



"A plea from a fellow child of empire." Read about Tesica Starkey's Middle East studying abroad experience.

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Natalia Oliviera receives her first NCCAA award for Player of the Week.

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RED parent weekend offers parents chance to experience student life, OKC

Kendra Nixon, Content Editor

Have you invited your parents to come?

If you haven't already, now is the time! RED Parent Weekend is Friday and Saturday, October 5th and 6th. This weekend-long event is

full of activities for both students and parents. Some events include a student/parent panel, family prayer time and a visit to the Oklahoma City National Memorial.

Marian Redwine, Director of Community Life, has been heading

up the event and made some alterations from previous years to make the weekend even more memorable.

"This year, the Friday night session has been replaced with SNL so parents can enjoy the show," Redwine said. "Many of

their students are going to be in the show and it's great entertainment for everyone else!" she said.

Another new addition is a tour of the Oklahoma City National Memorial and Museum on Saturday.

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The Innocence of Muslims, its murky origins and the global protests it caused

Brad Crofford, Editor-in-chief

In recent weeks, the world's attention has turned to a controversial film trailer that has sparked protests around the world. But the creation of *Innocence of Muslims*, the controversial film, is shrouded in a certain level of mystery.

When the protests first began in Egypt on September 11, it was widely reported that the film had been created by Sam Bacile, an Israeli citizen living in the United States. According to this initial narrative, this anti-Islamic filmmaker had gone into hiding after the beginning of the protests. In a telephone interview, Sam Bacile claimed that the 14-minute trailer for *Innocence of Muslims* was part of a longer film with a budget of over \$5 million donated by over 100 Jewish donors.

However, this version of the story was later called into question.

The cast and crew of the film revealed that when it was filmed, it was a film entitled *Desert Warriors*. In the casting call for the film, it was billed as a "historical desert drama set in the Middle East." After learning of the attacks on the

US diplomatic missions in Egypt and Libya, the cast and crew issued a statement denouncing the film.

According to CNN: "The entire cast and crew are extremely upset and feel taken advantage of by the producer. We are 100% not behind this film and were grossly misled about its intent and purpose," the statement says. "We are shocked by the drastic re-writes of the script and lies that were told to all involved. We are deeply saddened by the tragedies that have occurred."

As many sources (including the Christian Science Monitor) have noted, the poor production quality calls into question the claim that the film had a \$5 million budget, and the most controversial portions of the trailer had voices dubbing over the actors' lines; the original version reportedly had no references to Muhammad or Islam. In addition, according to The Wall Street Journal, a records search showed no record of a man named Sam Bacile living in the United States, and Israeli officials have reported finding no records



Protests against the controversial film trailer *Innocence of Muslims* spread around the world. Protesters are seen here in Melbourne, Australia. (Photo by Erik Anderson used under Creative Commons license.)

of an Israeli citizen with that name.

While the origin of the film are murky, the effects have been far-reaching. In the weeks since the first protest in Egypt, the protests have spread around the globe, including Greece, Canada, Nigeria, Wales, and Australia.

The Obama administration's response to the protest in Egypt has also created a significant amount of controversy in the United States. Republican presidential candidate, Mitt Romney, accused President

Obama of apologizing for American values. The Obama campaign accused the Romney campaign of political opportunism.

The attack on the US consulate in Benghazi, Libya, was originally thought to be a part of the series of protests over the controversial film. The attack resulted in the death of four US diplomats (including US Ambassador Chris Stevens) and has since been described as a "terrorist attack" by the White House.

Professor uses sabbatical to study themes in songs from Les Miserables

Brad Crofford, Editor-in-chief

For his first sabbatical, one professor chose to study a story whose universality he describes as “almost unparalleled (except the Bible).”

Dr. Doug Samples, professor of pastoral ministry and the lead pastor at Lake Overholser Church of the Nazarene, spent the spring of 2012 working with two other pastors looking at songs from the musical *Les Miserables*.

Based on the classic by Victor Hugo, *Les Miserables* has been seen or heard by over 60 million people in 42 countries. Samples first heard the musical in California in the 1990s and was immediately drawn to it.

“I just saw this beautiful story of grace, redemption, and transformed lives,” Samples said. “I wanted to preach something from it from the first time I heard it. It resonated with me.”

The idea of studying *Les Miserables* in a more rigorous way was something that Samples had been considering for quite some time. When he told fellow pastors John Nielson and Nathan Burns about the idea for this project, they told him they would want to be a part of it if he ever did it. When it came time for Samples’ sabbatical, they were able to start the project.

From this spring up through

the present, Samples, Nielson, and Burns have been Skyping on Thursday mornings to work on the project they dubbed The Les Mis Project. They have created a blog with reflections on each of the songs, study guides, worship themes, notes about the book and musical, and more.

Samples is currently preaching this sermon series at Lake Overholser Church of the Nazarene inspired by what he learned during his sabbatical. He compares the songs to Parables: while they do not have any meaning in and of themselves, they point to a larger truth that matters.

“I’m not preaching from Hugo or [musical producer] Cameron Mackintosh’s *Les Mis*, I’m preaching from the real Gospel,” Samples said.

As part of the sermon series, students from SNU’s School of Music will be performing songs from *Les Miserables* each week.

With the upcoming release of a film version starring Hugh Jackman, Russell Crowe, Anne Hathaway, and Amanda Seyfried this Christmas, they hope there will be some popular interest in this project. In addition, the touring version of *Les Miserables* will be at the Civic Center in Oklahoma City from October 9 through October 14.



Photo by Buggy Sailor used under Creative Commons license.

Les Mis Schedule Lake Overholser Church of the Nazarene

Sept 14	Showing of 10th Anniversary DVD
Sept 15	Showing of 25th Anniversary DVD
Sept 16	“Finding the Gospel in the Songs of Les Mis” Special Music: Lake O Singers... Medley
Sept 23	“The Bishop’s Gift” Special Music: Steve Stark (Valjean) and Alex Bolerjack (Bishop)
Sept 30	“I Dreamed a Dream” Special Music: Alison Boswell and Laura Miller
Oct 7	“Who Am I?” Special Music: Caleb Siems
Oct 9-14	Les Misérables Musical in OKC
Oct 14	“Go Be The Church” Sunday at Lake O [No services!]
Oct 21	“Master of the House” Special Music: Tony Flores
Oct 28	“Bring Him Home” Special Music: Caleb Dickenson
Nov 4	“Javert’s Suicide” Special Music: Joe Burleigh
Nov 11	“Empty Chairs at Empty Tables” Special Music: Alex Bolerjack
Nov 18	“Finale: Do You Hear the People Sing?” Special Music: 10th Anniversary DVD
Dec 25	Les Misérables theatrical release date

OPINIONS

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Home is where the heart is: homesickness at it's finest

Kira Roberts, Layout Editor

Dear Freshman,

Are you homesick yet?

I'm sure most of you think I'm crazy for asking that question since you are still just enjoying the freedom of college life (within SNU limitations of course). But I know the rest would answer with a yes. Want to know how I know? Well, not only have I talked to some of you individually, but I was a freshman once too (weird right?).

Let me just go ahead and tell you something. You may think I'm pathetic, but I don't care. I'm a junior in college and I still get homesick all the time. There it is. Laugh if you want, but it's true! I lived in the same house in Colorado for my entire life until I moved to college, so almost all of my memories are from there.

Whether your home is across the world, across

the country, or right here in Oklahoma, you will probably begin to miss it at some point; it's just bound to happen. I'm not saying you'd actually want to go back and relive your early teen years (I know I wouldn't), but we each have certain things that are special to us about the place we call home.

For me those are things I didn't cherish enough while I was there. Things like running into my dad in the kitchen at four in the morning because he was already up and I hadn't gone to bed yet, laughing at my dogs as they watched movies with us, singing obnoxiously at the top of my lungs with my little sister and wrestling with the other one, and baking with my mom. Then there was Pikes Peak looking different every day I drove down my street, swimming at the hot springs when it's

snowing outside.... I could go on forever, but I'll stop before I bore you to death.

I'm sure you each have

“you learn to cherish the small things”

your own things you miss, but don't dwell too much on them. It's good to reminisce sometimes, but leaving home just makes going back that much better! Not to say going back to rules is always easy during breaks, but you learn to cherish the small things so much more when you've been gone for so long.

My advice for those of you who are feeling lonely, homesick, and maybe like you don't fit in here: just tough it out for a year, because it does

get better! You'll be so surprised at how much friend groups change as you begin to click with people. Don't be afraid to step out of your comfort zone and hang out with some random people because they could end up being the people you will be friends with for the rest of your life.

—————Like our Facebook page and comment on the post for this article for a chance to win a gift card! I want to know what you miss most about home if you are homesick and what advice you have for others if you aren't!

Good luck!



My stubborn optimism: don't worry about failure

Patty Julison, Columnist

“You've failed many times, although you may not remember. You fell down the first time you tried to walk. You almost drowned the first time you tried to swim, didn't you? Did you hit the ball the first time you swung a bat? Heavy hitters, the ones who hit the most home runs, also strike out a lot. R.H. Macy failed seven times before his store in New York caught on. English novelist John Creasy got seven hundred fifty-three rejection slips before he published five hundred sixty-four books. Babe Ruth

struck out 1,330 times, but he also hit 714 home runs. Don't worry about failure. Worry about the chances you miss when you don't even try.” - Unknown

There is an interesting behavior modification technique called aversion or avoidance training. This training, used with both humans and animals, involves linking a negative experience with an action you do not want a person or pet to perform. The goal of the negative experience is to reduce or eliminate the undesirable behavior.

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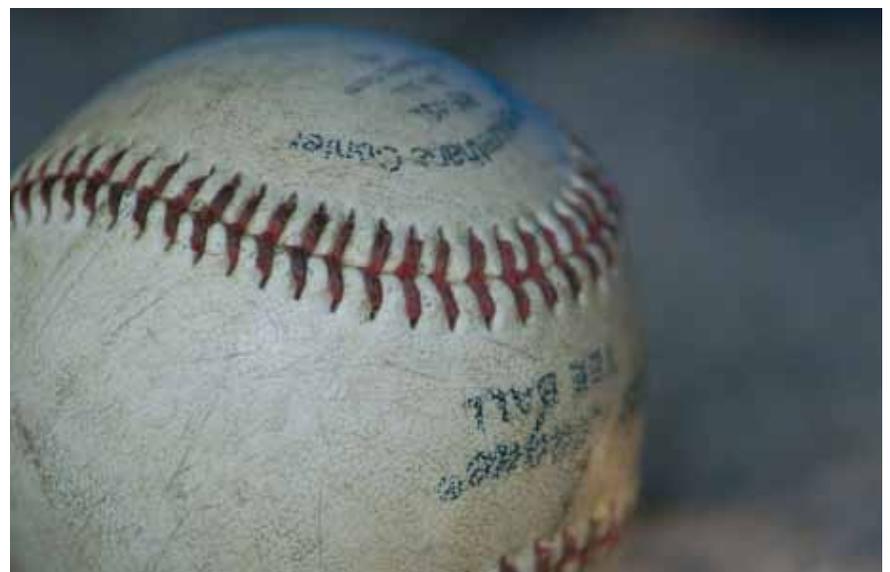


Photo by Sean Winters used under Creative Commons license.

My stubborn optimism: don't worry about failure, cont.

—continued from page 1

Sometimes life has a way of handing out a little aversion training, too. If you've ever received a failing grade, been rejected by a crush, or had your car towed, you've received aversion training. Some of those painful consequences are designed to eliminate bad behavior, others to encourage better habits, and still others seem like a senseless punch in the face that makes us hesitant to put ourselves out there, try again, or take a chance.

I have had some pretty powerful aversion training in my life. Circumstances have knocked me off my

feet, people have slapped me in the heart, and there were times when it seemed God intended me to earn a doctorate from the school of hard knocks. By all rights, I could have pulled back, stopped trying, and protected myself any way I could.

But I didn't. There is just enough of the stubborn optimist in me to believe circumstances can change, not all people are cruel, and, at times the hardest to accept, God knows best how to shape and mold my character and guide my life.

Sometimes it took a little time to get back on my feet, but there always came a time when I was ready to

take another stab at life. I was ready to pursue the career change,

“God knows best how to shape and mold my character and guide my life”

open up to the new relationship, migrate to the new location- in es-

sence, throw myself back into living, ideally with some wisdom gained through simply enduring.

If you've experienced some aversion training, don't despair. Know that you're not alone, and that you WILL survive. GETHELPIFYOU NEED IT. Learn from the incident and, when you're ready, pick up your feet and move forward. You may just shuffle at first, but soon you will find yourself striding toward some new and exciting experience or relationship with hope in your heart and a song on your lips.

I'm just optimistic enough to believe that for you. See you in class.

Letters from abroad: a plea from a fellow child of empire

Tesica Starkey, Guest columnist

“Dine with the opposition.” It's a phrase that frequents the lips of Dr. David Holt, the director of CCCU's Middle East Studies Program (MESP). Initially, under the influence of jet lag and naiveté, I assumed that any opposition I encountered would fit nicely under labels like Israeli, Jew, Arab, Palestinian, or Muslim. This is their conflict, after all, and I was prepared to occasionally interact with them throughout the semester before boarding a plane in December to retreat to my comfortable solace with my neatly packaged ideas regarding the Middle East conflict. Little did I know that dining with the opposition would hit much closer to home.

I've only been studying in Jerusalem for almost a month, and, while my knowledge of the conflict has grown immensely, I'm nowhere near a scholar on the subject. What I have learned, however, is that the situation is impossibly complicated and frustratingly misrepresented by American media. Even if you're more educated on the Israeli-Palestinian conflict than I was going into MESP (which is entirely likely), a realistic grasp of the complexity of the situation is impossible without living here,

hearing these stories, meeting these people, and understanding that this is real life.

The beautiful thing about MESP is that it exposes students to all sides of the conflict in a variety of ways. The emphasis is placed on experiential learning instead of classroom learning, so we're almost always out and about. In just the last three weeks, we've toured Old City Jerusalem, traveled to Masada, En Gedi, the Dead Sea, the Mediterranean Sea, the Sea of Galilee, Mount Carmel, Capernaum, and the Mount of the Beatitudes. In the coming weeks, we'll travel to Jordan, Morocco, Islamic Spain, and Turkey, and we'll do a weeklong home stay with a Palestinian family. If we are in the classroom, we hear from local PhD's, diplomats, and professionals, both Jewish and Palestinian, about different aspects of the conflict, like Zionism or The Nakba.

MESP students also have countless opportunities for non-sanctioned cultural interactions. The program directors introduced us to Palestinian students studying at Al-Quds University, and since then, I've attended a graduation party, browsed Jaffa Street shops, wandered through the Old City souk, all while getting to know

two Palestinian girls. Other MESP students have gone to a Palestinian wedding and a dabka show.

While engaging in all of these cultural experiences, the conflict is still constantly on our minds. We often walk the short distance to Bethlehem, and to enter we have to pass through a checkpoint on the controversial wall. We answer questions from our Palestinian friends about U.S. foreign policy,

and we find ourselves asking similar questions about the U.S.'s relationship with Israel.

We tour a Kibbutz, a Jewish settlement in the West Bank and wonder how a two state solution will ever be reached if Israel continues to put facts on disputed ground. We visit Yad Vashem, the Holocaust Memorial and see the rhetoric of oppression woven into

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Sahar, Adyan, and MESP students. Photo provided by Tesica Starkey

Letters from abroad: plea from a fellow child of empire, cont.

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the Jewish story, and we realize that anti-Semitism is still very much alive. We've planted ourselves on the epicenter of turmoil, and the conflict is in our faces to such a degree that we can see bitterness lining its face and smell its breath reeking of fear and distrust.

But, this conflict with two very compelling sides, each with their own stories of oppression, each

with their own dirty hands, this is not the opposition that I face. Instead, as a child of empire, the opposition that I face while studying in the Middle East is my own preconceived notions of Arabs, Israelis, Muslims, and Jews. The opposition that I face is my very American tendency to look at this conflict and presume that I have a solution. The opposition for me is the American paternalism with which I've been

raised, that compels me to ignore the U.S.'s hand in perpetuating this conflict and instead look to it for a sovereign solution. The opposition with which I should dine is the internal battle propelling me to critique these cultures I'm observing instead of the one from which I originate.

As I sit here, fully ensconced in this conflict of nation building, I shamefully realize how easy and natural apathy felt just four short

weeks ago. Not only is MESP exposing me to a culture completely different than my own, but it has also catalyzed a difficult but fulfilling journey of critiquing myself and my own culture. So, I'll end with a plea. Dine with the opposition, the real opposition that resides within each of you. Be it MESP or a different cultural exchange program, do something that distances you from your comfortable ideas of truth.

Studying abroad is more valuable and more possible than you think

Brad Crofford, Editor-in-chief

I already knew about some of the benefits of studying off-campus from my own experiences, but when I participated on a panel of students talking about it to freshmen last Friday, I was blown away at all the opportunities it offers.

My friend Ashleigh got to ride an elephant, see the Taj Mahal, and participate in an Indian fashion show with the Council for Christian Colleges and Universities' (CCCU) India Studies Program. My friend Katelyn got to live and study at Oxford, visit Stonehenge, and tool around England as part of the CC-CU's Oxford Summer Programme.

For my own part, I got to tour the Pentagon, the White House, and the US Capitol (twice!). I interviewed an ambassador, went to countless museums, and picnicked on the National Mall during my semester in Washington, D.C. at the CCCU's American Studies Program.

Then, during the summer, I was able to do an internship with the US Department of State at the US Embassy in Cotonou, Benin. I got to participate in project inaugurations in

remote villages, lead a film program, and even hold some sacred pythons!

(If you would like to learn more about these experiences and others during my time abroad, visit my blog: bradcrofford.wordpress.com)

While I originally thought I wouldn't be able to take this unpaid internship in West Africa, I was able to take advantage of this opportunity thanks to a Benjamin A. Gilman International Scholarship.

I understand though that some students may have reservations, so I will address some of the most common ones in turn.

Studying abroad is too expensive.

Actually, many of the CCCU programs have similar costs to a semester at SNU, sometimes even less. For example, the Uganda Studies Program costs just \$11,300 for instructional fees (tuition and fees) and room and board. In addition, financial aid from SNU may be able to apply to the costs of the semester. (Speak to your financial aid counselor for more information on this.)

In addition, there are outside

scholarships that can help cover the cost of a study abroad experience. For example, winners of a Gilman Scholarship receive \$1,500 to \$5,500. Winners of the Boren Scholarship can receive up to \$20,000 for programs lasting from eight weeks to a full year. Alpha Lambda Delta also has a national competition for 15 scholarships worth \$1,000 each. These are just a few of many scholarships available.

My major doesn't give me time to study abroad.

I realize that some majors are highly regimented; students feel they can't study abroad without falling behind. One way to get around this problem would be to study abroad during the summer. While not all SNU scholarships would apply to this, outside ones like the Gilman and Boren scholarships would.

There are also some summer programs that would cover almost all costs. For example, students can spend the summer studying critical languages like Chinese, Arabic, Turkish, Russian, and many more

while overseas through the Critical Languages Scholarship Program.

There aren't any programs that would benefit me.

CCCU programs offer a wide variety of offerings, from missions in Uganda to film in Los Angeles, music in Nashville to graphic design in Australia. If these offerings aren't enough though, you can also apply to non-CCCU programs. For example, there are SNU students this semester studying at non-CCCU programs in Austria, France, and Spain.

Overall, studying abroad offers many academic benefits, but it is so much more than studying; it's a chance to fundamentally reimagine your life. It's more valuable than you would expect, and, with the fantastic support of the financial aid office and Dr. Dunnington in the Center for Global Engagement, it's far more possible than you might have thought.

[Disclosure: This article is written as part of a follow-on service project for the Gilman Scholarship.]

RED parent weekend, cont.

———*continued from page 1*
“For many new to Oklahoma City, they've not been able to see the memorial we have downtown,” Redwine said. “This year, we're taking the participants and allow-

ing time to go through the museum. It's a beautiful part of our city that we're proud to share.”

RED Parent Weekend is also a chance for parents to get a feel for student life on campus. The goal is to

focus on what it's normally like and experience ordinary campus life.

“Parents always leave thankful for this place and all it provides to their students,” Redwine said. “We go out of our way to be hospitable

and show them the best of SNU.”

The past two years since the event was started, there has been a significant turnout. This year between 150-175 parents are expected to come.

Musician's lament

Cindy Benton, Guest Columnist

Students of classical music are often reminded of the decline in our field. With the rise of technology taking over the production of music and society's tendency to favor watching the excitement of the newest Hollywood blockbuster over the thrills of a Mahler symphony, our future as musicians aren't looking too great. So imagine my excitement when I was told Eric Overholt, a native of Bethany, Oklahoma and the current Associate Principal Horn with the LA Philharmonic, would be coming to SNU to teach a couple of workshops and a master class.

A great amount of what this field is about is the connections you make, and as a fellow horn player, this one was a phenomenal opportunity. Also, just knowing that someone from the same area actually made it by landing a fantastic job was a great encouragement to me. As I got to talk to him more about his journey, I found that it wasn't an easy one.

He reminded me how much work being a musician takes, and it completely overwhelms me every time I think about it. Personally, I spend at least 6 hours a week in rehearsals. Go ahead and add in a couple of more hours for weeks with dress rehearsals and performances. Then there's daily practice time, which for a serious musician should be around two to three hours.

We're now at a minimum of 20 hours a week. In addition to a 17-hour course load, homework, and a 20-30 hour workweek, there's not even a chance to think about attending Ice Blocking or SNL. I've played sports for most of my life, and I can say that the time commitments for a musician are equal if not greater. There's a great surrender that has to happen as you study scores, figure out balance within the ensemble, and simply try to convey a message or emotion through music. It's not only extremely mental but can be a great physical exer-

tion as well. I know that there are times I've finished playing with sweat dripping off my face and my body struggling to support itself from sheer exhaustion.

Music requires great discipline and devotion, and I'm not sure musicians receive the recognition they deserve for the hundreds of hours put into a single performance. Mr. Overholt mentioned a study by Malcom Gladwell that states it takes about 10,000 hours to become an expert at something. For me, that means roughly 10 years practicing just to get good enough to have a shot at one of ten jobs that might open up for a horn player against hundreds of other players wanting the exact same thing. I might be exaggerating a little but, but there still is the question of why we put ourselves up against such slim odds.

The simple answer is the love of the music. There's very little I've found that's more satisfying than performing in front of a group of people, after putting in countless

hours to make it perfect, and nailing it. I mean really nailing it. It's like training for months, getting to play in the championship game, and being the one that scores the winning goal. So to walk out on-stage and see only people that are required to be there can be a bit discouraging. You know- friends, family, and students that are there to receive points for Fine Arts. I guess all of this is to say, consider supporting your peers by attending a concert once in a while. Go to a recital. Feed into the community of the student body that SNU so proudly boasts of. Sure, some of the selections will be a bit cheesy. You might not like every piece on the program. I can guarantee that there are people performing that feel the same way. However, I am betting that there will be something that takes you by surprise and sweeps you of your feet if you allow it to. Consider giving music a chance and musicians an opportunity to share with you why we love what we do.



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STORMSPORTS

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Limited number makes each home football game more important

Matthew Wellman, Staff Writer

The SNU football team only has two home games this season. This means that both the campus community and the team is forced to cram all the stuff that they may spread out through five or six games into just a couple of games. This last Saturday during the first of two home games, there was tailgating, food trucks and a punt, pass and kick competition. There also was a very good crowd on hand to watch the team take on Harding University.

For the pregame tailgating, there were three different places that supplied food; Big Truck Tacos, Flat Tire Burger and Red Dirt BBQ.

“The food trucks were a really good addition to the first home game of the year,” sophomore Adam Grinstead said. “The taco truck really stole the show with their delicious variety of tacos and mouth-watering salsas.”

This seemed to be true as the majority of people who went to get food seemed to be in line for the tacos.

Damian Santamaria, junior, said, “The food was really good. I wish I could have some more!” The BBQ was fairly popular as well.

“The barbecue was probably the best part. I hope the food becomes a regular part of the home football games.”



Bisons trample Storm. Photo by snuathletics.com.

said Cody Nelson, junior.

SNU football games are a very popular event for students on Saturday evenings. With there only being two of them this year, some are pretty disappointed.

“I really wish there were more home football games so that we could all hang out as a student body more,” said Grinstead. “Being around all my fellow students in this sort of environment is really special.”

There are many events that are put on by different organizations

in the school, but few of them have the attendance of football games.

“I feel it’s unfair to the fans and the players and even the entire SNU community,” Nelson added. “It doesn’t give us the opportunity to support the team as much as we should.”

Whether you are an avid football fan or just looking for something to do on a Saturday night, football games are always a good choice. It’s an opportunity to hang out with your friends and maybe even make a few new ones.



Photo by snuathletics.com.

NCAA Player of the Week

Natalia Oliveira earns the first NCAA honor of her career.

Playing outside hitter, Oliveira ripped a combined 26 kills and had 27 digs in two wins over Northwestern Oklahoma State and Southwest Baptist. She had 10 kills and 10 digs in a 3-0 win over Northwestern Oklahoma State and a season-high 16 kills and 17 digs in a 3-1 victory over Southwest Baptist. (Information from SNU Athletics)

SNU

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Athletics



Football and the tailgate party

Photo credit: Food truck (Amy Lauver); student section (Brad Crofford); tailgating (Amy Lauver); football team (Jasmine Misner); Dr. Gresham and the mascot (Brad Crofford); cheerleaders (Jasmine Misner)



Don't forget to Like our Facebook page (facebook.com/snuecho) and comment on the post for Kira's homesickness article (page 5) for a chance to win a *gift card!*

We want to hear from you!

Top six iPhone apps that will make your life easier, cooler, and more fun

Ashleigh Buchanan, Staff Reporter

Can you remember life before people had iPhones? Me neither.

If you would have told me back in the 1990s when my family got our first cell phone that eventually I would be carrying a phone that has a touch screen with internet, video chatting, email, and a personal robot that can tell me if it's raining or not, I would have said "What's email? I'm going to go play snake."

I'm a bit of an app horder. At night when I can't sleep, I download random free apps. One morning I woke up had a palm reading app I don't even remember downloading. But, during these late night downloading sprees I've found some gems. I'm going to share these awesome apps with you, along with a few my friends have told me about!

Songza:

This is my favorite app I've ever discovered. It's an app that plays music according to what activity you are doing and the genre you want. For Example... right now (Friday morning) I'm listening to a Pop Diva, Feeling Confident playlist. Is there a better way to start my day other than listening to Britney Spears, Jessica Simpson, and Christina Aguilera? For all you guys, don't worry, if you choose the Feeling Confident "Baller" playlist, you'll be listening to Rick Ross or Lil' Wayne. My other favorite playlists are the Drop-a-beat Workout and Coffee Shop Indie playlists.

Find My iPhone:

This one is pretty self explanatory: If you have this app on your phone, you can look up the location of it from any device with iCloud. Seriously download this app right now. Take advice from someone who lost their iPhone in Downtown Austin



Photo by Ricky Romero used under Creative Commons License

an hour before their flight left. If I had this app then, maybe Allison Pardue wouldn't have had to pay off a homeless man to get it back for me.

RunPee:

"Because movie theatres don't have pause buttons." Don't you just hate when it's the middle of the movie and you have to go to the bathroom? And by the time you get back you are totally lost. Well, this is an app that tells you the best times during a movie to go. Brilliant, I know. It also tells you if there are any bonus scenes after the credits.

Fooducate:

This is one of my favorite health apps. It scans the barcodes on food items and gives you nutritional information about them like

a grade depending on how good it is for you, tells you about the pros and cons of the product, and gives you healthier alternative products. It's a great way to find out if the food that seems like a healthy choice really is healthy or not.

Nike Training:

Nike Training is a great app for the gym. You pick the type of workout you want or what area of your body you want to target, and it leads you through a workout. It tells you what to do and has videos you can watch that show you the moves, but you can still listen to your music through your headphones too! Plus, you'll look like a pro at the gym doing all these workout moves, and no one will know you have a voice in your ears telling you what to do.

BeFunky: BeFunky is one of the best free photo editing apps out there. Because we all know it's not enough to just put an Instagram filter on a photo anymore. BeFunky gives you a lot of editing options such as adjusting the brightness/contrast, different effects/filters, and cool photo frames. You'll have the most liked photo on Instagram in no time.

Sometimes I feel pretty extravagant having a phone that can do all of these things plus a million other things that other apps offer. But it is pretty cool to basically do everything I can do from a laptop on my phone. And have those super useful apps like my lightsaber, air horn, and pocket whip apps. Who knows what apps the world will come up with next?

Happy App-ing!

Baker's guide to thrifting in Bethany/Oklahoma City

Baker Pitts, Staff Writer

There's nothing worse than an outdated wardrobe. Unless, of course, your wardrobe is purposefully outdated. Enter, the thrift store; a magical place where one can purchase previously owned clothes and trinkets at an extremely low price. And I am here to help you, dear readers, learn about the best places to thrift here in our fair city.

I am an avid thrift store shopper with at least 75 to 80 percent of my clothing having been purchased from one thrift store or another. But despite the low price tag and convenience of thrift shopping, it often amazes me how few people take advantage of these wonderful stores. In an attempt to rectify this, I will be giving some info on a few of my favorite thrift stores, their location, the best types of items to look for and any other special features they may boast.

The closest thrift store of note is the Goodwill in the shopping center at MacArthur and

50th St. The main good finds you'll come across here is clothing, but every once in awhile you can find a real gem, such as my autographed picture of Tom Selleck, which I found at that very store. They also have a constant sale which offers half-off items marked with a certain colored tag.

A personal favorite of mine, Community Thrift, which is located at the intersection of MacArthur and 23rd St., is another great place to find clothes and housewares. Community Thrift has a much larger selection of women's clothing than men's. That doesn't mean the selection of the guys is bad; I very rarely walk out of there with less than two bags full of clothes. Also, it should be noted that this is one of the only stores that I have found overalls on almost every visit, which is a good thing to know on that rare occasion you need a cheap pair of overalls, fast.

The next three stores are more recent finds for myself, but they have quickly become staples for

my shopping sprees. Their extreme close proximity to one another make it an ideal thrifting circuit for the shopper who doesn't want to drive around a ton. The circuit starts on the far end of a shopping center located at 16th St. and Meridian at a shop called Rewind. Rewind pushes the boundary between thrift and antique store, and would probably fall into the latter if not for their dollar room. You read correctly, I said dollar room, a room in which everything is a dollar. I have found everything from boots to jackets to hats in this room. Even without the dollar room, Rewind is a great thrift shop because of the uniqueness of the items they stock, and they get donations so regularly that the store changes drastically from week to week.

A short walk around the shopping center from Rewind lies the simply named Thrift Store. Run by an incredibly kind and talkative Mexican lady, this shop offers a constant half-off on everything in

the store. This store boasts an impressive display of both clothing and furniture. And with the constant half-off, it is an ideal place to go to pick up some dorm furniture.

Right across the street from the shopping center is Bargain Thrift, which may be one of the largest thrift shops in the area. A giant warehouse that holds the amount and variety of items that you would expect from a shop of its size. And with a sale system that offers up to 75 percent off on items with the corresponding color tag, it is very possible to walk away with a large amount of items for a small price. I have seen a golf bag with 10 clubs purchased for about six dollars due to the color of the tags.

As you can see, the thrifting scene here in the Bethany/OKC area is truly a great one and it is incredibly easy to get some great clothes for super cheap. Now that you know where to look, don't be afraid to get out and explore some new thrift stores and make fashion out of the unfashionable.



From left to right: Sharyl Moseley, Baker Pitts, and Kelsea Vines show off some of their thrift store finds. Photos provided by Baker Pitts.

The top five most addictive television shows

Ronna Fisher, Assistant Editor

This week, I set out determined to discover the most addictive TV shows. I have my own opinions, but with a little bit of investigating, questioning friends and family, and Internet scavenging I have determined the masses' choices for the top five most addictive television shows.

5) Psych:

This witty show about two friends who have an eye for detective work keeps the audience on their toes. Shawn Spencer and Burton 'Gus' Guster, played by James Roday and Dulé Hill, fill the hour with witty banter, wild hysterics, food cravings, and a plethora of 80s Pop references. There is also a pineapple hidden in each episode. It's always fun to try and see who can spot it first.

4) The Office:

This fake reality TV show about a paper selling office is starting its 9th season. Many people believe it has gone downhill since Steve Carell left the show, but there are still plenty of characters that have stayed since the first season, and they don't seem to have run out of funny yet. Once you get The Office bug it's hard to let it go. I once watched every episode of seasons 1-7 in less than three weeks.

3) Downton Abbey:

In the US, Downton Abbey fans wait anxiously for the third

season of this British series to premiere in America. This period drama follows the Crawley family and their estate at Downton Abbey in Yorkshire from 1912 to 1920. The episodes are filled with beautiful period costumes, aristocracy, scandal, romance, and of course drama, drama, drama.

2) Friends:

"So no one told you life was gonna be this way... clap clap clap." Many find comfort in their television friends Rachel, Monica, Phoebe, Joey, Chandler, and Ross and cannot help but sing (and clap) along with the show's theme song. This ten season, ten-year series follows these New Yorkers' ups and downs in their career, romance, and friendship. Fans have felt truly connected to the relational characters. You can still catch reruns on the channels Nick at Nite or TBS. The strong impact and large fan base of this show almost a decade after the series finale speaks to why this show deserves to be on this list.

1) The Big Bang Theory:

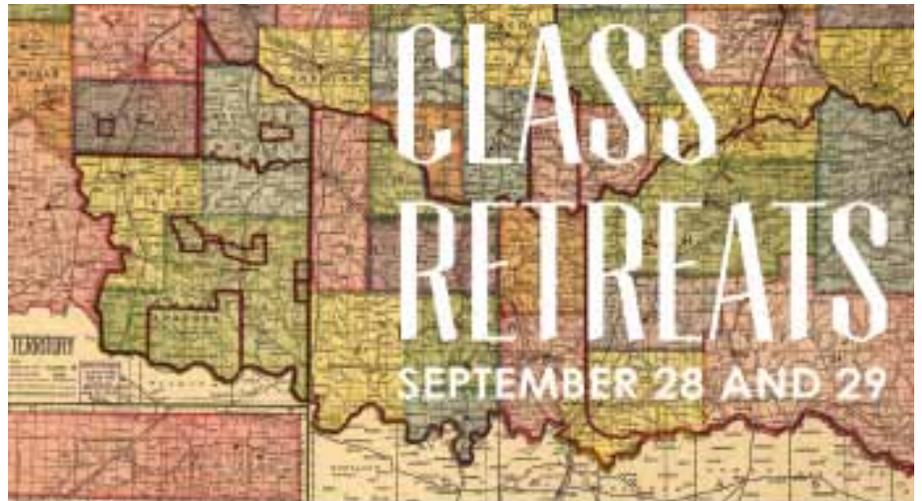
The people have voted, and The Big Bang Theory is numero uno. The combination of four nerdy, often times socially awkward, guys and one blonde, female neighbor is bound to create some hilarity. The characters are beyond exaggerate and be-

yond hysterical. The boys never fail to get into some sort of trouble, and the antics they pull to get out or stay out of each other's doghouses are knee slapping. The characterization, the witty/uproarious dia-

logue, and the talented actors put this golden show in first place.

Assistant Editor's Honorable Mentions:

- Pretty Little Liars
- How I Met Your Mother
- Monk



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