Thursday, December 1, 2016 Thursday, December 1, 2016

Hate crimes spike after election

KARLEE ARNOLD Copy Editor arnoldkk@jbu.edu

In only one week, Nov. 9-16, more than 700 incidents of hate crimes and racist outbursts were counted in the U.S., as CNN reported. Since Donald Trump was proclaimed President-elect on Nov. 8, incidents of bigotry and targeted harassment continue to rise, including everything from swastikas drawn in parks to verbal and physical assault on minority Americans.

Overall, reported hate crimes spiked six percent, but the number could be higher because many incidents go unreported, Attorney General Loretta Lynch said in a video statement. "These numbers should be deeply sobering for all Americans," Lynch said. "We need you to continue to report these incidents to local law enforcement, as well as the Justice Department, so that our career investigators and prosecutors can take action to defend your rights."

President-elect Trump has briefly addressed this issue. "If it helps, I will say this, and I will say right to the cameras: Stop it," he said in an interview on CBS' "60 Minutes."

Trump's statement has not been enough to comfort some minority individuals, including students here at John Brown University.

Sophomore Becky Yoon, a Korean student who grew up in Nigeria, said, "I'm just glad I'm not American right now and I have a place that I can go back to, but if I were to encourage [minority Americans], I'd say that it's only four years. The way [America's] government is made, it's not like he has absolute power. Believe in the system."

Yoon said that on election night she felt "absolutely shocked, because it just seemed like Hillary Clinton was gonna win. Everybody seems like they hate Trump, and then he won. I was just surprised." Sophomore Tiffany Aguirre, a hispanic student at JBU, echoed Yoon's feelings, saying she felt "initial shock."

Yoon responded

RACISM continued on Page 5



Courtesy of ELVERT BARNES

Athletes required to stand for anthem

RACHEL MUSIIME Staff Writer musiimer@jbu.edu

The John Brown University Athletics Department instructed athletes to stand and show respect for the national anthem.

This announcement was made a few months ago after Colin Kaepernick, a professional American football quarterback for the San Francisco 49ers, protested against racial inequality by kneeling down while the national anthem was being sung.

Robyn Daugherty, the JBU athletics director, asked coaches to meet with their teams to discuss standing for the national anthem.

"If these student athletes have something that they are really concerned about and want to voice, I want to provide the appropriate venue for that to take place," Daugherty said. "I don't think that the national anthem at the beginning of an athletic contest is really the right place." Daugherty said her biggest objection to kneeling for the national anthem is that refusing to stand for the anthem shows disrespect for veterans and families who have loved ones in the military now.



KENZIE MEEKER/TheThreefoldAdvocate

"It goes back to are we uniting or are we dividing?," she said.

"I think that concept is good for [Kaepernick], but when other people start doing it, I don't think that's okay," senior soccer player Marco Cardona said.

Cardona believes that when people kneel during the anthem, it's just to get attention; instead, he suggests having open conversations about it.

Jeff Soderquist, head coach of the women's basketball team, had a discussion with the team after six women of the University of Arkansas's basketball team knelt down during the national anthem last month.

"What can we do? This country

is divided right now. What can we do to unite?" Soderquist asked during the team's discussion. "I feel like if you are going to play for me, I want you to stand for the national anthem," Soderquist said as he recalled what he said at the meeting.

Soderquist believes that standing for the anthem as a team is a symbol of unity. If the team would like to protest, he suggests discussing the issue and coming up with a solution together.

Alicia Watt, sophomore education major, attended

ANTHEM continued on Page 10

Immigrant workforce stabilizes after recession

RACHEL MUSIIME Staff Writer

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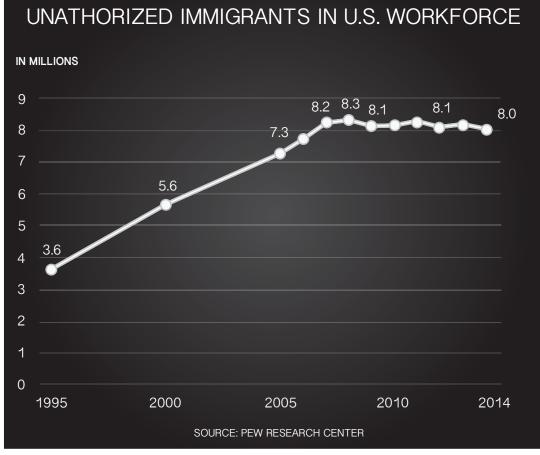
Vilma Asencio left El Salvador in 1999 due to the high level of insecurity. She came to the United States of America in search of safety. When she arrived, she spent three days with her sister and brother-in-law before she was kicked out of their house.

She then rented out a room from a Salvadorian man, a friend of her sister, but he abused her. He also intimidated her because she did not have any papers.

"It is terrible when we do not have any identity in the United States. We don't have any place to live, we don't know anybody, we don't have any transportation especially here," Asencio said.

Unlike Asencio who has now gained legal documentation to stay in the country, there are several unauthorized immigrants currently living in the States. Unauthorized immigrants are foreign-born people who do not have legal rights to be in a country.

In 2014, there were 8 million unauthorized immigrants in the U.S. who were either working or looking for work, according to the Pew Research Center. This number has stabilized since 2009. According to the research, unauthorized immigrants from Asia, Central America and sub-Saharan Africa rose between 2009 and 2014, while the number



CHRISTIE NICHOLAS/TheThreefoldAdvocate

of immigrants from Mexico decreased.

Don Balla, a former business professor at John Brown University, states that "One reason for the [decline of] Mexican workers is their proximity. Undocumented Mexican workers come and go according to our economy. Our economy invites them." Balla said he believes that it is more expensive for Asians to return to their country so this is why they stay, while for Central Americans, the violence and hardship in their home countries prompts them to stay longer.

Trisha Posey, the director of the Honors Scholars Program at JBU, said, "If employers want to show they value their immigrant workers, then offering things like citizenship classes, multi-lingual information sessions, and immigrant community support would be steps in the right direction."

The Guardian reported that according to experts, some employers are eager to hire undocumented workers and exploit them because they are willing to work for long hours for low pay.

"A possible solution to this problem is providing immigrant workers with the contact information and resources of organizations that are fighting against this problem. These organizations can educate them on the rights they have," said Nephtali Cantu, senior music education major.

Organizations such as the Northwest Arkansas Workers' Justice Center (NWAWJC) and Arkansas United are some of the agencies in Arkansas that help to empower immigrants.

Another program is the guest worker program, which is available to foreigners. This program provides foreign workers with a temporary, nonimmigrant status that ties them to particular employers, according to Farmworker Justice, a nonprofit organization that seeks to empower migrant and seasonal farmworkers. If the workers want to obtain visas, it depends on the willingness of the employer to make a request to the U.S. government.

"Donald Trump favors programs like this [Guest worker programs]. I do not. These workers are bound to a single contractor. They are commonly paid less than they were promised. The living conditions of migrant workers is poor. They have no recourse if they are abused or robbed," Balla said.

Asencio urges those in power to understand the reasons why people are in the United States. She believes that they are not just looking for money to survive, but for the safety and protection of their lives.

2 NEWS

Students offer hope after election

ZEKE WILLCOX Staff Writer willcoxej@jbu.edu

A figure perched on the white wall of the Walker Student Center steps. He shivered a bit in the early morning air. A white tee-shirt with the words "I stand with Love" scrawled across hung in his hands.

Along with thousands of other Americans in the United States, Alec Doerksen, freshman biochemistry major, found himself disappointed with the presidential election outcome. On November 9, the biochemistry major spent the day frustrated and angry, not only with Donald Trump's presidency, but also with the response of the American people.

One of Doerksen's friends, approached crying as she had fallen victim to racist jokes. This saddened Doerksen and he decided to take action.

"I was feeling sorry for myself, feeling sorry for the country and moping about all Wednesday and I reached this point of 'what am I going to do about it now?"" he said.

Doerksen rummaged in his closet, found an old tee-shirt, cut it in half, marked it up with color pens and ventured out of J.Alvin and centrally situated himself on the Walker steps.

He wanted to send a message to the community at John Brown University: a Christlike love conquers all fear.

Around midnight, Tasha Benz, a junior psychology major, left Walker after a prayer meeting when she saw and inquired about Doerksen's protest.





Submitted by TASHA BENZ

Left, after a friend came to him crying about a racist comment, Alec Doerksen started a movement to promote hope and love after the election. He started spreading his message around midnight on the day after the election with a t-shirt banner that reads, "I stand with love." Right, several students stood in front of the Walker Student Center to start conversations and send the message that love conquers fear.

After sharing with Benz, she eagerly joined Doerksen.

"I joined because all of the chaos that is going on due to the election. It was an opportunity to lend a listening ear and pray with students that came up in frustration due to the election," Benz said.

Together they stood outside from midnight to 3 a.m. as Doerksen challenged himself to stay out until he saw no more people.

Students from New Generation, a prayer and discipleship group, left Walker and found him holding the shirt. The group prayed over him and wished him the best with his endeavors. One girl

brought him hot chocolate and a cheeseburger from McDonalds.

Doerksen said their gestures of kindness rejuvenated and bolstered his determination to continue his silent protest.

"It was awesome to feel that presence of love and hope expand," said Doerksen about their prayers.

On November 10, Doerksen rose early and took his place again near the Walker steps. He said throughout the day, students caught sight of the shirt and either stopped and conversed or looked confused and continued on their way.

In the afternoon, several of Doerksen's friends and others attracted to his cause created signs of their own and joined him.

During the midmorning, one student passed and made negative comments towards Doerksen. Later that afternoon, the same student passed and noticed all of the other students silently protesting with him. The student became angry and hurt, so Doerksen pulled him aside and explained to him the purpose of the protest. Doerksen said the student appeared more settled and understanding after they spoke. Then, Doerksen and his friends prayed for him.

"It was probably my favorite experience of the day," Doerksen said with a slight smile.

Benz prayed for many of the

Submitted by ALE FIGONI

students passing by Walker, the ones that stopped and talked and the ones that went on their way. Both Doerksen and Benz explained their protest and simply talked to students.

Benz believes Christ-like love is essential to share with everyone in the JBU community.

"This is so important because God calls us to love people. We are called to share his word, and without love nobody will open their heart to accept the loving savior Jesus Christ," Benz said. "It is also important because we are to be Christ like. If we do not stand in truth and love, we cannot draw others in."

Tuskegee Airmen honored in New York

GRACE BASS

Staff Writer bassg@jbu.edu Five Tuskegee Airmen were honored with the Congressional Golden Medal in New York on Veteran's Day.

honors for them. Thorpe's brother Richard was one of the deceased, along with Robert M. Johnson and Leland H. Pennington. All three were killed in service during WWII.

founder of a group known as Eagle Society, a cause started up to bring recognition to veterans in the JBU community. Shafer said she was happy to learn that these veterans were honored. "We need to make sure that all races in our country are appreciated." Shafer hopes to continue this same appreciation for veterans on the JBU campus. "It's very important [to] remember veterans and help them in any way we can. Getting groceries, spending time with them, helping out with the American legion. Just very basic things to help them know that they are loved and remembered," Shafer said.



Representative Christopher Collins gave the men their awards.

He spoke to USAToday about how they challenged segregation.

He said "At a time in our history when African Americans faced tremendous prejudice, the five being honored here today remained committed to serving their country and laid the foundation so that anyone could serve, no matter their race," according to USAToday.

Of the five airmen honored, two were present to accept their award at the National Warplane Museum, Wallace C. Higgins and Herbert Thorpe. Three deceased airmen's family members accepted their

Senior Niyah Graves is a youth ministries major and member of Multicultural Organization of Students Active in Christ, MOSAIC, on the John Brown University campus. Graves recognized the significance of honoring minority veterans in our country.

'This shows that even as a minority, what you do, like serving our country, has an impact. It's great to see them being able to just know that what they're doing is worthy of honor and can be awarded," Graves said.

Graves said she was also glad to hear that those who are deceased were still awarded and able to be accepted by their families on behalf of the airmen.

Senior Zoe Shafer, a biblical and theological major, is the

Shafer fears it is all too easy college campus.

"There are veterans at our school, in our community, and it's something we need to start recognizing...The way we live, we would have a completely different lifestyle if it weren't

PUBLIC DOMAIN

to forget about our veterans on a The Tuskegee Airmen, the first African American airmen, were honored on veterans day with the Medal of Honor.

> for their service." In 2007, President George W. Bush presented the Congressional Golden Medal that honored all the men

and women involved in the Tuskegee Airmen program.

Music stimulates brain, increase productivity

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Several students at John Brown University stated that music impacts their productivity. A large majority of these students said it impacts them positively. In an interview with the New York Times, Dr. Amit Sood of the Mayo Clinic provided scientific evidence backing up this report.

"In biological terms, melodious sounds help encourage the release of dopamine in the reward area of the brain, as would eating a delicacy, looking at something appealing or smelling a pleasant aroma," Sood, a physician of integrative medicine, said.

Many John Brown University students agreed with Sood.

"Music has been proven to stimulate the brain," Cathya Cordova, sophomore music major, said. "Of course it

always depends on what kind of music you listen to."

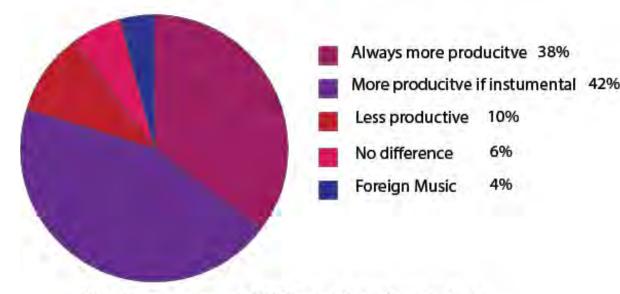
In a Facebook poll open to JBU students, an overwhelming majority agreed with Cordova. Out of 106 responses, 40 said they always work more productively with music in the background, and 45 said they work more productively only if the music has no words.

When the brain is content, it is generally also more focused. This is why many students prefer to listen to music while they work.

This is not the case for every student. Elizabeth Jones, sophomore at JBU, said, "I'm a music major, so I have to listen to music for homework, but it's to analyze it. So now it's hard for me to have music in the background while studying because I start to analyze it by default."

In the poll, 11 students said they worked less productively when listening to music. Only six said they did not notice a

How music affects productivity of JBU students



A facebook survey was conducted of 106 JBU students about their music study habits

SARAH WHITE/TheThreefold Advocate

lyrics.

difference in their productivity. While there is no absolute

rule, it is generally better to listen to instrumental music so lyrics do not become a

distraction, students reported. However, some students said that foreign music also helped them with productivity because they are not as distracted by the

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Markets reflect uncertainty of election

SAMUEL CROSS-MEREDITH

December 1, 2016

The Threefold Advocate

MAGENTA PLATE

CYAN PLATE

World Editor cross-merediths@jbu.edu

National stock indexes have seen a rubbery few weeks in light of the uncertain nature of the presidential election.

Two major stock indices that analysts pay attention to, the S&P 500 and the Dow Jones Industrial Average, both took large dips on Nov. 4, the Friday before the election. The S&P 500 is an index of the earnings of the 500 largest companies in the nation, and the Dow Jones is an index of thirty large companies in the nation. These and other stock market indices are used as a litmus test to gauge the economic health of the nation.

The Friday before the election, the S&P closed at 2,085, more than 50 points lower than the previous week. Dips in the market are not unusual, and are quite common, with the market closing at

The latest slip, however, has a more immediate cause. This presidential election, which has proved to be one of the more uncertain in recent memory, had left stock brokers with a sense of uncertainty, which proves to be poisonous in the markets. According to the Wall Street Journal, "Uncertainty has the potential to restrain consumer spending and business investment, if people and businesses have significant questions about the taxes and regulations they will face down the road."

1,864 in February of this year.

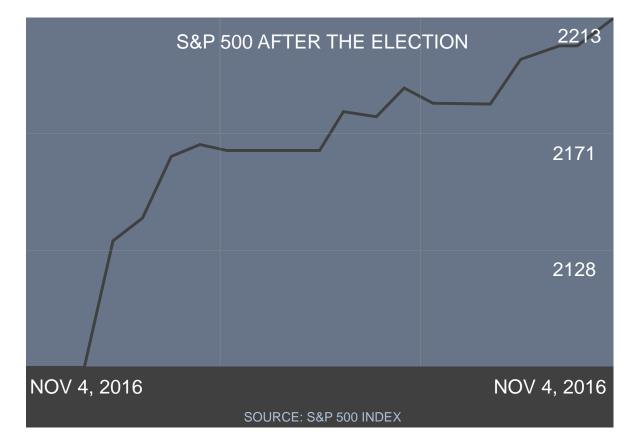
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BLACK PLATE

Joe Walenciak, professor of business and dean of the Soderquist College of Business at John Brown University, agreed that the election made traders and analysts think twice. "Uncertainty is a big thing," Walenciak said. "I think they didn't know how to react the evening of the election. The polls all indicated a different result from what we got."

"Everyone, including Donald Trump was surprised by

"For a moment, things reflected that uncertainty, but by morning the markets came back up." -Joe Walenciak



what was happening. I don't think he believed it was going to happen, despite all the bravado. For a moment, things reflected that uncertainty, but by morning the markets came back up," Walenciak said.

While the markets showed a slip before the election, there has been steady growth in all the markets following the election. The S&P 500 has shown a growth from 2,084 on Nov 4, to 2,213 on Nov 25, after Trump's election. The same is true of the Dow Jones and other stock indices, and all CHRISTIE NICHOLAS/TheThreefoldAdvocate

show no signs of degradation. Sam Heinrich, associate

professor of business at JBU, said that Trump's protectionist policies lend toward market stability in the nation. "The interesting thing is, if you look today, the Dow Jones has broken through to an all time high, so the markets are doing quite well right now, and were doing so even the day after the election."

"In the futures market, however, we see about an 800 point fall at around 8:00 p.m. the night of the election. This is when we realized that, oh, Trump might win the election," Heinrich said, "and some people have looked at that and said that Wall Street doesn't like Trump, but that's a flawed interpretation. Most of Trump's policies are probusiness, and they would lead to greater profits."

"Uncertainty makes investors nervous, and when investors get nervous, they tend toward liquidity, toward the exits. It was such a short blip, and it turned around pretty quickly," Heinrich said.

Rolling Stone found guilty of defamation

ZEKE WILCOX

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Rolling Stone magazine and one of their writers was found guilty of the defamation of the University of Virginia's former



associate dean of students. Nicole Eramo, the former

dean, was awarded \$3 million for the damages.

In November 2014, Rolling Stone released "A Rape on Campus," written by reporter Sabrina Rubin Erdely, which told the plight of a freshman student known as "Jackie" gang raped at a fraternity party. Jackie came to Eramo, the dean and head of the UVA's Sexual Misconduct Board, and reported her story.

According to Eramo, she was reported in the story as the cold, emotionless "chief villain" and that she "used the trust of young women to cover up rapes." As a result of the story, the school removed Eramo from her position as dean and relocated her to a different department. She also faced threats and lost credibility as a sexual assault

prevention advocate and as a professional in the workplace.

Adam Henley, senior engineering major, said this is not the first time this has happened. He said he once heard about a teacher who was fired because a student lied about an assault and the truth was not revealed until over ten years later.

According to Fortune magazine, upon the story's initial release, the Washington Post and the other news organizations found several discrepancies.

Rolling Stone sent Erdely's story to the Columbia Graduate School of Journalism for a

review, who reported the magazine neglected the "basic, even routine journalistic practice" in fact-checking and verification. The magazine retracted the story after the University's review.

The Washington Post found that Jackie's three friends phoned after the attack—also were portrayed inaccurately.

Interestingly, the image of Jackie's main assailant did not match any descriptions of students in the fraternity. Later, it was revealed it was the image of one of Jackie's former high school classmates, who did not attend the same school.

At the trail, the jury

agreed that Rolling Stone and Erdely knew the account was false, or simply showed "reckless disregard" in their reporting. As a result, the jury ruled in Eramo's favor.

In response to the outcome, Rolling Stone issued an statement, apologizing for their negligence and said that in their attempt to shed light on an important issue, such as college rape, they overlooked certain "reporting paths and made journalistic mistakes."

Rolling Stone promised not to make the same mistake again. "We deeply regret these missteps and sincerely apologize to anyone hurt by Courtesy of ROLLING STONE

them, including Ms. Eramo." Rachel Barber, a junior family and human services and child and family studies double major at John Brown University, thinks Eramo seems justified in her retaliation to the Rolling Stone article as it was "published slander."

Although it seems like an absurd amount of money for a defamation care, it makes sense to Barber as someone's livelihood and reputation are at stake.

"The magazine claimed something untrue. It was a matter of clearing her name and she wasn't responsible for anything they did," she said.

BLACK PLATE

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Choir director retires, directs last candlelight

SARAH WHITE News Editor

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Paul Smith, director of Cathedral Choir and Chamber Choir, will direct his ast Candelight service since he is retiring at the end of the year.

Smith will still go to Ireland with choir this summer.

Candlelight is an annual service for the Christmas service occurring at John Brown University. It will feature the chamber orchestra, cathedral choir, women's orchestra and the chamber choir.

The service has been conducted since 1946 and attracts visitors from throughout the Northwest Arkansas region.

It will be held in the Cathedral of the Ozarks on December 8, 9 and 10. The doors will open at 6:30 p.m. and seating will be on a first come,

first serve basis. Since the show is very popular it is advised to arrive before 6:30 since the seats will fill up very quickly

The show begins at 7 p.m. The Cathedral Choir will sing 'What Wondrous Love is This,' 'Jesus, I Adore Thee,' Calm on the Listening Ear of Night,' 'First Noel,' and 'Beautiful Savior' at the event.

'What Wondrous Love is This' and 'Jesus I Adore Thee' will be performed by the Cathedral Choir in chapel today.

The event is free to the public and open to everyone.

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John Brown University's Women's Chorus, Cathedral Choir, Chamber Choir and orchestra will perform at the candelight service.

MAGENTA PLATE

4 WORLD

Students respond to Trump administration

NATE WERTJES Contributor wertjesj@jbu.edu

Numerous riots and anti-Trump protests broke out in cities across the nation after the electon. IMany feel Donald Trump is not fit to be President. At John Brown University, students shared these sentiments, but the consensus was hardly uniform.

Cristopher Proveda, a junior business major from Nicaragua, said that the election of Donald Trump "felt to international students, generally, like a slap to the face." He continued, stating that "supporting hate and racism is a threat, especially toward Latinos and Muslims." He asserted that Trump was a sexual offender, and that it was disappointing the United States would "support such a person".

Proveda said this election has been a "general symptom of the division that is among the American people." He feels that electing Donald Trump "speaks to the 'us' versus 'them'" mentality that he sees among Americans. Cristopher believes that Trump is a symbol of hope for white supremacists, and believes that Donald Trump did not do enough to denounce these followers. In this failure, he thinks that Trump sent a "clear message" -- one that does not value the diverse culture within the United States.



Citizens protest both before and after Trump's election. On both accounts, the protests cited Trump's protectionist rhetoric.

Proveda was adamant when he said that "having a diverse culture does not undermine whites' rights." He said he is very glad that many have been protesting the recent election. Proveda felt that now, more than ever, America must learn to "cope with multiculturalism."

Another international student, Alexander Paniagua Campos, a junior international business student from Costa Rica, agreed with some of what Proveda had to say. He said that Trump seemed not to be "open to new cultures or new ideas." Panigua says many people don't know that "foreign affairs are very important" and they are "even more so for Americans." He was concerned Trump was not going to be a very diplomatic President.

"Trump may be good for the United States in the short run," said Paniagua, "but he will probably be bad for America in the long run". However, Paniagua said Trump has "some good ideas", and that he ran a "very smart campaign." Panigua said that "Trump could be a very capable president," but still maintained that Trump could be a "very bad President."

Concerning the recent election related riots, Panigua said "they could protest as much as they want to, but they won't change the results." Panigua concluded by emphasizing that "the United States has the Senate, the House of Representatives. Donald Trump has limits."

Arturo Rivera, a junior mechanical engineering student of Latino descent said he supports Donald Trump.

"I have supported Trump from day one," Rivera said, adding that he was "very, very happy that he was elected." Rivera was concerned by the possibility of Hillary Clinton being elected. He felt as if she was largely responsible for the 2012 attack on the American embassy in Benghazi that left four Americans dead.

Rivera stated that his support for Donald Trump generally stemmed from Trump's promise to protect Second Amendment rights.

Regarding the protests, Rivera said they were "very idiotic," saying that he "supported peaceful protests" and that those protests were "an important part of American society". However, Rivera said that these rioters were "burning cars and attacking policemen." Rivera said that this behavior had no place in the United Statets.

While many students have strong feelings about the recent election, others took a more reserved, wait and see approach. The opinions ranged from strong opposition to Trump to a vigourous support. The students interviewed were still very engaged in the aftermath of the election.

How the world approaches climate change

KARLA CONDADO Staff Writer condadok@jbu.edu

Ice caps are melting, sea levels are rising and the world's governments are coming together to talk about what can be done about it.

Jane Beers, assistant biology professor at John Brown University, said that 97 percent of professional climate scientists would agree that climate is changing and it is warming. She explained that scientific



multiple science-based solutions to this problem. She explained that by bringing carbon back out of the air into the soil and not into the water which acidifies it can potentially help reduce emissions.

The panel explained that climate change will also impact human health mainly by intensifying health problems that already exist. Throughout the 21st century, climate change is expected to lead to increases in ill-health in many regions and especially in developing countries with low income.

Ted Song, assistant professor

research shows evidence that this change is caused by humans. Human emissions of greenhouse gasses are the highest in history due to an increase in use of energy and fossil fuel.

The Intergovernmental Panel on Climate Change explained that these human emissions have led to atmospheric concentrations of carbon dioxide, methane, and nitrous oxide. Their effects together with other human drivers have been the dominant cause of the observed warming since the mid-20th century.

Beers described these emissions to be like a blanket on The United Nations convened to stem human damage to the environment.

the planet. She explained that this blanket has a greenhouse effect that is essential for the life on the planet but because humans have been burning a lot of carbon the blanket is getting heavier.

Beers explained that the Paris Agreement within the United Nations Framework Convention on Climate Change entered into effect on November 4. Its central aim is to limit climate change by keeping a global temperature rise below two degrees Celsius. The agreement aims to strengthen the ability of countries to deal with the impacts of climate change and lower greenhouse gas emissions.

Beers said that it was important that the U.S., India and China signed this agreement because of their population and their energy usage. She explained that the convention enabled countries to come

Courtesy of the UNITED NATIONS

together and developed a plan to reduce climate change.

"The climate change is impacting people in the poorest of the poor" Beers said "the people who live in cardboard boxes, who do not have running water, those are the people who are going to feel it the most in the next 20 to 30 years." of engineering, explained that are evident even in Arkansas. The sea level has gone up in the Marshall Islands and its residents are coming to the U.S. causing an increase in population in this region.

"All the developed nations should try hard to limit their emissions so that we can limit this change so we have a better future for the next generation," Song said.

Beers explained that there are

World leaders wish best for new U.S. president

EMILY DIBRITO Opinions Editor *dibritoe@jbu.edu*

Leaders and officials around the world were both shocked and hopeful after Donald Trump surged to victory over Hillary Clinton in the U.S. presidential election last month.

Many leaders offered their congratulations, hopes for a bright future and wellwishes to the President-elect.

Chinese President Xi Jinping said, "[I] look forward to working with [Trump] to uphold the principles of non-conflict, nonconfrontation, mutual respect and win-win cooperation," according to Fortune.

Enrique Peña Nieto, president of Mexico, tweeted his congratulations, "I am confident that Mexico and the United States will continue to tighten its ties of cooperation and mutual respect," he wrote.

Isaac Tamez-Salazar, a senior biochemistry majorat John Brown Univerity from Nuevo Leon, Mexico, was very surprised by the outcome of the election because he thought Trump would never win. He said that after Trump was elected, he felt "confusion and fear for what the future would hold for both Mexico and the U.S." He added that Christians should be engaged and informed, should pray, and not only for their own countries.

Israeli Prime Minister Benjamin Netanyahu stated, "President-elect Trump is a true friend of the State of Israel. I look forward to working with him to advance security, stability and peace in our region," Time reported.

The United Kingdom's Prime Minister Theresa May said of U.K.-U.S. relations, "We are, and will remain strong and close partners on trade, security and defense," according to Time.

"Russia is ready and wants to restore the fully-fledged relations with the U.S." Russian president Vladimir Putin said.

Timothy Mitskevich, accounting and international business major from Moscow, Russia, thinks that it's likely that the U.S. and Russia will have a more amicable relationship with Trump in office. He said he hopes this will affect U.S.-Russia relations in a positive way because "Putin wanted Trump to win obviously, and he did and the day Trump won he made a speech saying that he's hoping to have a good relationship with America once again. That's what I'm hoping, and I know it's not gonna happen immediately, but hopefully, eventually, the relationship will be good again."

Trump said in his victory speech, "I pledge to every citizen of our land that I will be president for all Americans."

"Right now," Tamez-Salazar said, "my hope is that as soon as he enters in power he will realize the importance of his role and that many of these people he promised to deport do contribute to American society."

Jessica Jansma, a sophomore family and human services major from Brazil, said that her heart hurts for those people whose lives will be drastically affected by Trump's election.

"But I think that no change will come from having a spirit of fear and I think that ultimately the responsibility is with the church," she said. "So even if our president doesn't show love towards a lot of different people, even if he isn't a person of integrity I think that the responsibly is on the church to show love to people."



Courtesy of the OFFICE OF THE PRESIDENT OF MEXICO **President Enrique Nieto expressed** opitimism after the election, despite opposing some of the president-elects policies

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December 1, 2016

The Threefold Advocate

What Trump plans for his first 100 days

MEGAN CHAPIN Online Editor chapinm@jbu.edu

President-elect Donald Trump recently unveiled his plans for his first 100 days in office. The first 100 days are significant because they set the tone of the incoming president's goals for his term and goals for the nation.

In the first 100 days, Trump has plans for proposals that relate to immigration, trade and defense policies.

The first 100 days are extremely significant to a new presidency. Jack Tyler, a junior philosophy major at John Brown University, said that "This is the time that defines the President's administration. After elections, the new President will enjoy a surge in popularity and a political momentum that will enable them to carry out some of their most ambitious plans so early in the presidency."

"Trump promised to withdraw from negotiations on the Trans-Pacific Partnership trade deal, cancel environmental restrictions put in place by President Barack Obama, ask his national security team to buttress against infrastructure attacks, have the Labor Department investigate federal worker visas and impose broad new bans on lobbying by government employees," reported CNN. Trump's proposals are easy to implement because they



President Obama met president-elect Donald Trump to ease the transition between the two administrations.

do not require congressional approval, just his signature Emma Hahn, a junior

political science major, remains skeptical about Trump's actions.

"He claims that trade deals are his forte, but I have to admit that I'm skeptical." Said Hahn,

Hahn said that Trump is promising too much. "He speaks in such a vague, generalized way that I don't have a clear idea of how he plans to pull it off. None of his promises are small in nature. These are huge promises. He's promising to fix the economy, bring back jobs, stop illegal immigration, and destroy ISIS." she said. Trump's plans to mainly focus on American workers, reported CNN.

"Whether it's producing steel, building cars, or curing disease, I want the next generation of production and innovation to happen right here, in our great homeland: America, creating wealth and jobs for American workers," Trump said "As part of this plan, I've asked my transition team to develop a list of executive actions we can take on day one to restore our laws and bring back our jobs."

Trump has promised to end

decides on cabinet members

all negotiations on the Trans-Pacific Partnership trade deal and replace it with "fair bilateral trade deals," which are still being negotiated, according to CNN.

Trump has said that climate change is not real, and he does not believe that the United States should be involved in the Paris climate agreement, an agreement that the Obama administration promoted heavily. Trump also wants to cancel the Clean Power Plan that was put into place by the Obama administration.

Trump's plan is to "lift the restrictions on the production

of \$50 trillion dollars' worth of job-producing American energy reserves," and to "lift the Obama-Clinton roadblocks and allow vital energy infrastructure projects like the Keystone Pipeline to move forward," reported spectator.org.

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POLITICS 5

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The way that Trump can end the Paris agreement depends on the text of the agreement. The agreement has not yet been ratified by the U.S. Senate, which is a requirement in the Constitution, which means it currently does not have any power in the United States. "Treaties set only voluntary goals without a legal enforcement mechanism; other countries have no legal way of enforcing the agreement's terms on the United States," reported spectator.org

Instead of building a wall in the first 100 days, Trump has promised to "investigate all abuses of visa programs that undercut the American worker," reported CNN. Trump has also hinted at the possibility that the department of education should be abolished. He wants to bring educational supervision to local communities, reported Business Insider.

"It would of course require another act of Congress to eliminate the United States Department of Education," Harvard legal scholar Laurence Tribe told Business Insider.

Trump

MEGAN CHAPIN Online Editor chapinm@jbu.edu

President-elect Donald Trump has been nominating people to be a part of his cabinet, which will start setting the tone for his presidency and the values of his administration.

Trump chose Republican Party Chairman Reince of the Republican party, pro-Trump and anti-Trump, has been favorable towards him and his administrative ability and his efforts to unify the party under a divisive election year and primary."

"Trump most likely picked him as the chief of staff because of these administrative ability and the early support of Priebus as soon as Trump acquired the GOP nomination" said Todd

GOP nomination," said Todd. Priebus was the go-between for the Republican Party members, such as Paul Ryan, that were for and against Trump during the election. Trump selected Stephen Bannon,a retired Navy officer, Goldman Sachs investment banker, and executive for Breibart, a right wing news network which Briebart has called, according to Time Magazine, "the platform for the alt-right."

Chipper Via, a juior music major at JBU, said he was nervous about Bannon as a pick for Trump's chief strategist. "I don't understand the Bannon pick. I don't understand what that does for people, for Trump's strategy. Bannon's been on the record being racist time and time again." Trump has selected retired Lt. General Michael T. Flynn as his national security adviser, a position that will not need to be confirmed by the Senate, according to the Washington Post. "Flynn has spoken out frequently against radical

Islam and clashed with the Obama administration while serving as head of the Defense Intelligence Agency, from where he was ousted in 2014," reported the Washington Post.

Trump said he hopes to work with Flynn to defeat radical Islamic terrorism, navigate geopolitical challenges and help keep Americans safe at home and overseas, according to Washington Post.

Trump also narrowed

Mnunchin worked at Goldman Sachs for 17 years and worked for the Trump campaign as the finance chairman since May. He is also a Hollywood producer who has released films such as "Suicide Squad," "American Sniper," "The Lego Movie" and others.

Gray, on the other hand, built Blackstone's real estate business from the ground up. He also owns part of the Hilton hotel chain. Trump nominated Senator Jeff Sessions to be Attorney general and nominated Representative Mike Pompeo as the new director of the CIA. These positions will need to be confirmed by the Senate.

Priebus to be his new chief of staff and Steven Bannon, the current Trump campaign CEO and the executive chairman of Breibart News, as his chief strategist and senior counselor, according to CNN

Senior international business major Phillip Todd said that opinion coube varied on Preibus, but was largely positive. "There may be mixed emotions about Priebus, however, the general consensus "Priebus has served as a negotiator between the party and Trump. When Ryan did not initially endorse Trump, Priebus organized meetings and helped diffuse tension between the two when Ryan criticized Trump and Trump hit back," reported CNN. For his chief strategist, down his choices for Treasury secretary to Steven Mnuchin and Jonathan Gray, according to CNN.

CNN reported that both choices, Gray and Mnuchin, are seen as "political moderates." Gray is a registered democrat and Mnuchin helped both parties. Since the Treasury secretary is a cabinet-level position, whoever Trump nominates would need to be confirmed by the Senate.

Currently, Mitt Romney is under consideration for Secretary of State, reported the Chicago Tribune.



Reince Priebus and Lt. General Michael Flynn will be among Donald Trump's cabinet when he takes office.

Courtesy of GAGE SKIDMORE and ERIN KIRK-COUMO

RASCISM continued from page 1

to the hateful backlash that followed the election. "Well, I know the protesting isn't going to change the election results, but I do support it because the people are making their voices heard. I don't like the violence though. I think there's a better way to do it." she said.

Yoon commented on her anxiety for the future of the U.S. "I think it's going to crash and burn, to be honest. I'm anxious. I'm very anxious and I'm very worried about the future of...mostly minorities – even the minorities who

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are American citizens. I still think they should be worried just because of what [Trump has] been saying," she stated.

Aguirre said she has a positive outlook for her country's future.

"As weird as this sounds, I actually feel hopeful, because there is a lot of work ahead of us," she said. As many feel anxious and uncertain about their futures and the futures of their loved ones, Aguirre offered some words of hope for fellow minority individuals.

"You're not alone," Aguirre said. "And there is an army of people who want to help and who are there. You just have to find the right resources."

MAGENTA PLATE

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CYAN PLATE

Attorney General Lynch said all instances of targeted hate or bigotry should be reported. At JBU, these incidents can be reported to campus safety, local law enforcement and the Justice Department.

BLACK PLATE

December 1, 2016 The Threefold Advocate

6 EDITORIAL

America after Trump Speak against fear

The United States of America has elected a reality television star as its leader. The racist sentiments of the alt-right have smoldered since Donald Trump uttered the words "build a wall," and have now spilled over into the American public.

There have been reports of minorities being assaulted across America in terrible ways. Social media has exploded with stories of attacks on minorities, and pictures of swastikas drawn on playgrounds, on cars and in neighborhoods coat the internet in a sickening oily film.

The Southern Poverty Law Center reported that forty percent of all racist incidents have occurred in educational settings. Immigrants have faced the greatest brunt of these racist attacks, followed by black communities and then LGBT communities.

Trump called for an end to these attacks. He said in an interview on CBS' 60 Minutes in reference to the racist attacks, "And I will say right to the camera: 'Stop it."' These words, however, are not enough.

We, The Threefold Advocate, first wish to say to Mr. Donald Trump: you have been very, very irresponsible with your words. It is simply not enough to stoke a fire and then to tell it to stop burning, like when you called for a wall between the U.S. and Mexico, and when you called for a ban on Muslims entering the country.

What you have done, Mr. Trump, is terrifying. You have validated feelings of fear and resentment in people's hearts. You have exacerbated and irritated a wound that has been festering for so long in our country's history. Through fear-mongering you have won an office you do not fully understand.

We The Threefold Advocate now address those minority communities who face a complicated, yet transparent threat: We want you here. Please speak and don't stop speaking. Let it be known until this nation collapses that refugees and immigrants founded the United States, and that God Himself created every person, nationality and culture that lives under this burning sky.

We The Threefold Advocate see you, we love you and we cannot say this world or this very community would be in any way good without you. Those oppressed groups help to make us who we are. We The Threefold Advocate stand as a mouthpiece for those who cannot speak and for those who are afraid to. We speak against that fear that would refuse a beggar our bed or a refugee our table. We speak against this ridiculous wall, this heinous ban and against anything in our own spirits that denies the God honored directive to love at the risk and threat to our own lives.

Dakota Pipeline protests Discord runs deeper than disagreement

In the latest in a series of violent encounters regarding the Dakota Access Pipeline, law enforcement officers and nearly 400 protestors clashed on Sunday, Nov. 20.

Demonstrators set fires, and officers fired rubber bullets, tear gas and water at the crowds on a night where temperatures fell to 28 degrees Fahrenheit, according to CNN.

This is not the first conflict between the government and indigenous peoples, and it will not be the last. We the Threefold Advocate believe that we must consider that this ongoing discord between the government, law enforcement and the Sioux people runs deeper than a pipeline. Underlying the Native Americans' protest are century old wounds inflicted by government intrusions on their tribal lands. Jennifer Baker, senior associate at law firm Fredericks Peebles & Morgan, said in a Washington Post article, "It's important not to lose sight of the greater sovereignty issue. To overlook that would be to not do justice to such an important cause."

The Dakota Pipeline conflict agitates a painful history of Native merican dispossession and the advancement of business transactions and economic promotion over indigenous heritage and rights. The 1,172-mile pipeline may be profitable and efficient, but at what cost? The pipeline would carry nearly 570,000 barrels of shale oil a day from North Dakota to Illinois, according to the Washington Post.



Claire Johnson

CONTRIBUTOR

It's okay to go to therapy. Counseling doesn't make you weird. In fact, it's one of the most emotionally healthy and beneficial things you can do for yourself. About a year ago, I realized I struggled with anxiety and depression, but I refused to admit that it was a problem until I started having panic attacks. Last March, I was in the cafeteria eating dinner. As my friends and I walked out from the caf, they left to go to the library while I began to walk back to Mayfield by myself. I started thinking about my day as I walked back to Mayfield, and I realized it was getting harder to breathe. I called my dad, hoping that talking to someone would help me to breathe regularly again. It didn't. I ended the phone conversation after about thirty seconds, made it back to Mayfield, laid down, and went to sleep. It was the only thing I knew to do. I couldn't breathe,

think clearly, or even really understand what was happening in that moment.

A few hours later, I woke up and went to the library to do homework with a close friend. While there, I explained to her what happened, and realized that I had just experienced a panic attack. After lots of talking, we decided it would be best for me to schedule an appointment with a doctor in Springdale.

I was terrified. I didn't want to go to the doctor. What would people think of me? I didn't want to admit that there was something wrong with me, but panic attacks had turned from foreign concepts to daily realities.

My friend ended up going to the doctor with me, and I was diagnosed with generalized anxiety disorder. Even though the doctor prescribed me an anti-depressant, I still struggled to admit that I was sick. I continued taking my prescription throughout the summer, and when school began again in August, I began counseling at the student counseling center here at JBU.

I've been going to counseling for twelve weeks at this point. Some days, I still struggle to take my medicine, go to therapy or even ask a friend to help. There are still days when anxiety attacks steal my breath away, leaving me exhausted. We've got to stop the negative stigma surrounding mental illness. I'm tired of this idea

that only crazy people go to counseling. I believed that until I finally experienced counseling for myself.

We're all hurting, and as a culture we've got to learn to support those who are hurting. According to Anxiety and Depression Association of America, "Anxiety disorders are one of the most common mental health problems on college campuses," with forty million adults suffering from an anxiety disorder.

Let's make going to counseling normal. Medicine is great, but I didn't really start healing until I began therapy. Medicine was just treating my symptoms, whereas counseling began to attack the heart of the problem. JBU offers eight free counseling sessions per academic year, and costs only \$10 dollars for each extra session. Counseling has been one of the most healing things I've done throughout this semester.

It takes boldness to admit you aren't okay, and none of us really are. Without the people who supported me and encouraged me throughout the entire counseling process, I wouldn't have ever had the guts to begin healing. Try it out yourself, and support your friends who are already going. It'll be worth it, I promise.

Johnson is a junior majoring in English. She can be reached at JohnsonCla@jbu.edu.

Don't keep hurt to yourself



nurse me at her breasts? Had I died at birth, I would now be at peace. I would be asleep and at rest." It is obvious that Job is not okay, and understandably so.

But what we can learn from Job's example is not to keep our hurt to ourselves. Job calls out to his friends and tells them he is not okay. He shares his hurt and his pain, allowing himself to hurt. We have been given a community of believers so that when life just sucks we have someone to turn to. We have people who can be Christ in the flesh. When you are hurting, you need to reach out to those around you. Do not be afraid to do so. Let yourself hurt when you are hurting. Furthermore, and this is important, you are a human before you are a student. I know that's hard to hear, especially in college. But if nothing else, hear this: you can only be a good student if you are taking care of yourself first. You need to eat. You need to sleep. You need to let yourself hurt when stuff hurts. I'm not saying to just drop everything and hide from the world, but take a day to do something you enjoy before getting back to the very real stress of college. Go to a coffee shop just to sit. Take two hours to read for fun. Go sit by the lake and watch the water. Cry. Let yourself cry. Take a nap.

Take care of yourself when you need to be taken care of, and let others help when you need others to help.

Now, this is important too. I also suck at taking care of myself first. I am not preaching at you as some person who knows how to do this all right. I'm with you in this struggle I bottle things up and stay up too late to perfect a paper that I could've turned in hours ago. I hide my hurt so that people will be impressed at how well I'm handling everything. My head knows this is unhealthy, but I do it anyways. I'm learning this lesson too. Being a human is hard. But we must learn that to be the most useful to God, even when we are completely broken, we must be taking active steps to take care of ourselves. It's okay to not be okay, but there's a proper way to not be okay. If you ever feel like you need someone, my door is always open. Please, let me hurt with you, friends. Let the body of Christ love you when you need to be loved.

The Standing Rock Sioux are worried about a potential oil leak in the Missouri River, which is their primary water source. Moreover, they are protesting to stop their sacred burial and prayer sites from being destroyed in the construction of the pipeline.

Legally, the dispute is framed around whether the tribe was meaningfully consulted about the project, and the international standard is consent, according to Al Jazeera. The Washington post reported that the tribal council had met with executives of Energy Transfer, the pipeline project owner, in 2014 and clearly stated their opposition to the pipeline. We The Threefold Advocate believe that we should support the Standing Rock Sioux in this conflict because the pipeline would cross their legal borders into land that is rightfully theirs, and they have not given consent.

We believe that any long-lasting conflict resolution is going to require cooperation between the government, law enforcement and the Standing Rock Sioux, but ultimately, the Standing Rock Sioux should be treated with dignity and their concerns should be respected, and their rights and heritage should be honored.

Threefold Advocate

advocate.jbu.edu -

The Threefold Advocate invites you to submit a signed letter to the editor. We ask that you keep your comments to fewer than 300 words, and we reserve the right to edit for space and appropriate content. The writer's phone number, classification and hometown must be provided. Email or mail letters by 6 p.m. on Monday. Monday.

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

Erika Regier

CONTRIBUTOR

Everyone likes having good days. Everyone likes the days filled with smiles and laugher. We delight in being able to say that all is right with the world and that we are okay. But what do we do when that's not how it is? What do we do when a bad day turns into a bad week or a bad month? What do we do when we are not okay?

The first thing we need to do is get rid of the idea that we must be okay. We don't. It is okay not to be okay. There are biblical examples of this. Job was angry with his situation and with God. He said in Job 3:11-13, "Why wasn't I born dead? Why didn't I die as I came from the womb? Why was I laid on my mother's lap? Why did she

Regier is a junior majoring in Christian ministry and formation. She can be reached at RegierE@jbu.edu.

-Letter from the Editor-

The semester is wrapping up, which means work at the Threefold is winding down. It's time for us to take a break, and we know that you're ready for a break too. This is the final issue of The Threefold Advocate for the Fall 2016 semester and the staff would like to sincerely thank all of our readers for supporting, challenging and engaging with us this year. We especially appreciate those who took the time to write columns, send in letters and share stories.

It's been a pleasure conversing with you and getting to know you. Dont think of this as goodbye, think of it as "see you later."

Arline Mejia Editor mejiaa@jbu.edu

Corrections

In issue 5, the article "Women's leadership roles evolve within the Church" said that the Southern Baptist Convention does not allow women to lead. Though the official position of the convention does not support women being ordained, Southern Baptist Churches have autonomy and can make these decisions on their own.

In our last issue, we ran the headline "Trump reverses US stance on NATO." This is false.

December 1, 2016 The Threefold Advocate

OPINION 7

Feminists combat social inequality



topic we need to address. Yes, it is 2016 and there is still gender inequality against women. Sometimes we do not realize that females are

in their homes. One out of four women have experienced domestic violence during their lifetime (safehorizon). I have personally been told that

"Fighting for women's rights is simply asking for fundamental human rights."

my mother. He never made me believe he had power or control over her. When he passed away my mother became the main provider for my family and she never complained. She taught me that a woman is capable of accomplishing anything she wants, and no one can tell her otherwise. She was criticized and many did not believe she would make it alone. But why did people not believe in her? It's concerning that the main reason was because she was a woman. The problem was not her character, but her gender.

Yes, women are still being discriminated against today, and we need to address the stigma around feminism. Society must understand that fighting for women's rights is simply asking for fundamental human rights. Feminists do not seek to be superior to men, but to have the same opportunities as them. We seek to eliminate all forms

of discrimination against women but we understand that in some situations women are privileged.

We acknowledge that men are also oppressed and we encourage all genders to treat each other with respect. Feminists do not blame all men for the actions certain men have made. We believe in equality for all regardless of gender, race or ethnicity. Feminism does not seek superiority over any other minority, but equality for all.

Condado is a sophomore majoring in communication. She can be reached at CondadoK@ jbu.edu.

It would be really great if

Karla Condado STAFF WRITER

Let's talk about the F-word. I am a proud feminist and over the years I have heard multiple misconceptions about what this term means. Feminism is not about women violently taking control of the world and ruling over men. Feminists seek social equality of the sexes, and I believe it is an important

media. A clear example that

I absolutely hate is today's popular music where women are usually portrayed as sexual objects or often referred to as "hoes" or "bitches." On TV we see women who are barely wearing anything and it is accepted by society, but mothers are criticized for publicly breastfeeding.

constantly sexualized in the

Every day females are being discriminated against in their work, schools and even

women are not smart enough to accomplish anything but to become housewives.

When will the world be truly equal for all genders, religions and skin colors?

Male chauvinism is still alive in Mexico and we have a long way until we can get rid of it. Male superiority is deeply stuck in the roots of my culture, but I had the privilege of growing up in a home where my mother had equal power with my dad. My dad respected and loved

Community means celebrating everyone

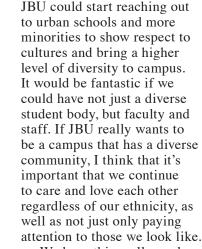


Niyah Graves CONTRIBUTOR

When I first came to visit JBU I didn't notice that there was a lack of diversity. I just so happened to see quite a few students of color. But once I got here I noticed that there really aren't as many as I thought. JBU does try to include diversity throughout the campus by bringing awareness to the majority through international week, but I think that it would be a lot more impactful if instead of just having one week full of great things, they could have that and spread it out throughout the school year. I've also noticed that quite a few people only talk to or hang out with those that look like them instead of venturing out and talking to someone from a

different country. Try to talk to someone that is not from your country and talk about your experiences there and where you are now. I bet it would be a great conversation and very eye look like us. The verse that comes to my mind is Galatians 3:28-29, and it says, "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one

We are meant to work together as Christ's body because God has called us to unity (read Ephesians). If we are really going to uphold the commitment of the JBU



We have this really cool organization on campus called MOSAIC that specializes in community and diversity on campus. We care a ton about celebrating everyone's culture and bringing better community to JBU. We love to have new faces added to our every other Thursday meetings. So if you would like to come and be a part of something great and help bring awareness to the student body, you should come, and like us on Facebook to stay updated with our events.



BECKY RAMIREZ/The Threefold Advocate

opening to differences.

JBU's main word is "community," and I think that being a part of that community means that it's extremely important that we love everyone, even those that don't

in Christ Jesus. If you belong to Christ, then you are Abraham's seed, and heirs according to the promise." It's crucial that we not only have fellowship with those like us but with others as well.

community, we really need to start celebrating not just our race, but others as well. We may have different views, but it really matters that we respect one another as bearers of the image of God.

Graves is a senior majoring in youth ministries. She can be reached at GravesAS@jbu.edu.

The importance of silence and solitude

but eventually I did not have

the creek downtown. It was

enough around me, so I sat by

there the Lord began revealing

himself to me through nature.

I saw leaves on a tree and the

Lord connected it to something

in my life. I walked across the



Janelle Hale CONTRIBUTOR

"By the end of this semester you will spend two hours in silence and solitude for this class." These were the first words I heard from my professor, Dr. Lanker, in my Discipleship and Evangelism class. One of the main themes of the class is to sit alone in silence and listen to the voice of God.

In our culture we constantly play music and check our phones for a text, tweet, or

Facebook update to stay connected with the world. Our challenge on day one of the class was to take 10 minutes out of our week to spend oneon-one time with God. Each week we would add 10 minutes to our time, until we got up to two hours. We could not be in a public place with friends to distract us, play music or look at our phones.

At first I was restless. I needed music to help me reflect

bridge to see flowers and the Lord explained the significance in their color, size and location. I was in awe at how much I could learn through nature. As the quiet time has grown

friends. Processing with friends is wonderful and I highly recommend it, but I depended more on the advice from my friends than on the voice of God himself. I was not giving God enough time and credit to speak to me.

Through sitting in nature, I have realized how desperate the Lord is to speak to me every day. There is so much he has to teach me when I am alone, and I haven't given him that chance. I am more desperate than ever for him, and now I have come to the point where I cannot wait for the next opportunity to complete the assignment so I can hear the voice of God again.

From this experience, I learned to run to God first for wisdom, then to seek community. Through spending time alone with the Lord, I have come to call on him as my Father, not just my God. We are never truly alone, even when there is no one around us, because the Lord is always with us even if we cannot see him.

I encourage you to find

time in the midst of your busy week to sit in nature in silence and solitude to listen to God. Being surrounded by such a wonderful community of believers can sometimes leave us in a position of setting God aside for the sake of learning from others. I believe that we are called to live life together, but it is important to remember that we cannot give anything to our friends if we have not received first. The Lord must pour into our lives one-onone before we can join in the community and give back to the Lord through serving others.

So here is my question for you: how desperate are you to hear the voice of God, and are you willing to sacrifice 10 minutes every day for the sake of growing closer to Him?

Hale is a senior majoring in family and human services. She can be reached at HaleJL@ jbu.edu.

"I have realized how desperate the Lord is to speak to me every day. There is so much he has to teach me when I am alone, and I haven't given him that chance."

and I needed people to process with. I enjoyed being involved in worship groups and did not want to be alone. I began by sitting in a prayer closet,

past one hour, so has my awareness of my imperfections. Through this time I have been challenged by God to seek Him before turning to

8 LIFESTYLES

Missionary kids, called to serve

FIO VALLE Contributor vallem@jbu.edu

Being part of a philanthropic family dedicated to serving others through a different kind of mission is a learning process. Many missionary kids have to move with their families to countries where they face the challenge to adapt to a different culture and sometimes learn another language.

Although there is no formula to be a good missionary kid, there are certain important characteristics such as adaptability and being able to connect with people.

Traveling and moving from one place to another becomes normal for many of these families. In the beginning it is difficult, but after a while, they learn to handle the change.

"Sometimes it is difficult having the trust that every move that we make is part of God's plan because you never know what will happen. For that reason, is very necessary to learn that only God has control and He knows what the next step is," Gabriela Reincheld said.

Reincheld is a freshman at John Brown University who has been a missionary kid in Kenya since she was 7 years old.

Despite the fact that most kids are very young when their parents become missionaries,



the missionary kids believe that this calling is not only for their parents but for them, as well.

Sarah, a JBU student, was a missionary kid for three years in Dubai. Sarah said that she has never considered being a missionary kid the same as being a teacher's son or a business man's daughter.

Those are professions where the kid is not involved. However, as a missionary kid, God calls them to be part of His work. Nevertheless, being a missionary can sometimes be a very challenging experience.

Missionary kids experience culture shock in unique ways. As Sarah explained, throughout her years in school in Dubai, she was the only Christian in her grade, surrounded by all Muslim students.

However, this presented an opportunity to share the Gospel. She remembers that one day her best friend in Dubai came JET HONDERICH/TheThreefoldAdvocate

to her and asked for a Bible. Although Sarah knew that her friend was Muslim, she decided to give her a Bible.

Three weeks later, her friend had nearly read the whole Bible. Other experiences become

part of the family anecdotes. "I got a marriage proposal

when I was seven," Reincheld said, laughing. "I was in a wedding and a Muslim man approached my dad and told him that his 30-yearold son was looking for a wife. Then this man asked my father how many cows he wanted to exchange me for."

Nonetheless, the culture shock is not only restricted to students' host countries. Many missionary kids face culture shock when they come back to their home countries.

JBU student Andrew Heldenbrand said that when he returned to the United States after many years of missions in Spain, it was difficult for him to find a church where he could feel comfortable because the churches in America were different.

Missionary kids have impacted many communities. People have witnessed God's love through one young person ready to help.

Missionary families emphasize that they are not a separate class of Christians. Because everybody has a gift, everyone has something in their hands to give. When people use their talents for God's glory,

they are missionaries. "Honestly, I think that being a missionary is a position where every Christian should be," Sarah said. "Life is a ministry, so you can be a missionary in your hometown or your home."

What to wear during the holidays

JANE LE Contributor lej@jbu.edu

A SWEATER OVER A DRESS

Still want to wear a dress even when it is freezing outside? Look for a matching sweater to wear on top of your dress. This outfit will help you to both look cute and stay warm!

PANTONE COLORS

Pantone colors have become the main colors of this holiday season. Your look will be completed with any item that has pantone colors in it. Colors such as riverside, airy blue, sharkskin, aurora red, warm taupe, dusty cedar, lush meadow, spicy mustard, potter's clay and bodacious bring a unity of strength, confidence, and complexity. For this holiday season, there are some clothing trends that you should definitely take a look at

NECKLACE UNDER A SCARF

Want to look cute even when your neck is covered by a big thick scarf? Add a necklace or necklaces under your scarf. It will definitely add something to the look.

LAYERS

Mixing and matching layers of clothes will make you look trendy for this year's holiday season. The layers will give you a comfy, warm and cute look. Some necessary clothing items you need for this are an oversized cardigan, a flannel and a scarf.

TURTLENECK SWEATER

Definitely a smart decision for staying warm, and still has the trendy look and coziness. PUFFY VEST

A puffy vest is easy to match with almost any kind of clothing – especially flannels. Puffy vests give you a look of both fall and winter. It is not too extreme in the winter and still keeps a feeling of the fall. Most importantly, a puffy vest will keep you warm!



JESSIE BRANDON/TheThreefoldAdvocate

JESSIE BRANDON/TheThreefoldAdvocate

December 1, 2016 The Threefold Advocate

LIFESTYLES 9 Preventing the beginnings of a cold

GRACE BASS Staff Writer bassg@jbu.edu

With the winter season coming, the early stages of season-long colds are upon students.

It begins with an itchy throat and sinus problems. If ignored, the symptoms grow worse over the next few days, adding in a low fever, runny nose and chills. At this point, a cold is unavoidable. No amount of medication will kill it, John Brown University nurse Rhonda Hostler said.

Hostler said college students are especially prone to colds. "You have this great wall protecting you. But then you start adding on stress, not getting enough sleep and not eating right. The immune system comes down, and that's when the cold jumps on you."

The only thing that is going to kill a cold is the body. Clear liquids, healthy food, and plenty of sleep are Hostler's recommendations.

"A cold is a virus, and there are thousands upon thousands of colds. Viruses are opportunistic.

They just hang around us and when our immune systems start dropping, that's when they jump in on us," said Hostler. She emphasized that unlike flus, where a student only has to breathe the same air as someone contagious, the cold requires direct contact with mucus or saliva from the body.

"When someone coughs or sneezes without covering their nose or mouth, they spray those germs all around that may come in contact with you by touching something with those germs or even just breathing them in," said Hostler.

Once someone has come in contact with a cold, they have it on them. It will attach itself to the lining of the nose and the throat, and in response, the body will try to protect itself by swelling up and secreting lots of mucus to try and wash it away. This is where the scratchy throat and sinus problems come into play. Hostler recommends to immediately begin gargling with warm salt water, and taking ibuprofen and Tylenol



to relieve the pain.

"What I tell people is in order to get yourself feeling better, your body just has to fight this. There is no magic pill to get rid of the virus. How your body fights this is with good food, clear liquids, and plenty of sleep. You can take over the counter

medications, but that won't kill the virus."

Some are looking for alternative remedies for colds. One Hostler suggested is the Neti pot. This is a nasal saline irrigation therapy that uses a salt and water solution to flush out the nasal passages.

The Neti pot is a ceramic or plastic pot that has been used for centuries. Hostler says this is a great way to relieve some of that sinus pressure, but emphasized again that only giving your body the right nutrition and sleep will kill your cold.

ASHLEY BURGER/TheThreefoldAdvocate

"Only your body will do that, but the remedies can help ease the symptoms, and if that's what works for you, makes you feel more comfortable perhaps, then I see no problem with it."

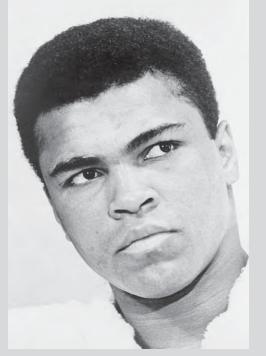
to remember those who left us in 2016 1 ime

This year has been filled with loss and tragedy. While time continues, it does well to honor those people who have left us. The people described below are only a few of those departed souls who have left us this year. May they rest in peace.

HARPER LEE April 28, 1926 to Feb. 19, 2016



MUHAMMAD ALI Jan. 17, 1942 to June 3, 2016

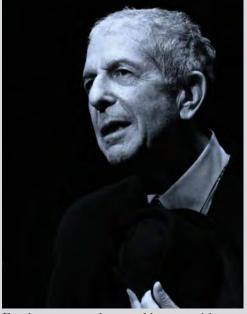


DAVID BOWIE Jan. 8, 1947 to Jan. 10, 2016



Best known for her Pulitzer prize winning work "To Kill a Mockingbird," a novel on race relations in the deep south, Lee was a notoriously private figure, declining most requests for interviews and public appearances. Lee will be remembered for the clean sound of her moral intelligence and her humility.

LEONARD COHEN Sept. 21, 1934 to Nov. 7, 2016

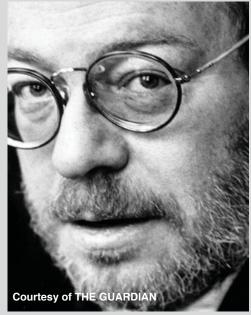


Few have pursued art and beauty with such fervor as Leonard Cohen. A poet, novelist, playwright, painter and songwriter, Cohen spent his life and career diving as deep as he could into the topics of love, war and religion, among others. Cohen was a devoted follower of Judaism, performing many times in Israel and for Israeli soldiers. Cohen died at 82 in his home in Los Angeles.

Written by Samuel Cross-Meredith

Ali rose to prominence during the Civil Rights movement and protested against the Vietnam war by refusing to fight when drafted, citing his beliefs as a Muslim. While initially prosecuted and stripped of his titles, Ali appealed to the supreme court and won the case. Ali died in Arizona after a 32-year struggle with Parkinson's disease.

MICHAEL HERR April 13, 1940 to June 23, 2016



One of the lesser known people on this list, Michael Herr was among those who risked sanity and good taste to cover the Vietnam war. Herr wrote "Dispatches," a memoir of his covering the war, and the screenplay to Stanley Kubrick's "Full Metal Jacket," both of which stick in the public conscious as iconic and haunting tales from one of the most complicated wars.

Thought of by many as a visionary and a pioneer in the music industry, Bowie constantly reinvented himself throughout his career. He passed away as one of the bestselling and most loved artists in the world. Bowie died early this year from liver cancer. His last work "Blackstar" was released on January 8.

PRINCE May 7, 1958 to April 21, 2016



The music industry is full of extravagant, eccentric and lovable souls, full of genius and creativity. It has been this way for years, but few exemplified this more than Prince Rogers Nelson, known as Prince. Prince was known for his blending of genres, blurring the lines between rock and roll, funk and R&B.

10 SPORTS

December 1, 2016 The Threefold Advocate

Players add versatility to team

JED WARREN Staff Writer warrenje@jbu.edu

The John Brown University men's basketball team is off to an impressive start this year. They are currently 7-3 and coming off a 93-67 win over Philander Smith, a team they had lost to just nine days prior.

The Eagles are gearing up for the start of conference play against Oklahoma City on December first. Despite losing multiple starters and key rotation pieces from last year, the Eagles have been able to adapt.

The rotation throughout the year has been fluid, with different players stepping up game-in and game-out to find what it takes to win. To be effective, JBU has shown it has the talent to play multiple different ways, scoring over 100 points in two wins and scoring 65 in another.

This team is diverse and capable--every player on the roster is ready every night to contribute.

Two key pieces to the Eagles team this year are newcomers Brenton Toussaint and Sammy Egedi. Toussaint is a freshman from Louisiana and Egedi is a junior transfer from England.

Both play pivotal roles and allow the team to play a very explosive style of play when they are on the floor.

Toussaint is an athletic 6'5" forward who can run the floor and score at the basket. Toussaint is a tough defender and a high-energy guy who has contributed in the starting lineup as well as off the bench this season.



Sammy Egedi (left) and Brenton Toussaint (right) are the new men's JBU basketball players. Both are versatile and can play multiple positions.

"One of my roles is a good mindset I'm all about it."

Egedi is a versatile player

reel, such as the impressive block he had in the toilet paper game. Egedi's athleticism adds another dimension to JBU's style of play.

is a great finisher at the rim and plays great defense. He gives us the ability to space other teams out because he can take opposing forwards off the dribble."

When he comes into the game he provides athleticism on both ends of the floor and is an excellent rebounder. According to many of his teammates, Toussaint has a great attitude .

"One of my roles is just to pick up my teammates when I see them down," Toussaint said. "If a joke I throw in can get them in

just to pick up my teammates when I see them down."

- Brenton Toussaint

who can play either the guard or the forward position. He has the ability to create really good matchups for his team, taking bigger defenders off the dribble and bullying smaller matchups inside.

Egedi is another high-energy player the Eagles benefit from. Every play Egedi is involved in can easily turn into a highlight

The combination of Egedi and Toussaint allows JBU to overwhelm opponents with an explosive attack.

"His athleticism really adds a lot to our team," Brandon Joseph, point guard for the Eagles, said about Egedi. "He

If JBU is going to continue their winning streak as they enter conference play, Toussaint and Egedi will no doubt be key pieces. JBU has home games Dec. 1 against Oklahoma City and Dec. 8 against Ecclesia.



Anthem continued from Page 1

one of the women's basketball games at the University of Arkansas a week after the protests.

A predominantly black church had raised enough money for people to attend the game, free of charge, so that they could support the girls in their protest.

"Many had signs that read 'Black Lives Matter' and 'We Support Our Girls' as well as t-shirts saying with hashtags about BLM and Kaepernick," Watt said.

This time, the University of Arkansas basketball players did not protest as Watt had hoped.

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"I think all of us were shocked to see the girls standing," Watt said. "We were all peaceful. We held our signs hoping the girls and the cameras would see them, but there was no violence."

"We are not protesting because we hate America, our veterans or military, or even the flag. But we are fed up with the amount of hate, silencing,

and violence that is occurring across the nation toward POC - specifically our black men," Watt said. POC stands for people of color.

Sara Williams, freshman basketball player, believes that if there was ever a uniting bond in our country, we should all seek and make the best effort we can to exploit that one uniting thing.

PUBLIC DOMAIN

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"In the United States of America, it is our flag that stands for that one point that we can all find agreement and unity," Williams said. "To choose to sit for the national anthem shows an incredible lack of understanding of all the flag represents or it shows someone intent on discrediting our wonderful way of life."

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December 1, 2016 The Threefold Advocate

SPORTS 11

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Club volleyball spikes interest

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KJ ROH Sports Editor rohk@jbu.edu

Twice a week, groups of students at John Brown University gather together to advance their knowledge and skill. They labor for hours, digging deep, assisting one another, striving for aces. No, this is not a study group - this is club volleyball.

While most college students expect to leave organized sports behind after graduating high school, volleyball enthusiasts at JBU have found a way to continue partaking in their passion. Club volleyball is a popular outlet for those who want to continue improving their game as well as for those who are interested in learning to play volleyball.

"I have always loved the sport but never had an opportunity to play consistently because I didn't think I was good enough," club president Austin Hudson said about volleyball. Hudson only began playing volleyball within a team environment last year when club members needed an extra player and asked him to join their game. They invited him back the following week, and he soon became a regular attender.

"Club has helped me feel more comfortable around campus through having a larger social network, and given me a way to exercise in a way that is fun," Hudson said.

Clancie Sorrell, a freshman player, said she joined club volleyball because she missed playing for her high school team.

"Since I don't play a sport now, I feel so inactive and I needed something to do," Sorrell said. She said she soon became

enamored with the atmosphere of club volleyball, and now regularly attends practices and scrimmages.

"We have fun," she said, "When we scrimmage it's not like we're keeping score...It's very fun and relaxing." Sorrell said the laidback character of Club Volleyball attracts many different types of players, some who never even played before. Sorrell said that sometimes the new players can feel discouraged or out of place when they don't perform as well as they would like to at first.

"We all try to encourage them to stay with it," Sorrell said. Rose Hanlon never played volleyball before coming to JBU. "I really enjoy watching others play and I just have always loved volleyball," Hanlon said. She decided she wanted to play for the club team before even coming to JBU.

"Transitioning to play on a college volleyball team was tough because I realized I did not know as much as I thought I did about playing volleyball," Hanlon said. "When I mess up, it's hard to keep going."

Amid the adversity she faces while trying to hone her volleyball skills, Hanlon said she continues to enjoy the environment of club volleyball.

"It has been a good way to meet more people and has expanded my friend group," she said.

"Also, it feels good to be a part of something like a team." Club volleyball first started at JBU in 2008, maintaining around 20 active participants since then. They meet Tuesday and Thursday nights year-round from 8 p.m. to 10 p.m. in the Health Complex Recreational gym.









ASHLEY BURGER/TheThreefoldAdvocate



TOP 10 MOST TALENTED NFL TEAMS OF THE YEAR





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Katie Arnold

Cheerleader

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Major: English **Year:** Junior

How long have you been cheering?

"This is my first year cheering. I danced for 12 years of my life doing all types and dancing competitively. For the past 4 years I have been trying Zumba and desiring to do something more."

What is your favorite thing about cheerleading?

"Everyone on the team is encouraging and positive, cheering each other on as we learn new things and try new stunts. I have 13 girls standing behind me, believing in me, and a coach that knows we can do great things."

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CYAN PLATE

MAGENTA PLATE 40

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BLACK PLATE 15

MAGENTA PLATE YELLOW PLATE BLACK PLATE

CYAN PLATE

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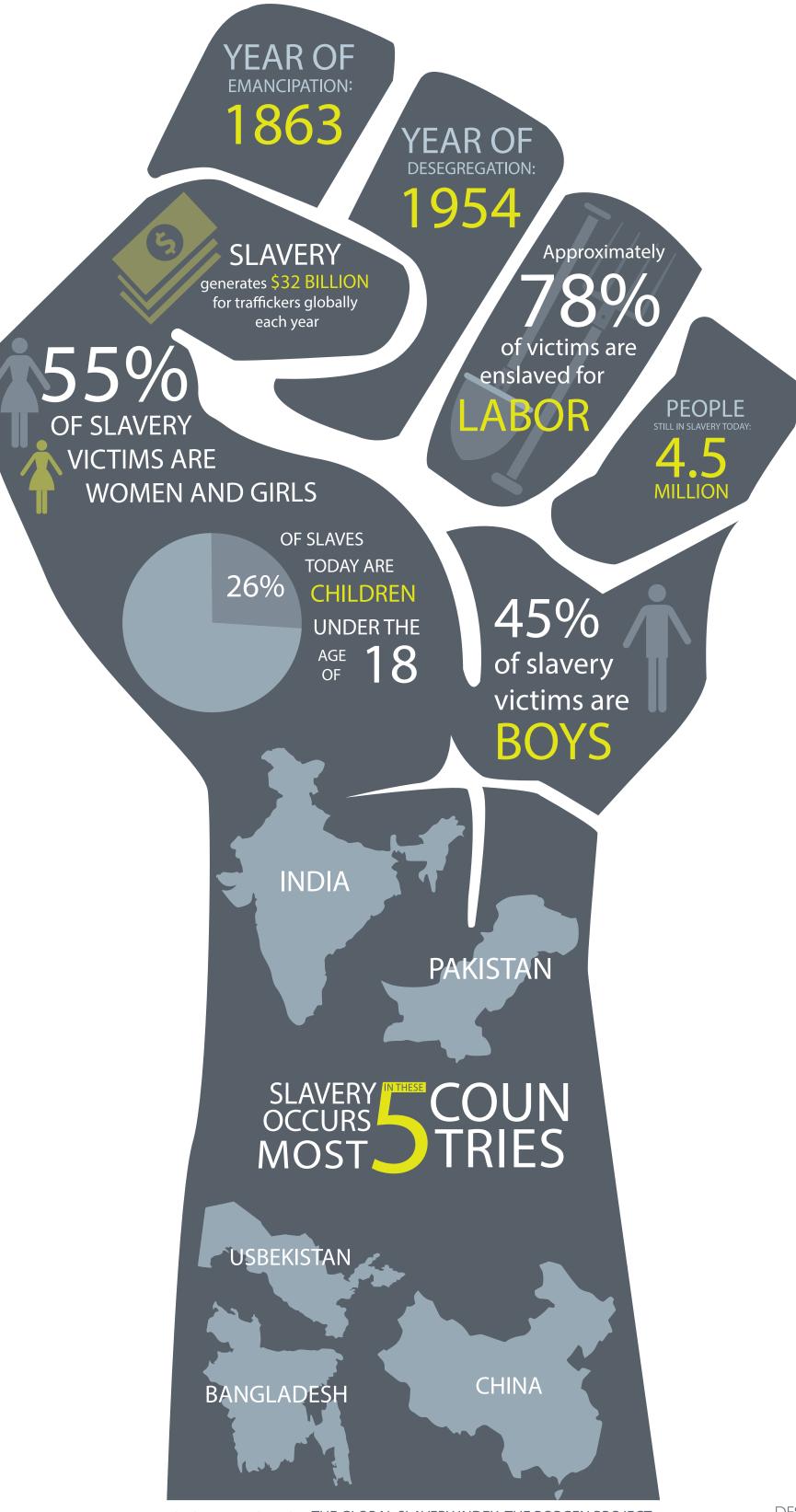
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INTERNATIONAL DAYS FOR HUMAN RIGHTS AND THE ABOLITION OF SLAVERY



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DESIGNED BY CHRISTIE NICHOLAS

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