

New Holocaust trip p.3

## Guatemala goods p.4





Playoffs results p.6



# Threefold Advocate

Thursday, November 12, 2015

Siloam Springs, Ark.

# Veterans celebrated on campus

#### ALIYA KUYDENDALL them our support and give

**News Editor** kuykendalla@jbu.edu

A green light illuminated the brick of the campus clock tower Wednesday in recognition of Verteran's

The Eagle Society, a club designed to support and serve the John Brown University's military community, partnered with the University's facility services to shine green lights as a part of Walmart's campaign to "greenlight a

Students and cafeteria staff pitched in to honor veterans by writing cards and highlighting those who often go unappreciated.

"It's a symbol of hope for veterans and it's showing JBU's support for them," Zoe Shafer, president of The Eagle Society, said.

A sign stationed by the clock tower reads, "Our nation's veterans are everywhere. We are shining this green light to show

them hope in their lives. Show your support for our veterans by shining a green light in your window."

card to a veteran expressing their gratitude. Medina said she is pleased with the outcome, as she saw students, faculty, staff and

"I know Veteran's Day isn't one of those holidays that's widely celebrated, but I think it should be..." -Devon Medina

Walmart's Greenlight A Vet campaign advertisement says that veterans are camouflaged as average civilians when they are out of uniform, but "even if we can't see them, they should always be able to see our support."

John Brown University Dining delivered 97 cards to the Arkansas State Veterans Home in Fayetteville earlier this week. Devon Medina, catering director of JBU Dining, helped develop the card-writing event.

As diners exited the cafeteria, they could write a even children participating and creating more than enough cards for each of the residents in the home to have one.

"We got to meet and hear stories about so many interesting people. We met the guy who invented cell phone towers, a guy who was in the army rangers who was part of the very first unit to storm the beaches of Normandy and a lady who was a nurse in the army and her husband was a doctor in the army," Medina said about her visit.

Dining staff to deliver

cards at the Arkansas State Veterans' Home. "Lots of the residents don't have family locally or don't have any visitors so we were happy to spend our entire morning there with them."

"Ever since my brother joined the Norwegian Air Force, I have been more grateful and impressed by the men and women who risk everything to protect their country. Although my card was small, short and seemingly insignificant, it was a way to show my gratitude for their courage and dedication," Eryn Matland, junior biology major, said.

"I know Veteran's Day isn't one of those holidays that's widely celebrated, but I think it should be, because, you know, if they weren't here, fighting for our country and our freedom, where would our country be?" Medina said.



KLARA JOHANNESEN/TheThreefoldAdvocate The green clock tower highlights the 21.8 million veterans that currently live in the U.S. and the thousands others that sacrificed and served this country.

# Paul Ryan faces challenges as new speaker

## **BECKY WATTS**

Contributor

wattsb@jbu.edu Republican Paul Ryan is not only the new Speaker of the U.S. House of Representatives, but also a vocal supporter of bipartisan legislation.

Critics oppose Ryan's new role, despite holding the job for less than a month. Republicans say he is not conservative enough because he is open to compromising with the Democrats, while the Democrats criticize Ryan for his strong stance on issues like Planned Parenthood.

"I don't think Planned Parenthood should get a red cent from taxpayers," Ryan told CNN concerning the possibility of federal funding for Planned Parenthood.

Though Ryan is not shy about his conservative stances, he still considers himself to be a moderate Republican who can bring both political parties together. Phillip Todd, junior

international business major, says he is in favor of Ryan's

"Being a conservative, I like him because he lines up with a lot of conservative values. I cannot find any faults with him," Todd said.

Megan Chapin, sophomore communication major, believes that it will be a tough struggle for Ryan to unite the Republican Party

"It is hard trying to connect Republican factions, and he will not be able to stay a moderate for his entire time in office," Chapin said.

Chapin pointed out that the former Speaker of the House, John Boehner, left the House in good condition for Ryan to take office.

"It is like Boehner left Ryan a going away gift. Ryan came in at a good time, because the budget was already passed," Chapin said.

Other students on campus, like McKenzie Raub, senior history major, are excited to see what the new Speaker



Courtesy of WIKIMEDIA

Paul Ryan has served as a U.S. representative government for Wisconsin since 1999 and previously was the chairman of the House Budget Committee from 2011 till now.

will do in the future.

"I'm glad we found someone, and I am interested to see what the new Speaker of the House will do," Raub

said.

The only disagreement Todd has with Ryan is his lack of a stance on immigration. Although

Ryan said on CBS's Face the Nation that he would not discuss the issue of immigration under the Obama administration, he still has yet to state his overall stance on the issue.

"I'm not completely sure where he stands on immigration. He has kind of distanced himself from the Republicans and the Democrats on the issue of immigration, but other than that I am hopeful to see what he does as Speaker of the House," Todd said.

Todd, who is also the president of the College Republicans club at the University, says that more Christians should get involved in politics.

"Personally, I think everyone, Christians and non-Christians, should be involved in politics. The beauty of government is that it gives the people the power. If you disagree with something, you have the power to change it. It is our duty as Christians to be

involved in the affairs of the state," Todd said.

In addition, there is now an official College Democrats club on campus. Approved just last week, the College Democrats will host a debate-watching party this Saturday night. The event is open to non-members as well as those interested in joining

the new club. With clubs representing both of the two major political parties in the U.S., University students may see an increase in political discussion on campus. This is what Todd hopes to

encourage. "What I would like to do is open up a safe environment where it is purely intellectual discussions, and not a space driven by emotions. That way we can help people who don't understand the impact of political issues, like Paul Ryan becoming the Speaker of the House," Todd said.

## Panda expresses plan for expansion in Arkansas

Managing Editor hedgesr@jbu.edu

Ten Panda Expresses will be built within the year in Arkansas. This is the expansion plan for the chain restaurant said Pamela Trajano, the manager of the new Panda Express in Siloam Springs.

"We have 18,000 stores nationwide and we are planning to go overseas. We saw that Siloam was getting bigger and it's a great community," Trajano

On Oct. 20 the restaurant made its debut and its effect has been beneficial for both

**REBEKAH HEDGES** students and community. Heather Pielemeier,

senior construction management major, started working for the restaurant upon its opening and has enjoyed her work.

"Ever since we opened, the line has been almost out the door most of the day. We're extremely busy and it's important that as a staff we are a team," Pielemeier said, "We must work together in order to deliver the best food and the best service we can." Trajano has lived in

Rogers for the past five years and has served as the manager at the Rogers Panda Express, but she said she has never seen

a community quite like Siloam.

"This was the first time it was not hard to staff the store," she said. "This community has a different definition of work and the older generations raised their kids well. I have 32 associates from this area and they made a huge effort to keep their jobs. Despite the distances they make it work." Trajano believes that

Panda offers more than just a different type of food, but an ambiance. Although she said she has not had the chance to visit the local Asian cuisine she said their restaurant is set apart.



Heather Pielemeier, Panda Express employee, shares a laugh with her co-worker while serving customers at the new Panda Express location in Siloam Springs.

Annie Xiong, employee at Thai café, said, "We definitely have seen how it has been slower here since Panda has come to town."

"The first week it was slower and everyone in town they want to go and try the new restaurant. Hopefully for a month or

so and then our business will go back to normal,"

CLAYTON LYON/TheThreefoldAdvocate

on page 2

PANDA continued

# 2 NEWS

# Holocaust tour planned for summer

#### **SARAH WHITE**

**Opinions Editor** whitesj@jbu.edu

As the number of Holocaust survivors continues to shrink, opportunities for hearing the horrors of the Holocaust are disappearing. John Brown University is sending students on its first-ever Holocaust Remembrance tour across Europe this summer.

Kevin Simpson, professor of psychology, said it is important for students to go now and learn from these witnesses while they are still alive.

This summer Simpson and Jason Lanker, associate professor of youth ministries, co-led a trip to Poland. Students visited Auschwitz, a site that students on the Holocaust remembrance tour will also see.

"It was riveting. There aren't really words to describe the feeling that I had when on the exact ground that millions walked and were murdered on," Kalin Salman said, who went on the Poland trip. "It started raining during our tour which made it all the more engrossing."

Kevin Simpson and professor of English Jessica Wilson will lead the summer trip.

The cost will be \$3,640 until the end of November.

Students will be gone from May 25 to June 10.

While on the trip, they will go to Germany, Poland, the Czech Republic, and Austria. The sites that students will visit include Warsaw Ghetto Monument, Auschwitz and the Berlin Wall.

Simpson explained that he has been studying the Holocaust for seven to eight years. Simpson has been interested in World War II since childhood. However, his interest in the Holocaust "all started when I taught a social psychology class." Here he became fascinated by World War II. Simpson has studied formally at the Holocaust Museum in Washington DC and taught in Vienna.

He explained that the "psychology of being a perpetrator and victim is deep." He said he believes there is a moral imperative to teach about this, especially as Christians.

Simpson explained that this is a pilot program that the University is offering. They are traveling with EF Tours for most of the trip, but will be adding on a three-day trip to Vienna.

"It will be an exploration of their own awareness about history and why it is still affects us today," said Simpson.

Students will be able to debrief with Simpson and one another after

seeing the sites related to World War II.

Simpson also explained that he hopes the event will inspire students to learn and study more. The trip will "demonstrate why the study of the Holocaust is interdisciplinary." He explained that they will look at it from a historical perspective, while also reading memoirs and looking at it more psychologically.

Simpson stated there are two courses that students can opt to take this spring to better prepare them for the trip: World Literature and Psychology of the Holocaust.

An informational meeting was held on Wednesday Nov. 4 for interested students. Simpson explained many of the basic elements of the trip. Simpson told students that they would not be able to use financial aid for the trip since no credits are attached to it.

Despite not having an actual course attached to it, Wilson and Simpson explained that it was possible to do an independent study while on the trip. They could even offer credits outside of psychology and history.

Wilson said that studying abroad is great because it calls students to step out, and "stepping outside of yourself is the call of Christ."



Submitted by KALIN SALMAN

University students, faculty, and faculty family members enter a crematorium at Auschwitz as part of the Poland studies trip. Holocaust Tour students will travel there as well.



Submitted by KALIN SALMAN

Flowers line the walls inside the concentration camp honoring the ones who died in

# Honor's colloquia provide in-depth learning

#### MARIA VELAZQUEZ Threats and Subiaco.

Staff Writer velazquezm@jbu.edu

The honors program offers unique colloquia classes to allow honors students to explore topics of interest and learn through trips, class discussions, and hands-on experiences.

Honor's students can choose to take up to three one-hour colloquia. In this type of class, students have the opportunity to go outside the University and experience indepth learning.

This semester the University is offering three colloquium classes: Being a Tentmaker, Stereotype

'We aim for some of the same goals as a study abroad experience would, namely, to consider the place as our text. So, rather than just reading about a monastic life, we will go and observe and participate in monastic life," Tracy Balzer, director of Christian formation, said. This year she is the professor leading the Subiaco Monastery trip.

Balzer has been teaching the Subiaco class every fall since 2007.

"The class is actually called Honors Colloquium on the Contemplative Tradition," Balzer said. "In the class we study

the Benedictine monastic tradition which began in the middle of the first millennium and continues on today."

Balzer also said that the Benedictine monastic tradition has valuable insight for everyday Christians about a life of both prayer and work, of worship and community.

Associate professor of journalism Marquita Smith is teaching another colloquium class on stereotype threats. On Thursday, Nov. 5, nine students traveled to Philander Smith College, a historically black Methodist college in Little Rock.

The purpose of the

trip to discuss race relations, especially in terms of stereotyping.

Smith said that the class is designed to "teach practical things that you can do to help reduce the threat and make the experience

better for others." "It is a great opportunity to facilitate dialogue and also to partner with another Christian school

in the state," Smith said Balzer is also planning a trip for her class. They will go to Subiaco Abbey, a Benedictine monastery in Arkansas. She said that this experience will provide students the opportunity to learn about the monastic

life and rhythm of prayer. "My personal hope

for students is that they will, one, come away with a higher view of prayer; two, experience deeper reverence toward God; and three, be challenged to think about their own lives as students and how they can be consecrated to God

Assistant professor of engineering Ted Song is teaching the class called Being a Tentmaker, which refers to the work of Paul the Apostle. The class encourages students to integrate faith and vocation

in new ways," Balzer said.

"We are trying to learn from examples,

through real-life examples.

how missionaries integrate the work and faith to share the gospel in many places around the world," Song said.

Song said the class will provide students with alternatives to spread the gospel to people who do not know the scriptures.

"This is an opportunity to show the gospel through the work, how you interact and deal with issues," he said.

On Thursday, Nov. 19, a salesman will come to the class and share how he does his job while presenting the love of Christ.

## PANDA continued from page 1

Xiong said.

Trajano believes that each restaurant offers something different, which

shouldn't hinder business. "We want to see people better their lives and we are a stepping stone for them. We are in to developing the people and wanting them to grow with us," Trajano said.

She said their focus on growth and her

"We are well-known nationwide and the name brand alone says a lot, the local places serve something different and we offer a quality of food and service. Our staff is very diverse and are people focused."

Panda's next locations are set to be in Fort Smith and Little Rock, Ark.



CLAYTON LYON/TheThreefoldAdvocate Employees serve in new Panda Express in Siloam Springs. The restaurant is the largest chain of its kind in the nation.

staff is priority.

ALIYA KUYKENDALL table. Representing roughly

News Editor kuykendalla@jbu.edu About 50 percent of the

world's population lives on less than \$1,032 a year. Students at the Oxfam Hunger Banquet were given a taste of this and other socio-economic levels.

Students were divided into groups representing the world's three major socio-economic groups and ate meals accordingly. They drew cards that told them which group they were a part of and told the story of a hypothetical person from that class.

In the low-income group, students ate a meal of rice. corn and beans and sat on the floor. This group represented roughly 50 percent of the world's population, which has an income of less than \$1,032 a year—about \$2.83 per day.

Frank Huebert, director of service and outreach, said that the meal for the lowincome group was supposed to be a bowl of rice on the floor and a bucket of water with a ladle, without utensils, cups, or plates. However, JBU dining services said that was a health code violation, so the standard was raised.

The middle-income group served themselves a beans, rice and cheese casserole and was allowed to sit at a

30 percent of the world's population, people from this group earn between \$1,032 and \$6,000 a year.

Students representing the world's high-income group enjoyed salad, pineapple chicken and yogurt parfaits, which were served to them by the low-income group. The high-income group represents 20 percent of the world's population.

"To be a member of this very fortunate group, you need to earn a minimum income of just \$6,000 a year," Roberto Pozuelo said, a leader in Student Ministries Leadership Team.

When serving themselves, women from the middle and lower-income groups were asked to go after the men, representing gender inequality.

Many students expressed that they felt awkward about the class difference and that men went before women.

Emmy Scott, a leader in Student Ministries Leadership Team, said that the felt the representation of gender inequality was realistic. "We're literally the lowest of the low," she said. There was one table that

was set for the higher class with parfaits at each place, but the table was empty and the parfaits uneaten. "The desserts at that



KLARA JOHANNESEN/TheThreefoldAdvocate

Daniel Leake sits on the floor at the Oxfam Hunger Banquet in Simmons Great Hall with others who represent the world's low-income group, eating a meal of rice, corn and beans. Behind him are students eating at a table representing the high-income group.

table over there are not up for grabs. Actually those will get thrown away, and that is somewhat intentional. That is our reality," Huebert said, referring to the food waste in the world's

"Hunger in this world is less about whether or not there are enough resources to go around, but it is helping people gain access to those

resources," Huebert said.

high-income group.

MAGENTA PLATE **BLACK PLATE** 

The Threefold Advocate

# LIFESTYLES 3

# Company weaves dreams together

#### DARIA ZELLMER

Online Editor zellmerd@jbu.edu

Starting with only one Guatemalan artisan, One Loom has turned into a Northwest Arkansas company that not only weaves together textile, but opportunities and relationships.

One Loom provides versatile accessories and apparel at a moderate price point, with styles that can be worn a multitude of ways, Angela Story, founder and designer, said.

The startup began with a woman named Lesvia, a "master loomer" from Guatemala who weaves beautiful fabric on a back strap loom.

Product developer and media manager at One Loom, Melissa Gresham, heard about single mothers struggling to fill their basic needs within El Rosario, Guatemala.

It was then at a local coffee shop in NW Ark., where Gresham and Story decided on empowering these women with a company that could provide them with a sustainable work opportunity.

"I had big plans at that point, so that decision reformatted [those plans]," Story, who earned a degree in apparel studies, said.

In May 2014, Story traveled to Guatemala where Lesvia was already weaving and selling her fabrics for a dollar at a market. Gresham and Story began buying her fabrics, sewing with them and started selling the product. The company's website



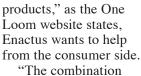
**BLACK PLATE** 



ome Headbands Handbags Littles Straps Accessories Apparel Latest News







of business and nonbusiness majors results in fresh ideas and no constraints to keep this project going... In the next few weeks we'll be doing an Instagram takeover," Garrison said, during which they hope to increase the number of followers.

Onnen also mentioned that they are hoping to create a video to give context to the company, their mission and their products. They are looking for help from students with the desire and talent for film and video editing.

Story described her desire for the artisan's joy to transcend through their stories.

"We're hoping that each time a woman comes in to work with us, that we get to see change and joy...so that they feel they can hope and can dream," Story said.

Surpassing their start with struggle, these women are excelling and they are able to dream and accomplish their goals by working 20 to 25 hour weeks, at what Story said weaver Lesvia described as her dream job.

This Saturday, Nov. 14, One Loom will have their products, made with the fabric of women like Lesvia and Silvia, available for purchase at the Guatemala Art Expo held at Siloam **Springs First Baptist** Church from 11 to 2.



Fall

Hipster Headbands

\$14.00

Autumn Hipster Headbands \$14.00

located in Fayetteville,

company has extended

well, raising awareness

for their products.

works directly with

up makes quarterly

and remains in open

receives discipleship

and proper training.

communication to

was the very first place to

which they sold. Now the

to work at local events as

Unlike much of the

market place, One Loom

their artisans. The start-

visits with the loomers,

ensure that each loomer

Since Lesvia, One

another nearby weaver.

stunning, they're lovely

and they all have stories

Story emphasized

what a privilege it is

whereas the women

to have a job to go to,

they are working with

were being mistreated

to pay for their rent, or

needs" and provide for

because they were unable

could not "fill their basic

of their own," Story said.

"These women are

Loom has branched out by

buying fabrics from Silvia,



**Knotted Headbands** \$14.00



Emerald Beaded Headbands





ASHLEY BURGER/TheThreefold Advocate

their children. They lacked hope, Story said.

Story can relate to the feeling of a mother wanting to provide for her children. She and her husband have three young boys of their own.

"I think it still awes me, it still blows me away. The strength of these women that they can conjure, wanting to do anything for their kids," Story said.

Enactus JBU became involved with One Loom this semester, with a team of students wanting to focus on media and marketing for the already established company.

Although Enactus is typically known for participation from business majors, the One Loom project has attracted nursing, outdoor leadership, graphic design and business majors. Story said that she

aims for their products to reach a demographic between the ages of 18 and 50. As the designer, she sees their products transcending these boundaries of fashion.

Men are a specific focus within the company now, with camera and guitar straps, and leather keychains in the product line.

Project leaders of the One Loom Enactus project, Kate Garrison, sophomore nursing major, and Jake Onnen, junior outdoor leadership major, are both new to Enactus this year. Both students were "thrown in," as Onnen said, and not entirely sure of their role or engagement with the company.

However, much like the company whose "mission is to create opportunity, sustainability and purpose for artisans by providing customers with unique hand-crafted

## launched that November. The global coffee shop at Mamma Carmen's,

# Selah offers silent worship by Daria Zellmer

John Brown University's "Christ over all" motto serves as a reminder to "guide students to be the people God has created them to be."

Vespers and Selah are two opportunities made available by and for the University's community to worship and seek God outside of the 21 per semester mandatory chapel services.

Selah is a new way to preserve the cathedral as a place of silence on campus.

It was inspired by the German studies 2015 summer trip led by Dr. Cary Balzer, associate professor of Biblical Studies, and Mrs. Tracy Balzer, director of Christian Formation and assistant professor of Interdisciplinary Studies.

Mrs. Balzer spoke of her experience in Germany and gave perspective on the cathedrals she witnessed that set aside up to an hour each day for people to come in to be silent and pray. The services were a simple way to make the cathedrals available to the public, she explained, as is the intent for Selah.

"The cathedral is

open from noon to 12:30 p.m. for the purpose of prayer and silence," Mrs. Balzer said. "Occasionally there might be scripture reading or music but mostly just silence."

So far, Selah has only been held twice, and will be announced at chapels and posted in the Here & Now e-mail newsletters as a reminder in the future. Selah is not available for chapel credit but strictly preserves the cathedral for half an hour as an opportunity for stillness on campus.

Vespers, however, has built six years of reputation. "It is much more of a liturgical service," Mrs. Balzer said.

Vespers is a 45-minute service held in the Jones Recital Hall of the cathedral certain Tuesdays at 9:00 pm. It includes silence, scripture, corporate prayer, song and more silence. "There is no sermon- just scripture," Balzer said.

Rebekah Lindstrom, senior worship arts major, is Mrs. Balzer's assistant for Vespers.

Besides helping chapel leaders choose appropriate hymns that coincide with the scripture readings, "The biggest thing is

finding people for the Old and New Testament readings," said Lindstrom. Her reasoning? "It is the word of God."

In Balzer's attempt to involve students as much as possible, the reverent approach taken by her assistant Lindstrom is appropriate.

Being involved in Vespers is a "practical way of getting comfortable with getting in front of people and reading scripture," Lindstrom said, "and it's different than public speaking because it's

not your own words." In a worship arts class, she learned "the importance of speaking clearly and not letting yourself get in the way of scripture," Lindstrom said. Therefore, she emphasized the value of capable and willing people who have a good voice for reading the Bible passages each service.



GRACE NAST/TheThreefold Advocate



MAGENTA PLATE

## Ole Miss removes flag

The University of Mississippi (Ole Miss) removed the state flag from across campus in early October, and declared that the university did not support any form of racism, discrimination or hate.

Mississippi readopted the Confederate flag within their state flag's design in 2001, keeping the original that was flown in 1894. Ole Miss took a bold stand against the state not only as one of the first established and most financially supported public schools in the state, but also the flagship university of Mississippi.

We The Threefold Advocate stand with Ole Miss in their choice to remove the state flag from their campus. By taking down the flag, Ole Miss proclaimed to minority students, specifically African-Americans, that they are welcomed on campus.

A university should be a safe place to learn; students should not feel threatened while they are attempting to further their education and earn a degree. While We The Threefold believe that differing opinions and free speech are essential to student growth, hateful speech and symbols should not be tolerated.

The Confederate flag has been the subject of huge debate recently; opponents and supporters both argue whether the flag should be taken down across the country, basing arguments on its symbolism.

For some, the Confederate flag is a symbol of southern heritage and tradition. For others, it serves as a reminder of the evils of racism, specifically slavery and more recently, violence and segregation in the '50s

Ole Miss has removed racial connotations in the past, replacing their mascot of Colonel Reb, seen as a caricature of southern plantation owner, with The Black Bear. In addition, Ole Miss has a statue of James Meredith, the first African-American who attended the university, on campus as a symbol of the university's history and the civil rights movement. The decision to remove the flag came from a vote from faculty that was first brought up and fought vehemently by the student senate.

Ole Miss took a stand. Their actions in taking down their state flag showed to many others that hate and racism is not something that Mississippi should take pride in.

Ole Miss was only one of the universities to remove the Mississippi state flag; others include Alcorn State University, Jackson State University and Mississippi Valley State University. Most importantly, students took a stand and fought together to turn over a decision that affected other

The Ole Miss decision to remove the state flag is a landmark decision. We should not turn a blind eye to such decisions, as such events affect students on our own campus. While sheltered, we too have many minority students whose voices and concerns need to be heard.

We The Threefold urge students to consider these tense events and be respectful to those with different opinions and cultural upbringings.

## Protect people who help

#### **Enact Good Samaritan laws**

Some people have gotten in trouble for helping others. American Academy of Orthopedic Surgeons even wrote an article to help physicians know how they can help people in distress and also be aware of the legal implications of their service.

According to AAOS, a law has been made in an attempt to combat people getting sued for helping others, it is called the good Samaritan

According to AAOS, "In essence, these laws protect the 'Good Samaritan' from liability if unintended consequences result from their assistance."

In order to fall under the law, the following criteria must be made: The person needing assistance should be in 'imminent peril' or danger; the physician's actions should not be negligent and should be in the realm of what a 'reasonable response' would be; the physician's actions should be based on good faith and not on receiving or having the knowledge of receiving some form of compensation."

According to AAOS, all 50 states have some version of the Good Samaritan law, but some are have more limited protection.

Recently their was a rally held in PA to support a good Samari-

tan law that would protect people who report drug overdoses from pros-

We The Threefold Advocate believe that every state should protect anyone who is attempting to help others. They are just trying to do the

right thing. For example, many people who are not physicians know CPR and would be able to help to some extent. We The Threefold believe that, if

the laws in those states are changed, more lives would be saved. We understand that some people may not want to be resuscitated and that there is a right to die movement, but all of these people would be

wearing something to show that they do not want to be resuscitated. Therefore, we The Threefold believe that all should be protected under the Good Samaritan Law. This will encourage people to help when the need arises without having to fear being sued.

## Threefold Advocate - advocate.jbu.edu -

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.

 $V_{\text{IEWS}}$  expressed by columnists or in LETTERS ARE NOT NECESSARILY THE VIEWS OF THE PUBLISHER, ADVISER OR STAFF.

#### **CONTACT US**

Email | advocate@jbu.edu Phone | 479-524-1781 2000 W. University Street Siloam Springs, Ark. 72761

STAFF Kacie Galloway - Editor The Threefold Advocate invites you Rebekah Hedges - Managing Editor Aliya Kuykendall - News Editor Tarah Thomas - Lifestyles Editor Sarah White - Opinions Editor Max Bryan- Sports Editor Klara Johannesen - Photo Editor Gustavo Zavala - Visual Art Director Lyn Chong - Copy Desk Chief Kayley Phillips - Copy Editor Maria Velazquez - Copy Editor Emily Huff - Copy Editor Lindsay Dodson - Ad Director Kelly Escarcega - Distributor Daria Zellmer - Online Editor Nichole Coates - Assistant Adviser Marquita Smith - Adviser

> STAFF WRITERS Megan Chapin, Maria Velazquez

STAFF PHOTOGRAPHERS Daniel Madrid, Clayton Lyon, Grace Nast, Jessie Brandon, Ashley Burger, Emili Widner

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.

# Find joy in obedience

Philosophical Ethics:



Balance



Obedience



#### **MATT BOWEN**

**CONTRIBUTOR** 

I've got a lot of Bible and a lot of philosophy bouncing around and it's starting to make life confusing. You see, battling in my head

are the concepts of biblical ethics and philosophical ethics, which are often opposed to each other. Where biblical ethics gives an emphasis on obedience, philosophical ethics usually emphasizes balance-particularly those ancient Greek rascals. Where Jesus tells me to pick

up my cross and follow him-not always an entirely pleasant affair-Aristotle tells me to pursue pure happiness. Given these two alternatives, I often choose the latter and not the former. I often end up content, but why do I feel as though I'm lying to myself?

What I fail to understand, however, is that pursuing Christ, albeit difficult, entails the same joy that Aristotle speaks of in his Nichomachean Ethics-a joy unsurpassable by any other emotion or desire. The understanding of God's sacrifice and the aspiration to be more like the Savior is a journey that is greater than anything this world, in its wisdom and

"The understanding of God's sacrifice and the aspiration to be more like the Savior is a journey that is greater than anything..."

pleasures, can offer me.

But at the same time comes the nagging question of, "What's the point of anything? What if everything is meaningless? Why can't I live for myself?" and then I'm thrown for a loop again. If everything is meaningless, and there is no point, then why bother following an ethic that doesn't permit me to enjoy good music, spectacular films and fine wine?

I get to wondering if my ideal of piety is wrong. Where the traditions of the western Christian church advocate no drinking, no profanity and no Merlot, the New Testament speaks differently. Jesus lays it down, "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' (Matthew 22: 37-38).

Paul says, "All things are lawful', but not all things are helpful. 'All things are lawful,' but not all things build up" (1 Corinthians 10:23). Nothing there tells me to stop listening to Pink Floyd or refrain from watching Blade Runner. But it does tell me that I must be careful and ensure that the things I do build myself up and the church.

That sounds a lot like the balance advocated by the great philosophers. But what I must be wary of is the hedonism of

pursuing happiness and not being afraid of what's ethically right. Certainly ancient Greeks and Romans, stuffed to the brim with philosophical ethics, didn't achieve this ethical balance. I believe that's because they had very little reason to.

I'm blessed enough to be a part of a faith that gives me a point to doing the right thing-the pleasure of being closer to God.

I'm still discovering what it entails to be a follower of Christ and a lover of philosophy. So for now I live by those two scriptures, Matthew 22:37-38 and 1 Corinthians 10:23 until I come to understand the deeper meaning of picking up my cross and following Jesus.

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

## Connect with us on Social Media



Facebook: Threefold Advocate

Twitter & Instagram: @TheThreefold



## **Got Opinons?**

Disagree with something that is written? Want to talk about an issue you are passonate about? Send your opinions to:

> Advocate@jbu.edu WhiteSJ@jbu.edu

# **OPINION 5**

## The Threefold Advocate

# The JBU bubble does not exist



**SAMUEL CROSS-MEREDITH** 

**CONTRIBUTOR** 

In my senior year of high school, one of my classmates invited an atheist friend to speak at a junior Bible class. Though we were a private Christian high school, this was not a strange happening; our teacher was one of intelligence and encouraged us to know other worldviews so that we could better defend our faith.

On the day he came to speak to this class, I walked down the hallway to see half our school crowded around the door's window, trying to peek in to see this man, as though he were an animal carted in from some exotic place. I walked away from that cloud of students with a stone sinking in my gut. Like swallowing granite. I reflect on this experience as one of the most defining moment in my understanding of Church culture.

Most of the kids attending my high school were from wealthy Christian homes and had been raised in church, from nursery, to Sunday school, to pew-that was their life. A non-Christian was, to them, an oddity that turned a normal Bible class on a normal Tuesday into an exhibit from the Dallas Zoo.

The curious thing about the John Brown University "bubble" is that it walks a line of not existing and being pervasive. Our school does a brilliant job of integrating our faith into our occupations, our



GUSTAVO ZAVALA/TheThreefoldAdvocate

conversations and our lives. The school pushes the idea of Christ over all, meaning that He permeates all that we do. We are encouraged to doubt, question and explore. We are encouraged to make our mistakes and then learn from them. In that sense, it doesn't exist. If we were to have an atheistic speaker

on our campus, I doubt he'd have an entourage of curious Christian children biting at his heels, disregarding entirely the fact that he's just another dude with his beliefs.

I hate calling it a "bubble." It's not a bubble: it's a culture, and, like every other culture, it has its own suppositions, ideas, biases and fallacies. Calling it

a bubble implies that nothing gets in or out, but that's not how Christ's church works at all. It's fluid, accepting new ideas and notions from a variety of different cultures, and we do the same. We just had World Awareness Week. The multitude of cultures represented at our school is staggering. Go to Walker. Right now. Look at all the flags wrapped around the edge of the second level. We aren't in a bubble. We're in a culture made up of a dozen different cultures. Start looking at it that way. Criticism is great until it's cynicism, and cynicism doesn't fix anything.

Cross-Meredith is a sophomore majoring in English. He can be reached at Cross-MeredithS@jbu.edu.

# Terminology matters in race conversations



**MAX BRYAN** SPORTS EDITOR



We can do more about

racism in America than we might think. Until a few months ago, I

thought I was powerless when it came to racism. I thought it was an issue that, unless I was in the government or a civil rights group, I could do nothing about. That all changed when I realized that

"By using the now-omitted term, the papers were potentially reducing millions of people, like you and me, down to a purely legal, racial status."

my everyday actions and opinions have more of an effect on people than I thought.

A few weeks ago, I had the privilege of speaking with Maria Cruz Lee, the director of engagement at the civil rights group Define American. In our conversation, she pointed out how her group had recently experienced a victory in petitioning for the removal of the phrase "illegal immigrant" from the Associated Press Stylebook (which regulates grammatical and linguistic guidelines for American newspapers).

When Lee first told me this, I was perplexed. After all, doesn't "illegal" refer to what people who cross our borders without going through the legalization process? But

then the wheels began to turn.

I began comparing newspaper clippings I have seen about immigration reform in America to those about Syrian refugees immigrating to Europe and surrounding areas. It seemed the Syrian refugees were given preferential treatment in the papers, with terms such as "migrants" and "fugitives" being used to describe their situation to being forced to emigrate from Syria.

This was not the case for those crossing the border into the States, where media focused on there illegal status. By using the now-omitted term, the papers were potentially reducing millions of people, like you and me, down to a purely legal, racial status.

Though I had thought

about the issue of language in this context before, this example got the point across to me without question: the words we use when talking about racial issues leave a huge impact on the perception of the matter at hand.

Another prime example of this concept is the ongoing battle between whether we should say "Black Lives Matter" or "All Lives Matter." Yes, all lives matter. But we're missing the point when we say that. Are all other races of Americans shot and killed by the police at the same rate as black Americans? No, they are not.

By choosing to say "All Lives Matter," we are promoting the false notion that all lives, no matter what their skin color, are treated fairly by law enforcement in America. The reason "Black Lives Matter" should be said is that it warrants specific, necessary attention to an important issue.

By being careless about our words when talking about racial issues, we're choosing to neglect very real problems that affect the treatment of whole population groups. It's bad enough that entire

races are perceived through a stereotypical lens, but the fact that well-meaning individuals hurt the chance of improvement by not thinking before they speak is tragic.

The people who are affected by these words are people who need our help. They need reforms in this nation to take place so that it will be easier for them to become citizens, to get jobs, to be able to walk in the park at night without fear of police brutality.

Because of these implications, we must all-regardless of skin color, creed or background-think before we speak when it comes to race. If we start small, we may first change our own minds toward these impactful issues. And if we can change our own minds, we may then be able to act in meaningful ways.

Bryan is a senior majoring in communication. He can be reached at BryanM@jbu.edu.

# Invest in college friendships before graduation

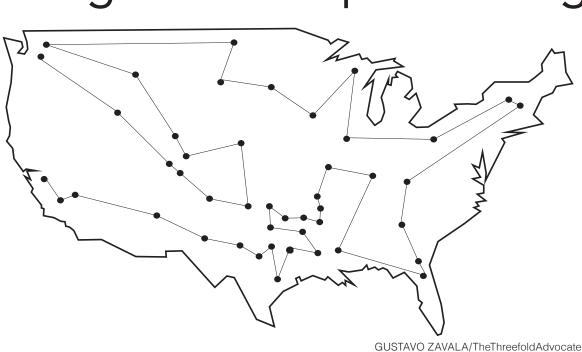


**KACIE GALLOWAY** 

**EDITOR** 

When I look around JBU, I see that most people here have their people. They have their "tribe" of like-minded students where they can find encouragement, fellow mourners and spiritual accountability partners. We like to say things like "I'm so glad I get to do life and be real with soand-so." And that's great.

But what happens when our friends aren't with us anymore? What happens when our geographical location doesn't bind us together? Most of us have dealt with the separation from our new college friends that comes with summer break. Even shorter holidays like fall and spring break can make us feel sad. I'm not sure if other seniors are feeling this way, but the



impending separation that comes after graduation scares me.

Some of my closest friends have already graduated or transferred out of JBU, and I rarely-if ever-talk to them. I worry that the same will happen with my closest friends who I will graduate with in May.

When I move back to Texas and they stay in Arkansas or move to Tennessee, Nebraska and California, will we keep in touch? Will we come back to JBU for reunions or meet up once a year to catch up? Or will we become silent Facebook friends, occasionally liking each other's photos and life events?

There's an immaterial, emotional investment that you put into your friends. You put a piece of yourself into them, and they help define who you are. But when, suddenly, they aren't as close—physically or metaphorically—you can feel lost. And I don't want that to happen to us in 176 days.

Even the separation from living off-campus has been difficult. Especially with my friends who still live on campus, it can be extremely hard not to feel distant or left

out despite making an extra

events. I couldn't be happier

effort to participate in campus

living off campus this year, but after living in Mayfield for two and a half years, the sudden lack of constant community can be jarring.

I came into this school year with the intention to invest further in my friendships and devote time to the people I care most about, but it's hard to not make people feel like a note in my calendar or to feel like a note in theirs. We are all busy with school, jobs and extracurriculars, but busyness shouldn't be an excuse.

I used to make the busy excuse all the time, but I've realized that you are never too busy to be a friend to someone. I've sacrificed sleep, time for homework and personal time to be with friends when I should have been doing other things. As one of my friends said, "Friendship is like a Tamagotchi. You have

to give it constant attention." Of course, the responsibility for maintaining the friendship doesn't just fall on one person; both friends have to devote time and love to the other. I've had people give me conflicting advice about maintaining friendships. Most people say it's 50-50; that one person should not be putting vastly more effort into the relationship than the other.

I definitely don't have all the answers when it comes to navigating relationships, but I'm learned a lot more than I thought I would since coming to JBU. I've had really good friendships as well as a couple terrible ones. Most importantly, though, I've learned how critical it is to truly invest in a relationship, because you will only get back what you put into it.

Galloway is a senior majoring in communication. She can be reached at GallowayKS@jbu.edu.



MAGENTA PLATE

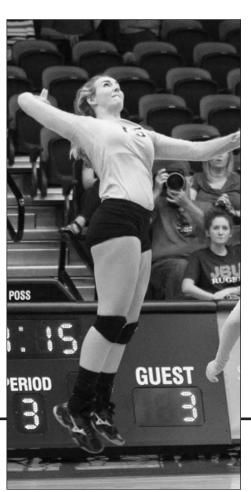
# Golden Eagles compete in playoffs



Courtesy of JBU ATHLETICS

#### **MEN'S SOCCER**

The men's soccer team was eliminated from postseason play on Monday when Southwestern Christian University triumphed over them by a score of 2-1 in the Sooner Athletic Conference (SAC) semifinals. Midfielder Kelvin Omondi scored in the first half of regulation, but SWCU managed to tie the game at one goal apiece with less than three minutes left in regulation. The Golden Eagles then allowed a goal in the third minute of their second overtime, ending their season.



Courtesy of JBU ATHLETICS

#### **VOLLEYBALL**

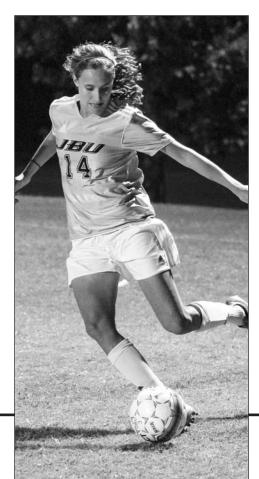
The volleyball team pulled off a sweep of Southwestern Assembly of God on Saturday, qualifying them to play in the SAC semifinals. Seniors Melissa Bakke (pictured), Libby Blasingame and Audrey Dearien all helped the Golden Eagles' cause by notching double-digit kills in the best-out-of-five contest.



Courtesy of JBU ATHLETICS

### **CROSS COUNTRY**

Though the men's team placed fifth and the women's team placed fourth in the Sooner Athletic Conference (SAC) championships, the Golden Eagle cross country teams failed to qualify as teams for the SAC national championship on Saturday. However, freshman runner Josh Uzelac placed 12th overall, qualifying himself for the national championship. He will compete as John Brown University's lone representative in Charolette, N.C. on Nov. 21.



CLAYTON LYON/TheThreefoldAdvocate

## **WOMEN'S SOCCER**

For the third straight year, the women's soccer team will compete in the SAC championship. The Golden Eagles achieved their place in the championship on Tuesday against Oklahoma City University when forward Aspen Robinson scored with under 10 minutes left in regulation. The goal lifted her team to a 1-0 victory and eliminated OCU from the playoffs.

# Women's rugby plays first home match

### **MAX BRYAN**

Sports Editor BryanM@jbu.edu

The women's rugby club will finally be able to show the student body what they're all about.

This Saturday at 3 p.m John Brown University's women's rugby club will take to the pitch and square off against the University of Arkansas in their first-ever home match. The club is eager to finally display their talents in front of their friends and faculty.

"I think it's gonna be great," first center Hannah Lochala said. "We've put a lot of hard work into this, and I think we're ready. I'm really excited for the JBU community to see how far we've come."

Women's rugby became an official club on Oct. 8 when the University's Student Government Association approved

their petition. Coach Jarrod Heathcote said earning legitimacy was an affirming experience for the whole team.

"It was a great morale booster," Heathcote said. "Not only have we seen support from the JBU community, we've also seen support from the men's club and the alumni. They're all very proud that we're a club."

After earning legitimacy, the ladies went on to win their first game as an official club on Oct. 24 when they routed Benedictine College by a score of 27-10. In that match, the club dominated 90 percent of the scrums

they squared off in. Even though they displayed excellence in this area, the ladies are still working hard to iron out other areas of gameplay before Saturday.

"We feel really confident about our forward game and are just wanting to

things like ball handling skills and being able to communicate with each other better on the field," hook Rebecca Baugher said. "We want to have that down before the game."

Baugher pointed out that rugby is a game that requires playing in actual games to improve one's skill. Heathcote fully understands this concept and is aiming to give everyone plenty of playing

"Win or lose, we just want to have a good time through playing," he said. "That's what we're really pushing for. We'll be competitive. I think that we can probably win, but our priority right now is just mainly to give the girls the experience of playing in front of a community who has come along

excited to play at the the players expressed a degree of anxiousness in playing in front of people who know them well.

We really want to play

time against Arkansas. getting everyone experience

and supported them." While they are definitely University for the first time,

our best for JBU," scrumhalf Hannah Malone said. "We know there's going to be a lot of people there to support us, which is really



Submitted by ANNA MACLACHLAN The women's rugby club breaks down the field at the Rookie Rumble at Wayne State University on Sept. 19. The club will play its first home game as an official club this Saturday at 3 p.m.

amazing. It's kind of scary, but we're really excited."

Heathcote has spoken with his team about these nerves they are feeling. He has assured them that they are first playing for Christ, who matters more than anyone in the stands.

"We're playing to represent Christ first in all that we say and do," Heathcote said. "I think that will help them deal with the pressure of peers watching them. Their priority is still playing for Christ and playing for Him first."

Despite the nerves, the women's rugby club is eager to affirm the support they have received.

"We really want people

to come and see what women's rugby is about," Baugher said. "We're really excited by the response we've had from the school, so we hope to see a lot of people there."

## "I'm really excited for the JBU community to see how far we've come." -Hannah Lochala



**MATTHEW OGAN** 

issue when it comes to the realm of faith.

CONTRIBUTOR Sports are a challenging

'God doesn't care about sports," people claim. "He's not interested in that

insignificant of an issue."

When has God not cared about something? If sports are part of God's creation, His gift to mankind, why would He shrug it off and passively watch the thousands of athletes who participate in them every day? God loves people, and He deserves glory. Sports are an excellent avenue to display his glory.

There are many athletes who claim to love God. They love to thank their Lord and Savior Jesus Christ and point to the sky after every touchdown. However, Christians need to be careful about who they look up to in

the realm of sports and how they address their role models' actions.

There are several notable athletes who try to represent God in their athletic careers such as MLB outfielder Josh Hamilton and NBA forward Kevin Durant. Both are often portrayed as glorious figures who have professed the name of God in their areas of influence. Yes,

we should support this. God must be glorified. However, these athletes have not always represented God the way He wants to be. Hamilton, a former cocaine addict, has had

multiple relapses during

his career, with pictures surfacing the internet showing him at various bars with women who are not his wife. Durant, who is often sold as the nicest guy in the NBA, said he tries to be "a total asshole" while on the court.

As followers of Jesus, we must be careful who we look to for models of our faith. It is easy to rally around a star athlete proclaiming the name of Jesus, but it can be difficult to hold them to what that means. I'm pretty sure God never wants us to be assholes, regardless of the situation (excuse my French). He wants to set us

free from our struggles and the things that tie us down.

Athletes often misrepresent faith in Christ in the ways they live. We must be willing to support them, but not excuse them. Sometimes the line between grace and rejection can be a difficult line to walk. We must support these athletes, but not look at them as our hope. No human can represent Christ perfectly— I have been a jerk on the basketball court a few times, too. However, we must hold these athletes to the same standards to which we would hold our friends and family.

Athletes have a lot of

they should not use that to misrepresent our Lord. We must pray for these athletes continually so that they may bring Him glory, but we must look to God as our true model.

influence in society, and

Matthew Ogan is a sophomore majoring in family and human services. He can be reached at OganM@jbu.edu.

MAGENTA PLATE

# **SPORTS 7**

The Threefold Advocate

# Major combines sport and service

#### **MAX BRYAN**

Sports Editor BryanM@jbu.edu

Outdoor Leadership Ministries at John Brown University aims to fuse recreational activities with Christian ministry.

The major is taught at the University with the goal of equipping students for any path they choose to take in the outdoor industry.

"A lot of people think that outdoor leadership ministries is majoring in camp," sophomore Emily Tumilty said. "It can be, but really, it's anything you make of it in the sense of how this major will prepare you to have a job in the outdoor ministry."

The major covers areas of outdoor activities and vocational service. Fittingly, it includes classes from the youth ministries major as well as its own specialized classes.

"Basically, it's equipping us with the right tools to utilize the outdoors in order to share the gospel," sophomore Carrie Lane said.

As part of their studies, students are required to do physically demanding team-building activities for the purpose of learning how to react well under certain conditions. Senior Matt Hardwick said that a stressful environment is sometimes what they aim for.

"That's why people go hiking out in the woods, because it creates a high-stress environment if you set up the circumstances the

"There's lots of things you can do. Backpacking, rock climbing, mountain biking and even leading team-builiding activities can build camaraderie."

## -Emily Tumilty

right way," Hardwick said. "Then you can talk about how you reacted to that."

The major also uses athletic activities to build teamwork. Tumilty experienced this firsthand last summer when she led backpacking and rock climbing trips.

"There's lots of things you can do," she said. "Backpacking, rock climbing, mountain biking and even leading teambuilding activities can build camaraderie."

"Really any sport can be used to build teams," Lane said. "I like having campers make up their own sport and play it so it's theirs and they can bond through it."

As a result of such training, students also become certified in areas of outdoor expertise before graduation. Hardwick specifically mentioned the Ropes Course and Wilderness First Responder certifications, which are necessary for obtaining the degree.

"You can also get some fun ones like river kayaking and sea canoeing," Tumilty said. "Those are just some very logistical trainings

that you'll get and have the opportunity to use because of the major."

The activities offer specific opportunities to minister to others. Even though senior Josh Campbell is not an outdoor leadership ministries major, he notices such instances in his job as ropes course technician at New Life Ranch.

"My job is all about getting kids out of their comfort zone and getting them to do things that they're not used to doing," Campbell said. "Through that, it pushes them in a way that they're not used to. You get to share with them and say, 'Hey, even though this is scary and you're not used to this, the Lord has got you through it. Just like this rope is going to hold you if you fall, the Lord will as well."

the major recognizes and fully utilizes the outdoors as a vessel to glorify God. As Tumilty said, "The outdoors is a way to

At the end of the day,

experience sportsmanship and teamwork."

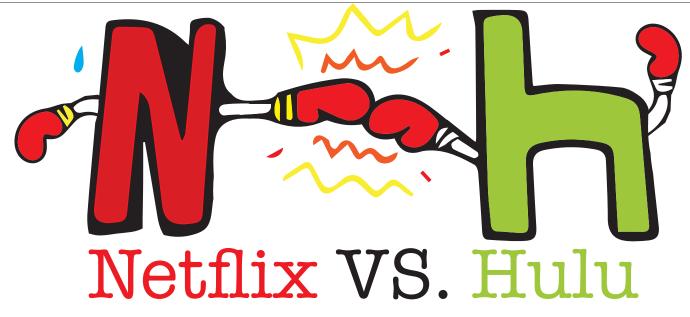


JESSIE BRANDON/TheThreefoldAdvocate Students train on the ropes course at the John Brown University campus. Students must earn ropes course certification in order to graduate with a degree in outdoor leadership ministries.



November 12, 2015

The Threefold Advocate



In today's entertainment-driven society, it is becoming increasingly easier to access to movies and television series, especially with the two famous online media streaming sites, Netflix and Hulu.

Even though Netflix and Hulu provide the same service, both offer different features for the public.

Let's examine their differences.

## Round 1: Pricing

When you want to choose a service, pricing is the first thing to check. Users can choose one of the three plans Netflix offers, which can be upgraded at any time. The plans offered are basic, standard and premium. All the plans are paid monthly and Netflix provides new users a free month. The basic plan costs \$7.99 and allows users to watch a movie on one screen either in a laptop, TV, phone or a tablet. Users have unlimited movies and TV shows and they can cancel at any time.

The standard plan costs \$8.99 includes the same services of the basic plan, but instead users can watch on two screens at the same time with HD capabilities. Finally, the premium plan costs \$11.99 includes all the characteristics of the standard plan plus the ultra HD feature when available and users can watch movies on four screens at the same time.

Hulu, on the other hand, provides non-commercial and limited commercial plans. Even though the website does not provide specific characteristics like Netflix, the cost is \$7.99 monthly for the starting plan.



## Round 2: Content



Netflix provides a massive library of TV shows and movies. The web TV service offers classic and new series. The only problem with Netflix is the limited availability to get new episodes from current series. Most users wait for months for their new episodes to be made available on Netflix.

Hulu, on the other hand, might have a more sparse library as Netflix but in terms of time, Hulu gets current television content faster than Netflix. Hulu provides their users accessibility to content right after it has aired.

## Round 3: Advertising

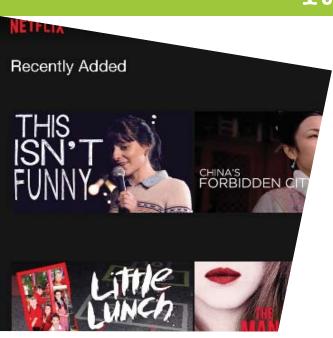
Even though Hulu gets its content faster in terms of air dates, there is a huge problem with advertisements. It is a little bit annoying to pay and still be interrupted by ads.

The ads can be two minutes long and can include up to three ads, according to Geek.com.

On Netflix you do not have to worry about ads. You can watch as many movies as you want and you will never be interrupted by ads.



## Round 4: Availability



The availability of movies and series might vary on Netflix. Netflix is constantly updating its library, and when it does, some series and movies lose their availability temporarily. This situation happens because the licensing agreements expire.

If you spend a considerable amount of time on Netflix, it will automatically recommend movies and series based on your views. For some people this feature is useful and saves time trying to find an interesting movie, but for other users, this feature can be a little bit overwhelming.

Hulu is more complex. The availability of movies in Hulu depends on the device you are using. The content provider will determine the devices in which movies or series will be available as well as how long they will be posted on the site, according to Hulu's official website.

Written by Tarah Thomas, Lifestyles Editor Designed by Gustavo Zavala, Visual Art Director

