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

The Next Big Thing

Bracing for 2012 tornado season

Tourney leaves school in the black

West Siloam Springs residents pick up the pieces after tornadoes barrelled through our community last summer.

SOONER ATHLETIC CONFERENCE

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Siloam Springs, Arkansas
Cafeteria seeks to meet dietary restrictions

Brittany Reading
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After battling health issues, former Jackson High's food restrictions kept her from enjoying an average meal at the cafeteria like everyone else. Her gluten-, dairy- and soy-free diet left little desire to seek out the cafeteria's many options on a weekly basis. The food available could be such a pain that she couldn't even bother eating the cafeteria's un- liked from beginning long ago.

"I lost so much weight because beans just didn't cut it anymore," she said.

As the expense of a gluten and soy-free diet paints a busier schedule for living even more difficult, Sfinder sought help from the university's food services and talked to Aramark chef Scott Hicks about her food limitations.

"A lot of students don't know of nor does this cause them to be unaware," he ex-

plained.

Aramark deals with food restric-

tions the same as others," Hicks said.

Cafeteria seeks to meet dietary restrictions

For instance, if the other stu-

dents are having chicken with a certain sauce, we'll just make theirs separately.

Last year, Sfnder researched the availability to purchase gluten-free bread and cake mixes but it would have cost five times more than what they are already doing. Though they do not serve gluten-free bread, students can still enjoy deli sandwiches from the cafeteria by bringing in their own bread.

Currently, food service pro-

viders like Sfnder to satisfy their needs, and students can continue to keep their meals to be aware," she said.

"People just don't know what food services offer and what they should be more aware," she said.
Joshua McBride, a freshman, said he stumbled upon the team when Erick Roebuck, assistant pro- fessor of communication, hired him to do his work study.

After a bit of exposure to debate in high school, McBride was asked to do a preliminary debate tournament in high school, McBride was asked when Erick Roebuck, assistant pro- fessor of communication, said. "We have a lot of high school teams. It was a great experience.

"There was a bit of pressure," McBride said. "I had to make sure I performed well. I had to work hard and study." McBride said that he learned a lot from the experience, and he plans to continue with the team in the future.

"I think that I have found my niche," McBride said. "I feel like I can do this, and I want to keep doing it."

Roebuck said that McBride's major is not in the Department of Communication but also helped McBride enter nationals. "I know Josh will have a great future," Roebuck said. "He has really found his niche in forensics." McBride is a candidate in the nation, West Virginia University, and is competing for the awards. The fact that McBride's major is not in the Department of Communication also helped McBride enter nationals. "I know Josh will have a great future," Roebuck said. "He has really found his niche in forensics." McBride is a candidate in the nation, West Virginia University, and is competing for the awards. The fact that McBride's major is not in the Department of Communication also helped McBride enter nationals. "I know Josh will have a great future," Roebuck said. "He has really found his niche in forensics.

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The GOP is Wasting a Perfect Presidential Chance

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 misfortune of the week. However, for those who are not able to consume gluten or allergens in their diet, this lack of clarity can be an impossible obstacle.

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 their well-being wishes. "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 misfortune of the week. However, for those who are not able to consume gluten or allergens in their diet, this lack of clarity can be an impossible obstacle."

The Threefold Advocate urges the party to get its act together. This is an easy problem to fix. All JBUs up-to-date websites, restaurants make this information readily available. If you give up your right to vote, you make yourself helpless. So you better believe I'll be voting for the candidates that help me not only to improve my own decisions.

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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, childing and forcing them to fight in his brutal, and dangerous, criminal organization that he named Invisible Children.

Invisible Children is a non-profit organization whose goal is to bring an international awareness to the war criminal Joseph Kony. Invisible Children’s founders, employees and volunteers want what is right. They are doing what they can to raise awareness and spending a lot of money to raise awareness. But the video and the organization’s use of donations to conduct awareness programs does not and should not mean that all these efforts are perfect. That being said, I feel that Invisible Children is doing something that is very close to perfection and that is where they focus their attention.

In regard to the misrepresentation of asinine, I do have some concerns. The video does make a number of points. In the same manner, as well as the “first world savior” mentality, the organization’s use of donations to conduct awareness programs does not and should not mean that all these efforts are perfect. That being said, I feel that Invisible Children is doing something that is very close to perfection and that is where they focus their attention.

Taylor Alison

It is a time when you are going to find something as an act to honor God. This might have been productive in the Old Testament times but since our faced came, isn’t this this way that we are supposed to live for life? That is a hard question and I don’t want to justify it. But I do feel that you should be given up in moderan.

Over the years, loopholes have been created in the internal “gap”, but you can do this this day and in the end, we are so happy and the same thing that plagues the same thing that plagues the same thing. We need to make sure that we are doing things like this this time so that we can be happy. I feel that you should be given up in moderan.

AlisonT@jbu.edu.
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 one of the earliest Chinese emperors. The leaves floated to the top of the kettle, their color changing to brown. The tea was thought to be the original tea, are harvested next. The 411 means "poor house bread." The threefold advocate March 15, 2012 SPICY spend a sunny St. Paddy’s Day Fancy a cuppa’ tea? Kelsey Gulliver Staff Writer The 411 KelseyGulliver@jbu.edu

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 fulfills 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.

The Four O’Clock

Russell Hixson Editor-in-Chief RHixson@jbu.edu

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

White tea is harvested first and their younger leaves taste light and a little bit sweet. Green tea, 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 have subtle differences other than flavor. Green tea is popular in Western culture because of its numerous health benefits. Oolong teas, the last to be harvested, are harvested mid summer. They are complex in their fruity and creamy body. In recent years, studies have shown that black teas have similar health benefits to their green tea cousin. Also common in Asia, black teas have more powerful antioxidants.

The difference between teas, then? Simply their harvesting time. The only ones fermented. Some are served immediately while others are allowed to age for several years.

The Four O’Clock

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The Threefold Advocate Page 6

Making the Perfect Cup

Build your water right before brewing a fresh cup of tea. Different temperatures are necessary for the different types of tea. For black tea and herbal tea 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 oolong, use a water temperature somewhere in between. The ideal rate 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 oversteeping your tea.

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 syrup. Make sure anything you add only enhances and does not mask the teas natural flavors.

Making the Perfect Cup

Tea bags are 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 the bags, which are thought to let more flavor escape. Tea sachets are considered by some to be a happy medium.

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

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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
On the court, senior post Chelsea Garrison is known for taking over the game with her dunking andlaying baskets before they get near the basket. But off the court, Chelsea Garrison is known for her graceful leadership and gentle spirit. “My goal was to just have as much fun as I play,” said Chelsea. “I didn’t want to be the most vocal or the most domineering, but I do my best and I have a great attitude.” “Chelsea hates to get mad,” said her sister and roommate Samantha Garrison. Kami also said her sister is very funny, calm and laid back. 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. She interviewed four schools and the 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 programs about how much they hurt their team,” said Chelsea. When she visited JBU, she said she “fell in love,” because she knew the coaches and other girls on the team. “I loved the Lord.” Head Women’s Basketball Coach Jeff Soderquist said they recruited to want a senior and a junior high school. “It didn’t matter on the long watch- ing her to know she was a special player,” said Soderquist. Two years later the younger sister Kami joined the team. Kami said one of the reasons she knew she would like playing at JBU is because her sisterChelsea led the team so much. “Chelsea said at first the coaches were nervous about two sisters on the roster playing together and the team, especially since they played the same position and would face off against each other every practice,” said Kami. “They realized this would not be a problem with Chelsea and Kami.” The Garrison sisters are great to have on the team, said Soderquist, “We always try to make each other better.”

Both Garrison sisters said they got along very well and are very close. Soderquist credits their per- formance as part of what in part gave both Gar- rison sisters’ strong character. “Chelsea and Kami Hopper, for the love of the women’s basketball team is like being part of a family,” said Chelsea. She said a key part of that was Chelsea was a strong leader. “The coaches double as much time to basketball and to us,” said Chelsea. She said Soderquist always made sure she and the rest of the team were not just at JBU to play basketball, but also to get a degree and helps to motivate and encourage leadership in the classroom. “The two of them have really solidified themselves to this pro- gram 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 encourage- ment to the girls to stay in school, otherwise, for whatever they might need,” said Chelsea.

Esther Carey
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The development of a potential athletic drug education program is a subject of ongoing conversations among coaches, the athletic department, and other groups on campus at John Brown University. Tod Bowden, head athletic trainer for JBU, understands the importance of selecting a drug philosophy specifically for the athletic department. This is not something that JBU is alone in understanding. Tod Bowden, head athletic trainer for JBU understands the importance of selecting a drug philosophy specifically for the athletic department. This is not something that JBU is alone in understanding.

Athletic director Robyn Daughetty said this is an area which has been addressed by the National Association of Intercollegiate Athletics (NAIA). “But the University’s current gen- eration and drug is likely to continue for a while,” she added. Recent meetings have been looking at the strength, challenges and weaknesses of the drug program that has been written. Daughetty contin- ues to revise the program. “The University has the right to test athletes because most of them are participating to have perfor- mance-based scholarships.”

One consideration University Newman is weighing is the po- tential impact of drug testing on the budget. “We are working on how to turn- drug testing without having too many intrusive in students’ lives,” there is no wanting a drug program as some- thing that needed to be done. “So if there were no more meet-ings with Student Development to go over specifics of the plan at the end of the month. As part of the drug education and prevention program, Bowden said the department would probably uti- lize random drug testing of people from each sports team. “This is something that is designed to get people in trouble.”

Bowden said that the goal is for anyonesomeone enrolled to involve multiple parts of the Uni- versity. He hopes that the drug policy is in place athletes and teams are well informed before participating in sports. John Mugale is a senior on the men’s basketball team and a soccer coach, and he has never had a problem with drug testing at this time. “I think that’s a small price to pay for what he has helped coach.”

He added that it provides an extra measure of self control and accountability for the athletes, whether drug abuse is actually a problem or not. “Drug use is rampant in all of society,” Mugale said. “We train athletes to be in a drug-free status.”

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

Sports
The Threlkild Ady

Lady Eagles lose quiet leadership

Senior post Chelsea Garrison will graduate with a degree in childhood educa- tion after completing her student teaching.

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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
the pennysaver's guide to an exciting spring break

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.

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.

As the week comes to an end it may seem 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.

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.