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Obama promises \$38 billion to Israel

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The U.S. has promised \$38 billion to the state of Israel over the next 10 years, the largest sum that the U.S. has ever promised to any country in its history.

President Barack Obama and Prime Minister Benjamin Netanyahu met Wednesday, September 7 to finalize the deal between the two countries. The \$38 billion will amount to about \$3.8 billion a year. Much of the money

given to Israel is for defense against terrorist threats such as Hamas and Hezbollah.

Natanyahu initially argued for funds up to \$45 billion, but Obama refused to meet those requests, according to the New York Times. An agreement was also struck between the two parties saying that Israel would not seek more aid from the United States over the next decade unless both nations agree that it is necessary.

Israel is currently the country that receives the most aid from the U.S, with the other top four being, in order, Afghanistan, Egypt, Jordan, and Pakistan.

Daniel Bennett, professor of political science at John Brown University, says that the U.S. has best interests in supporting a strong, democratic nation in an unstable region.

“I think, in reality, the two countries know they need each other. People like to criticize Obama for reneging on Israel, for abandoning them, but really the support’s always been there. We’re selling them weapons, we’re giving them aid. It’s a mutually beneficial relationship,” Bennett said.

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Courtesy of THE STAR
U.S. President Obama and Prime Minister Benjamin Netanyahu met in September and signed the Memo of Understanding, making the aid package official.

Students document pipeline protest

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Three John Brown University students traveled to North Dakota to photograph, interview and interact with the Native American protestors of the Dakota Access Pipeline.

“It was refreshing to be in a community where people genuinely respect their roots and their traditions and have a sense of community beyond themselves,” Joshua Dover, one of the three students said. “Everyone has more on their minds than their own interests.”

Multiple Native American tribes have formed a non-violent protest on Native American land in North Dakota since April. The Standing Rock Sioux Tribe and other tribes protest against the pipeline because of the religious and historical significance of the land.

The pipeline will transport crude oil. Protestors fear the effects leaky oil may bring to the surrounding environment, specifically, the Missouri River.

Grace Nast, a senior photography student, first heard about the protest from former presidential candidate Bernie Sanders in one of his speeches.

Curious, Nast researched the topic in depth. She did not take action until later when she saw a picture of the protest on Instagram and decided she wanted to go. Nast contacted her friends, Ashlyn Bockstanz, a senior graphic design and illustrations student, and Dover, a senior graphic design student, who agreed with her to travel to

North Dakota.

Before leaving, Dover researched the situation, finding that tribes set up a camp near the construction area to slow progress and currently pursue a legal battle to bring construction to a close.

The students stayed in North Dakota from Thursday, September 20 through Saturday,

Cannon Ball, North Dakota. Although each tribe settled in their own section of the camp, Nast described the atmosphere as friendly and inviting, which allowed the three students to set up their own campsite with ease.

In the morning, they set about gathering stories from the people in the camp.

“We essentially just walked

camp, Dover discovered the main vision of protestors is the protection of the Missouri River from oil contamination.

He added that most preferred the title of “water protectors” rather than protestors.

Another crucial aspect of the land is the preservation of the historical and religious context. The Native Americans highly

at the campsite, they go through a traditional ceremony, followed by a session of prayer on the banks of the Missouri River in their native tongue.

The Standing Rock tribe’s traditions have been disrespected by upheaval of burial mounds in the hillside surrounding the camp where bones of the Indian ancestors are unearthed as the construction continues.

Despite all the destruction and frustration the pipeline construction brings, the tribes remain optimistic and friendly.

Nast and Bockstanz recalled setting up their tent on their first night, battling the wind, cold, and tiredness. One of the native women approached and welcomed them with a steaming pot of Iroquois corn soup.

Bockstanz said the North Dakota atmosphere should inspire the Christian community at the University.

“Where are we falling short as the body of Christ? These people come together and they really love and support each other just because they want to,” Bockstanz said.

“It makes me wonder how I can be supporting others or how I can be intentional with others.”

Nast thought the experience as served as a solid reminder to engage and respect important matters.

“Everyone is learning how we really should be treating each other as family basically,” Nast said. “As neighbors and relatives and getting back to our roots of what really matters.”

Each time a new tribe arrives



Submitted by GRACE NAST
University students Joshua Dover, Ashlyn Bockstanz and Grace Nast interacting with kids from the camp.

through most of the camp and try to cover different areas and meet different types of people and get different stories on why they were there,” Nast said.

Among the 400 tribes, the students came across hippies, rainbow gathers, environmentalists, and people described by Nast as “freeloaders,” there for food or experience.

From his interviews in the

Overdose rates rise, treatment denied

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In the United States 43,982 people die from overdosing each year – an average of 120 deaths per day – according to the UNODC. In spite of these statistics, there are 14,500 addiction treatment facilities in the United States.

Doctors affirm that current insurance barriers for those with addictions are adding to their risk of death, according to USA Today.

Across the country people are being denied the rehabilitation treatment they need due to their

health insurance policies.

According to the Baldwin Research Institute, the substance abuse rehabilitation programs are generally comprised of 80 percent outpatient treatment, 10 percent inpatient and 10 percent methadone clinics.

Since most of the treatment is outpatient, many insurance companies have a “fail first” policy, meaning that a patient has to first fail at attempting the outpatient treatment before being admitted to inpatient treatment.

“The problem with outpatient treatments is that there is no accountability, someone might come into the counseling session high and then be able to

just walk out,” Rhonda Hostler, John Brown University nurse, said.

In this system, patients have to relapse before they can receive the more effective inpatient treatment.

The second flaw in the system is that inpatient care is very expensive, so the insurance companies can only offer a short stay.

Hostler explained that many patients do not do well with short inpatient stays because theY quickly go back to some of the things that trigger their addiction and after going through detox they are even more susceptible to relapse.

“After they relapse the

likelihood of them failing another treatment program is very high. The situation is like a revolving door. It takes several times to get clean,” Hostler said.

The key is knowing the policies concerning drug and substance abuse that an insurance company has.

The University’s insurance regards substance abuse like any other illness, according to a representative from Academic Health Plans, which is the third-party provider of insurance at the University.

A representative of Health Smart, the direct insurance provider for the University’s health insurance, stated that 80 percent of the cost for any

substance abuse treatment for any student with their insurance would be covered. They also have no “fail first” policy, so students are free to choose to go into inpatient, rather than have to fail at outpatient care first.

Out of the 20 University students that were asked whether they were aware of their own insurance substance abuse policy all 20 of them said that they were not certain how much their insurance would cover, and whether they had an instituted “fail first” policy.

Alumni reflect on bombing

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Ahmad Khan Rahami, an Afghani native and American citizen, has been charged with attempted murder for the bomb that detonated on September 17, 2016, in Chelsea, a Manhattan, New York, neighborhood.

The bomb injured 29 people, damaged property and caused evacuation from surrounding buildings.

The explosion occurred from inside a construction dumpster outside of a local inn in the neighborhood. A second explosive device, a pressure cooker rigged with wires, was found hours later and disposed of appropriately.

Since then, New York Police have successfully arrested a suspect in connection with the bombings.

According to the New York Times, it is believed Rahami did not act alone. Police are investigating for more suspects at this time.

Haley Maguire, a 2016 John

Brown University alumna, was in New York at the time, less than 10 minutes away from the location of the explosion. Maguire said she was spending a relaxing evening in Madison Square Park, eating dinner and talking on the phone to her friend Sarah White, another university alumna. She suddenly heard a “loud boom” and felt a strong pulse shoot through the ground.

Both Maguire and White were startled by the noise, and Maguire searched her surroundings for any sign of its cause. The people around her seemed unperturbed by anything, so for a few minutes, Maguire thought everything seemed Ok.

After a few minutes, White heard a significant increase of sirens in the background through the phone.

“I started to get nervous and I remember I really wanted Haley to get inside,” White said. “I just pictured her alone in the street and I didn’t like the idea of

her being vulnerable.”

Unsure of what the noise was, Maguire “did what any good millennial would do” and began checking Twitter and other social media and news sites to discover the source of the noise.

In Memphis, Tennessee, White searched in the internet for any information, and found nothing. Slowly, notices were posted by the New York Police Department and the fire department online.

As police cars, fire trucks and ambulances rushed past in the direction of the explosion, Maguire made her way back to her apartment, figuring it best to walk in the opposite direction and away from the chaos.

Maguire and White talked on the phone until White knew Maguire was safe in her apartment.

Maguire said that New York life continues as usual without the tenseness associated with a disaster. She said she convered with a woman the



Submitted by Haley Maguire
Maguire graduated from the University in the spring of 2016 and moved to New York. She was in the city during a recent bomb attack.

day after the incident about the privileges Americans possess because they do not deal with explosive attacks every day. She is not afraid

to venture out into the city. “It’s one of the risks of living in a large city this day and age,” Maguire said.

Family donates brain for research on autism

SAMUEL

CROSS-MEREDITH

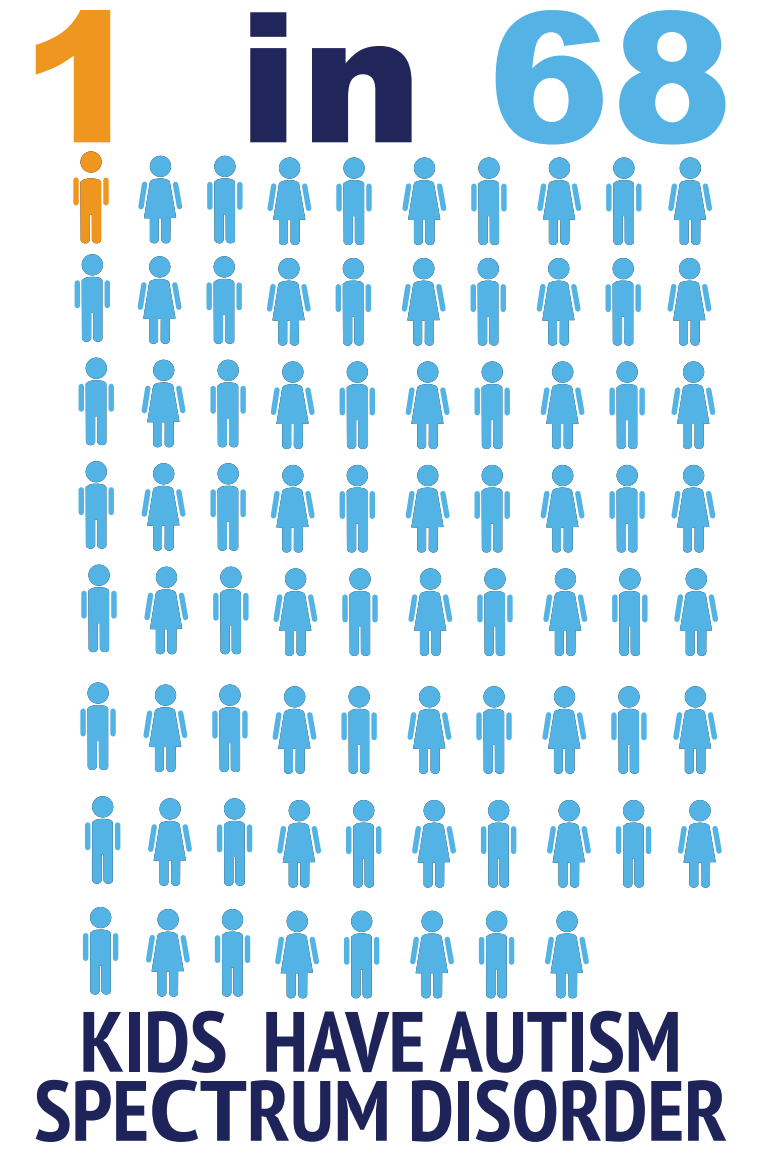
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An impossible choice was handed to Leslie Bolen after the death of her autistic son, Michael.

Michael was being treated for major seizures. When the doctors walked out of the room, protocol demanded that they ask whether or not his organs were to be donated. Leslie Bolen, in great pain, suggested a near alien idea.

“What about his brain? Epilepsy is the way he died, but autism is the way he lived,” she told CNN. Leslie and her husband decided to donate Michael’s brain to Autism BrainNet, an organization dedicated to studying the brain matter of deceased individuals with autism to improve the quality of life for those still living.

Michael had been diagnosed with severe autism at 19 months old, an autism severe enough as to render him nonverbal. Michael also had severe epilepsy, a diagnosis not uncommon among those with autism. Epilepsy affects around 20 to 30 percent of those with autism, according to the National Institute of Disorders and Stroke.



CHRISTIE NICHOLAS/TheThreefoldAdvocate

The idea of curing autism is far off. The wide spectrum of problems that come with autism spectrum disorder

rejects the idea of a cure-all. “It’s the cure that always gets the attention. However, this sort of research can sometimes provide meaningful therapies for patients, which greatly improve their lives,” Dr. Sanjay Gutpa, CNN’s chief medical correspondent, said.

“Identifying biomarkers or other clues associated with autism may give better insights into why it develops in the first place.” Gutpa also said.

Jake Stratman, head of humanities at John Brown university, teaches a gateway seminar on disability. “When I first started teaching this, I had people come to me and say ‘how dare you teach this.’ That didn’t reveal a lot about me, it revealed a lot about how we think about disability.”

Stratman is familiar with autism in its variety and its implications. However, he is more familiar with the people who have been diagnosed. “In my church and neighborhood, I have always grown up around people with physical and mental limitations. I had a diagnosis in high school that forced me to really think about my own limitations and how people treated me.”

“I think one of our problems is, because the dictionary gives us a one-sentence definition of disability, we think that’s what it means, but like anything in study, there are many

different ways of understanding it, many different ways of approaching it.” Stratman said.

Jonathan Himes, Professor of English at JBU, raises an autistic son. He says that his son, Logan, brings him great joy. “Logan has given joys with his severe autism that we could not have known otherwise.”

“Personally, I don’t understand how finding a cure would be at odds with the acceptance of this condition.” Himes said. “I will always love my son with all my heart, no matter what he is able to do or not; my love is not conditional upon his performance.”

“Yes, there are dreams of mine that have died over and over, when I realized that there are father/son things I missed out on, things other families enjoy that we will never experience. But now Logan is the person on earth who can say more to me with his eyes and his smile than anyone else.” Himes said.

“If autism research can make life for special needs families more safe and less sleep deprived, and if it can improve the quality of life for the children who suffer these symptoms, then who would dare object?” Himes added.

Experts claim social media aided race dialogue

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A recent study by the Pew Research Center states that social media is being used as a platform for discussion on race and racial inequality.

Social media has been credited by some with “propelling racially focused issues to greater national attention,” according to the Pew Research Center.

John Brown University students agreed that social media has increased discussions on race.

Becky Ramirez, president of MOSAIC, said, “I absolutely think that social media has played a part in increasing the amount of conversations about race between people who haven’t had to think about race throughout their lives-or who generally don’t want to.”

However, Ramirez said she sees the change on specific platforms. She said that

Facebook and Twitter “have become places where people gain awareness about issues – but mostly through the lens of their own opinion being validated by their friends.”

Sophomore Alicia Watt said, social media “has definitely made many aspects of race more obvious and public as compared to how it was maybe 20-30 years ago.”

She said, “We can now discuss race with anyone - politicians, celebrities, friends across the world, etc.”

She said, “I feel that people can put their words out there more which is making it seem more outspoken for many - especially people of color

Watt said there are several benefits to social media being used in these conversations.

“Those who have access to social media are able to use it as a way of amplifying their voice, it’s easier to hear united and collective opinions/ views on certain issues and the media can use it to share more

information with an incredibly large amount of people.”

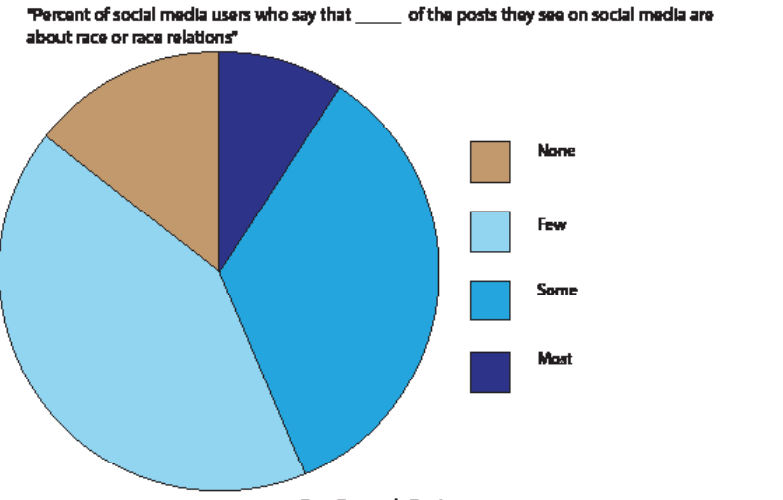
Ramirez agreed with this and said, “Some of the benefits are that a wide range of people can almost immediately be made aware of important issues, and different viewpoints can be heard. There are so many people who are becoming passionate about different social justice issues because of things they saw on facebook that inspired them to learn more. I think that’s huge.”

However, Watt also listed several drawbacks to the use of social media in these discussions. First she said, “Some of the emotion gets lost because it’s not a face-to-face conversation/interaction.”

Another potential drawback is that “Social media can skew some words and views,” and it’s sometimes “very biased towards those with systems and institutions on their side.”

The last drawback Watt said was “With conversations happening mostly on social

Race and Social Media



Pew Research Center

SARAH WHITE/TheThreefoldAdvocate

media, it can be hard for tangible actions to take place.”

Ramirez had expressed a similar sentiment and said, “Social media tends to provide methods for ‘making your opinion known’ that require the absolute minimal amount of commitment/communication with others so that users often

feel as though they have done their part if they just ‘like’ a post they agree with.”

She said, “This is a dangerous form of complacency that deters people from engaging in important, necessary, difficult conversations in real life.”

Students draw attention to PTSD

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In the wake veteran suicide due to post-traumatic stress disorder, a media sensation akin to the ALS ice bucket challenge has swept the nation. The 22 Pushup Challenge requires participants to do 22 pushups every day for 22 days in order to spread awareness of veteran suicide. Statistically, about 22 veterans commit suicide in the United States every day. Each day, the contributor takes a video of himself or herself doing the pushups, uploads the video on a social media site and challenges a friend to start the challenge as well. The idea is that one person will eventually challenge 22 more, and those people will in turn challenge their friends. “I was really persuaded to do it because I have a lot of family in the military,” said John Brown University sophomore Jonathan Keith. He was challenged by a friend in early September, and has been promoting the campaign by continuing to post pushup videos and challenging others to get involved as well. “I love our veterans, I love



KENZIE MEEKER/ TheThreefoldAdvocate

John Brown University Student Johnathan Keith does 22 push-ups a day to bring awareness to PTSD and suicide amongst veterans.

our nation and I’d love to support them because PTSD is a really serious thing,” he said. According to the United States Department of Veteran Affairs, about 8 million adults have PTSD in a given year. About 11-20 percent of veterans who served in Operation Iraqi Freedom and Operation Enduring Freedom have been diagnosed with PTSD. About 12 percent of Gulf War veterans have been diagnosed with PTSD, and about 15 percent of Vietnam War veterans were diagnosed with PTSD in their lifetime. Keith has experienced the effects of PTSD through his grandfather, a military veteran. “He was a super nice guy at first but after the war it kinda created a depression in his heart – a darkness,” Keith said. “He just didn’t seem happy ever.” Symptoms that accompany PTSD include nightmares, flashbacks and negative changes in beliefs and feelings. “The military is a very hard place to be,” Zoe Shafer, junior Biblical Studies major and founder of JBU’s Eagle Society

said. “I’ve seen what people in the military go through and they just really deserve our support because they have sacrificed a lot for our country.” Shafer grew up experiencing the challenges of military life, as her father is a chaplain for the U.S. Navy. She says that often, military troops are away from their families for months, sometimes years at a time, and sometimes even miss the birth of their children. “Show your support for them because they have given up a lot,” she said. Shafer actively participates in community events to support military veterans and help them readjust to life as a civilian. She is currently working on instituting a new CAUSE ministry on JBU’s campus, aimed at helping veterans within Siloam Springs and the surrounding communities. “We’re thinking of going and helping out the veteran’s home in Fayetteville,” she said. Last year she also helped organize Walmart’s Green Light a Vet campaign, during which the lights shining on the University clock tower were turned green “It was essentially shining a green light to show your support for veterans,” Shafer said. “It’s like green for hope.”

Sugar’s role in heart disease exposed

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The sugar industry has supported research that says the overconsumption of fats is the primary cause for heart disease. However, a new research analysis published in The Journal of The American Association Internal Medicine suggests that sugar is also a major cause for heart disease. Some people believe that all these years the sugar industry had been sponsoring research that made sugar’s role in the cause of heart disease unclear and even went as far as leaving the consumption of carbohydrates completely out of the research. According to the JAMA research, this information has caused a shift in the market since sugar, while still suspected to have an effect on heart disease, was not highly researched. The research reveals that many products reduced the amount of fat added to them but kept the sugar levels the same. Due to this, many of the foods and drinks we believe to be relatively healthy contain as much sugar as some of our favorite desserts. The 2015 CNN article “Sweet Comparisons: how much sugar is in that drink?” provides several examples including Arizona green tea, which contains the same amount of

sugar as 20 Hershey kisses, Lipton Lemon Iced Tea, which contains the same amount of sugar as 12 Hershey kisses, and a Naked Berry Blast Smoothie, contains the same amount of sugar as 8 Chips Ahoy chocolate chip cookies. Tropicana is another example of this whose 100% orange juice contains the same amount of sugar as 2 Krispy crème donuts. The constant consumption of these products puts college students at great risk of developing heart disease later on in life. Some, are not shocked or alarmed by the information of the new research. Johnathan Kohl, a sophomore engineering major, accepts that sugar is a part of his diet and is willing to let it take its course without much concern about possible heart disease in the future. “Honestly, this information does not affect my eating habits. I want to live my life and enjoy it” Kohl said. Many other students, however, are concerned about the possible consequences of unhealthy eating. “As college students you typically have an unhealthy lifestyle and a big part of that is the food and the drinks we consume with a lot of sugar and caffeine in them. These things provide short term energy but not the lasting sustenance our bodies need” Daniel George, a senior Christian ministry and formation major said. Many of the students agreed



CHRISTI NICHOLAS/ The Threefold Advocate

One can of Arizona Tea has the same amount of sugar as twenty-one chocolate kisses, according to the CNN article “Sweet Comparisons: how much sugar is in that drink?”

with George, that most of the choices that are easy for them to get are the unhealthiest ones and when they pull all-nighters, they usually pick up a Monster energy drink rather than a glass of water. Alexia Whitfield, a sophomore accounting major, and Pati Morales, a sophomore engineering major, both said that when they think of a healthy drink their first thought is either black or green tea. They however do not buy their tea from any beverage companies. “I make my own tea, using tea bags and just a bit of honey to sweeten it,” said Morales. This is a good way students can get away from sugary drinks, since buying tea bags and honey is relatively affordable. “Well, I try to watch how much

Save Mock Rock campaign reignites

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Mock Rock is John Brown University’s annual lip sync competition put on by Student Events and Activities. It is a heavily attended event, yet this year, as well as past years, it is in danger of not happening. University held auditions for Mock Rock on Tuesday October 4. However, according to a sign in front of the caf that says save mock rock, not enough groups signed up to currently have Mock Rock. Teague Broquard attended the auditions on October 4.

He said that he and his friends wanted to audition because they had done Mock Rock in high school and wanted to share the experience again in college. He said that he believes Mock Rock can be saved if enough students sign up. Broquard said that many people enjoy watching the event, but it is “ten-thousand times more fun to actually be in the event.” Suzanna Rosco also auditioned with a group of friends on Tuesday night. She said she auditioned because it is a fun thing to do with friends and it gives them a “good excuse to spend more time together.”



Photo by Daniel Madrid

John Brown University women’s rugby team performed in their first Mock Rock last year.

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Violence in Syria after failed cease-fire

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As the relationship between Russia and the U.S. worsens, Syria and its people continue to suffer in a war-torn environment. The blame game has been in full force after the end of Syria's short-lived ceasefire. The U.S. has been quick to blame Russia

for its abrupt end, pointing to the tragic bombing of a UN medical convoy, which destroyed supplies that would have helped thousands. Russia continues to deny any hand in the bombing.

Daniel Bennett, professor of political science at John Brown University, calls this a he said/she said argument that will continue between the two countries. "There needs

to be trust, a give and take relationship, and there isn't one here."

The U.S. offers support to moderate rebels who have been working towards toppling Syrian president Bashar al-Assad only adds tension to the situation.

Bennett sees little to no hope in another ceasefire working after this. "It really just boils down to each party having

an incentive to maintain a ceasefire and neither really do," he said.

The U.S. and Russia have different reasons for entering Syria. Russia's ties with Assad are the source to their interest in the country. Robert Moore, professor of history at John Brown University, highlighted this point.

"Russia has had a long term relationship with Assad. They've had a military base there for a long time, so they've been strategic partners. When Assad's government started teetering during the revolution, Russia came in and

offered military support."

When the U.S. was faced with the terror of ISIS in 2014, it entered itself in the conflict.

David Vila, professor of philosophy and religion at JBU, explained that both countries have problems with ISIS and want Syria to find peace and stability, but the answer to these problems is very different for each.

"The U.S. wants to go in there and over throw Assad and set up a republican democracy like we have in the West. Russia is not supportive of that. They see Assad as a legitimate claim to rule." Vila said. The U.S. previously asked Assad to step down from power, a request that he has thus far refused.

The Syrian Regime, Bennett said, "Will probably just drag it out until the rebels decide it's not worth it anymore and give up and flee to another country."

In the middle of this conflict, the people of Syria suffer the most.

Spencer Allen, professor at

King Fahd Center for Middle East at the University of Arkansas, sympathized with the Syrian civilians. "I don't know how they've survived in some of these places as long as they have, honestly. Half the country have left their homes."

Vila hopes that, for the sake of the people, Russia and the U.S. will be willing to compromise. "What it really comes down to, is the U.S. willing to give up its desire for imposing democracy and is Russia willing to give up supporting dictator of the region."

Moore said the only answer to ending the suffering in Syria is an immediate ceasefire. "It has to be meaningful so we can get relief in and some kind of stability so that people can rebuild their lives. The fighting has to end."

"At this time, we really need to be human about this and help. I can't imagine having to live there, I have no idea how one can survive there," said Allen.



Courtesy of ALISDARE HICKSON
Syria's continued conflict has sparked protests across the world.

Tensions grow between North and South Korea

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North Korea claimed to have successfully tested a nuclear warhead with the capability of being mounted on ballistic rockets, on September 10. While there is no definite way of verifying this, if the success they claim is true, Pyong Yang would have to be considered a nuclear state; leaders from Japan, South Korea and the United States bluntly oppose the recognition of North Korea as such.

North Korea's democratic and capitalist counterpart, South Korea, is left to witness a nation's defiance from the other side of the 38th parallel. While South Korea has always been fearful of their ideological adversary, this threat awakens a new disquietude for their nation's safety. The South Korean military, with cooperation of the United States military, began planning a simulated missile defense drill for next month in hopes that it will promote

preparedness in case of hostile actions by North Korea.

Ted Song, professor of engineering at John Brown University and former soldier in the South Korean military, is not surprised by North Korea's

attempt to test weaponry. It has been going on for years. "If you think from their perspective and compare yourself to a bigger country like the U. S., how do you become a threat? If you have some

powerful weapons then you can have a voice," said Song.

Song says that it has been a longtime goal for North Korea to have a powerful weapons arsenal to not only seem like a threat to rival countries but also to keep power in North Korea. "They have to show that they are strong and that they have strong leadership and constantly have some showmanship," said Song.

Evaluating the situation between North and South Korea reveals a tedious game and North Korea's pawns are all based on fear.

The real questions, however, are whether North Korea would ever use the weapons they so often test and whether South Korea is prepared for such a scenario. "Many south Koreans are very used to this," said Song, referring to North Korea's weapons testing. According to Song, it is mostly the older generation of South Koreans that still have the memories of the Korean War as ardent reminders of what could happen.

The military has been very careful when planning missile drills, which are concise and well executed. "When you

are in the military you are always ready for the worst case scenario as unlikely as it may be" stated Song.

Many other students who, like Song, call South Korea their home, had similar opinions regarding the issue.

Becky Yoon, a sophomore psychology mayor, said that while the threats from North Korea are not taken very seriously, the military of South Korea has diligently kept the border protected with maximum security, Yoon said that the 38th parallel, the demilitarized zone between North and South Korea is heavily guarded and military personnel are always present.

Suzie Lee, a freshman graphic design major, also believes that the military is prepared for any possible aggressions from North Korea, but takes into consideration that the citizens are not. "Those [the missile drills] are only for military not for the general people. We don't know anything like drills. For us it would be very scary," said Lee.

Russian economy declines in face of sanctions

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Russia's economy is currently declining due to the decrease in oil prices and increase in sanctions.

Moscow, Russia's capital, has become so dependent on energy sales that for each dollar the price of oil falls, Russia loses approximately \$2 billion in potential sales, according to Time, a national and world news platform.

According to Randall Waldron, professor of economics and international business, Russia's problem is structural.

"U.S based companies and other multi-nationals have tried to do business in Russia. Wal-Mart tried. They bailed out of the market. They found that they simply couldn't work there because of corruption and market structure problems. So until Russia gets serious about addressing some of these issues there is probably not a lot of potential," Waldron said.

In February 2014, unidentified gunmen took over several government buildings in Crimea, formerly a Ukrainian territory. Vladimir Putin, the president of the Russian Federation, officially

annexed Crimea a few weeks after the gunmen, who were Russian, invaded the peninsular. Leaders from the U.S. and other western countries criticized Russia's actions by placing sanctions on Russia.

Benjamin Goossen, sophomore graphic design major, lived in neighboring Kyrgyzstan. He stated that the solution to Russia's problems might be to get a new president. "I feel like Putin is not a good

leader for the country and he doesn't necessarily have the country's best interest in mind. He wants power and he wants control," Goossen said.

As a result of economic decline, Russia's level of expenditure has increased, creating a large deficit in the country's budget. Russia now mainly depends on its reserve fund for survival.

Russia had \$87 billion in its reserve fund at the start of 2014,

but with the country's current rate of spending, the reserve fund may run out around 2017, according to Reuters, an international news agency.

The ruble, Russia's unit of currency, lost 40 percent of its value in 2014 and by December 2015, it was 20 percent down compared to 2014, according to U.S. News.

KayLynn Havens, freshman nursing major, grew up in Krasnodar, a city in Russia, and

was affected by the declining value of the ruble. When Havens was in high school, she and her classmates were fundraising for a senior trip but because of the country's economic inflation, they were not very successful.

"We had to actually pay a lot of money out of pocket because we didn't make enough money from the fundraisers," Havens said.

Russia increased its interest rates from 10.5 percent to 17 percent to encourage people to keep their money in rubles.

This lasted only for a few hours, as the ruble continued to lose its value. It went down 19 percent in only 24 hours, according to Bloomberg, a global news source.

Abby Acker, junior engineering major, grew up in Kazakhstan, which is south of Russia. She believes that Russia needs more consistent development.

"There are ways for rich people to make money but there's not really ways for people who are in poverty to get out of that. There aren't a lot of jobs that you would find middle class people having," Acker said.

Russia continues to strive for economic growth in the midst of commercial setbacks.

Obama denounces Trump for conduct

GRACE BASS
Staff Writer
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President Obama took shots at Donald Trump at a rally in Philadelphia, speaking on behalf of Hillary Clinton. Obama tends to keep personal attacks out of his speeches, not directly referencing a candidate, but this time he let the audience know what exactly his opinion of Trump is. Obama used his speech to defend presidential candidate

Hillary Clinton after he believed her to being “held to unfair standards during an uncommonly wild presidential campaign” according to the New York Times. Obama urged voters to go out from their homes and to vote for the person that has done so much, not the “shiny new thing,” he said referencing Trump. Obama’s defense came after Clinton had come down with pneumonia and had to pause her campaign trail to rest and rehabilitate. He compared Clinton’s dedicated

campaign with what he called a “reality show,” referring to the campaign Trump was leading. He went on to criticize Trump’s business skills, as well as his praise of Russian President Vladimir Putin. Obama alluded that Putin is a role model to Trump for what a president should look like. Obama accused Trump of showing no concern for the working class, as Trump claims to, and brought up the hot topic of Trump’s tax returns, which have yet to be revealed. John Brown university students responded to Obama’s condemnation of Trump. Sophomore psychology major Addie Adel isn’t shocked to hear what Obama had to say of Trump. “I don’t think exactly Hillary or Trump are winning popularity contests at this point and it doesn’t surprise me that Obama is endorsing somebody that is in his party.” Adel’s only surprise is that it hadn’t come up sooner. “Trump’s not a likable character anyway. I think it’s actually taken a while for Obama to say something about it.” Senior history major Elissa Branum sees Obama’s speech as



President Obama decries Trump for his attacks during a recent speech. being too influential in his role. “He currently has a lot of power and he could be using that to sway the vote,” Said Branum. Branum understands where Obama is coming from, but doesn’t agree with the president’s approach. “It kinda seems inappropriate for the current president to take a stance on the upcoming election, just because it seems like something he shouldn’t be getting involved in. I don’t think its appropriate for him as the president to do it, but I don’t disagree with his position as a person.”



Trump attacked Hillary Clinton after her sickness. PUBLIC DOMAIN

OBAMA PROMISES

cont. from page 1

According to Bennett, Israel is a stabilizing factor in an unstable region, and Israel has the benefit of having the US as an ally. “From the United States’ position, it’s important to have a stable democratic country in the Middle East, where we can have military presence if we need to. From a geopolitical stand point, it helps to have a stabilizing factor in the region. For Israel, it helps to have a friend in the United States when you’re surrounded by people who really don’t care for your existence.” Bennett said.

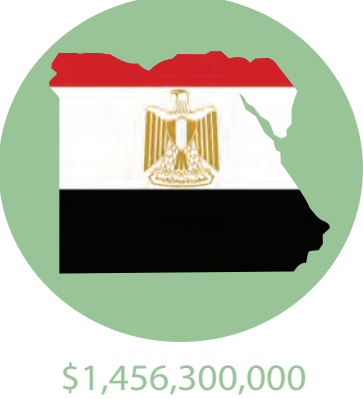
Bennett also addressed the amount of aid given to other Middle Eastern countries such as Pakistan and Jordan; “From the US’s perspective, it may be trying to stabilize a region that’s been traditionally unstable over the years. If we’re thinking about it from a strictly self-interested perspective, and I think that’s most

“There is a strong desire to support the only liberal democracy in the region, with the desire that democratic ideals will spread.”
- David Vila

of foreign policy, it’s about keeping people we like in power, and people we don’t like out of power.” David Vila, professor of philosophy and religion, who spends most every summer in the Middle East says that other Middle Eastern countries see the US as supporting an enemy. “Putting it bluntly, most

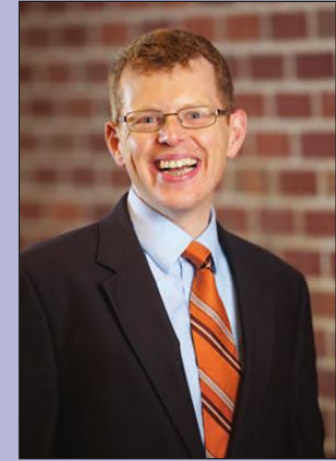
Middle Eastern countries feel that the US and Israel are allied against them,” Vila said. “I’ve met many, many people from Turkey to Egypt and most countries in between. Most people over there feel like the US government is a puppet of the Israeli interest groups and that they can’t get a fair hearing,” Vila said.

Though these countries feel as though the US is against them by supporting Israel; Vila says that the US and other countries have legitimate interests in supporting Israel. “The interests the US has in the Middle East are legitimate, and other countries see this as well. Israel receives millions of dollars in aid from private foundations and other countries around the world.” “There is a strong desire to support the only liberal democracy in the region, with the hope that democratic ideals will spread,” Vila said.



These countries recieve the most aid from the United States. CHRISTIE NICHOLAS/TheThreefolddAdvocate

Midnight Musings: Where the news is fresh and the coffee is decaf



JAY BRUCE
Contributor

If you can’t hug Doug, what can you hug? Our community recently received an advisory about wild animals on campus. Though he wasn’t mentioned by name, the message was clear: Don’t touch Doug. For those not in the know, Doug is a deer. A cute one, really. I’m not on Facebook, but I’ve been told by a faculty member that Doug the Deer has many friends. Apparently, we should keep our friendship with him virtual. Of course, it’s not just about Doug. To borrow from George Orwell’s Animal Farm, all wild animals are dangerous, but some wild animals are more dangerous than others. Bears? Avoid them. Panthers? Ditto. The saltwater crocodile is—as Lofty Wiseman warns in his famous survival guide—“an infamous man-eater.”



J. Alvin in the aftermath of the proposed farming system.

Avoid gators and crocs at all costs: Lose a friend, but save your life. Having read this warning, you may never wander near Sager Creek again. Back to Doug: The Arkansas Game and Fish Commission answered my questions about the legality of touching deer. If you can shoot deer in Arkansas, can you touch ’em, too? Newsflash: It’s legal to touch them; it’s just very foolish. So don’t. For the record, I’ve never touched Doug, and I have no plans of doing so. But some students may have had tactile relations with Doug (I’ll neither confirm nor deny this), and we need to offer them a safe and healthy alternative. What’s the solution to student fascination with wild animals? Let them work with domesticated ones! Here’s a modest proposal: By 2019, the hundred anniversary of our venerable institution, we should make JBU’s Siloam Springs campus an animal farm again. It’s already an animal farm in other ways, after all. With the appropriate caveats, check the city ordinances, know the county regulations, the person I spoke to at the Arkansas Agriculture Department was surprisingly supportive of my hopes for JBU. One in six jobs in Arkansas relate to agriculture, he said, and though you don’t have to know which end is up to do logistics for a major chicken company in this state, it can’t hurt. If we start with less than 200 chickens, we can sell the eggs as “country eggs.” There are added benefits: “Chickens act like a lawnmower” if we house them in portable coops. We can also raise pigs, cattle, and goats for our own consumption, and produce our own raw milk. Students will learn the value of hard work and the importance of biosecurity—and everyone can get involved. Engineering and construction management students can design and build the coops. Family and Human Services can offer a class in animal husbandry. Missionary kids know what to do with the goats. And if people get hurt, we now have nursing students. And I’m not shirking my own responsibility: If we can get cattle on campus, I’ll gladly teach the philosophy of cattle raising. We talk about head, heart, and hand here at JBU, but we’ve been told, in a roundabout way, to keep our hands off Doug. That’s fine. It’s good advice. But what about bottle feeding a calf in springtime, or checking on the chickens late at night? There’s great dignity and value in working with your hands, and JBU has a great opportunity to train students to do just that, both on and off the farm.

Bruce is an associate professor of philosophy at John Brown University. He can be reached at JBruce@jbu.edu

Prioritize equality for all
Airbnb commits to anti-discrimination

After receiving longstanding complaints of racial profiling, Airbnb published a report on September 8 outlining its plans to tackle discrimination.

The short-term home-rental company has been under fire ever since researchers from Harvard Business School found last year that people with names that sound African-American are 16 percent less likely to get a positive response to an Airbnb room request than people with white-sounding names, according to MIT Technology Review.

The recent anti-discrimination policy changes that Airbnb announced include training all staff on anti-bias and requiring that hosts agree to the company’s non-discrimination policy.

We The Threefold believe that this is a step in the right direction, but we believe more can be done.

Ben Edelman, the author of the Harvard Business School report, suggested that removing users’ names and profile pictures would negate discrimination. “Names and photos are not necessary for guests and hosts to do business. If guests and hosts don’t see names and photos in advance, they simply won’t be able to discriminate on that basis,” Edelman said.

We The Threefold support and celebrate diversity. We believe that Airbnb’s new strategy presents necessary reform, but we also believe that they can employ more anti-discrimination strategies than they currently propose.

We also believe that hiding users’ pictures and names is not the answer. It does not foster meaningful community, it is not honest and those who discriminated will not be swayed from their views simply because they cannot see the renting party’s photograph. Discrimination would not cease under this amendment; it would simply be postponed until after the transaction occurs.

We The Threefold believe that Airbnb should not remove users’ pictures and names. Rather, they should personalize profiles more by asking guests to add other, possibly more significant, details such as personal interests or the reason for their trip. This would allow hosts and guests to relate to one another, to understand one another and to make decisions based on each other’s interests and not the color of their skin.

We believe that Airbnb should place more emphasis on user reviews and ratings they’ve received so that individuals can be informed about prospective hosts and guests from other people’s perspectives.

We believe that Airbnb should consider making online anti-bias training mandatory for every person who applies to host to give them a clear understanding of the issue before they act on any misconceptions.

We believe that hosts have the right to reject or accommodate whomever they choose, but they should be held responsible for and penalized for discrimination. We also believe that Airbnb, as an involved party, cannot absolve themselves from discrimination disputes.

If Airbnb is truly a community marketplace like it claims on its website, then it needs to seriously and genuinely commit to creating and enacting anti-discrimination policies.

Know your bank account
Learn from Wells Fargo fraud

Earlier this month, it was discovered that Wells Fargo employees opened nearly two million checking and credit accounts without the permission or knowledge of their customers.

According to National Public Radio, Wells Fargo was fined \$185 million for this scandal. They also stated that the bank is trying to “make restitution.” However, this will be difficult since it is hard to tell exactly how much it affected the customers.

Most people believe it had a negative effect on people’s credit scores because all credit cards opened in your name will be noted in a credit score. The credit score will also be negatively affected if this is a card that has a yearly fee and the consumer does not pay the fee because they are unaware of the existence of the card Chi Chi Wu, attorney at the National Consumer Law Center, told NPR.

In light of these recent events, we The Threefold Advocate ask students to do three things.

First do business with a bank you can trust. Look at customer reviews and see if they are a place that you would be willing to do business with.

However, this situation has proven that sometimes the reputation of a corporation is not enough. In this case, Wells Fargo was a bank that had respect. They had avoided many scandals that affected other banks since the recession.

Therefore, we The Threefold Advocate urge students to stay up to date with all of their accounts. Look for unusual activity on your account. This will not only make sure that your bank is doing the right thing, but allow you to see if someone else has accessed your account.

Finally students should check their credit scores to make sure no one is making fraudulent accounts in their name.

We understand that some students may find it unimportant to check their credit scores since it does not affect them right now. However, We The Threefold know this will affect you soon after graduation, and it would be better to handle it now than in the future.



BECKY RAMIREZ/The Threefold Advocate

Racial inequality exists



Celeste Lindsey
CONTRIBUTOR

The U.S. is often described as the Melting Pot of the world — people from every continent, country and nation call America their home. People of all races are treated equally in America. After all, we are “one Nation, under God, indivisible, with liberty and justice for all.” Except... we’re not. We are clearly divided, especially racially. The justice system is skewed in favor of those with white skin, while those without are constantly being given the short end of the stick. Most unfortunately, as a nation we have fallen away from God, and no longer strive to treat each other as precious, divinely created beings.

Contrary to popular belief, racism is still alive and well. It never ended after the Civil Rights movement — we’ve just swept it under a rug. Sometimes racism is painfully obvious, as in the case of almost every white-cop-black-man incident. Other times, it’s super subtle

— like naming a sports team “Redskins.” Minorities are constantly in a battle against racism. In spite of this, their pain is often ignored or outright denied.

Colorblindness is a common stance taken by the white majority — both by those with good intentions, and by those who refuse to care. As contradictory as it may sound, “not seeing race” is a harmful mindset. By refusing to notice the color of minorities’ skin, the importance of the struggles they face because of their skin is diminished. For example, African Americans being told by white Americans not to get upset about the recent shootings because “that was just a bad cop! I’m scared of police too! Just show ‘em some respect and you’ll be fine,” is an example of belittling race-based issues by completely removing race from the picture. If the only response to every act of racial discrimination is, “Oh, I don’t see race,” or, “We should all just get along,” then nothing will ever be done to face these very real and very harmful issues ravaging our society.

I recently read an article by a JBU student who, in a frustrated and sarcastic tone, wrote that “all lives matter” because she, as a white woman, was not in a position of racial privilege because of her life struggles. “All Lives Matter” is the ultimate example of colorblindness. It was created in a direct response to the Black Lives Matter movement, claiming that BLM is a hate

group, and does not care about any other race’s welfare. But where was “all lives matter” when the Syrian refugees needed help? Where was “all lives matter” when the Dakota Access Pipeline was proposed? The ironic thing about the two movements is that while BLM’s focus is to fight for the reconciliation between whites and minorities, ALM’s focus is to flat-out deny that racial inequality exists, and bashes minorities (especially blacks) for speaking out against the racial privilege that white people have.

So how should a white JBU student respond to all of this? First and foremost, please understand that white privilege is not a completely bad thing! “White privilege” does not mean that white people have magical, rich, perfect lives — which is what the JBU student failed to understand. Rather, it means that white people receive more respect in America and can enlighten others on racial injustice and make them do something about it. White people have the power to change America for the better. Secondly, listen to your minority friends. It’s frustrating not having a voice in society—being ignored and ridiculed. Be there for them, and let them know you genuinely care.

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A need for connectedness



Jed Warren
CONTRIBUTOR

I wrote an article earlier this semester about why athletes at John Brown University deserve more support than they currently get. I made an effort to tie in unity of the school and to help bring all of us together. However, I must admit that when I wrote the article, unity was not my main focus. The majority of my friends here on campus are athletes and I thought it would be great if I used my voice to help my friends. However, after seeing the responses my article generated, not only from athletes or other current students but also coaches and graduates from JBU, I can see where I struck the tip of a much deeper issue.

Our school is very diverse. Although JBU is a small Christian school in Northwest Arkansas, it represents a

multiplicity of different backgrounds, upbringings and ethnicities. Our students have very different personalities, areas of study and interests. There are students of many age groups, from undergraduate freshmen to middle aged non-traditional students. We also represent 40 states and 37 countries, all in around 2,500 students.

JBU faces some challenges because of its diversity. Many faces in our JBU family struggle to fit in, to find their niche, to feel like a part of the community. As a result, I think many struggle to enjoy the college experience here because they spend the whole time convincing themselves they are worthy of belonging.

As I noticed this in some of the responses I saw and the conversations I had following my original article, it broke my heart to see the divide. I know from experience that the culture here can feel judgmental and suffocating at times. Personally, my struggle with fitting in just translated to taking more time to find friends who thought like me. There wasn’t much pain for me when it came to this.

When I saw other responses though, I could see that this had been a real problem. Our disconnect as a student body is something that really hurt others. Not fitting in at JBU caused them real grief and

stress. I had been blind to how deep the problem went for some people.

I am not going to pretend I know how to fix it or that I really know the cause of it. I do partially believe this illusion of a perfect community causes some people to overlook the good aspects of the community we do have. I also think sometimes as students we forget that the JBU community isn’t what they talk about in chapel, or what the school promotes on loop on the TVs. The community here is us. Whether a student feels like it or not, he or she is, by definition, a part of the community.

We need to realize we are a family. God brought us all here for a reason, why not make an effort to enjoy chapel, open dorm and doing life together while we’re here?

As I said before, going to the games and supporting the athletes is a great place to start! “Every journey begins with a single step.” We have a long way to go, and there are many things that need improvement, but maybe starting by supporting the athletic teams can bring a new wave of support all across our university.

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The Threefold Advocate

advocate.jbu.edu

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October 6, 2016
The Threefold Advocate

Build strong friendships in college



Dr. Gary Oliver
CONTRIBUTOR

In Shakespeare’s play Hamlet one of his characters named Polonius offers advice to his son Laertes such as “know your friends and choose them wisely.” This fall we have over 400 freshman students at JBU. Most of you who are freshmen don’t know each other and are experiencing the joy -- and for some the trauma -- of making new friends. For those of you who are returning upperclassmen, there are hundreds of potentially new friends you can make. For many years researchers

have found that having friends can be a matter of life and death. In the Alameda County Project on Relationships, 7,000 people were followed for over nine years. The researchers found that the most isolated (read friendless) people were three times more likely to die than those with healthy relationships. They found that

in real (as opposed to virtual) social networks make people less susceptible to illnesses, including the common cold, high blood pressure, obesity and mental disorders. Participation in friendships and groups enhances resilience in times of stress, curtails memory loss in the elderly, and enables us to cope better with

learn how to make friends? Being a good friend isn’t that hard. A simple starting place involves being genuine, trustworthy and real. What does it mean to be real? One of my favorite explanations of “real” comes from Marjory Williams in her wonderful book, The Velvetten Rabbit. “Real isn’t how you are made,’ said the Skin Horse. ‘It’s a thing that happens to you. When a child loves you for a long, long time, not just to play with, but REALLY loves you, then you become Real.’ ‘Does it hurt?’ asked the Rabbit. ‘Sometimes,’ said the Skin Horse, for he was always truthful. ‘When you are Real you don’t mind being hurt.’ ‘Does it happen all at once, like being wound up,’ he asked, ‘or bit by bit?’ ‘It doesn’t happen all at once,’ said the Skin Horse. ‘You become. It takes a long time. That’s why it doesn’t happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in

the joints and very shabby. But these things don’t matter at all, because once you are Real you can’t be ugly, except to people who don’t understand.” One of the most important things you’ll take away from your years here at JBU will be the friends that you made and the relationships you learned how to cultivate. The simple fact is that your friendships and relationship skills will impact your happiness, health and success for the rest of your life. Some of your most precious and treasured memories will involve the times spent with friends. May this new school year be a year of stronger, healthier and happier friendship for each of you as you enjoy your present and invest in your future.

“One of the most important things you’ll take away from your years here at JBU will be the friends that you made...”

people with poor health habits but good relationships lived longer than those with good health habits but were isolated or had poor relationships. This caused one person to suggest that it’s better to eat Twinkies with friends than artichoke hearts alone. A cover story in Scientific American Mind (September/October 2009) documents the importance of involvements in social groups. Memberships

prejudice or disappointment. The bottom line is that friendships matter. They matter a lot. Unfortunately, making friends can be difficult, discouraging and scary. Why? For some it’s the fear of looking foolish, feeling awkward or being rejected. Also, there are many people who just don’t know how to make friends. They haven’t had any models. Think about it. Where did you

Oliver is the director of the Center for Healthy Relationships. He can be reached at GOliver@jbu.edu.

How my ADHD experience matters



Katie Arnold
CONTRIBUTOR

When I was diagnosed with attention deficit disorder the summer before fifth grade, I felt like I was separated from the other kids in my class. I felt alone and was frustrated with myself and the struggles I faced. I was put on medication. I dealt with anger management issues, struggled with social situations and tension in relationships because of misunderstandings. While ADD does not define who I am, it is definitely a part of my identity. I have had to change the way I live my life because of it. Attention deficit hyperactivity disorder is not

even recognized as a learning disability. Often ADD and ADHD are not treated as a struggle when compared to other mental health or learning disabilities, even though ADD can be a trigger disorder for other disorders or problems. Because I have ADD, I have a higher risk of drug and alcohol abuse issues, as well as a higher risk of serious depression and anxiety. There is no set program or definite help for students with ADD or ADHD. If teachers and schools would help out more, recognizing the signs and working with the student at an early age, perhaps students’ academic levels would increase because of that nurturing. John Brown University attempts to help students that struggle through its Student Support Services, which is offered to students like myself. The professors here at JBU are wonderful and eager to help, but, in reality, how many teachers teach in a way that helps students learn in all kinds of ways? What if we had a way to all but retire Student Support Services? If programs were implemented at a young age to help those with ADD and ADHD as well as other learning

disabilities, there wouldn’t be such a separation between students who do well in school and students who are a little behind because of something they can’t help. ADHD is real, not just an excuse people use to take longer on a test. According to a study conducted at the University of Michigan, from 2003 to 2011 there was a 42 percent increase in ADHD

cases diagnosed in the United States. These numbers should be shared and the word spread. I have had the opportunity more recently in my college career to speak out about ADD. I have been able to be vulnerable with those in the JBU community, to teach others dealing with this disorder to love themselves and appreciate how God has made them

special. You may not think so, but I believe my ADD has a lot of value. I have been able to push myself out of comfort zones and understand myself more because of my experiences and what I deal with every day. God calls us to love others but He also calls us to love ourselves. We are beautiful in His eyes, regardless of how the world looks at us. God has taught me patience and guidance through my experiences, and a love for myself and an understanding about the issues that I’ve faced. Hopefully, me sharing my story will make a difference in the way JBU students view those with learning disabilities, whether they are registered as such or not. Love is what holds us together as the body of Christ. Show love, and don’t let what brings you down identify you. Your experiences have value. They do not define you, but rather give you strength. Let God use that.



CHRISTIE NICHOLAS /The Threefold Advocate

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Diversity key to a healthy community



Erika Regier
CONTRIBUTOR

Community. Everyone on campus has heard this word so many times it doesn’t even sound like a word anymore. Merriam-Webster defines community as “a group of people who live in the same area” or “a group of people who have the same interests, religion, race, etc.” There is obviously a JBU community, as many of us share

the same religious ideology and live in fairly close quarters. However, we have a large community around us that seemingly few of us really engage in. Siloam Springs is a town of 16,000 people, which surrounds our campus. Many of our professors live in town, and many of us venture out to get groceries, avoid the cafeteria, sit in a church service and make midnight runs to Waffle House. Although we are in the community, how often are we really engaging? So often when we venture off campus, we do so with our group of other JBU students around us. We go to church and sit with our friends, taking little notice of other people. We go to Pour Jons, put in our headphones and invest ourselves in our homework, ignoring the person working behind the counter. For a campus that speaks so highly of community, we’ve done a pretty good job of ignoring the one God has given us.

When we talk so much about community, we need to remember to look at one of the first examples we are given. The early church did an excellent job of living together in community. Luke tells us how they were living in the book of Acts, recording that “They worshipped together at the Temple each day, met in homes for the Lord’s Supper, and shared their meals with great joy and generosity – all the while praising God and enjoying the goodwill of all the people. And each day the Lord added to their fellowship those

not just men. It was not just people in college. It was people of all ages and all occupations doing life together. They were men, women, children, doctors, preachers, carpenters, merchants, housewives, etc. They only had such a beautiful community because there was diversity among them in all things. I’m not saying that we don’t experience community on campus. We certainly do. However, I am challenging all of us to engage in the greater Siloam community so that the people

us regularly attend church on Sunday mornings. Rather than sitting with other JBU students, sit with a family you have never met before. Talk to them and get to know them. Love them the way God would love them. Additionally, there is a group of ministries on campus called CAUSE Ministries. Each of these ministries takes time to go out into the greater Siloam community and connect with the people around us. With 17 different CAUSE Ministries, I can guarantee there will be one you want to be involved in. There are so many opportunities for us to be involved throughout the Siloam Springs community. All we have to do is step out and take them.

“We have a large community around us that seemingly few of us really engage in.”

who were being saved” (Acts 2:46-47 NLT). The important thing to remember is that the early church was not comprised of a single demographic. It was

of this town may experience community in the way God intended. As college students, there are several ways we can do this. For instance, many of

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

Students pursue debt-free college

By Rachel Musiime

College is an adventure that comes with a high price to pay, but the experience and knowledge attained make it worthwhile.

Bailee Boehmer, freshman graphic design major, talked to many adults about college when she was a senior in high school. They advised her not to take any loans for college, because it was one of their biggest regrets.

Boehmer took their advice and worked 50 hours a week during the summer so that she could save money to pay for room and board on campus.

“It was not an ideal summer, and I wanted to quit, but the benefits of living on campus and graduating loan-free spurred me on. I will again cross this bridge next summer,” Boehmer said.

According to a survey published in The Huffington Post, seven out of 10 students plan to avoid using a car, rent textbooks or work longer hours in efforts to economize college costs.

Michael Bennett, senior business administration and management major, refused to take any loans and is currently working two jobs while commuting from Fayetteville, Arkansas in order to maintain low costs.



KENZIE MEEKER /TheThreefoldAdvocate

Bennett worked at a bakery and deli in a grocery store in Fayetteville, Arkansas, often training new employees.

He then moved to the grocery department and worked as a closing cashier, which meant he had to work until 1 a.m. In his sophomore year, he was promoted to closing manager and continued to work at night.

During the weekends, Bennett worked at Farmland Adventures in Springdale, Arkansas. He enjoyed the convenience with this job because it gave him the flexibility to work as early as 8 a.m. and as late as 10 p.m. or midnight.

“In the fall semesters, I worked about 40 hours a week between my two jobs

in addition to taking 16 to 18 hours of classes. It left little time for anything else. However, I look forward to graduating debt-free,” Bennett said.

Bennet still works at both places, but doesn’t work as late at the grocery store as he used to. His hours at Farmland are still the same.

“The hardest part about paying my own way through

college without borrowing money is honestly not getting to live on campus or experiencing the ‘college life.’ I have always commuted, so it has been significantly harder to get plugged in and feel a part of the JBU community,” Bennett said.

The majority of 2015 graduates took out loans to finance college costs, borrowing \$29,411 on average, according to US News.

Schools provide need-based scholarships and grants to students, which provide a way for them to attend college at a more affordable rate.

When Boehmer was a senior in high school, she filled out several scholarship applications, but only federal and institutional scholarships came through.

“I did not receive any outside or local scholarships despite my many late nights and hours put into the process,” Boehmer said.

Boehmer is currently paying most of her tuition using financial aid from the state of Arkansas and the University. She encourages her fellow students to work hard and attend college debt-free.

“Find any way you can to keep yourself from debt. If that means filling out scholarship applications, getting a job, or even switching colleges or living situations, do it,” Boehmer said.

Professor shares medieval passion

By Joshua Winter

Psychology Professor David Johnson is something of a Renaissance man. That is, a man who is interested in the Renaissance and the Middle Ages.

Johnson is a proud member of the Society of Creative Anachronism, a medieval recreation group that is dedicated to learning the arts and practices of the ancient world.

SCA isn’t your typical renaissance festival group, as one can tell from visiting Johnson’s office, where parchment scrolls of handcrafted calligraphy hung on the same walls as collegiate degrees.

The organization’s main focus is on researching, learning and ultimately recreating the skills people would have learned back in the middle ages, which is usually defined by the organization as anything before the 17th century. The SCA prides itself in being not just a renaissance festival group or a medieval reenactment organization, but instead a group for living history.

“We do use the term anachronism because we’re a little bit different than what you might call reenactors, like the Civil War folks, Johnson said.

“Their overall desire is to have things exactly the way

they were, and they also reenact specific battles. We do recreation, so we do the things they might have done in the middle ages, but we’re not really recreating any particular battles.”

SCA offers opportunities for people to learn a variety of skills that would have been taught in the middle ages, including learning weaponry, woodworking and hat making.

“Probably the thing I do, for the most part, is missile weapons. So I do archery, and throw axes and knives and spears,” Johnson said.

Johnson is also interested in medicinal history. “Medicine is another interest of mine. Research is sort of my thing, so what I really like doing is when I find something really interesting in a medieval document, where they say to use this [medicine] for all of these disorders.” Johnson also said he likes to “go into modern research to see if it held any water. And amazingly, a lot of times they were onto things,” Johnson said.

Nearly every weekend, SCA’s various kingdoms hold events of all kinds, all over the nation.

These events range from simple gatherings to large-scale ‘wars,’ where two kingdoms will get together to stage battles with one another.

“I believe that my most

medieval experience was the archery shoot from the Viking boat, Johnson said.

“After reading about Vikings (and of course watching the TV show!) it was an exhilarating experience to row [an] old, heavy, Viking boat with my fellow archers and then shoot at targets on land from the boat. Rowing back to the dock, we all had grins on our faces that I will never forget.

Johnson said this was the first time they had done this and it has become a yearly event at Lilies War.

Another notable thing about the organization is that every member has a registered name and device, which is another name for a coat of arms.

A person’s device is unique, and sometimes they can be rejected by the SCA for being too similar to somebody else’s.

“Heraldry is a very odd skill. They basically have a very limited vocabulary, in a sense. Everything is very specific in terms of what this device is made up of.

So, I actually have what’s called the blazon, which is written in words what’s on there. So my device is per chevron argent in vert, white



KARLA CONDADO /TheThreefoldAdvocate

is argent, green is vert, two anvils sable, sable is black, and a dragon argent passant, he’s a white dragon,” Johnson explained as he showed me his coat of arms, which was taped on the door to his office.

Johnson is one of the many people worldwide who have joined SCA for one reason or another, and the organization continues to

grow each year.

“I think a lot of us are somewhat unique, idiosyncratic maybe, I don’t know, but it’s just a lot of fun,” Johnson said.

By KJ Roh



ASHLEY BURGER/TheThreefoldAdvocate

ASHLEY BURGER/TheThreefoldAdvocate

In a world filled with slim-fast miracle pills and entire racks of bookstores dedicated to outlining the “perfect” diet, a new health trend has taken ahold of students at John Brown University. Many students are currently participating in The Whole30, a 30-day meal plan designed to reset the digestive system and give participants a new outlook on foods that can be detrimental to long-term health. The point of the diet is to recondition the body and mind to eat healthy foods instead of instantly gravitating towards harmful cravings. “The beginning was really hard,” said Heather Brewer, a

junior at the University “All I wanted was a Pour Jon’s bagel.” Brewer began participating in The Whole30 on September 7, and is planning to follow the guidelines to completion. The Whole30 is considered very limiting in what it allows participants to consume. Some of the foods that are off-limits include added sugar, alcohol, grains, legumes, dairy and carrageenan, a common food additive. Meat, seafood, eggs, vegetables, fruits, nuts and seeds are foods the diet allows. “It was honestly way harder than I thought,” Brewer said. “Everything seems to have sugar in it.” Those participating in the Whole30

are supposed to consciously deny the temptations that they have in order to promote the habit of healthy eating. While many diets encourage using substitutes and alternative recipes instead of unhealthy meals, the Whole30 advocates that participants simply learn to eat different foods. “You look at the Pinterest boards and all the recipes you can make and you think to yourself ‘Oh, I can do this. This won’t be that hard,’” Brewer said. “But then you realize how long it takes to actually cook your meals and how much prep work goes into actually making meals and getting the food for it.”

Brewer says that the Whole30 can be expensive and time-consuming, as participants need to have consistent access to a kitchen and a grocery store. Junior Emily Tumilty echoed Brewer. “I quit on day eight of the Whole30,” she said. “I had no energy. Making every meal in my kitchen was not convenient in the slightest with my insanely busy schedule, and I was in a bad mood all the time.” While the Whole30 diet is definitely not for everyone, Brewer said that there are benefits to participating. “A big reason why I haven’t quit and am continuing all the way to day 30 is because I am

teaching myself that I can do hard things,” Brewer said. “So many times I say ‘no’ or give up on things because they’re hard but this has really taught me a lot of self-discipline.” She also said that the diet gets easier the longer you commit to following the rules. The first few weeks, participants usually feel sluggish and tired, mainly because their bodies are filtering out unwanted waste and fat. “By the halfway point you really start to feel a change in your system,” Brewer said. “Your body starts to pull energy from the correct sources and your body literally resets itself.”

Preparing for grad school: top mistakes

By Aliya Kuykendall

#1 LETTING FALSE HUMILITY GET THE BEST OF YOU

Sometimes students put off grad school because of a false feeling that they do not have what it takes to succeed. Trisha Posey, Honors Scholars Program Director, said that John Brown University students often confuse humility with self-deprecation. “We think that being humble means not recognizing the skills we have,” Posey said. “God has given us these skills.”

#2 ONLY APPLYING TO ONE GRADUATE SCHOOL

Posey said that only applying to easy schools and only applying to the best schools are both traps to avoid. She said students should apply to a range of schools: two you know you can get into, two schools that are more challenging, and two dream schools.

#3 NOT KNOWING WHERE TO START

Reach out to faculty in your area of study for guidance. Once you’ve found several schools and programs that you’re interested in, set up an appointment with Raynisha Robinson, Director of Career Development, for further assistance. Make sure you come prepared. “I will be your greatest champion when I know you’ve taken the initiative,” Robinson said.



JESSIE BRANDON/TheThreefoldAdvocate

#4 WAITING UNTIL THE LAST MINUTE TO FILL OUT AN APPLICATION

Don’t procrastinate. Leave time to craft a thoughtful letter of intent and edit your application for errors. Posey warned that applications take a lot of thought, especially the letter of intent.

#5 MISSING OPPORTUNITIES FOR PRACTICAL EXPERIENCE THROUGHOUT YOUR UNDERGRADUATE STUDIES

As an undergrad, look for opportunities to do an internship, volunteer in your area of study, and complete a senior thesis. These activities will bolster your application. In addition, the experience will help you figure out what careers and graduate programs suit you.

“Graduate schools want to know that you have a deep commitment to this field of study, and that isn’t always demonstrated by what you do in class,” Posey said.

#6 NOT PAYING ATTENTION TO GRADES

While grad schools want to see commitment to your area of study outside the classroom, what you do inside the classroom is just as important. Grad schools often have minimum grade and test score requirements that you need to meet before they’ll look at you.

#7 ATTENDING GRAD SCHOOL AS A GAP YEAR BECAUSE OF UNCERTAINTY

Robinson and Rebekah Brown, project coordinator for the Career Development Center, warned that pursuing graduate school because you’re not sure what else to do can be a huge waste of time and money. Taking a gap year to travel, work, serve and gain experience can go a long way towards helping you find a passion without racking up more debt.

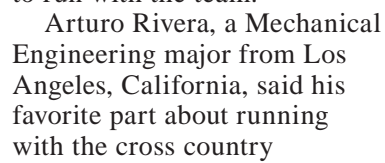
#8 WINGING A STANDARDIZED TEST

If you need test preparation materials, the Career Development Center has study books you can borrow. Brown said she was told that you can’t study for the MAT when she was preparing for grad school, but this isn’t true. She used vocabulary.com, which has vocab lists for specific tests like the GRE and the MAT. Posey recommended that students take tests like the GRE twice. She said scores are often higher after a second go because students know what to expect and are more confident.

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-Nate Wertjes

His cousin Nathan Pearson, another new teammate, agreed. “The cross country team has given me a group of people I know I can rely on early on in my college experience,” Nathan Pearson, a Digital Cinema major



"I like to push myself to my absolute limit until during practices and races," Rivera said. "I have never been one To be satisfied with being average, so I always try to be the best that I can be." Rivera won all divisions in his high school league and was able to

The team finished sixth of eight in their first meet at

Southwest Baptist University, and fifth of seventeen at the Missouri Southern State Stampede. They are scheduled to run in Clarksville, Arkansas, at the Ozarks Invitational on October 8.

"This is my third team now, so I understand the dynamic of ultimate. JBU has been to nationals five times and we're goin' this year, and the team has looked better this year than it has the past four years. Our hope is that we go further this year, not just go to nationals, but to win," Campbell said. "The fact that this team puts God above all and puts relationships above the play spills out on the field to make harmony."

-Nolan Campbell



Nolan Campbell is a survivor of literal hurricanes and spiritual storms. He started playing ultimate in high school, helped start a team in community college, and is eager to go to nationals with John Brown University.

Rugby hair tradition bonds teammates

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The time has come again for of spotting unconventional haircuts and finding out who is new to the men’s rugby team. Every year, the rugby team has a tradition for the incoming freshmen. They can get their heads shaved in a comical way as a voluntary initiation rite, and as a way to bond with their teammates. “It’s just a way to have people become a part of the rugby team. It’s a part of joining

a brotherhood, and a way to connect with people. Having this experience that other people had is just something that brings people together,” David Zamora, captain of the rugby team, said. Players said the tradition has created some fond memories. “I actually had an interview two days after it happened. I wore a suit jacket; I got all dressed up for this interview, and I slicked down the fragments of hair I had left,” Andrew Hultstrom, a sophomore rugby player, said. “Conveniently, one of the guys who was interviewing me was

a former rugby player, and he knew the tradition, so he found it quite interesting.” Players said the tradition is a positive way to bring the rugby team together as a community. “You bet your bippy it’s good for the team,” freshman Josh Barrett said. The freshmen aren’t the only ones who get their yearly haircuts. Since last year, the team captains and often some of the older members of the rugby team volunteer as well, as a way to bond with the freshmen and keep it from becoming something negative.

“It doesn’t only happen to new members of the rugby team. We gave our captain a monkey tail beard, that goes from his sideburn, down his chin, and up around his chin, so that it looks like a monkey tail was on his face,” Hultstrom said, recalling last year’s shaving. “I think it’s a lot of fun, and it’s a good bonding experience,” Davis Fulmer, a freshman sporting his new haircut, said. Although the tradition is optional, the majority of rugby players participate. “I wasn’t able to do it, because I’m in the play, so I’m

not allowed to cut my hair. I mean there’s a few guys who just don’t want their hair cut, but I think everybody who could did it this year,” Barrett said. “People around me knew that I was a part of the rugby team, which was awesome, because I was identified as a rugby player then. It just made me more outgoing and social, even though I had a crazy haircut,” Zamora said. “I think it was a very communal thing, and it just created that brotherhood.”



Pictures by KARLA CONDADO/TheThreefoldAdvocate

Left to right, Lucas Johnson and Joshua Barnett sport the iconic rugby haircut. Barnett shared his motivation for getting the haircut: “I wanted to continue the JBU tradition. It was voluntarily. I wanted to feel more like I was part of the team. I enjoy it actually.”



“Over all it’s a great experience to make yourself look like an idiot sometimes and just be really proud of it,” Luke McIlvain said.



Andrew Culp said he likes the tradition even though he doesn’t really like his haircut. “I think it’s a cool tradition to do. I take pride with it, pride with the team and JBU,” Culp said.

Schedule of upcoming home games

Saturday, Oct. 8 @ 11 a.m. Women’s volleyball vs. St. Gregory’s @ 1 p.m. Women’s soccer vs. St. Gregory’s @ 3 p.m. Men’s soccer vs. St. Gregory’s	Wednesday, Oct. 12 @ 7 p.m. Women’s volleyball vs. Wayland Baptist	Thursday Oct. 13 @7 p.m. Women’s volleyball vs. Southwestern Christian	Saturday, Oct. 15 @ 2 p.m. Women’s soccer vs. Science and Arts @4 p.m. Men’s soccer vs. Science and Arts	Tuesday, Oct. 25 @7 p.m. Women’s volleyball vs. Mid-America Christian
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Carlson Wakefield Men’s Ultimate Frisbee

Major: Communication
Year: Freshman
How did you get into ultimate? I got into ultimate in middle school, when I used to play with my church.
What would be our ultimate achievement? Winning nationals, especially this year. Our team is graduating lots of key players, so this year will be our best opportunity to win.

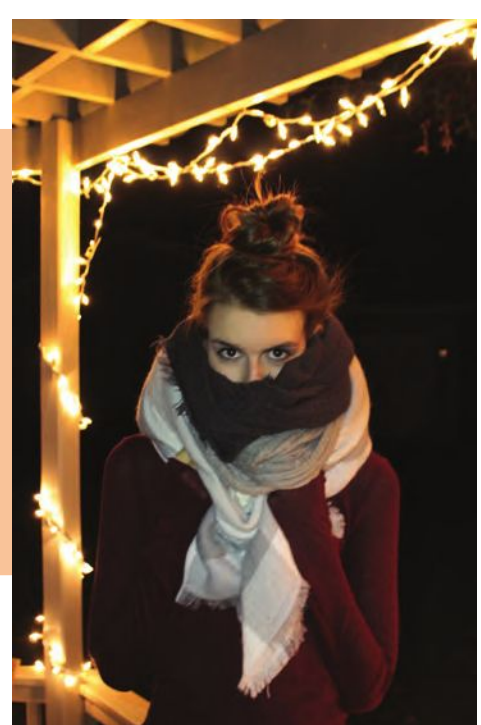
12 SPOTLIGHT

October 6, 2016
The Threefold Advocate



Scarf Up

Before fall really gets goin', you'll need some scarves. Fall is essentially sweater weather, which is saying that fall weather is essentially scarf weather. You can't enter into the fall season without a fashionable set of scarves. Don't have a scarf? Alright. Bug your roommate, talk to your professors, hang around a soccer game and snatch one from an unsuspecting fan, start a riot. Do anything you have to, but do not go enter fall without some scarves.



ASHLEY BURGER/The ThreefoldAdvocate

Hit those Pumpkin Spice Lattes like they're goin' outta style

You've gotta hand it to Starbucks: they have defined the fall latte market. The PSL is the perfect signal for fall weather. It's the Starbucks equivalent to a bat signal. You know, if Batman made a concerted effort to smell like pumpkins and offered extra whipped cream to the criminals he just put away. Okay, maybe the two have nothing in common, but you can't have fall weather without PSL's. It's simply not allowed.



ASHLEY BURGER/The ThreefoldAdvocate

Get ready to go camping

Go outside. Yes, now. I get that you may be in a classroom or in a conversation or studying. I get that. I understand that. Do it anyway. Now stand under a tree. You see those green leaves? They ain't gonna be green for long. Hoo yeah, that's right. We're about to have an autumnal revolution on our hands. We're gonna have orange and red marching through the campus, and you've got to be prepared. First, grab a tent. Any tent. Don't have a tent? Make one out of Walmart bags and self-assurance. Once you have your tent, head out with a few friends and sleep under the starlight in the Ozark hills.



Courtesy of HELEN BRAND

Start a fire

I mean a campfire, of course. I would never advocate any other type of fire. Certainly not. Don't chop up your bedframes and bookshelves. It's a terrible idea. Still, fall is not complete with some form of campfire. Grab some chocolate, some marshmallows, and some friends. Be sure to bring friends. Friends are essential. Starting a campfire on your own is perhaps the most depressing form of an afternoon out. Your friendless tears will put the out before it starts. Come on now. You're a professional. Do it right.



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Written by Samuel Cross-Meredith, Designed by Christie Nicholas