

Its not as if vegetarian, gluten-free, or allergen-free diets are a rarity. According to The Food Allergy & Anaphylaxis Network (FAAN), one in 25 people have a food allergy. Add to than the those who observe gluten-free diets, over 15 million Americans have specific dietary needs that can severely affect their well-being if ignored. With such a large number of people needing food that is free of allergens or gluten, it is not an obscure or rare occurrence for someone to need alternative dietary options. Many restaurants nationwide have amended their menus in recent years to be mindful of those who may need these alternative menu items, whether it be gluten-free items or an allergen-free menu.

Besides adding new allergen-free and gluten-free menu items, these restaurants also make an effort to make it clear which menu items qualify. Whether it be separate menus or lists, symbols next to menu items, or up-to-date websites, restaurants make this information readily available.

That is where JBU Dining Services have work to do. The Cali and the caf have allergen-free and gluten-free options available, but there is often no way to tell what's what, especially with allergen-free menu items. There are signs that indicate what food is allergen-free, but there appearance is sporadic and inconsistent. This is an easy problem to fix. All JBU Dining Services has to do is make a commitment to putting information and making the placement of such signs by allergen and gluten free options a primary priority. This solution is simple and makes the fact that such a situation does not exist currently even more puzzling.

There are many people on campus who require careful consideration of what to eat because of allergies or the need for a gluten-free diet. They need to know whether the food served on campus is safe or acceptable for them to eat. The least the University can do is make that information available.

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Continous thankfulness

OPINIONS EDITOR

Emerson Ayala Mendoza

The last seconds of my mom's sweet voice on the phone are interrupted by a loud rooster in the background; I believe it belongs to my next-door neighbor Elena, that loud and affectionate "almost-aunt" who spoiled me throughout my childhood.

I realize then that the noisy bird might become one of the meals waiting for me when I go home in May. What a feast my comeback to Santa Lucia will be, I think for a second with a half-smile.

Mom, that powerful warrior of 4'9", knows exactly what to say next to her goodbyes and well-being wishes. "Llore y ore, mijo," she adds, her constant reminder for me to pray and cry to God in moments of need, precisely like the one I just shared. I poured in our phone call all my frustration and repressed anger.

Our second round of efforts to have her come for my graduation, involving a month of back and forth correspondence with U.S. senators and embassy officials, dozens of petitions from friends and strangers, and my column going semi-viral, did not have a happy result. "There is nothing we can do," Con-

gressman Steve Womack's secretary told me.

Mom will not be here. A headache has possessed me all day long, an effect of the stress and tiredness of the week before spring break, which for me means Cathedral Choir Spring Tour. Amidst my whines of endless projects and commitments, sweet mother is blind to the fact that I am, at the moment of her final words on the phone, working hard to contain tears.

As the tears start to dry out, an epiphany of sorts comes to me, in the form of a YouTube video: Jessica's Daily Affirmation. If you have not seen it, run to the nearest computer, watch it, and smile.

In 50 seconds, a curly 5-year-old being all thankful and over-excited transformed my pessimistic outlook.

"*Nunca se esta tan fregado como se cree*," Your situation is never as bad as you think, is the phrase I've heard more times than I can remember. That daily reminder was never more relevant than today.

I'm thankful for everyone who cared about my mom's visa situation, for every person who shared my column, who acted in some way to help us accomplish this dream.

The frustration because of the injustice remains, but Jessica's happy dance and mom's voice convinced of many things.

I am thankful to know that my mom's worth transcends any riches we lack. I am thankful that my mother survived her polio attack when she was three years old and that she remained strong through her three difficult pregnancies.

I am thankful for my 5-year old niece Diana, my own life-size, cuter version of Dora the Explorer, who charms me away with her early wit. I am thankful for Leonel, the two-month-old bundle of hope and smiles, who gives our family a reason to continue.

I am thankful that I received the Walton Scholarship in Feb. 2008. I am also thankful that two weeks ago I called two young Salvadorians, Noemy and Carlos, and gave them the exciting news of being Aida Hernandez and I's Walton scholar replacements.

I am convinced that my mom will visit this campus someday, and I will tell her stories of sleep-deprived days and midnight Taco Bell runs, gorgeous candlelight concerts and injuries on the BPAC's stage.

Someday, my entire family will be immune to the pain that American bureaucracy is causing us now. We'll deem it insignificant, shake our heads in disbelief, and probably laugh about it.

But for now, I'm thankful that I can bring my hand to my chest and feel my heart. I am thankful for the busyness of my last 50 days of school, for the news articles that are to come. I am thankful that at least via satellite, mom will watch me wearing a cap and gown on May 5.

Mom will be here.

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First time voter readies up

STAFF COLUMNIST

Jenny Redfern

It's 2012. It's a leap year. It's the beginning of my senior year of college. It's the year I turn 21. It's... it's... a presidential election year, which leaves me more scared than if it were the year the world ended.

If you haven't done the math yet, this will be the first year I am able to vote in a presidential election. I've voted before in small-town primaries, where my daddy handed me a Post-It note with the names of all the candidates he supported before I walked into the booth. However, this election—with more at stake than who will be the constable for little Danville, Ark.—I want to make my own decisions.

But making my own decision

means I have to be informed. And being informed means I have to spend a substantial amount of time researching candidates, listening to debates and staying on top of current events. And after only a couple of months, I'm left wondering, "is it worth it?"

Let me assure you it is. Here are only a few of the reasons I and other members of Generation Y should be motivated to "rock" our vote.

First of all, the issues addressed in the election directly affect the youth of the nation. The war in Iraq? Supplemented mostly by young soldiers. Funding for primary, secondary and post-secondary education? Attended mostly by young students. Employment rates? Worried about by soon-to-be graduates like me.

If you give up your right to vote, you give up your opportunity to influence the major decisions made on these issues.

Secondly, the democratic process only works if both young and old participate. Without voters, a democracy has no power. And with mostly the older generations voting, the majority is skewed. It's easy to believe that your one vote

doesn't matter. But the truth is, every vote counts. Your vote combined with others who share your views and opinions can make a huge difference.

Let's face it, the voice of the youth in this country needs to be heard.

Finally, you should vote simply because you can. My father believes so strongly in the freedom to vote, he makes sure I vote in every single election possible, educated or not. Voting is a privilege, an honor, a right so many around the world have never possessed. People live, fight and die for the ability to vote, while Americans—especially our generation—take it for granted.

So you better believe I'll be ready this November. I'll enter that booth, my own Post-It note in hand, ready to do my part to change this country. Will you join me?

Redfern is a junior majoring in journalism. She can be reached at RedfernJ@jbu.edu.

A closer look at KONY 2012

Understanding potential flaws with the social media phenomenon



Jeffrey Trott

By now you have seen Invisible Children’s new video, “Kony 2012.” It has, after all, nearly 74 million views on YouTube since posted on March 5. But in case you haven’t, you can read the synopsis in the box next to this column.

The video seems noble enough. After all, who could find fault with an organization whose goal is to bring an internationally-recognized war criminal to justice? But the video and Invisible Children have come under fire in the wake of the video’s release. Accusations leveled against them range from the organization’s use of donations to the misrepresentation of facts to the perpetuation of the “white savior” mentality. So, are these criticisms fair? Let’s take a look.

First, let’s deal with the accusation of perpetuating the idea of the “white savior,” a term which is today perhaps more accurately called the “first-world savior” or “Western savior.”

Indeed, much has changed since the concept was first introduced in previous centuries in which the “civilizing mission” ideas of white Europeans and Americans were so prominent.

Since my first encounters with Invisible Children’s campaigns, this has been a concern of mine. When watching the videos, one cannot help but notice that the efforts of Westerners are put in the spotlight while Africans are largely ignored, except for their role as the victims of the story.

This can help create a false and dangerous mentality that Westerners must help Africans, who are incapable of being agents of their own change. This line of thinking has been used in the past to justify such evils as colonization, segregation and apartheid, which had devastating effects on those who lived under these systems.

At the same time, I recognize that the goal of Invisible Children is to mobilize support for the efforts to stop Kony, and telling young people that they can make a difference is an incredibly effective method for accomplishing this.

Some have accused Invisible Children of wastefully spending donated funds. A look at the organization’s spending reveals that, compared to transportation, awareness programs, and film production combined; only a mediocre amount is given to programs within Uganda. At first glance, this does seem incredibly wasteful. However, one should bear in mind that the organization exists mainly to raise awareness and that is where they focus their spending.

Finally, in regard to the misrepresentation of facts: watching Kony 2012 gives the impression that all of these problems still plague Uganda. This is not the case. The video does make a brief allusion to the LRA’s move into other parts of Central Africa, yet remains potentially misleading. Whether this is sloppy editing or deliberate misrepresentation

I cannot say for sure.

Despite this, it is clear that Invisible Children has accounted for the recent changes. Their early-warning network spans Central Africa, and the American military advisers in whose favor they are advocating have been dispatched throughout the region. John T. Bennet writes in U.S. News that progress has been made against the LRA in Central Africa.

All in all, Invisible Children has several flaws that I would like to see changed. The movement is not perfect. That being said, I feel that Invisible Children’s founders, employees and volunteers want what is right. They are doing what they can with what they have, in a situation that is not ideal, to bring about a better tomorrow.

I have decided where I stand on the Kony 2012 campaign through careful

thought and consideration. But you shouldn’t blindly accept anyone’s views on this matter—not mine, not Invisible Children’s, not its critics.

Instead, I challenge you to do the following: watch the video with an open mind. Read the criticisms of the movement in the same manner, as well as Invisible Children’s responses, which are available on their website: invisiblechildren.com.

Take some time to familiarize yourself with Uganda and Central Africa. Then make an informed decision on where you stand.

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Graphic by RUSSELL HIXSON / The Threefold Advocate

Invisible Children

Almost one decade ago, three young Americans traveled to Uganda and made a shocking discovery: a man named Joseph Kony had been kidnapping children and forcing them to fight in his own military, called the Lord’s Resistance Army. “For 26 years,” the video tells us, “Kony has been kidnapping children into his rebel group, the LRA, turning the girls into sex slaves, and the boys into child soldiers.” Thirty thousand children, they say, have been affected.

They made a promise to Jacob, a boy whom they met in Uganda, that they would do everything they could to try to stop Kony. Finding the U.S. Government mostly unhelpful, they did what they could: they began to spread the word about the crisis in Uganda by founding Invisible Children.

Now, in order to make Kony known, Invisible Children has launched a viral campaign, at which the Kony 2012 video is a major part. A grassroots campaign in tandem with the video is now the organization’s agenda, the end goal of which is to let the U.S. Government know that the nation’s citizens support the efforts to arrest Kony and bring him to justice.

Treat people like people



Hannah Wright

I usually write about things that aren’t very important. I mean, really, freshman parking? That’s what you’re going with, Hannah? I know it’s kind of asinine, but I figure making you laugh or leaving you slightly annoyed is better than ranting and raving to the general public and getting hate mail. I could be wrong.

Today, though, I’m going to try my hardest not to be ridiculous, because I have something important to say.

I noticed that sometimes I don’t treat people like people. That is to say, I see the person behind the cash register at Taco Bell and I don’t see a person. I see a slave to the job. I see someone I definitely don’t want to be when I grow up. I realized that I look at people this way when a friend of mine struck up a conversation with the Taco Bell lady about the color of her blouse and how lovely it was. It was a bit of a revelation to me.

Oh, yeah. She’s a real person with hopes and dreams and an impeccable taste in blouses.

Then I noticed how I gener-

alize about people sometimes. “I hate those guys in BLUE. They’re so dumb.” Little did I realize that a lot of my friends are in BLUE, and I really don’t hate them at all, that this thing I hate isn’t BLUE, but bureaucracy, the same thing that plagues pretty much every element of our lives, including the “Threefold” at times.

“The second greatest commandment is ‘Love your neighbor.’ My neighbor is everybody, even the lady at Taco Bell and bureaucratic people.”

At about the same time, I got bored in the serving line at the caf where I work, so I started asking people The Random Question of the Day. I noticed that sometimes, because I was scooping mashed potatoes instead of sitting across from people, they didn’t treat me like a person either. Well, whatever. I can stand that.

It’s when they forgot that my coworkers were people that I really got miffed. You know, leaving plates and cups on the table when they’re perfectly capable of taking them to the conveyor belt. Or complaining on the

napkin board about things we can’t fix, like the conveyor belt being broken or having dinner in Walker Student Center. The napkin board is there for food suggestions and stuff that chefs and servers can fix, not for airing personal grievances and forgetting that people are people.

My very favorite author in the whole world once said through a character, “Sin, young man, is when you treat people as things.” My very favorite author is not Scripture, granted, but I think there is some truth in what he’s saying.

What is the second greatest commandment? Love your neighbor. And who is my neighbor? Everybody.

That lady in Taco Bell. The folks in the groups we criticize for being bureaucratic. The people in the plastic aprons in the caf’s dishroom. Those kids that act weird or look funny or speak a different language. Government officials. That’s right, I said it, government officials. You have to love him because he’s a real person that God created.

Everyone has meaning, everyone has significance, and everyone is a real person that we are commanded to love.

Remember that. Treat people like people.

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Craving for a fast



Taylor Alison

Lent is a time where you give up something as an act to honor God. This might have been productive in the Old Testament times but since Jesus came, isn’t this how we are supposed to live every day?

I gave up soda once. By the end of that month, I craved soda more than anything else and I wasn’t even thinking of why I did it. Same when I gave up Facebook. Why do we try to give up something for 40 days when at the end of it we are craving it even more than before? Do we really know the reasons why we do things like this?

I am a Christian who does not celebrate Lent. My family never prompted me to do so. The family that I babysit for introduced me to the idea of Lent and when my little girl asked me what I gave up; I didn’t know what to say.

She gave up ice cream and her brother gave up soda. They told me over and over these were the things they gave up. They made sure I knew. They were so proud.

It was almost like a competition. People flaunt what they have given up. Doesn’t God tell us that when we fast, we should remain the same?

In Matthew 6:17-18 Jesus said “But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and you Father, who sees what is done in secret, will reward you.”

Think about what you are giving up and why you are doing.

As Christians, I think that this is the life we should live every day. If there is something we are willing to give up for 40 days, shouldn’t we be able to give it up for life? That’s a hard question and I don’t want to justify. But I think that things like these should be given up in moderation.

Over the years, loopholes have been created to make Lent “easier”. You can do this this day and this this day. In the end, we are twisting this season to fit our American wants and needs.

This is the way we should live every day to honor God. Not make a craving worse but take time to understand what our marvelous Lord did for us. That was his lifestyle.

26 days until the end of Lent

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LIFESTYLES

The Threefold Advocate

Fancy a cuppa' tea?

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It is said that around 4,700 years ago, tea was discovered when a few stray leaves fell into the boiling kettle of water being tended to by Chinese ruler Shen Nung. Today, tea is the second most consumed beverage in the world, only behind water. Although it falls somewhat in the shadow of coffee in the United States, tea has had an important impact on our own personal history. Just think of the Boston Tea Party.



ABBY CHESTNUT/Threefold Advocate

The 411

Now grown around the world, all teas come from the same plant, the *Camellia sinensis*, or the tea tree. So what is the difference between teas, then? Simply their harvesting times.

White teas are harvested first and their younger leaves taste light and a little bit sweet. Green teas, which are thought to be the original tea, are harvested next.

Found commonly in Asia, green teas are sometimes split into the sub-categories of Chinese green tea and Japanese green tea; which boast subtle differences in their vegetal flavor. Green tea is popular in Western culture because of its numerous health benefits.

Oolong teas, the last to be discovered, are harvested next in the late spring. They are complex in their fruity and floral flavors and creamy body.

In recent years, studies have shown that black teas have similar health benefits to their green tea cousin. Also coming from China, Puerhs are the final teas harvested. And the only ones fermented. Some are served immediately while others are allowed to age for several years.

Equipment and Ingredients

The making of tea normally requires just two ingredients: water and tea. Nevertheless, it isn't always as basic as it sounds.

Fresh, filtered water provides the cleanest and most pleasing base for any tea, especially if your local natural water is hard. Depending on your tastes buds, you may or may not want to invest in a water filter.

Also up to your preferences is the packaging of the tea chosen: the ever-prevalent loose-leaf versus tea sachet versus tea bag debate. Each type of packaging has its benefits. Tea bags are easy to access, convenient and require no extra equipment. Loose leaf teas allow you to enjoy the full, intended flavor of the leaves, but may require some extra equipment, such as a strainer. Tea sachets are still incased, but in three dimensional nylon pyramids rather than flat bags, which are thought to let more flavor escape. Tea sachets are considered by some to be a happy medium.

The only other thing needed is either an electric kettle or stove-top teapot.

Making the Perfect Cup

Boil your water right before brewing a fresh cup of tea. Different temperatures are necessary for the different types of tea. For black teas and herbal teas it is okay to use water fresh off a boil, but for more delicate teas such as white, water needs to be cooled for a few minutes until it is around 175 degrees Fahrenheit. For green and oolongs, use a water temperature somewhere in between.

The ideal ratio of tea to water is one teaspoon of tea for every eight ounces, or one tea bag or sachet. If you want to be very precise, add three grams for every eight ounces. More delicate teas, such as white and green, only need to steep for two to three minutes. After the allotted time, be sure to remove the tea from the water to avoid an overpowering result.

Before adding any other ingredient, always first take a sip of your deliciously warm drink. Appreciate it for what it is. Then decide if it needs some milk, sugar, honey or agave nectar. Make sure anything you add only enhances and does not mask the teas natural flavors.

Spicing up a hearty St. Paddy's Day

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Toss aside the shamrock shakes, green dyed cookies and baked potatoes. It's time to do some serious Irish cooking for St. Patrick's Day. Here are a few traditional Isle of Green recipes that have survived through the centuries.

Colcannon:
A mashed potato and kale dish that literally means "white-headed cabbage."

- 1 1/4 pounds (about 2 large) rus set (baking) potatoes
 - 3 cups thinly sliced cabbage
 - 1/2 cup milk, scalded
 - 2 tablespoons unsalted butter, cut into bits and softened
- Peel the potatoes and cut them

into chunks. In a saucepan cover the potatoes with salted water and simmer them, covered, for about 15 minutes, or until they are tender. While the potatoes are simmering, in a steamer set over boiling water, steam the cabbage for 5 minutes, or until it is tender. Drain the potatoes in a colander, force them through a ricer or the medium disk of a food mill into a bowl, and stir in the milk, the butter, the cabbage, and salt and pepper to taste.

Irish stew:
A lamb-based stew usually served with potatoes, carrots, onions and whatever else the chef had lying about.

- 1 tablespoon olive oil
- 2 pounds boneless lamb shoulder, cut into 1 1/2 inch pieces
- 1/2 teaspoon salt
- freshly ground black pepper to taste

- 1 large onion, sliced
- 2 carrots, peeled and cut into large chunks
- 1 parsnip, peeled and cut into large chunks (optional)
- 4 cups water, or as needed
- 3 large potatoes, peeled and quartered
- 1 tablespoon chopped fresh rosemary (optional)
- 1 cup coarsely chopped leeks
- chopped fresh parsley for garnish (optional)

Heat oil over medium heat in a large stockpot or Dutch oven. Add lamb pieces and cook stirring gently, until evenly browned. Season with salt and pepper. Add the onion, carrots and parsnips and cook gently alongside the meat for a few minutes. Stir in the water. Cover and bring to a boil before turning the heat down to low. Simmer for one hour or longer, depending on the cut of meat you used and if it is tender yet. Stir in potatoes, and simmer for 15 to 20 minutes, before adding leeks and rosemary. Continue to simmer uncovered, until potatoes are tender but still whole. Serve piping hot in bowls garnished with fresh parsley.

Boxty:
An Irish pancake that literally means "poor house bread."

- 1 1/2 cups grated raw potatoes
- 1 cup all-purpose flour
- 1 cup leftover mashed potatoes



GETTY IMAGES

- 1 egg
 - 1 tablespoon skim milk
 - salt and pepper to taste
 - 1/4 cup olive oil
- Toss the grated potatoes with flour in a large bowl. Stir in mashed potatoes until combined. In a separate bowl, whisk together the egg and skim milk; mix into the pota-

atoes. Season to taste with salt and pepper. Heat the olive oil in a large skillet over medium-high heat. Drop in the potato mixture, forming patties about 2 inches in diameter. Fry on both sides until golden brown, 3 to 4 minutes per side. Drain on a paper towel-lined plate. Serve warm.

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LIFESTYLES

The Threefold Advocate



HEATHER FOLEY/Threefold Advocate

Rocking out before a crowd of 600 people, senior Criston Anderson and close friend, Caleb Powers, ended the competition with two original soulful performances. With the help of junior Tucker Cowie on the box drum, the duo was crowned winners of The Next Big Thing. Anderson, whose dream has always been to do music full time, said he hopes the recording contract will open doors in the future.

Contest delivers bigger bang

Jenny Redfern
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As the closing notes faded of the final performance Saturday night, the consensus was clear: The Next Big Thing had saved the best for last.

Senior Criston Anderson and Springdale, Ark. native Caleb Powers accompanied by percussionist Tucker Cowie stole the show—as well as the judges’ hearts—to be named 2012’s Next Big Thing. After their stunning performance and eloquent interlude, the duo received only positive feedback from the judges and a standing ovation from the audience.

Award-winning recording artist and celebrity judge Brittany Hargest admitted she was blown away by the duo’s performance. “Your vocals were just a rush of buttery goodness,” Hargest told the pair. “You were born to

do this. You were my favorite of the night.”

Joining Hargest on the judges panel were Manager of National Promotions for Centricity Music Jon Sells, Public Service Director and online-personality for 101.1 KLRC Kalynn Hanson and Director of Worship Ministries Jen Edwards. All were impressed by Anderson and Power’s harmonious vocals and easy stage presence.

“The first thing I thought was that God was working through us,” Powers said. “He is allowing our hearts to be in a position to work through us.”

Anderson added that he hoped the \$2,000 recording contract would open doors. “It’s always been my dream,” he said. “I would love to do music full time.”

Blue director and mastermind behind The Next Big Thing, Matthias Roberts said that reported 600 people showed up Saturday night to see what talent John Brown had to offer. And the

eight bands battled it out to ensure they were not disappointed. From the opening act, Sells predicted it would be a long night with great acts.

Juniors Allison Harper and Lindsay Butler opened the show with a pair of worship songs. The duo asked the audience to join with them in worship as they sang “Stronger” and “Lead Me.” Though the two had only been singing together since November, Hanson told them it was like they had been performing together for years.

Freshman Lauren Townsend followed with two uplifting songs, “Hear My Prayer” and “Cast Your Burden.” The judges really enjoyed the country quality to her voice and were impressed with her ability to keep her composure when things went wrong.

Sophomore Lisa Hopper won over the judges with her endearing personality, declaring during her opening video “Barney taught me to sing.” The judges

fell in love with her second song, “Bathsheba,” for its beautiful lyrics and strumming patterns. Sells told fellow judge Hargest he wanted to buy her song.

A crowd favorite from last year, Tomten & the Fox, were the last group to perform before intermission. Group members, sophomores Jared Defriese and Seth Kaye, held the judges captive with their unique personality. During the second song, “Honestly,” members of the audience pulled out “glowstraws” at the climax of the song.

After the intermission, The Duke of Norfolk, senior Adam Howard, and the “golden ticket” members of his band took the stage to perform what he called “folk fusion.” The judges enjoyed the energy and fun of his performance as well as the audience interaction.

Sophomore Steve Sullivant then took the stage in front of the grand piano. He captured the judges with the piano intro and stunning vocals of his second

song, “Dialogue.” Hargest said the song was hauntingly beautiful.

With only her guitar, a harmonica and one back-up singer, sophomore Jacqueline Tally pleased the judges with her genuine performance of “The Return” and “Until I’ve Fought for You.” Edwards told Tally her voice was “resonant” and that she loved seeing her heart in that song.

Anderson and Powers ended the competition with the powerful and soulful performance of “Free” and “I Wanna be Like You.” Sells asked the pair if they wanted to come back to Nashville with him that night.

As emcees David Lague and Liz Phillips opened the polls for audience members to text in their vote, The Next Big Thing welcomed back last year’s winner Kacie Williams. She closed out the performances with her single “Till I’m With You.”

Roberts thought The Next Big Thing has really made an impact on JBU culture.



JP GARCIA/Threefold Advocate

Junior Jared Defriese of Tomten & the Fox, said that social media is to thank for sharing music with friends and being able distribute glow sticks to accomplish Operation Starfox.

Behind the music

Q: What are the stories behind your songs?

A: “I wrote the song, ‘Written In the Dark to be Sung At the Coast’ recently when I was struggling to filter through the different emotions that I was feeling. The song is about making up my mind and trying to make the right decision without hurting others.”

-Seth Kaye

Q: How has the use of social media helped your music?

A: “Facebook and Twitter made Operation Starfox possible. We messaged our friends and family because we wanted to share our music and they got to be a literal part of the song by holding up glow sticks in support as we sang Honestly.”

-Jared Defriese

Lady Eagles lose quiet leadership

Sidney Van Wyk
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On the court, senior post Chelsea Garrison is known for taking over the paint, blocking shots and halting layups before they get near the basket. But off the court, Chelsea Garrison is known for her quiet leadership and gentle spirit. “My goal was to lead by how I play,” said Chelsea, “I didn’t have to be the most vocal or the best player, but I do my best and have a good attitude.” “Chelsea hates to get mad,” said her sister and teammate sophomore Kami Garrison. Kami also said her sister is very merciful, calm and loving. Chelsea agreed with her sister, saying she doesn’t like conflict and wants people to get along. This was important to Chelsea when she began her college search four years ago. Finding a team that valued each other and was not riddled with conflict was her biggest concern. “I had heard horror stories from friends on other basketball teams about how much they hated their team,” said Chelsea. When she visited JBU, she said it “felt like home,” largely because she knew the coaches and other girls on the team “loved the Lord.” Head Women’s Basketball Coach Jeff Soderquist said they began to scout Chelsea her junior year of high school. “It didn’t take us long watching her to know she was a special player,” said Soderquist. Two years later her younger sister Kami joined the team. Kami said one of the reason she knew she would like playing at JBU is because her sister Chelsea loved the team so much. Chelsea said at first the coaches were nervous about two sisters on the roster bringing tension to the team, especially since they played the same position and would face off against each other in practice, but they soon realized that would not be a problem with Chelsea and Kami. “It’s been really great to have Kami on the team,” said Chelsea, “We always work to make each other better.”



JP GARCIA/The Threefold Advocate

Senior post Chelsea Garrison will graduate with a degree in early childhood education after completing her student teaching. Both Garrison sisters said they get along very well and are very close. Soderquist credits their parents at least in part for both Garrison sisters’ strong character. Kami credits the two seniors, Chelsea and Brittany Hopper, for how well the women’s basketball team gets along with each other.

Chelsea described Hopper as “the spirit of the team” with her vocal, energetic style of leadership. If Hopper is the spirit of the team, Chelsea is the heart. “If we are down in a game she keeps playing her hardest. She doesn’t want to give up,” said Kami about her sister. Chelsea has also developed close relationships with many freshmen on the team, especially Lauren Rogers. Chelsea said she is looking forward to watching Rogers next year though she will miss playing with her. “She really made the freshmen feel welcomed,” said Kami about her sister. Soderquist said both of this year’s seniors are happy people who see the glass as half full. Both of the seniors led the team devotional before their last game of the season. They told the girls to use their God-given talents and to appreciate the opportunity they have to be part of JBU’s women’s basketball team. “Being part of the girl’s basketball team is like being part of a family,” said Chelsea. She said a key part of that family is the coaches. “The coaches dedicate so much time to basketball and to us,” said Chelsea. She said Soderquist always made sure she and the rest of the team remembered they were not just at JBU to play basketball, but also to get a degree. “I think the big thing is Brittany and Chelsea bleed blue and gold,” said Soderquist. He said their passion for the program and the university is contagious and helps to motivate and encourage underclassmen on the team. “The two of them have really dedicated themselves to this program in different ways and are really appreciated,” said Soderquist, “They will definitely be missed.” Both seniors plan on staying in the area next year and continuing to be involved with the team. “I want to be an encouragement to the girls and be there for whatever they might need,” said Chelsea.



Above: Senior Chelsea Garrison holding center court during her senior season.

University considers drug testing

Esther Carey
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The development of a potential athletic drug education program is the subject of ongoing conversations between the athletic department and other groups on campus at John Brown University. Todd Bowden, head athletic trainer, has been in the process of drafting a drug philosophy specifically for the athletic department. This semester, Bowden has taken the policy in draft form to the athletic team coaches and to student development personnel for their feedback. Athletics director Robyn Daugherty said this is something which has been suggested by the National Association of Intercollegiate Athletics, but that the University’s current general drug and alcohol week would suffice. Members of the University’s athletics department are simply trying to decide if they should take the next step, she said. “If we do go through with this, it needs to be systematic and professional,” she added. Recent meetings have been looking at the strengths, challenges and weaknesses of the rough draft that has been written, Daugherty contin-

ued. Those involved are considering if this is something the University needs or wants. Steve Beers, vice president of student development, said the athletic department is doing its best to stay ahead of the curve on drug policies. It appears that the NAIA is heading in the direction of drug testing, and the University wants to be prepared



for that. Beers said the University has the right to test athletes because most of them are privileged to have performance-based scholarships. One consideration University personnel are weighing is the potential impact of drug testing on the budget. “We are working on how to manage drug testing without being too intrusive in students’ lives,” Beers

said. “We don’t want students to feel as though they are guilty until proven innocent.” Daugherty said the coaches had given good input on the draft. There were no opinions that “slammed the brakes” on the process, but the feedback did give the drafters some things to think about. Bowden said the coaches over all

saw having a drug policy as something that needed to be done. He added there would be more meetings with Student Development to go over specifics of the plan at the end of the month. As part of a drug education and prevention program, Bowden said, the department would probably utilize random drug testing of people from each sports team. “This is not something that is

designed to get people in trouble,” Bowden said. “Instead, we want it to help us intervene before something becomes a big problem.” Bowden added that the goal is for any program implemented to involve multiple parts of the University community. If and when a policy is put in place athletes and their parents would have to sign it before participating in sports. John Miglarese, head men’s soccer coach, said he has never had a problem with drug testing at the NCAA schools at which he has helped coach. He added that it provides an extra measure of safe guard and accountability to help the athletes, whether drug abuse is actually a problem or not. “Drug use is rampant in all of society,” Miglarese said. “No one is immune.” Daugherty said there are still several steps left in the process before any final conclusion is reached. In the end, anything the athletic department decides on would need to be approved by the University cabinet. “We are not going to rush this process,” Daugherty said. “If it is not ready, we will hold off on implementing anything. Or if we decide it is not necessary we will can it.”

COMING UP

NAIA
National
Championship
Men’s Basketball

3/14-20
Single Elimination
Games

Tennis

3/28
Oklahoma Wesleyan
Bartlesville, OK,
12 p.m.

Golf

3/25-26
Central Baptist
College
Little Rock, Ark.

Catching fun, releasing stress

Sidney Van Wyk
Sports Editor
wyks@jbu.edu

A full moon lights the lake while thousands of large mayflies hatch on the surface of a lake Michigan's Sylvania Wilderness.

Large mouth bass make a sharp, slurping sound as they snap up the flies.

Fly fishermen wading in the water flick their lines, attempting to land where they heard a bass feed.

"You've got a huge fish fight with the moon shining on the water," said Chris Confer, the director of career development and avid fisherman.

Confer's experience in the Sylvania Wilderness is one of many fishing trips he has made with family and friends since he first learned how to fish as a child.

He said he first learned to his off of a dock using a simple cane pole with his grandparents in the summer.

As he grew older, fishing became a way for him to connect with his father and brother on weeklong trips to fish on Lake Michigan and other lakes.

While Confer had fished his entire life, he was not introduced to fly fishing until he met his future wife Michelle's family for the first time.

"Her father decided I needed to learn to fly fish if I was going to be his son-in-law," said Confer.

Confer was quickly converted from fishing with a bobber and spinner reel to the fly rod.

On his next fishing trip with his father and brother, he introduced them to fly fishing as well.

"We discovered you can catch even more with a fly rod, and that's when I converted my brother," said Confer.

He and his wife, along with both of their families, hope to pass on the love of fishing to his daughter Caroline.

One of his daughter's presents at her baby shower was a light pink child's fishing rod from Confer's father.

Confer said one of the things he loves about fly fishing is trying to



Chris Confer shows off his catch from a day fly fishing. Confer first began fishing as a child though he was only introduced to fly fishing 11 years ago when he met his future wife's family for the first time. Confer has since 'converted' the rest of his family to fly fishing and hopes to someday share this passion with his daughter Caroline.

find out what the fish are biting and where they are swimming.

"There is a ton of science with it," said Confer.

Even the exact motion and timing of each cast is a mix of science and art as the fisherman attempts to correctly mirror the real flies fish are eating.

This combination of science and art is also seen in fly tying.

It is important to correctly tie the flies to imitate the size, coloring and proportions of the actual bug it is copied from.

The actual knots and details of the fly must be done with extreme care because they must be very small, very precise and resistant to wear from being whipped over the fisher's head then plopped into the water, only to go through the process again if a fish doesn't take the bait.

While this precision and skill is a huge draw for Confer, the fellowship with God and with others is much more important to him.

"I love being out in God's creation," said Confer "That is definitely when I connect with God."

Confer has visited many beautiful places on his fishing trips, including rivers and lakes in Michigan, West Virginia and Colorado among others.

This summer he and his wife will get to go bone fishing near Cozumel during a cruise they taking on for their 10th anniversary.

The relationships with his fellow fishermen Confer is able to build with the family members and friends he goes fishing with is also important.

"My heart for it is to just get to know people on a deeper level," said Confer.

He has gone fishing with multiple JBU students and faculty and he loves to take people out fishing.

Confer suggests that beginner fishers start simple at easy, nearby locations like City Lake and the creek behind the rugby pitch near the water fountain.

"Try it at least once and go with someone who knows what they are doing," said Confer.

Fishing: Art, Science, Way of life

"In my family, there was no clear division between religion and fly fishing."

-Norman Maclean

"Calling fly fishing a hobby is like calling Brain Surgery a job."

-Paul Schullery

"Fly fishing may well be considered the most beautiful of all rural sports."

-Frank Forester

NWA HEALTHY MARRIAGES

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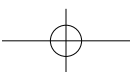
NWA Healthy Marriages is a community service of the Center for Relationship Enrichment

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{Athlete of the Week}

West Loveland Golf

Senior West Loveland tied for 15th overall on the March 7 at the Swede Spring Invitational hosted by Bethany College, Kan, with a final score of 158. JBU finished as a team at fifth out of 13 teams.



SPOTLIGHT

The Threefold Advocate

if not skiing or beaching

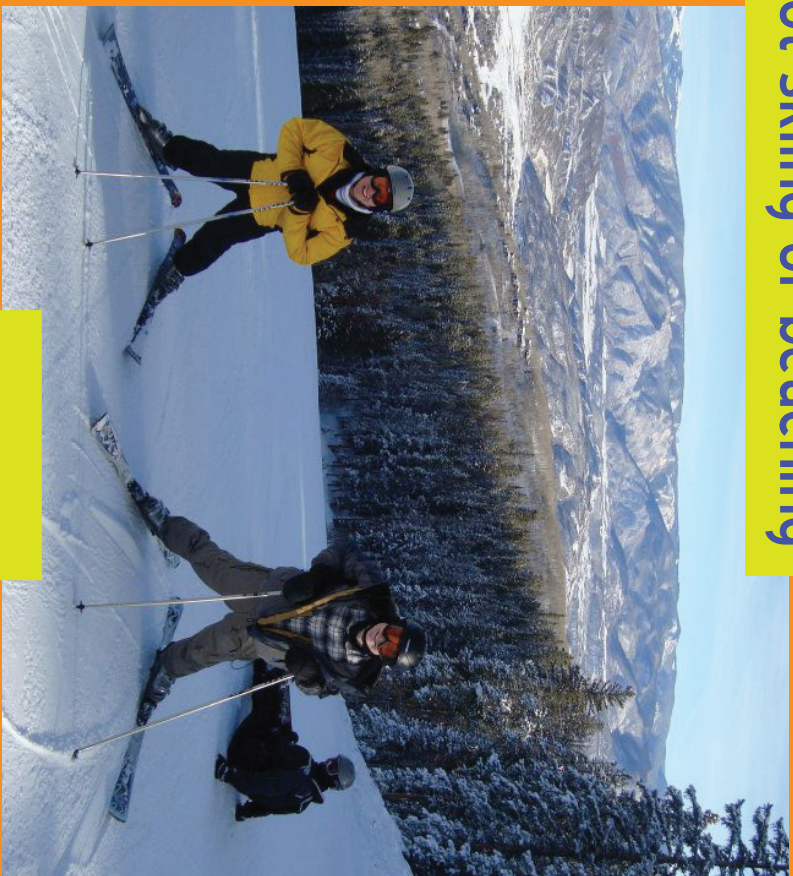


Photo Submitted by: Josh Staggs

then

If you fail to shred the Rockies because you misplaced your snowboard or cannot find your snorkel to discover the sea, have no worries. There are other methods of cooling off without having to deal with high elevation or killer sunburn.

Exchange the snowboard for something fiercer like the challenging kneeboard. Grab a group of friends and head out to the local lake where you can soon master the art of knee-boarding. Because most of this sport consists of core balance, you are bound to impress your friends when you return with chiseled washboard abs. Warning: The Threefold Advocate is not held responsible for any future injuries or humiliations.

Forget the bathing suits and leave the tanning lotion at home! Go against the tide and instead explore the nearest interesting city of your choice. Visit art openings or catch the latest theatrical production but not before asking locals which places they recommend for a bite to eat. Not only will certain towns cut visitors a special deal on food and activities but individuals can avoid all the tourist commotion.



if not

THIS THEN THAT

the pennysaver's guide to an exciting spring break

Written by: Anali Reyes

Designed by: Jenny Redfern

As the week comes to an end it may see like the majority of students are flocking off campus to indulge in the refreshing beaches of South Padre Island or chill at the frosty ski resorts of Colorado.

However, what happens to everyone else that is on a tight budget and left clenching to their wallets? Not to fear, there are copious amounts of spring break options that will leave you wondering why you have never done this before. The following is a list of vacation alternatives for all types of spring breakers that is sure to have you on your toes without breaking the piggy bank.

if not rollercoasting

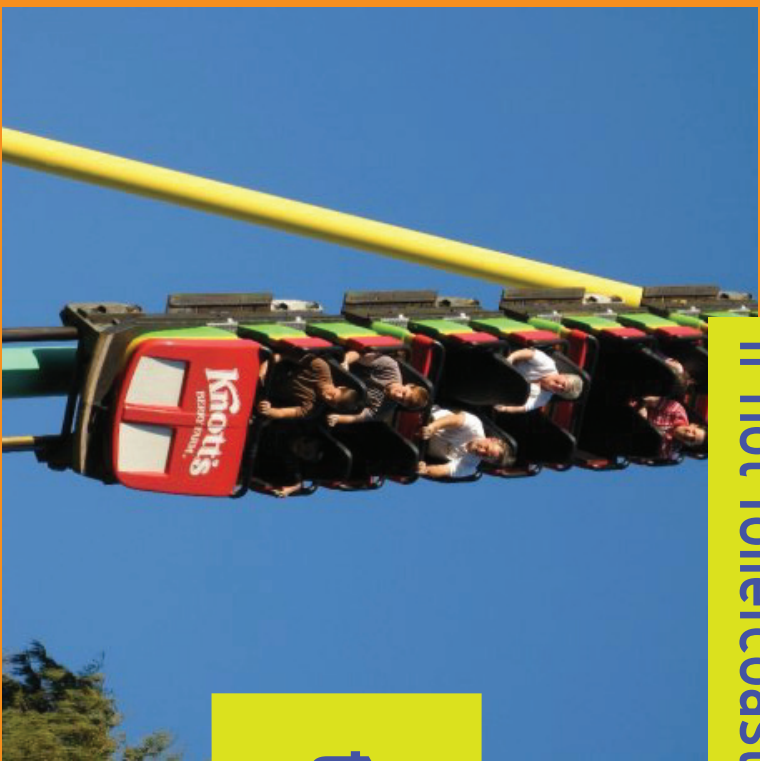


Photo Submitted by: Daniel Williams

then

Tired of waiting in long lines for a ride that will be over in less than a blink of an eye? Wave goodbye to Mickey Mouse and the rest of Disney as you consider these family-friendly activities.

Ditch the long lines and expensive food for an entertaining day at the state park. Enjoy a sunny day indulging in a game of ultimate frisbee or playing catch with a younger sibling. Go ahead and make a day out of it by bringing the tent and fishing poles and turning it into a camping trip.

Do not forget to invite grandma and grandpa as veterans receive free admission to any state park. Become a modern day historian and be the envy of all your friends as you stop by the local museum. Though you may not have the same experience as Ben Stiller in "Night at the Museum," a museum is an interactive way to inspire and cultivate new thoughts on life and culture. Broaden the mind as you check out the corpses of 1,000 year-old mummies and ancient royal jewels.



if not mission tripping



Photo Submitted by: Taylor Wood

then



No need to fret if you missed the deadline for one of the spring break trips. Instead of being cramped in van for a long eight hours, consider serving within your neck of the woods. With over a thousand organizations in Northwest Arkansas students staying around Siloam are bound to find one that strikes their fancy.

What has four legs, a smile from ear to ear and is waiting for your never-ending love and affection? A puppy, of course. Animal Services of Siloam Springs is responsible for taking care of the needs of neglected and injured animals. With only a 1.5 mile walk from campus, consider volunteering as an afternoon dog walker. Not only will you get your required exercise for the day but your furry friend will thank you for it later.

Contact info: 1300 East Ashley (479) 524-6535

With a 15 minute walk from campus Ability Tree stands to serve families impacted by disabilities. It's a new afternoon program for children with special needs and is always looking for volunteers interested in developing a new perspective on life and living.

For more information log onto abilitytree.org/programs/ volunteer.

