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# Bedbugs in Mayfield contained

#### **ALIYA KUYKENDALL**

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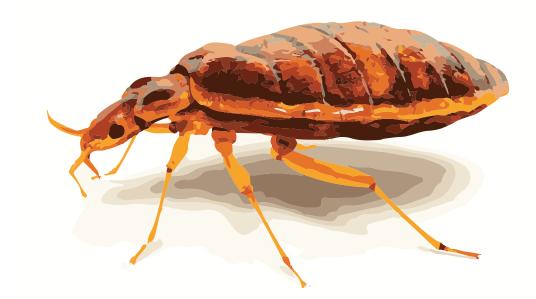
For months, creepy crawling critters have found a home in Mayfield Hall. After spending nearly \$20,000, exterminators continue to treat the hall for its bedbug infestation.

John Brown University maintenance personnel learned of the bedbugs last semester and began treating for the pests during Christmas break. Dean of Students Andre Broquard said that so far Terminix, a pest control service, has treated about 30 rooms in Mayfield, and there have been no confirmed cases of bedbugs on campus outside of Mayfield.

Terminix last treated rooms on Feb. 18. Mayfield, the oldest and only all-female dorm at the University, has 134 rooms total. The tiny culprit, Cimex lectularius, is a crawling bloodsucking insect that is about the size of an apple seed when mature. Bedbugs do not live on their hosts, but hide in mattresses and furniture and come out at night to feed. While not everyone reacts to bedbug bites, bites can become swollen and itchy. Bedbugs do not carry disease but can be a nuisance.

Broquard said that Residence Life is working to create a protocol for treating bedbugs in case of future occurrences.

However, when a few students first began noticing bites last fall semester, no plans existed for helping affected students. Broquard said the last time the University had a case of bedbugs was in 1993.





Bedbugs can lay one to five eggs in a day and more than 500 in a life-

One in five Americans has had a bedbug infestation or knows someone who has encountered bedbugs.

Bedbugs can survive Fahrenheit.



temperatures from nearly freezing to 122 degrees

Source: pestworld.org, photo by USDA REBEKAH HEDGES/TheThreefoldAdvocate

While Terminix began treating infested rooms over Christmas break, Karla Condado, a Mayfield resident, said she noticed bites in the beginning of the fall 2015 semester. When she noticed the bites, she went to see Rhonda Hostler, Director of

Health Services at the University. Hostler, a registered nurse,

said that she saw a student with bedbug bites around Sept. 24. Hostler went on medical leave from mid-November until the end of the semester and did not treat any other students who

complained that semester.

Hostler gave the student an anti-itch cream but said that she did not think the student had bedbug bites at the time.

"In September we still have mosquitos and chiggers out in Northwest Arkansas," Hostler

said. "The bites looked very similar to a mosquito bite."

Condado said she actually caught one of the bedbugs in a container and took it to the nurse for identification. Hostler said the bug brought to her "looked like a small beetle." The nurse, along with Billy Rochier, assistant director of Facilities Services. inspected Condado's room but discovered no evidence of bugs.

Condado said the infestation grew worse, and she woke up at night to a bug crawling across her body. Condado continued to complain of new bites to Hostler, her Residence Assistants, Residence Director and Walton Scholarship Director, but was told that it had been determined that she did not have bedbugs and there was nothing more that could be done.

"I was crying because no one believed me," Condado said.

She said she did not feel comfortable in her room and instead moved around campus, sleeping and doing homework in friends' rooms or other study spaces. She said the process was emotionally draining.

"Not being able to sleep, not having a place to stay and feel comfortable in-it just reminds you that you're away; you're not home," Condado said. "It came to the point where I was afraid to say something because I had been bringing it up so much and I felt like I was just bothering people."

Condado said perhaps it was difficult for others to believe that she had bedbugs because her roommate,

**BEDBUGS** continued on page 3

# Justice Department sues Ferguson

Sports Editor bryanm@jbu.edu

The United States Department of Justice is suing the city of Ferguson, Mo. for refusing to comply with its reforms for the city's justice system.

The lawsuit was filed on Feb. 9 after the Ferguson City Council voted to alter the reforms that were issued months earlier, according to CNN.

"The residents of Ferguson have suffered the deprivation of their constitutional rights, the rights guaranteed to all Americans, for decades," Attorney General Loretta Lynch said in a formal statement from Washington. "They have waited decades for justice. They should not be forced to wait any longer."

The reforms would cost Ferguson, which is already running a multimilliondollar deficit, a total of \$3.7 million, according to St. Louis Post-Dispatch. Though the impending lawsuit will cost the city millions of dollars, it would still cost Ferguson less than if it was to agree to the police reforms, according to The New York Times.

"There's no point in agreeing to something we can't afford," James Knowles III, mayor of Ferguson, said in an interview with The Times.

The Department of Justice's decision to sue Ferguson has

reactions from both current and former students at John Brown University. Ryan McCall, a former student at the University, believes that the city council was right to reject police reforms, given the financial state of the city.

"If Ferguson truly can't afford this, it will have to raise taxes on the citizens," McCall said. "If they raise taxes on the citizens, these neighborhoods, which are already bad off, are just going to get worse because the people can't afford the taxes that are on them."

Ferguson, which has a per capita income of \$20,472, according to the U.S. Census Bureau, could suffer from an imposed tax increase to pay for the police reforms. Either way, the city could suffer financially as both the reforms and the lawsuit cost millions of dollars.

Celeste Lindsey, freshman art and illustration major, agreed with the Department of Justice's decision, but also mentioned a few possible alternatives to a lawsuit. Among those that Lindsey mentioned were financial assistance from the state of Missouri and going through the process of firing all questionable police officers.

"There are other routes that can be taken without financially draining the already bankrupt Ferguson," Lindsey said.

Zach Bower, sophomore biblical and theological studies major, echoed Lindsey's sentiments. He pointed out



People left heartfelt gifts at the memorial where Michael Brown was shot six times by officer Darren Wilson in Ferguson, Mo.

that so far, neither party has taken steps that would reform the police while keeping

Ferguson financially stable. "I can't pick a side because I don't feel like anyone has come up with a good plan yet," Bower said. "It's just been like, 'Reform.' 'We can't afford it.' 'Well, we're making you reform anyway.' No one has come up with a plan to do anything."

Regardless of which side they are on, students all agreed that the Ferguson Police Department needs an overhaul.

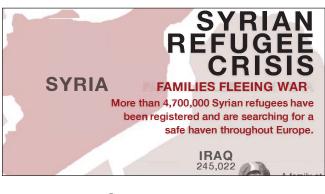
'The problem is that

Ferguson needs reform, but the city doesn't have the

money to do it," Bower said. The proposed reforms lay out specific guidelines for improving the Ferguson Police Department. The reforms were proposed in March 2015, and resulted from an investigation that was triggered by the trial of white police officer Darren Wilson after he shot the black teenager Michael Brown. The report revealed racial profiling against the city's black residents and racist jokes within the police force's ranks. Such

compelling findings urged the Department of Justice to issue

police reforms for Ferguson. These reforms would institutionalize practices aimed at preventing racial profiling by the city's police force. They included hiring additional senior staff to carry out the deal, the enforcement of more comprehensive training, an early intervention system and an electronic complaint tracking system.



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**BLACK PLATE** 

## Film festival promotes cultural awareness

#### **VALERIE MCARTHUR**

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This year marks the second annual Intercultural Film Festival, organized by Aminta Arrington, assistant professor of intercultural studies.

Two films will be shown: 'Romero" on Thursday and "My Neighbor Totoro" on Friday. After Romero, El Salvadorian students will hold a small panel, where they will share their own experiences and answer any questions students may have.

Arrington is bringing more intercultural elements onto campus and said, "Stories are a great way to grasp the complexities of culture and to become more empathetic with that culture."

In the same way that "Hotel Rwanda" had an impact on students last year, Arrington has higher expectations for the influence of "Romero" this year because of the larger Latin

American community on campus. "It's going to resonate with a lot of our Waltons. I have talked with a lot of them and they're all really excited and happy that we're showing it," Arrington said. "We're honoring the Salvadorian culture and telling them that 'yes you're coming to JBU and are learning lots about American culture, but we value you and think that your culture is worth learning about as well."

"Romero" was produced in

1989 and tells the story of a bishop who stood up for the people of El Salvador in the middle of a 12-year civil war, before eventually being assassinated in March of 1980.

Juan Rodriguez and his wife will be on the panel after "Romero," along with Marilyn Olla. Rodriguez said he expects the film festival to create greater awareness of the issues facing Latin American countries.

"Romero was an important figure in the civil war in El Salvador," Rodriguez said. "That civil war lasted 12 years, from 1980-1992. It was 20 years ago and we still haven't recuperated from all the issues of the war."

"Romero' will give a good background and explain why we deal with some of the highest murder rates and let people know why [immigrants] are coming and give students sympathy for them," Rodriguez said.

Rodriguez said he is hoping 'Romero' will cause people to be more understanding of the immigration issue and to "not just deal with the issues, but to deal with the people behind the issues."

"I hope that students, through being exposed to these things, can relate to their Hispanic friends on a deeper level and have conversations on these things," Rodriguez said. "That's the cool thing about the Kingdom of God, we can learn from each other. God's truth is also there as we learn from our experiences."

Marilyn Olla, a senior



from El Salvador, is the one who introduced Arrington to the historical figure of Romero and is part of the reason this film is being shown.

"I hope [students] can have a

Submitted by DANIEL LEAKE better understanding of our cultures and how the people suffer," Olla said. She explained how the movie and story of Romero shows her how the church is always on the side of the oppressed and the importance of praising God through suffering.

Olla cried multiple times when she saw the movie. "I have a connection, a history with it," Olla said. "These are my people, my church. During the hardest parts I felt angry. It depicted the reality of the situation." Olla said it made many of the stories she had grown up hearing from her family real to her.

"People were not able to go out at night. The National Guard would kill for no reason. There were disappearances," Olla said, relating a story her uncle told her of when he, enroute to a worship night at a neighboring town, was almost killed by The National Guard.

"Our cultures are really different, and reactions are different depending on where people come from," Olla said.

"We've had Waltons on this campus for more than 25 years," said Arrington. "We should know. If you're going to welcome people, part of that is learning about them."

Arrington said these movies will help give students more understanding of culture, of the Walton scholar students and an awareness of events and people beyond the U.S. Besides, as Arrington said, "Everyone loves movies!"

The film festival will be today and tomorrow, at 7 p.m. in the Bynum Theater.

## Pope acknowledges pain in violent Mexican city

#### **SAMUEL CROSS MEREDITH**

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Pope Francis visited one of Mexico's most dangerous cities, Ciudad Juárez, last week.

The pope made his visit last Wednesday after a tour of Mexico that started Feb. 12. The trip ended with Pope Francis visiting a prison in Juárez and celebrating mass with an attendance of thousands.

The pope's homily reflected the humanitarian difficulties resulting from the drug wars between Mexico's many cartels.

"Here in Ciudad Juárez, as in other border areas, there are thousands of immigrants from Central America and other countries, not forgetting the many Mexicans who also seek to pass over 'to the other side.' Each step, a journey laden with grave injustices: the enslaved, the imprisoned and extorted; so many



Courtesy of KOREA.NET

Pope Francis visited Mexico Feb. 12-18. His last stop was Ciudad Juárez, which was known as the most violent city in the world until recently.

of these brothers and sisters of ours are the consequence of a trade in human beings," Francis said.

Mexico native Padre Salvador Márquez-Muñoz, priest of the Catholic Church in Siloam Springs,

said the pope's visit was meant to bring an encounter of Christ's love to the city of Ciudad Juárez.

"Christ is among the hundreds of immigrants who cross over, hundreds more who are deported

and the hundreds of people who have been victims of organized crime. Christ is in the pain and suffering of hundreds of people one may encounter day after day in Ciudad Juárez and El Paso, and that is precisely what Pope Francis is doing. He is encountering Christ in the hearts and lives of those many people," Márquez said.

Márquez also felt that the pope's media attention was entirely warranted.

"One the many reasons the pope has received so much attention by the media is because he is a person whose transparency brings hope and love to the many people who are facing challenging times. His message is a message of God's love and mercy," Márquez said.

Others were less optimistic about the pope's time in Mexico. The pope also visited Israel Hernandez's hometown, Morelia, Michoacán.

"I've talked to some of my friends and family and most

of them did not have a good experience from his visit,' Hernandez said, "It was really expensive to have him visit a city that is not of the size of Mexico City and all of the expenses were paid by the government, which is supposed to be secular."

Ciudad Juárez sits on the Texas-Mexico border, south of El Paso, Texas. Due to this, it is a prime spot for the country's many drug cartels to move their product into the U.S. competition between the cartels leads to violence and crime.

"Injustice is radicalized in the young; they are 'cannon fodder,' persecuted and threatened when they try to flee the spiral of violence and the hell of drugs," Francis said.

There were 434 homicides in Ciudad Juárez in 2014, with 340 reported as drug-related, according to the U.S. Overseas Security Advisory Council.

### Church of England accused of 'trolling' atheist

#### **MARIA VELAZQUEZ**

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A new battle started on Twitter after The Church of England tweeted to Richard Dawkins they would pray for him and his family.

Dawkins, a 74-year-old evolutionary biologist and famous atheist, is a popular advocate of evolution and atheism. He suffered a minor stroke in the UK and was forced to cancel his tour in Australia and New Zealand on Saturday, Feb. 6.

The Church tweeted "Prayers for Prof Dawkins and his family." After this tweet, some users offered prayers through the platform. However, controversy rose among non-believers and Dawkins' fans who accused the Church of mocking Dawkins, according to CNN.

In response to the attacks, Rev. Arun Arora, the Communications Director for the Archbishop Council, explained that the tweet was a sincere action and was not intended to mock Dawkins, as some users stated.

"This situation shows that



Prayers for Prof Dawkins and his family

the Church will always be under attack by the world because they don't understand us," Noah Brown, freshman biblical and theological studies major, said about the situation.

Arora also added that this situation showed the misunderstanding people have about what a prayer is.

"It's a plea that you make to God to either ask for something you need or someone you care needs," Marilyn Olla, international business major, said of prayer. "There are no bad intentions in a prayer."

Zoë Shafer, junior biblical and theological studies major, said that this situation affirms what Jesus taught in his famous Sermon on the Mount.

"We are told to pray for our enemies. While I don't know what Dawkins has done to possibly set people against Christianity, he is in that zone of being an 'enemy'," Shafer said. "We should also keep in mind that the people

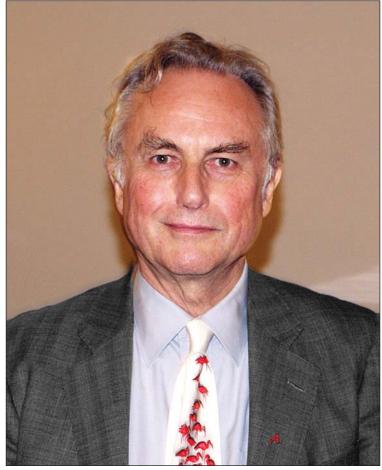
Courtesy of TWITTER

who need the most prayer are often the ones who have yet to come to Christ."

People have been arguing if it was right or wrong to tweet the commentary. Shafer explains that sending messages through social media is not the best idea because people cannot fully express themselves.

"You can't convey your emotions through text very well. Some people can hear the sadness in the tweet, but other people hear sarcasm or cynicism," she said. "You have to be careful with what you put out in public or else people will go around misinterpreting it causing controversy."

Brown expressed that people should not make this situation a big problem. He said that this tweet would have no affect on atheistic Dawkins.



Courtesy of DAVID SHANKBONE

Richard Dawkins, outspoken atheist and author of "The God Delusion," suffered a stroke earlier this month, prompting a tweet from the Church of England saying that is was praying for him. The tweet started what the Church of England later called a Twitterstorm as people questioned whether the sentiment was genuine. The Church started a #PrayForDawkins meme in response.

## **NEWS** 3

# Forces agree to ceasefire in Syria

#### MARIA VELAZQUEZ

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Syrian President Bashar al-Assad announced on Tuesday that he will accept an agreement of ceasefire in Syria made between Russia and the U.S. on Monday.

Concerns remain as two of the most extremist forces, the Islamic State and al-Nusra font, are not a part of the deal.

Dalia Gonzalez, senior family and human services major, said she has a deep interest in serving Syrians.

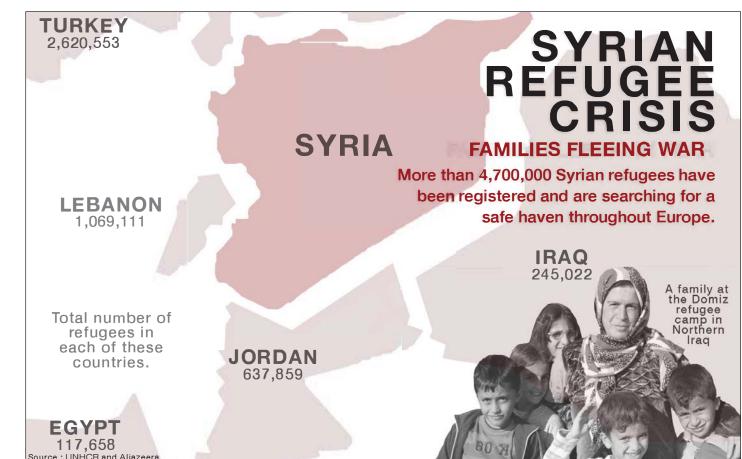
"This is a good first step towards finding solutions," Gonzalez said. "I do not think this agreement will necessarily end the war or bring lasting peace, but it is a necessary step."

The agreement seeks a cessation of hostilities between both sides who fight in favor of the rebels or Assad, and provides aid to besieged places in Syria.

Sarah Hill, Student Ministries Leadership Team outreach director worked last semester doing research and raising awareness about Syria, including organizing the Stories from Syria event.

"There are so many people trapped in these war-ridden cities, and an agreement like this could save their lives," Hill said.

Even though the countries decided to meet, the diplomatic meeting could not take place as fighting continued in Syria. The U.S. Secretary of State John Kerry urged Russia's Foreign Minister to agree



HANNAH LOCHALA/TheThreefoldAdvocate

to the ceasefire in a phone conversation, according to Aljazeera, a news broadcaster in Qatar, on Saturday.

Syrian opposition groups expressed they would agree only if Assad and his allies respect some conditions such as the lifting of sieges, prisoner releases and ID access permitted across the country.

Something that concerns participants in the agreement is the challenge that all the parties will honor their words and implement them in

reality, according to CNN.

"If one side doesn't uphold their end, I do think that future agreements would be much harder to achieve," Hill said.

Junior political science major Bradley Herschend expressed that it is necessary that the involved countries trust each other in order to resolve the conflict.

"Without willingness for cooperation that stems from a base level of trust, it will be impossible to work together in a unified effort," Herschend said. "There are so many people trapped in these war-ridden cities, and an agreement like this could save their lives."

-Sarah Hill

#### BEDBUGS continued from page 1

Erika Regier, was not complaining of bites. Frustrated that her room was not being treated for bedbugs, Condado moved out of the room she shared with Regier mid-semester to another friend's room in Mayfield.

Over Christmas break Regier's room was treated for bedbugs, but Regier said she had never noticed that she had them

noticed that she had them.

"People react differently

to bites," Regier said.

Several other students said detection of bedbugs was slowed for them because one roommate had bites while the other did not. Kate Garrison and Esther Salters, roommates in Mayfield, share a bunk bed. Garrison started getting bites when she returned from Thanksgiving break, while Salters slept unharmed.

Garrison had experienced bedbug infestation before and recognized the bites. She mentioned to her RA that she thought she had bedbugs, but was told that since her roommate didn't have bites as well, it was not bedbugs. Garrison was also told not to talk about bedbugs to avoid

unnecessarily spreading fear.
Garrison said she bought antiitch cream and didn't pursue it
further. When Garrison left early
for Christmas break, Salters
started noticing bites. Salters said
that the day she left for break she

told Mayfield Residence Director, Erin Christner, that their room was likely infested. By this time, three other residents had also complained of bedbug bites.

On Dec. 18, Broquard, Christener, Rochier and Director of Facilities Steve Brankle inspected rooms from which there had been complaints of bugs and found several rooms infested. "There were no signs before," Rochier said, referring to the inspection of a room earlier in the semester. "But the second time there were visible signs to the untrained eye."

The next day Terminix inspected the rooms and confirmed infestation.

In these four rooms, Broquard and Brankle had all clothes and bed sheets professionally dried on high heat to kill the bedbugs, replaced mattresses and furniture and disassembled and replaced parts of or entire bedframes. Terminix treated these rooms and also pre-treated the rooms adjacent to and above or below the infested rooms. In total, about 20 rooms were treated over break, Brankle said.

When students returned for the spring semester, several new residents complained to Hostler about bites. On Monday, Jan. 18, Christener notified Mayfield residents of the infestation in an all-hall meeting. The following day, Terminix returned and inspected every room in Mayfield and treated infested rooms and the rooms close to them. Afterward,

some new rooms became infested, prompting Terminix to return three times to spray treatments.

The University is not alone in its fight against the parasite. Other universities have bedbugs now or have dealt with them recently. Moody Bible Institute has dealt with the problem for years and treated more than 80 rooms this year, according to their student newspaper, the Moody Standard. The University of Illinois officially announced their problem on their website in 2012.

In fact, bedbug infestations may

Regier said she was frustrated with a lack of communication concerning when Terminix would be in her room and when she would get her clothes back from the dryer. Loads of clothes took several days to dry and residents had to meet in the Mayfield basement for several hours to sort through their mixed-up laundry. Broquard said it would have taken longer to dry clothes if the loads were kept separate.

"You need to understand that when you come into my living space and tell me I need to pack

"I had heard of bedbugs, but only in the song, like 'don't let the bedbugs bite.' But now it's like, 'no really, don't let the bedbugs bite!'"

- Erika Warren

be on the rise. The National Pest Management Association and the University of Kentucky surveyed pest management professionals nationwide in 2013 and 72 percent of survey respondents reported that bedbug infestations in their region were increasing. Seventy-six percent said bedbugs are the most difficult pest to control.

Some students expressed frustration with the treatment process, while others were satisfied with the University's efforts.

everything up and not be there and you don't tell me when I'm getting it back, it affects everything," Regier said.

Rochier said he sympathizes with students who are frustrated. "I try to look at each of these students like, if that was my kid, what would I want done?" Rochier said that while it has been a laborious process, the University's efforts have always been to get rid of the bugs as quickly and painlessly as possible.

"It's been a learning curve for them as well as the students," Mayfield resident Anna MacLachlan said about University administration. MacLachlan's room was first treated this semester. "My experience was not very good at first, but they've learned as we're going along and they're more supportive of the students now."

Salters said it took a while to get her room back to normal after Christmas break, but she was relieved not to have bites again during the spring semester. "It was obviously a hassle because that's kind of what happens when you have bedbugs, but it was definitely worth it," Salters said. "I feel like they did the best that they could."

Rochier recommended that if students go on a retreat or stay off campus overnight in a place where they may suspect bugs, they may consider drying their clothes, pillows and bedding on high heat in the dryer when they return. "With my experience in this, going forward, I'm going to be very cautious with where I take my family," Rochier said.

Erika Warren said that her view of bedbugs has also changed because of the infestation. "I had heard of bedbugs, but only in the song, like 'don't let the bedbugs bite.' But now it's like, 'no really, don't let the bedbugs bite!""

## What to know about bedbugs

- Where: In the cracks, crevices, and folds of bedframes, mattresses, baseboards and furniture.
- **Size:** Letters on a penny when newly hatched nymphs and apple seed-sized when mature.
  - Color: Dark reddish-brown and nymphs are cream colored.
- **Reaction:** Can include no reaction at all, to swelling and irritation, to an allergic reaction.
  - Bite Patterns: Often in clusters or zigzag lines.
- **Signs:** Bites, small dark fecal spots and blood smears on mattresses or bedding. Light-colored skin casts, actual insects or small translucent eggs.
- **Prevention:** When traveling, check mattresses, headboards, and frames for signs of infestation. Hang up clothes in a closet and avoid using a dresser.



Source: Terminix Photo: Piotr Naskrecki



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#### Safety vs. Security

Apple rejects order to unlock terrorist's phone

Before dying in a shootout with police, Syed Farook and his wife killed 14 people in San Bernardino, Calif. in December. The Federal Bureau of Investigation is investigating the terror attack, but cannot access the information on Farook's iPhone due to encryption. A federal judge ordered Apple to help the FBI unlock the device, but Apple refused.

"The United States government has demanded that Apple take an unprecedented step which threatens the security of our customers," read a release on Apple's website, signed by CEO Tim Cook. "We oppose this order, which has implications far beyond the legal case at hand."

U.S. attorneys are arguing that "there may be relevant, critical communications and data around the time of the shooting that has thus far not been accessed, may reside solely on the subject device and cannot be accessed by any other means known to either the government or Apple."

While this is a delicate situation, We The Threefold Advocate support Apple's denial of the federal order in this case. Both Apple and the FBI are attempting to maintain people's safety and security, but the potential negative effects of Apple's building a "backdoor" could far outweigh the benefit of breaking into the terrorist's phone.

Currently, Apple does not have a way to break into the iPhone in question—nor other phones, as Apple believes "the contents of your iPhone are none of our business" and only someone with the owner's PIN number can access the device. Apple would have to create software that could effectively help the FBI get into Farook's iPhone and bypass the encryption.

The government wants to create a backdoor for this one situation, not for all iPhones. "We simply want the chance, with a search warrant, to try to guess the terrorist's passcode without the phone essentially self-destructing and without it taking a decade to guess correctly. That's it," FBI Director James Comey said in a statement. "We don't want to break anyone's encryption or set a master key loose on the land."

However, Apple argues that in today's technological age, a oneand-done backdoor does not exist. Hackers could potentially get ahold of the digital security bypass and steal countless amounts of personal data from Apple users. "In the physical world, it would be the equivalent of a master key, capable of opening hundreds of millions of locks," Apple explained.

Apple also pointed out that complying with the federal order would set a dangerous precedent for the future. If Apple creates a backdoor for this one instance, what will stop the government from demanding they do it again and again, for other instances of

Various organizations including the American Civil Liberties Union have voiced their support for Apple. In an opinion piece for Time, Alex Abdo, staff attorney with the ACLU, wrote that "The resulting order is not only unconstitutional, but risks setting a precedent that would fundamentally undermine the security of all devices, not just the one iPhone being debated in the news.'

Many people have pushed back, including some of the victims in the San Bernardino shooting, arguing that Apple is being unpatriotic and aiding terrorists. Comey pleaded with people to put themselves in the victims' situation and not jump to conclusions in

"Fourteen people were slaughtered and many more had their lives and bodies ruined. We owe them a thorough and professional investigation under law. That's what this is... Maybe the phone holds the clue to finding more terrorists. Maybe it doesn't. But we can't look the survivors in the eye, or ourselves in the mirror, if we don't follow this lead," Comey said in a statement.

However, Apple has expressed that it has "no sympathy for terrorists," and is emphasizing the security and trust of its customers. "We are challenging the FBI's demands with the deepest respect for American democracy and a love of our country. While we believe the FBI's intentions are good, it would be wrong for the government to force us to build a backdoor into our products. And ultimately, we fear that this demand would undermine the very freedoms and liberty our government is meant to protect," Apple

As far as the constitutionality of the case, the U.S. government is appealing to the All Writs Act—part of the Judiciary Act of 1789—in order to compel Apple to cooperate. The act states that a court "may issue all writs necessary or appropriate in aid of their respective jurisdictions and agreeable to the usages and principles of law."

In other words, the court has the right and power to enforce compliance or submission that is necessary or appropriate. The question now is: is this level of force actually necessary or appropriate in Apple's situation? We The Threefold believe it is

#### Threefold Advocate - advocate.jbu.edu -

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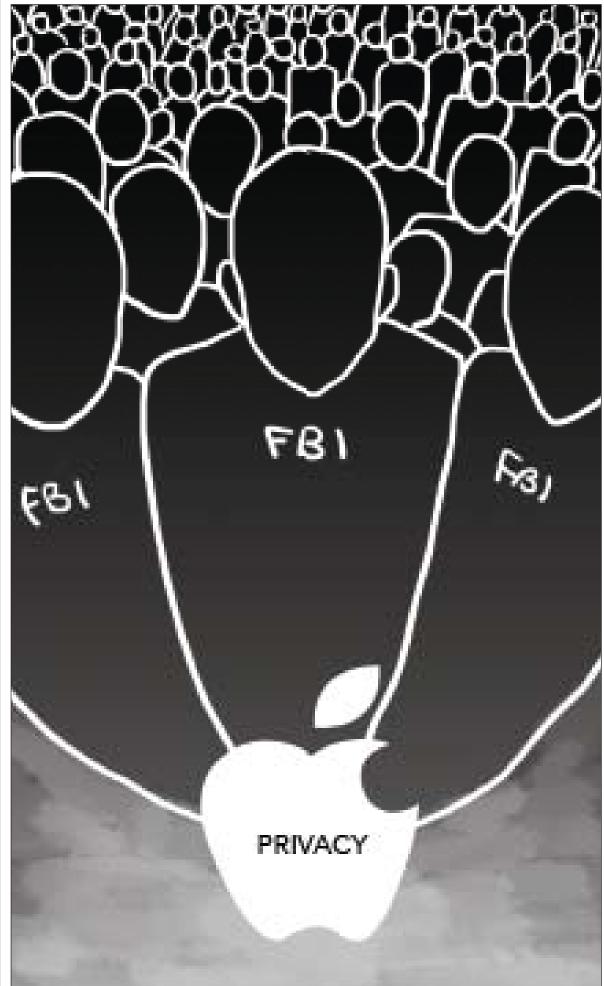
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## Apple stands up to FBI



Submitted by BECKY RAMIREZ

## I hope Trump is Christian'



**MATT BOWEN CONTRIBUTOR** 

A few weeks ago in an address to Liberty University, Donald Trump claimed to be a Presbyterian.

A couple of feelings emerged, such as skepticism, repulsion and hilarity.

These are very natural feelings when you hear that Trump might be a Calvinist.

The whole Christian world seems rather upset at this claim. The Holy pontiff himself called Trump out on his Christianity. You know it's serious when the Pope takes time out of his busy schedule to tell you you're not a Christian.

But there's only one thing that I can say about Trump's claim to Christianity.

I really hope it's true. I hope that Trump is a Christian. I hope that he's acknowledged his sins as deserving of death. I hope the Holy Spirit has convicted him and brought him to the cross. I hope he's been saved by grace through faith. I hope, when we all stand at judgment day, that God the Father will call him, "my son."

Those are hard pills to swallow for me: to think that someone as despicable as Trump could be beloved and forgiven by God. To think that someone who referred to Second Corinthians as Two Corinthians, someone who said that he doesn't need forgiveness, someone who wants to deport other human beings simply out of spite, could be absolutely atoned for his sins by the blood of Christ.

What I'm truly brought to my knees by is that the same grace that covers my multitude of sins also covers those of Trump. That I should be calling him my brother. That Trump is my elder and I should respect him. That I have no right to say whether or not he's a Christian—although my entire being cries out the falsehood of his statement.

Can you imagine how great it would be if Trump truly was a Christian? If he took his relationship with Christ seriously, he would bear the fruits of the Spirit of love and peace, kindness and goodness, gentleness and self-control. How great would it be for a politician to display these fruits?

I think these things have been long in demand. The world needs love more than basic needs, balanced budgets and border control.

More importantly, the world needs to know the incredible love and grace of God.

That's why I hope that Trump is a Christian. Because if he were, the world would be a different place. Maybe he'd rethink his policies about deportation and racism and replace them with something, not only more financially feasible, but that would remove the need for people to seek shelter in the United States.

He could use his business savvy to strike fair and honest deals. He could be a voice, a loud voice, for the oppressed both at home and abroad. If anything, at least the Republican debates would be a little less depressing.

I think he could change the world for the better if he were a committed follower of Jesus Christ. That's why I hope that Trump is a Christian.

Bowen is a senior majoring in biblical and theological studies. He can be reached at BowenMJ@jbu.edu.

## OPINION 5

Steps to combat depression



**GARY OLIVER** 

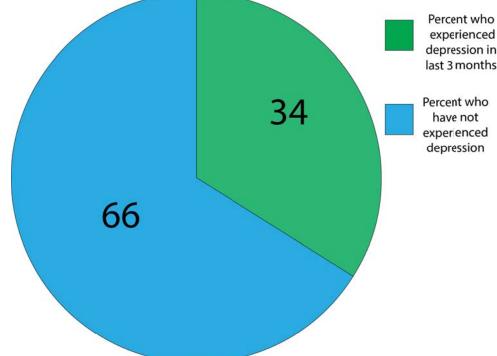
**CONTRIBUTOR** 

One reader asks, "I am in my mid-fifties and for the past several years I have found myself struggling with increased feelings of discouragement, lack of motivation and a decrease of energy. A friend suggested that I might be depressed but not to worry about it since it is normal for people to become more depressed as they get older. Is that true and what can I do to deal with my depression?"

That's a common question, especially after the holidays. After the excitement and energy expended over Thanksgiving, Christmas and New Years many people experience mild to moderate levels of depression. The simplest definition of depression is that it is a specific downward alteration of one's mood. When we understand and are in control of our emotions they can be very constructive. Mild levels of depression can warn us that something is wrong in the way we are living our lives or that we are making unhealthy choices. It can alert us to our need to make adjustments or changes, to withdraw and regroup, to allow Him to refresh us and refocus our perspective.

Depression can also be a very destructive emotion. Research suggests that one out of every seven individuals will need professional help for depression at some time in their life. It is estimated that industry loses four to six billion dollars of productivity due to the effects of depression that is unacknowledged and untreated. Depression is one of the major psychiatric disorders on college campuses today. When it is denied or ignored for too long depression can become a major factor in suicide.

It's interesting to note how much the Bible has to say about depression. In Numbers 11:10U. S. College Students and Depression



Associated Press and mtvU 2008 survey SARAH WHITE/TheThreefoldAdvocate

15 we find Moses so depressed that he asks God to take his life. In I Kings 18 and 19 we find the remarkable story of Elijah. After a dramatic illustration of God's faithfulness and power against 450 false prophets Elijah was drained. When one person, Jezebel, threatened him he assumed the worst, ran away, crawled under a juniper tree, had a one-man pity party, allowed his perspective to become so distorted by severe depression that he asked God to take his life. Elijah had an almost terminal case of the "Juniper Tree Blues."

Notice that Elijah was

perspective and lost his confidence in God. A few of the other characteristics of depression include a lack of motivation, changes in normal sleeping and eating patterns, oversensitivity and increased anger.

Who is more likely to experience unhealthy depression? Women are two to three times more likely than men to experience depression. The Journal of the American Medical Association reports that depression is more striking during the late teens and early 20's and appears to be decreasing among older people. So much for the myth that

glands, menstruation, menopause, hypoglycemia and PMS. Others include poor eating habits, lack of rest or exercise, grief due to a loss, self-pity, unemployment, stress, any positive or negative change, unconfessed sin, or even the let-down after reaching an important goal.

Are there any specific steps that most people can take to deal with depression? I say most people because there are some whose depression is so severe that they need immediate professional help from an experienced Christian psychologist or physician. Some people's depression is

#### "Depression involves the loss of perspective and the inability to experience joy and feel pleasure."

more than just sad, he was depressed. What's the difference? Depression differs from sadness in that the depression is more intense, it lasts longer, and it significantly interferes with effective day-to-day functioning. Depression involves the loss of perspective and the inability to experience joy and feel pleasure.

Elijah experienced many of the classic characteristics of depression. He withdrew from normal activities, he isolated himself, was discontent, gloomy and despondent, felt hopeless and helpless, had a distorted

older people are more likely to become depressed.

Research suggests the increase in depression could be caused by unfulfilled expectations concerning economic well-being, increasing urbanization, people moving more and not developing personal attachments, a decrease of common social standards and beliefs, and changes in family structures and the roles of men and women in the workplace.

Other causes involve physical factors such as a genetic predisposition, biochemical factors, reaction to medication,

so severe and disabling that getting professional help can be a matter of life and death.

The **first step** is to acknowledge that you are depressed. Then identify the level of your depression. In comparison to your past experiences, is your present depression mild, medium or severe? If it is mild or medium then continue with the next steps. If your depression is severe, contact your pastor and a qualified Christian professional. If you learn to acknowledge your depression as soon as possible it won't become as severe and will

be much easier to deal with.

The **second step** is to go to God. You can do this by talking to Him in prayer and seeking His guidance and direction. You can also turn to the Bible. Look at Psalms 55, 58 and 59. Here we find that David, a man after God's own heart, both experienced and expressed the emotion of depression. You should also look up some of the many promises God has given you.

The **third step** is to identify the causes. Depression almost always has more than one cause. Understanding the cause is a key part of the solution. When is the last time you had a physical? Have you been getting adequate sleep, healthy nutrition and regular aerobic exercise? What might you be doing that could be causing the depression? Is there anything that you are dwelling on that is contributing to your depression?

The **fourth step** is to identify what you can directly change or influence. Areas of change might include how you think, how you spend your time, and some specific behaviors or habits. Make a list in order of importance of those changes and start with the first one. Go ahead, choose to be proactive. Don't wait until you feel like it. You could wait for a long wait. If you need some encouragement take a good look at Philippians 1:6, 2:13, 3:14 and 4:13.

Back in I Kings 19 we find that God dealt with Elijah in part by allowing him to express his emotions and by temporarily relieving him of responsibility and providing him with nutrition, rest and exercise. The result was a refreshed Elijah with a renewed perspective. God wants you to be refreshed and your perspective renewed.

Healthy people experience depression. You do not need to be controlled by your depression. Remember that emergence from depression is usually gradual and that, while feelings are almost always the last thing to change, they can change. If you still feel like you can't do it, remember that Romans 8:37 says that "we overwhelmingly conquer through Him who loved us." Not through our own strength, but through Him.

Oliver is the director of the center for healthy relationships. He can be reached at GOliver@jbu.edu.

## Success results from hard work and talent



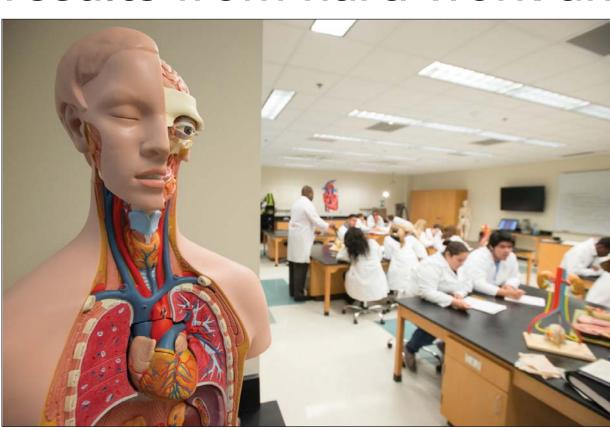
**SARAH WHITE** 

**OPINIONS EDITOR** 

According to Psychology Today, a study found that girls were more likely than boys to give up when something became too difficult. It claimed that the reason for this is because girls are taught that success is driven by innate intelligence and talent as opposed to hard work.

The study also found that in 5th grade girls, outperformed boys in harder material. This quickly changed though and girls became less confident in their work while boys became more confident. This led them to think that they were not smart enough to do tasks that did not come naturally to them.

I think this is true for a lot of girls and definitely true in my own life. In my freshman year of college I turned in a paper for one of my pre-law classes and received a high C. This was the



Courtesy of U.S. DEPARTMENT OF AGRICULTURE via FLICKR In early elementary school girls and boys have an equal interest in math and science. This quickly changes.

Some believe the difference is a result of how the genders are praised.

lowest grade I had ever received on a paper. Instead of looking through it and figuring out how I could do better next time, I assumed I was not smart enough to continue with pre-law.

Looking back on this, I realize how rash this reaction was. It was only one paper grade and it wasn't even that low of a grade, but my immediate reaction was to

question whether or not I was capable of performing a certain career. I never really thought much of my reaction until reading this article and I realized that I do view my academic ability as innate. It's not that I do not work hard to maintain good grades, but when I do not do as well as I want to I see the results as unchangeable. Intelligence and talent do

have an impact on success, but I would argue that hard work is just as important. We cannot expect to do well in life on talent alone. Therefore, we should work to make sure that all students see hard work as necessary in school work. The Psychology Today article

claimed that the differences in interpretation between the genders has to do with the

praise they receive. Girls are often complimented on being clever, smart and good students. These are all character traits and do not refer to action at all. On the other hand, feedback for boys is more action oriented, like encouraging them to pay attention. I think both of these types of encouragement have their place. However, one type of encouragement should not be used with one gender more often. I think students should be encouraged in both ways so they realize that they are smart and talented while being told that they can work to improve all of this.

As much as I wanted to drop the class and quite pre-Law in that moment I stayed in the class. I ended up with an A-. I am still a pre-law student and I am planning on attending law school. Even though I now realize the error of my ways, I still find it challenging not to question my ability to succeed when I do not do as well on something that I would like.

White is a junior majoring in communication. She can be reached at WhiteSJ@jbu.edu.



**BLACK PLATE** 

## **6** LIFESTYLES

## Accident paves way to future career



#### by Brandi Vandygriff

Hannah Meyers, a senior biology major, discovered her future career path after a freak accident left her dependent on others for more than a month during her freshman year at Colorado State University.

April 10, 2014 was an ordinary day. Meyers went to ballet classes and had a normal rehearsal. At the end of practice, she went for a leap that she had done at least a hundred times. But this time, she slipped as she leaped up.

"We were out of rosin and the floor was wooden and slick," Meyers said. "Also, the floor was wet with sweat in places from the previous class."

Meyers fell hard on her side and blacked out. As she regained consciousness, she was slightly confused.

"Everyone around me looked horrified," Meyers explained. She couldn't remember what just happened. Meyers tried to stand, but immediately collapsed. She tried again with the same results.

"I thought I had just popped my hip out of place because I've done that before," Meyers explained. "I crawled to the nearest corner of the room and got someone to bring me my phone to call my mom."

"When Hannah called me, I knew she had to be hurt pretty seriously for her to call and ask us to come and get her," Millie, Meyers' mother, said.

Meyers' sister, Rachel, recalled that she was in the vehicle with her parents when Meyers called their mother.

"Hannah said 'I've fallen and can't get up', and we just all kinda laughed at first," Rachel said. "Then we realized she wouldn't have called us unless it was serious."

When her parents got to the studio, Millie, being a nurse, did a quick assessment of the situation.

"I noticed her legs weren't rotated out, which meant we would have been dealing with a fractured hip," Millie said. "But there had to be something

else because Hannah couldn't stand." Meyers felt no pain, probably due to shock, until her father picked her up to take her to the emergency room. Once at the ER, X-rays confirmed that Meyers had fractured her pelvis in at least three places. Had she fractured her pelvis in any other way, the result could have been very different.

Meyers was confined to bed rest and a wheelchair for the next month, and crutches for the following month. Due to the lack of assistance available to disabled individuals, Meyers had to rely on her mother to help her around the Colorado State University campus as she finished her freshman year of college. This sparked her compassion to help those who are disabled.

Millie helped her with many of her activities of daily living such as bathing, putting on clothes and changing positions in bed. Meyers explained that the entire time was very humbling. It was during this time of helplessness that she realized that she could help others in a similar situation because she had lived through it.

From a young age, Meyers had always loved science. She realized in high school that she wanted to go into the medical field. After she tore a tendon in dance during her junior year of high school, she spent several hours in the physical therapist's office. This experience helped her realize that she wanted to go into therapy.

Meyers found and researched occupational therapy during her recovery from her broken pelvis.

"Occupational therapy is mainly focused on helping people regain their independence and relearning the activities of daily living," Meyers explained. "The more I read about it, the more I felt I was being called into that field and line of work. I would have never found occupational therapy had it not been for me breaking my pelvis and ending my dance career."

Meyers shadowed an occupational

therapist during the summer of 2015. During that time, she realized she had a lot of the qualities that are good for an occupational therapist to possess. She described how, as a ballerina, you are trained to notice the little details and changes in yourself and the people around you, which will one day be the patients that she treats.

Meyers felt that she received the stamp of "yes, this is what I want to do with my life." She is currently in the process of applying to occupational therapy school and should find out in April 2016 if she has been accepted. Meyers will be graduating from the University in May 2016.



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## LIFESTYLES 7

# Decorations to create a home away from home Part 2: Men's Dorm





- 1. Zach Crabtree and his roommate not only bunked their beds but also their desks freeing up open space to add a hammock. This J. Alvin room is homey with more sitting areas, a couch and Christmas lights.
- 2. Daniel Madrid and his roommate's room in the apartments is simple, but has just enough decoration to show their personality. Their room is organized with all items belonging in a specific spot. They also used their wall to include graphic artwork they designed or their favorite pop artist.









TON LYON/TheThreefoldAdvocate



- 3. Josh Campbell used his windowsill as extra storage for his collection of snapbacks in his room in J. Alvin. Campbell also brought his own chair that adds a pop of color as well as comfort when studying.
- 4. Thomas Bearden and his roommate lofted their beds in Walker to make room for activities, and added a futon for extra seating. Purple Christmas lights also add better lighting instead of the fluorescents.



### Ironfist conditions for Dust Bowl tournament

**EMILY DIBRITO** 

Staff Writer dibritoe@jbu.edu

Ironfist, John Brown University's men's Ultimate Frisbee Club, is preparing to compete in the Dust

Bowl tournament in Tulsa,

Okla. on March 7 and 8. Ironfist will play against Frisbee teams from all over their region at the Dust Bowl Tournament, which is sanctioned through USA Ultimate, the governing body of Ultimate Frisbee.

In order to be eligible for nationals, Ironfist must play in 10 games. The team has played eight sanctioned games already, so they will gain eligibility for nationals after the Dust Bowl Tournament.

"How we do will determine if we get a bid to nationals at the end of the season," Bradley Herschend, one of the team captains, said. "The Dust Bowl is important because we get to play a lot of the teams in our actual division, which gives us a glimpse of what nationals will be like.'

The Dust Bowl, named for the substantial amount of wind in Tulsa, presents a unique challenge to the teams. "It's gonna be windy, so [the

challenge] will be how well we throw and catch in the wind,"

challenge is accommodating for missing team members, many of whom are unable to attend because of injuries.

Ironfist has been more intentional in their practices this semester as they prepare for nationals.

"This semester specifically, we're focusing on conditioning," Herschend said. "We're focusing on strengthening our defensive schemes and offensive schemes so that when it comes time to be in a game, we're in better condition and we can finish the game as strongly as we started." In addition to working on

finishing strong, the team

"One of the biggest things we've started doing is working on footwork and agility drills,' Powers said. "We've been working on fundamentals like learning how to throw and catch the disc."

Ironfist recently played at a tournament in Denton, Texas, where they placed third out of 24 teams. They received one loss from Texas Christian University but they will have a chance for a rematch at this tournament.

'TCU is gonna be there. Hopefully we'll be able to stand up against them," Ryan Gulbranson, handle, said.

Powers expressed that Tulsa is a fun place to play because of the amount of students who

come out to support the team. Gulbranson also likes the comradery that comes with such a nearby tournament.

"Because it's a close tournament, every now and then we get some JBU fans to drive out," he said. "It's always a blast to have support from friends."

Although the team is young in age, they've grown close throughout the season.

"I'm looking forward to seeing the things we've been working on in action and how our team will respond to adversity," Herschend said. "It's always fun to be with those guys. It's a great group that really loves



DANIEL MADRID/TheThreefoldAdvocate

# Men's rugby fundraises for mission trip



CLAYTON LYON/TheThreefoldAdvocate

Rugger Alejandro Ruales (left) cuts student Luke Moyer's hair to raise money for the men's rugby club's mission trip to Ireland. Each member of the club must raise \$3,000 for the trip.

#### REBEKAH HEDGES

Managing Editor hedgesr@jbu.edu

The men's rugby club will be traveling to Belfast, Northern Ireland for a mission trip in coordination with Salt Factory,

a ministry organization. The club will minister to children through sports and have the opportunity to play other rugby teams during their time in Ireland.

Alejandro Ruales, thirdyear fly half for the club, said he is excited about the trip for the evangelistic opportunity.

'We expect to be able to share God's love through keeping our worship to the Lord while singing the Doxology and taking a knee to pray with the other team," Ruales said.

Ruales traveled with the team to Los Angeles, Calif. in 2014 for the USA Rugby College National Championships. He said it was one of the major highlights of his college experience. He acknowledged that representing the Christ Over All motto on the back of their jerseys carried through in everything they did on the trip.

"We would shake hands with the players and would have a good attitude even after the loses,' Ruales said. "The coaches and trainers from the other teams would highlight that we have some of the best sportsmanship

that they have seen.' Jeremiah Moore, third-year scrum and lock for the club, also traveled to California with the club.

"I can't begin to explain the feeling of solitude and kinship among those 22 men after the games in California," Moore said. "After giving our blood, sweat and tears together, we

were forever changed."

Moore also studied abroad in Ireland for a semester in 2013 and said he wouldn't miss the chance to return to the country.

"These guys are among my most trusted friends, and the opportunity to travel overseas and not only play rugby, but also minister to kids, will only draw our team closer together," he said. "Traveling together for two weeks in an unknown land and taking our love for rugby with us will give us a chance to build lasting memories unlike anything we've ever experienced.'

Moore said he believed the trip is about growing closer with his team through expanding the Kingdom of God. In addition, he added that it will also be nice to

play on a field of green grass. "Our field is just so dead and dusty right now," Moore said. "The grass really bites on those tackles. Between that, the chance to interact with some of the cheeriest people in the world and the opportunity to do something bigger than myself, bigger than this team, I can't explain how excited I am to begin this venture."

David Zamora, third-year hook for the club, studied abroad in Ireland this last semester. He said that he is excited to experience Ireland again this time with his rugby team.

"The guys will benefit from this trip by creating community within our team," Zamora said.

"We will have the ability to grow as spiritually, mentally and emotionally. This trip is going to challenge us to become better men for Christ."

The men have been using Gofundme accounts to fundraise themselves toward the \$3,000 that each of them needs for the mission trip. Ruales said has been getting creative with his support raising by making bracelets, key chains and giving haircuts.

"Haircuts have been a great opportunity to make guys look good, listen to their favorite music and have some pretty manly

conversations," Ruales said. Ruales mentioned that he was not so experienced when he first started and almost had

a slip-up in the process. "I was cutting someone's hair at midnight," he said. "My eyes were closing slightly. Halfway through, the clippers started to die off. They weren't cutting anymore, but I made the transition from clippers to scissors pretty smoothly

and I don't think he noticed." Ruales said he ended up getting one of the best hairstyles he has done and has

purchased new clippers. Students and faculty alike can support Ruales by buying bracelets for \$10 or key chains for \$7 from Ruales. Additionally, many men on the team have Gofundme accounts will continue raising support until their trip on May 9-24.

#### Women's rugby achieves first home win

#### **MAX BRYAN**

Sports Editor bryanm@jbu.edu

This past weekend, John Brown University's women's rugby earned their first-

ever home victory. The ladies triumphed over the Tulsa Rugby Club at 9 a.m. on Saturday, Feb. 20 at the rugby pitch. The game was won by a score of 17-10, with second center Hannah Lochala scoring twice and fly half Bridget Wray scoring once

during regulation. The game was played as a match for the University's family weekend.

This was the first time the club had played an official game since their first-ever home match on Nov. 14.

"Walking onto that pitch knowing that the time, sweat, friendship and blood that had gone into making this team what it is was an awesome feeling in intself," Megan LaFond, lock, said. "Also, winning wasn't too bad, either."



The women's rugby club lays a hit on the Tulsa Rugby Club. The club enjoyed their first home win, posting a score of 17-10.

CYAN PLATE

MAGENTA PLATE

## SPORTS 9

# University plans new disc golf course

#### **SARAH WHITE**

**Opinions Editor** whitesj@jbu.edu

A new disc golf course will be constructed at John Brown University.

Disc golf "provides upper and lower body conditioning, aerobic exercise and promotes a combination of physical and mental abilities that allow very little risk of physical injury," according to the Professional Disc Golf Association.

"It is the first step to create a course that meets the standards of the U.S. Disc Golf Association," Scott Marksberry, men's soccer coach, said.

"Developing a new course from the ground up is a major undertaking that involves not only local disc golfer volunteers but help from design experts and support from others in the community for approval, equipment, labor and finances," according to the Professional Disc Golf Association's website.

Marksberry explained that the old course that students have been playing on for years is excellent. He said he would have liked for the University to use that course as the permanent one, but it presented safety concerns because it goes through the quad and other high traffic areas. He said the new course's first hole is actually one designed by University students several years ago; however, it will be located on the north side of campus, close to the athletic facilities.

**BLACK PLATE** 

Jefferson Williams, senior accounting major, said that he had never played on the old disc golf course because he either did not get around to it or because of the lack of publicity the course received.

"I'm excited that there are people who are serious about making the course legit and are willing to invest in making it public," Williams said. "One of the things I love about the sport is that disc golf courses tend to show off the beauty of the nature around them. John Brown University is a beautiful campus and I think that a disc golf course will show that off."

Williams also added that he thinks the course will attract the community because it will be the first official disc golf course in Siloam Springs.

"Playing a game of disc golf used to mean blocking off several hours, driving at least 15 minutes



KLARA JOHANNESEN/The Threefold Advocate

A student plays disc golf on John Brown University's current course. The new course will have 18 holes and will meet all Professional Disc Golf Association standards.

and sometimes even paying money to park," Williams said.

Williams mentioned that the new golf course will allow for him to get in a fast game and quickly head back to class.

"Right now, the trial course is in place to see if it fits both the interests of students and the needs of our Facilities Services crew," Marksberry said. "If we find that students are interested

in continuing the process of formalizing a course, then we will move toward more permanent targets. The long-term goal is to have 18 holes on campus with proper disc golf cages."

# Coaches exercise creativity in recruitment

#### **MAX BRYAN**

Sports Editor bryanm@jbu.edu

There are many ways that an athlete can play for John Brown University.

The methods the University's sports programs use to recruit their players are "as varied as there are coaches," Ken Carver, volleyball coach, said. Golden Eagles coaches employ a wide variety of methods to bring talent to their teams and ensure that the players they bring in are a good fit for the University.

An athlete that wears a Golden Eagles uniform can come from anywhere—17 states and 10 countries are represented through the University's athletic programs. Though statistics on recruiting are strictly confidential, the stories of how each athlete ended up at the University are worth being told. "It's kind of a treasure hunt,"

Scott Schochler, cross country coach, said. "Once we've got someone on our list that we're looking at, we check them out, ask about their character, ask them if they're interested in a place like JBU and go from there."

When looking for a player, coaches take the athlete's character into consideration along with their athletic ability, as Schochler pointed out.

As far as convincing an athlete to play at the University, the coaches use many different methods when trying to lock in a commitment with an athlete. Carver said that he lets his team and the University itself serve as his recruiting tool.

"JBU, in terms of the quality of university that it is, sells itself," Carver said. "The girls in our volleyball program do a very good job of telling the student athletes and their families, 'hey, this is what our program is about.' [The

recruits are] hearing it straight from the kids, so they really have a great idea of what the expectation for a student-athlete is with our particular program."

Some programs, like the Golden Eagles men's basketball program, are fortunate enough to have an exciting tradition that could entice students. Jason Beschta, men's basketball coach, uses the University's acclaimed TP Game as a recruiting tool. During this game, over 2,000 rolls of toilet paper are hurled onto the court following the Golden Eagles' first home basket.

"Just getting someone to even look at [the TP Game] on YouTube is huge," Beschta said. "But if we can get someone to come here and experience it, I don't think anyone would ever say, 'eh, I don't want to be a part of something like this.' They're saying, 'I want to be in there. I want to be the guy who hits that shot."

When it comes to scholarships,

each program has a different amount it can spend on its athletes. Both Carver and Schochler pointed out that because of this, they try to land athletes who would do well at school.

"[It] makes the recruiting a little trickier," Schochler said. "We look for students who are going to get the academic money, too. Those are the ones that usually come here."

Beschta mentioned that though today's technology makes it easy to find potential recruits, the process of finding athletes that would fit well at the University is a daunting task.

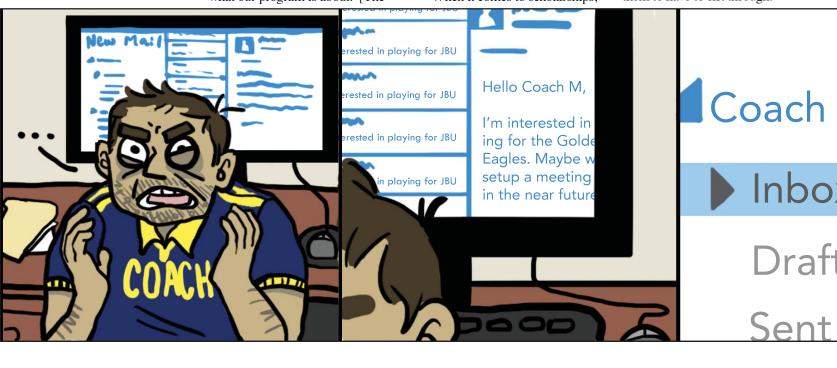
"We're able to find them, whether it's through former players, alumni of the University coaches we know, emails or YouTube videos," Beschta said. "Everybody's got a recruiting service helping them get their word out there. It's so much easier to come across players. It's just a lot more of them to have to sift through."

Though technology makes the process more efficient, going to games is still an important tool in the recruiting process. Kathleen Paulsen, women's soccer coach, expressed a preference for personal viewership in

any style of recruitment. "They'll send me an email and I'll go watch them play," Paulsen said. "I [also] find players myself. I watch games, find kids that are a good fit for our team on and

off the field and contact them." Though no coach knows exactly how they'll land their players, the most important aspect of recruitment is being proactive.

"You just never know," Beschta said. "You just alw have to be looking and talking to people. The more you do that, the more you'll find someone out there that's a good fit for you."



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## not excuse athletes from punishment



**LUKE MOYER** SPORTS COLUMNIST

Professional athletes make a living for themselves by playing a sport. As a professionalwhether that be a professional teacher, professor, lawyer or athlete —there are certain standards of ethical responsibility that one must abide by in order to maintain professionalism.

Every action and decision requires heavier consequences due to the domino effect that decisions have involving a myriad of people. At least the consequences should be heavier.

Working professionals in all fields are leaders. As a leader in this world, it is important to understand the platform in which you reside. The definition of the verb to lead, according to Dictionary.com, is "to go before or with to show the way." When rules are broken, it is imperative not only for the individual who broke the rules to be punished, but also for those watching to understand that those actions are not acceptable. It is puzzling to look at

punishments from the past and even current consequences within professional athletics due to the lack of severity in punishment. It's almost as if professional athletes get off the hook easier than the average American because of their status and wealth. It is not easy for an athlete to exist in the limelight because their every move is under scrutiny. However, this does not mean a wealthy athlete can pay his way out of a bad decision to lessen the punishment.

In 2009, Donte Stallworth—a wide receiver for the Cleveland Browns at the time—was driving under the influence of alcohol and killed a pedestrian in the process. He was charged with DUI manslaughter and received a 30-day sentence in county jail with eight years of probation. The National Football League suspended him for one football season. In 2010, Stallworth suited up for the Baltimore Ravens.

Something must be done by those in charge. Precedents

must be set for punishments and standards must be kept for all professionals, whether they're an athlete or a businessman. It is likely that if Stallworth held a typical job as an average citizen like a counselor or teacher, he would have lost his job and his license.

A severe punishment is good. It is meant to teach the guilty person a lesson, to make them look within themselves and to encourage them to strive to live a better life. The perception of punishment is often misunderstood as a blow to one's ego instead of as helpful and loving. The aim of a punishment is not to condemn athletes for what they're doing. The goal of having harsh punishments is to walk alongside these superstar athletes and help them see that their mindset of being above the law is

detrimental to others in society.

The night before Super Bowl XXIII in 1989, Stanley Wilson—the running back for the Cincinnati Bengals—was caught for the third time using cocaine. Previously, in 1985 and 1987, he was banned for the entirety of each season for his cocaine use. It took three strikes for Wilson to get banned from the NFL for good.

Action should be taken when a player breaks the rules for the first time. They should be banned from the sport for good. It will set precedents and let all professional athletes know that there is no messing around.

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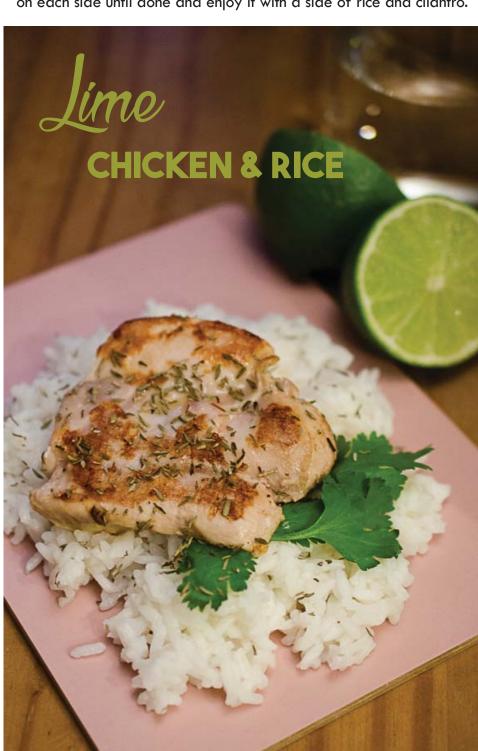
**BLACK PLATE** 

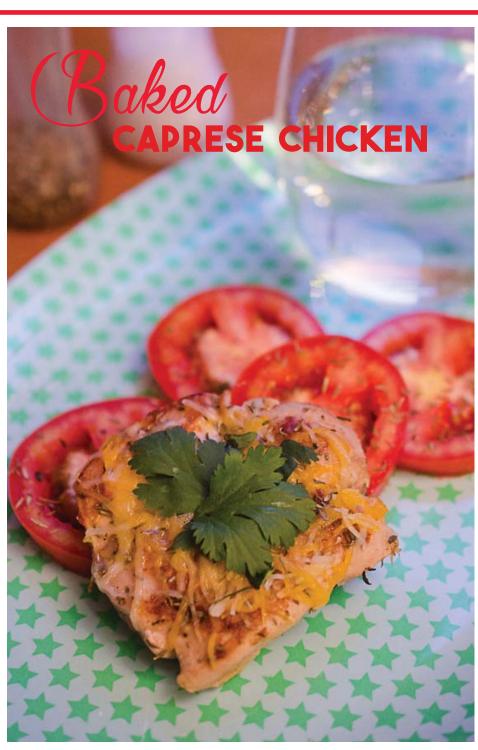
# Easy, allordable college meals



Quesadillas are tasty, quick and yours could be better than Taco Bell. Maybe not as good as Las Delicias, but you never know until you try. Place a tortilla on a pan and let the cheese melt over it. Add the chicken and a sauce of your choice. Add more cheese and top it with another tortilla.

This is a super easy and healthy dish. You can marinate the chicken for a few minutes in lime juice, and then sprinkle it with some salt and pepper, garlic powder or rosemary could also be an option. Cook it on each side until done and enjoy it with a side of rice and cilantro.

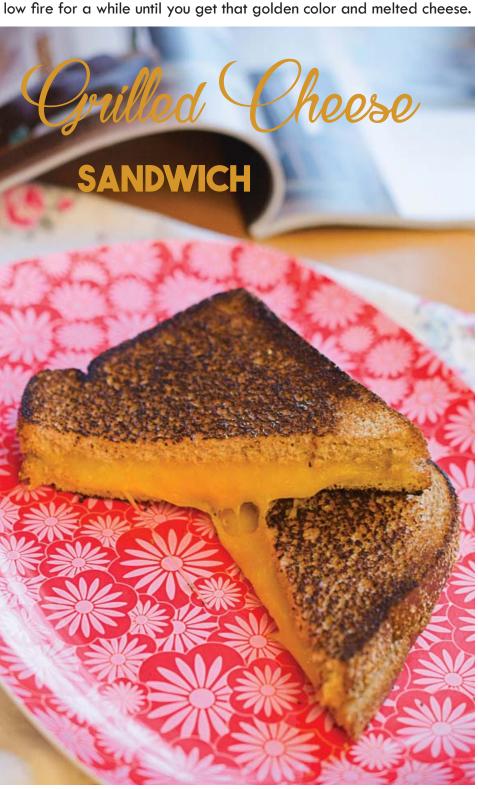




Even with a low budget and few cooking skills, you can make a fancy meal. Top your chicken with colby jack cheese and let it melt. You could add some brown sugar for a sweet and tangy taste. Add the tomatoes and spices and your preference of olive oil and balsamic vinegar.

It's easy and the end product is cheesy and delicious.

It doesn't get any easier than this. Just spread the butter on both sides of the bread slices, add the cheese in between and grill it. Let it sit on low fire for a while until you get that golden color and melted cheese.



Photos by Klara Johannesen, Written by Lisa Alonso & Designed by Rebekah Hedges

