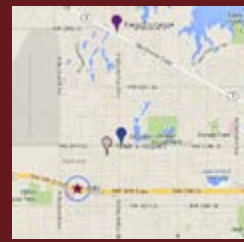




Storm sports: looking forward to the Fall 2013 season

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Thrift shops near campus

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Chapel credit changes : enrichment credit eliminaton for 2013

Grace Williams, Business Manager

The rumors are true. Chapel credits are changing, and enrichment credits are gone.

Blair Spindle, University Pastor, explains the decision process and why we are required to go to chapel: "I spent my first year [2012-2013 academic year] observing chapel the way it was. I wanted to get a feel for things and not make any big changes until I understood how things worked. Mandatory chapel is an important practice of Christian community. We get good speakers and have good worship, and it is meaningful. When schools across the nation let christian prac-

tices like chapel erode away, these schools become indistinguishable from secular institutions. So, this year I want to make chapel credits less subjective and the system simple to understand."

Twenty-seven chapel credits each semester for eight semesters at SNU will still be required. However, there will be no enrichment credits meaning that all credits will be equal and count toward the twenty-seven required credits.

Spindle said, "We are eliminating the online enrichment credit system because it was subjective. College pastors complained about it, and RA's told me they felt like they

had to lie for their residents. Now we will offer a chapel credit for 30 tuesday and thursday services as

"Mandatory chapel is an important practice of Christian community."

always as well as every thursday night for Kingdom Come. Kingdom come is a student lead worship service with speakers organized by SGA Campus Ministries, which will be at 9pm this year. Additionally, we will offer a full credit for the three scheduled faith and

film nights and will be having three prayer and sacrament services this year, including one baptism service. We will also give one credit for small group and fields of faith attendance. There will be no less than forty-seven chapel credit opportunities, and we may add more. There will be three or four opportunities each week."

The decision to change the system was approved with student input considered. Any student is welcome to come into the spiritual development office to suggest

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Student leaders build trust and break down barriers at LEAD Retreat

Ronna Fisher, Content Editor

Before every school year, student leaders gather to plan, prepare and train for their leadership positions. Student Leaders include Resident Advisors, Student Government Association, New Student Institute Mentors, LIFE Peer Mentors, Small Group Leaders, Student Athlete Representatives and Ministry Intern Representatives.

At LEAD Retreat, students spend time getting to know each other on a deeper level. The retreat is planned months in advance by Student and Spiritual Development Staff and representatives from the Athletic department. Marian Redwine, Director of Leadership and Vocational Calling,

adds that all sponsors, advisors, and coaches of each student leadership group are invited to help.

Misty Jagers, Director for Student Success, explained the planning process: "We start brainstorming themes and creating a schedule in the spring and then divide up into committees to plan specific aspects of the retreat."

Specific activities include breaking up into randomized small groups that allow students to share and respond to speakers and worship times. Students are encouraged to be vulnerable and open with each other, creating deeper relationships. The student lead-

Continued on page 2



Photo by Kira Roberts

Student leaders build trust and break down barriers cont.

ers also go through various rope course activities. Many times these activities attempt to build trust and confidence within the leadership teams.

In the past, worship has been lead by one or two people, but this year SNU's traveling worship team, Remedy, led many of the worship services. Many students shared that worship was one of the aspects of the retreat they enjoyed most.

Junior Kinesiology major, Kyle Fultz agreed and added, "I especially enjoyed the last song when we all came together, locked our arms, swayed and worshiped as one."

Speaking about the same experience, junior Nursing major, Shawnie Hunt said, "It was easily the most moving experience I've ever had with my peers."

SNU Chaplain Blair Spindle spoke about the walls that students build to protect themselves. He encouraged students not only to knock down the walls they had built around themselves but also attempt to reach past others' walls. Spindle also challenged students to go deeper in their faith and to put their trust in God and each other when the walls do start coming down.

Many students felt that the walls between students began to come down at LEAD Retreat. "It helps me to remember that no matter who we are, no matter where we come from, no matter our past, that we are all in this together and we are one big family with a loving and enduring Father," Hunt said.

"LEAD Retreat reminded me that many students are going through the same kind of issues I am currently facing, or even worse situations than me. If being a little uncomfortable can help make

someone's day better, I think it is definitely worth it," senior Computer Science and Psychology multidisciplinary major, Blake Jordan said.

Fultz said, "My mind was totally blown away at LEAD Retreat. I am an athlete, and I really never got to know the so called 'snubie' . . . I now know that we are just one body: Southern Nazarene University."

Jagers said LEAD Retreat's purpose is "to create a unified community among SNU's student leaders and to train and develop SNU's student leaders."

Redwine adds, "Though each of the groups has its own responsibilities and focus, we are all working together. LEAD is a time for us to unite our message and come together with one mission. It's a chance for new leaders to get connected and for the students to get to know each other better and learn their shared stories."

When asked whether he believed LEAD was successful in creating a united community, Fultz answered, "Yes, I believe it opened our eyes to see that we are all human. We all have struggles in our life, and we are not alone in those struggles. I know for me that it helped me break the barrier between athletes and non-athletes. The retreat makes our school better because we get to open up, therefore opening our eyes to others, allowing us to truly see the good in every student."

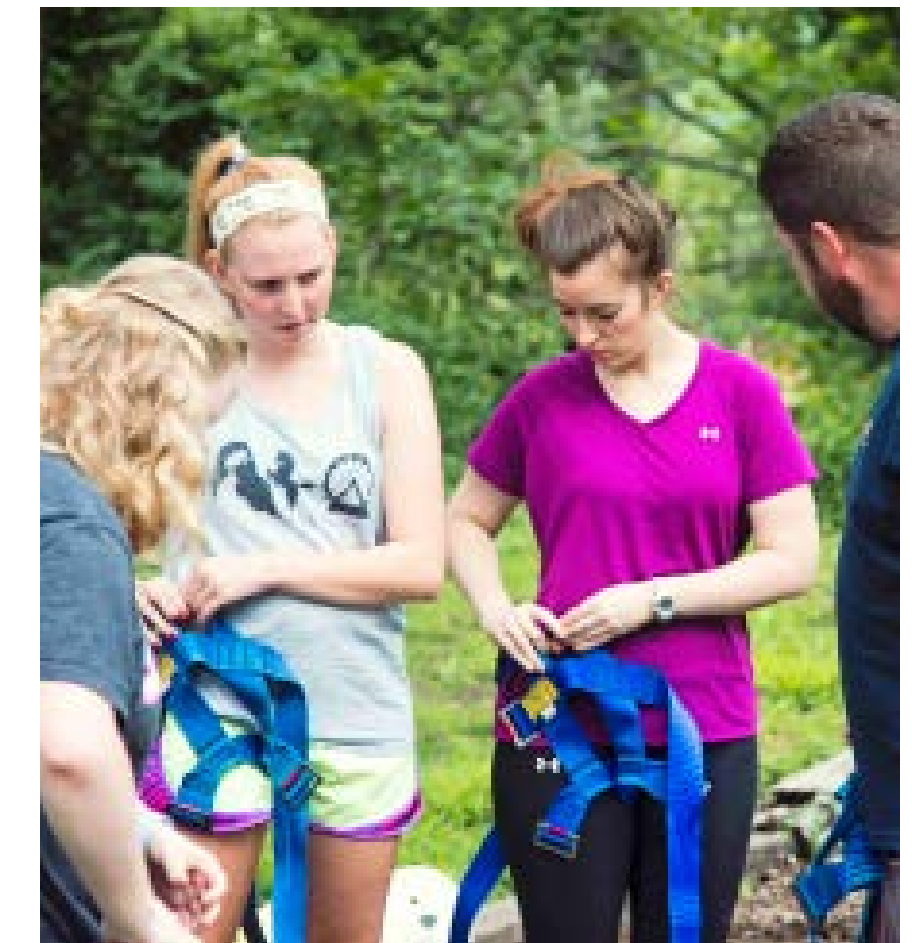
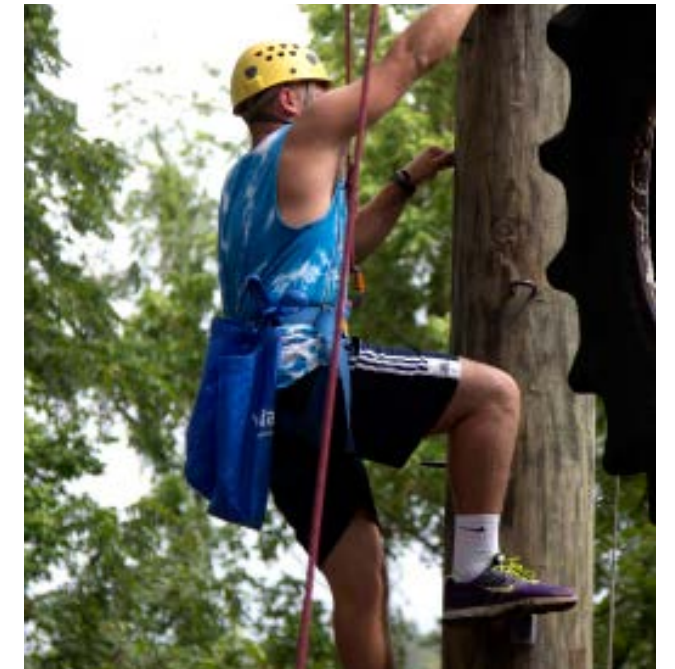
Students left LEAD feeling inspired, motivated and encouraged. Jordan said of the retreat, "LEAD gave me hope that this year will be the start for students of all different backgrounds to come together and build a community in which everyone can thrive and enjoy."

Williams knows that being a student leader goes beyond the start of a new year: "My desire to be a leader that helps others as they grow and change at SNU doesn't end with orienting students; it's a daily choice on how I want to live my life."

"I now know that we are just one body."



Photo by Kira Roberts



LEAD retreat photos by Kira Roberts.

Chapel credit changes : enrichment credit eliminaton cont.

speakers and make any recommendations for chapel.

Scanning into chapel should be easier because new equipment was purchased. This equipment is hardwired and will use an ethernet cable thus eliminating many of the malfunctions caused by the many devices connecting to SNU's WIFI in Herrick during chapel hour. These new devices will also show a student's photo so the person scanning can ensure that the credit is given to the deserving individual. Scanners will now be at Kingdom Come and all the other for-credit events.

Spindle said, "One thing I read about in the handbook was chapel probation and failure. It was not clearly defined, and during my observation time, I didn't see this actually happening. The spiritual development office is in charge of planning and preparing for chapel, and the student development office is in charge of chapel fines

and attendance enforcement.

Mike Redwine, Vice President of Student Development, commented, "Chapel is valuable to our institution and we want students who are respectful and willing to participate in chapel. Students who do not meet the required 27 chapels for the semester will be fined \$20 for each chapel that they are deficient. The maximum fine would be \$240, assuming a student had only received 15 chapel credits, which would result in them being 12 short of the 27 required. Any student who attends fewer than 15 chapel opportunities will not be invited to back to SNU the next semester. In student and spiritual development, we will monitor students' chapel attendance, and if students are at risk of failing chapel, we will talk to them and ensure they understand their opportunities and consequences. By mid to late september we will know if a student is at risk. It only takes going to chapel two

out of the three or four opportunities a week and getting three skips." Chapel will still only be required for eight semesters at SNU. But students who are twenty three or older who have not completed eight semesters are not automatically exempted from chapel. Students 23 and older need to fill out an exemption form in the student development office as well as student teachers and others with internships that conflict with the times chapel is offered. Student Service Program (SSP) will not count for chapel credit this semester.

Spindle said, "We value service a lot, but we aren't sure that we need to award chapel credit for it. Joel Mullen [new addition to the spiritual development staff] will arrive from Italy in early September; he will be in charge of service, so we will revisit it then. He has a real passion and heart for service, so he will have great plans. Our of-

ice will help students get involved in service projects around OKC--just come in and talk to us. We also hope that students will get involved in our summer mission trips; we are working on possible locations like Australia, Germany, Haiti and more. Commission unto Mexico in December and a summer trip to Swaziland will definitely be offered."

Overall, Dr. Redwine and Dr. Spindle are trying to follow God's leading and are working to create a chapel experience that appeals to all types of people from all types of backgrounds. They want the credit system to be simple and straightforward so that chapel can be truly appreciated.

Kyndal Jayroe, sophomore Early Childhood and Elementary Education major, responded to these changes by saying, "At first I was really nervous about the changes, but after hearing the true explanation I feel much better."

ling as much as possible." In fact, Woodcock is currently travelling in Iceland.

She encourages students to: "Ask questions every chance you get. Ask them of God, of your friends, of yourself. And then, listen for the answers."

After eight and a half years in Spiritual Development, Hubbert felt that he had met all of his goals within his position. "I wanted to train students on how to start small groups so that when they left SNU they wouldn't feel like they had to go to a church that had an established young adult group . . . This way they could see lots of churches that don't have established groups as options for their church home."

He also desired to promote justice issues as spiritual issues. "I've spoken about this idea some in chapel, but the big issues that are tying up the time, money and energy of the Church today are homosexuality, evangelism, correct inter-

SNU says good bye to spiritual development associates

Ronna Fisher, Content Editor

This is the first part in a series about the personnel changes within Spiritual Development.

Each new school year brings with it change. SNU is no exception. This year the Spiritual Development team waved goodbye to two associates. The Echo caught up with former associates Rhea Woodcock and Jason Hubbert through email. Both resigned from their positions earlier in the summer.

"I have so enjoyed my time as a staff member at SNU; however, I never planned to stay long-term. It was time for me to try new things and learn some new perspectives. I am now working as an administrative coordinator at the Regional Food Bank of Oklahoma," said Woodcock.

When asked about her future plans, she replied, "I don't have any plans beyond loving my loved ones, working hard and travel-

ing as much as possible." In fact, Woodcock is currently travelling in Iceland.

She encourages students to: "Ask questions every chance you get. Ask them of God, of your friends, of yourself. And then, listen for the answers."

After eight and a half years in Spiritual Development, Hubbert felt that he had met all of his goals within his position. "I wanted to train students on how to start small groups so that when they left SNU they wouldn't feel like they had to go to a church that had an established young adult group . . . This way they could see lots of churches that don't have established groups as options for their church home."

He also desired to promote justice issues as spiritual issues. "I've spoken about this idea some in chapel, but the big issues that are tying up the time, money and energy of the Church today are homosexuality, evangelism, correct inter-

pretation of scripture, technology in worship, etc. The big issues facing the world are poverty, unclean water, global warming, hunger, disease, war and energy . . . Jesus went around directly addressing many of these issues—it's what he spent a good chunk of his time on.

Why would the world listen to the church when we aren't concerned about the issues everyone else is facing and we're spending unbelievable amounts of time, energy and money focusing on internal debates? . . . I wanted to see that focus change, and I wanted to be a part of that. Without a doctorate, it became apparent that I would not be given the opportunity to advance in Spiritual Development; therefore, having accomplished my goals, I decided to move on to something else."

That "something else" became law school at Oklahoma University. "I like higher education and could see myself moving back into it af-

ter I complete this degree. Or, I might practice law, or I might do something else entirely," Hubbert said.

"I'm not certain that this decision is the correct one, but I think it will open doors for me to participate in areas that I'm passionate about and to which I think the gospel calls us. I will continue to be ordained in the Nazarene Church and continue to teach at SNU in the Professional Studies programs in the area of the Bible."

Hubbert encourages students to be flexible in their faith. "We try and melt down these stories and experiences into attributes and sentences and statements about who God is and what God does—but they are by definition the crystallized, imperfect residue left from encounters with a dynamic God read through the lens of extremely fallible humans. If you prioritize your understanding of a few statements and ideas over the actual experiences, you will run up against a living God and an unbelievably unrelenting world . . . Your faith will be battered and . . . lost completely . . . If you're flexible you'll come out with a much better understanding of God. If not, you'll lose your belief in God out of fidelity to a manmade system of words and phrases that were themselves only an attempt to make complex life experiences of God comprehensible."

He leaves with this message to the student body: "I'd like to say I love you, and I loved working with you more than you can know. I thank you for your embrace of me as a speaker in chapel, on mission trips, in the classroom, and in and around SNU. I thank you for opening up to me, sharing part of your journey with me and letting me share part of mine with you."

The Echo wishes you both all the luck in the world and thanks you for everything you have given to the SNU community.

New Student Institute 2013 snapshot interviews



Photo by Christina Roby

The Echo

The Echo asked around and got some questions answered from people involved with NSI and new students.

Misty Jagers, Director for Student Success

The Echo: How do you pick which programming to use at NSI?

Jagers: "Each year the NSI committee meets shortly after NSI has concluded to review the program and review information from the

[evaluations] the parents and students complete. We use that information to help shape what we want to incorporate for the following year. I also utilize resources from the National Orientation Directors Association and the First Year Experience Resource Center to make

sure we are being intentional in meeting the needs of our incoming students through our programming each year."

This year, all the freshmen

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Photo provided by Jason Hubbert

New Student Institute 2013 snapshot interviews cont.



Photo by Christina Roby

were required to take the Clifton Strengths Finder Test and part of the monthly NSI sessions will be workshops in which students will learn how to live in to their strengths.

The Echo: How many years have you been planning to incorporate strengths?

Jaggers: "The Strengths conversation has been an ongoing conversation in different parts of SNU's campus for about the past 15 years. We made the decision to incorporate strengths this past year after Dr. Gresham committed to providing the funds for each new student to take the strengths assessment. We felt like that was too important of an opportunity to pass up."

The Echo: What is the value of incorporating strengths?

Jaggers: "The whole strengths philosophy is that we are more productive and successful when we are living in to our strengths, we are doing what we naturally do best in ways that are natural to us. The strengths tool and philosophy are so beneficial in helping students navigate the transition to college life. It also provides a common, positive language to describe our

unique differences and begin to value those differences."

The Echo: What is your favorite part of NSI?

Jaggers: "One of my favorite parts of NSI is getting to sit back and watch the new relationships that are formed and watch new students become a valued part of our SNU community. I also love getting to work with our incredible student mentors and getting to watch the relationships between faculty and student mentors develop. Student and Faculty Mentors are really some of my favorite people on campus!"

The Echo: What is your least favorite part?

Jaggers: "There sure isn't a least favorite part!"

The Echo: What is the funniest thing that has happened as a part of NSI this year?

Jaggers: "I don't have an answer to this one yet... I have a feeling it might involve students trying to learn our cultural 'line dances' at Southern Supper on Monday night."

Brittany Taylor, Athletic Training,

Freshman and Kibo Grant, Kinesiology, Freshman

The Echo: What is the value in NSI?

Taylor: "The 5 day experience really helps everyone get to know everyone else. I like getting to know people outside the classroom."

Grant: "I really enjoyed getting to know more about MSN, SGA, and CCC. I want to be involved if it works with my schedule"

The Echo: What is the best thing your mentor did for you?

Taylor: "Shelby [Wilson], from group 10, was really inclusive which was important for me coming to a new place."

Grant: "I appreciate that Serena [Del Campo] and Bobby [Cranston] blow up my phone all the time to help me remember when events are. This shows me that they care. They also really try hard to get to know me as a family."

The Echo: What was your favorite part of NSI?

Taylor: "I liked the games during the siren because it gave me a

chance to know people outside my family group, which I've been with the majority of the time."

Grant: "I really enjoyed the Bracken lawn party, the impromptu two stepping party in the science building and the tradition of the candle lighting ceremony at the President's welcome."

Dion Word, Sophomore, iCaptain

The Echo: What are the iCaptain responsibilities at NSI?

Word: "We were in charge of the games at the Siren, speaking at Get Involved, helping with the set up and tear down of events and making relationships with new students so we can draft them in the future [for intramurals]."

The Echo: How did you become an iCaptain?

Word: "Matt Shellenberger [intramural director] asked me to be one because he said I was well liked around campus."

The Echo: What is NSI like for you?

Word: "I feel old and I miss the participation. I wish I was a freshman again."

OPINIONS

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The Exodus Road: empowering rescue and fighting to end child slavery

Kira Roberts, Editor and Chief

"You know, you're really right. What's the point? Despite all of our efforts, all the expense, all the missions we've done, there are still 27 million slaves in the world. There's no way, there's NO WAY we're going to rescue 27 million modern day slaves. It's probably is a waste of money, a waste of time, it's risky, it's dangerous, it's expensive, and so you're right. There's no point.

But I think you would tell me, 'Matt, don't forget Sarah.' Don't you remember the fifteen year old who was sold by her mom and held against her will in a brothel in Southeast Asia, how scared she was? Don't you remember how she handed you a dollar bill with the words in her language, 'please, rescue me?' And you would remind me that although it took two months to get her out, that's she's free today.

So yeah, 27 million is ridiculous. But it's not ridiculous to Sarah, and it's not ridiculous to Anna or John. And if they were here in this moment, I don't even think they would be thinking of the 27 million. I don't think they would have a concept of that. What they would say is, 'I was enslaved, and now I am free. And YOU did that.'" —Matt Parker,

founder of The Exodus Road

The Exodus Road partners with government officials and local law enforcement, providing covert equipment, training and operational funding to bring rescue to victims of human trafficking. According to their website, www.theexodusroad.com, this organization operates primarily in Southeast Asia and India, and believes that by decreasing the profitability of the trafficking industry for the criminal, they will eventually slow the mechanisms that make the exploitation of women and children so lucrative.

Here at SNU we have something called human rights awareness week. By no means am I trying to discount this week's significance because it is an amazing way to promote awareness for important issues and serves as a reminder that, as Christians, we have a call to action to bring hope to the hopeless. However, I think we forget sometimes that this call is constant. It is not something we can limit to one week per semester; it is a goal we should be working toward every day of our lives.

So what can you do to help? I know it is impossible to invest in

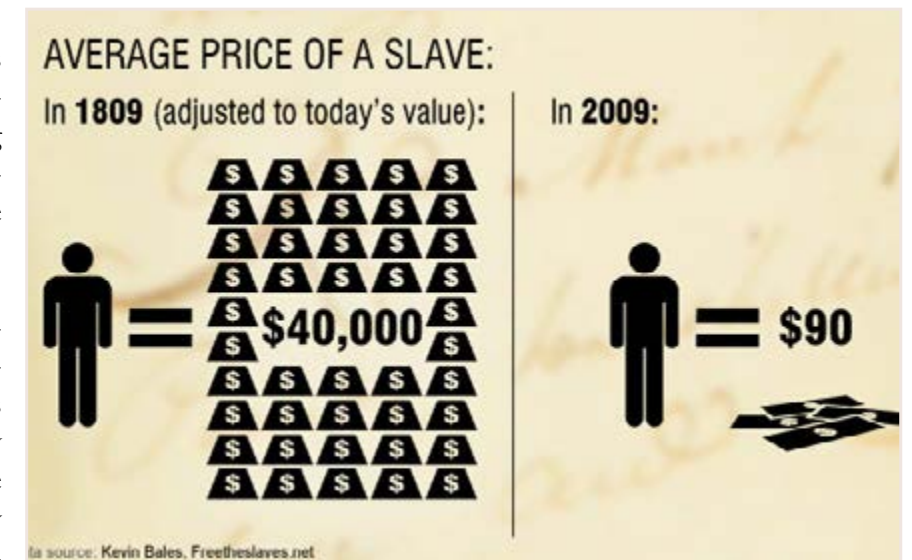


Photo by Jerod Hill used under Creative Commons

every "good cause" that comes along, especially as college kids who are just struggling to pay for our education. However, investing is a very tangible way that we can make a difference, make an impact and, for lack of a less typical explanation, be the hands and feet of Christ in giving hope to the hopeless. It is a way to say with your actions, "God, I trust you with my life and realize that someone else's life (and possible salvation) is much more important than the seven cups of coffee a month or that one outfit at the mall." Visit www.theexodusroad.com to learn more about one-time donations and the

Search and Rescue program.

The Exodus Road is one of the most openly honest organizations I have come across in this realm. They unashamedly explain all of their statistics and the whole process (including the risks) is available for public access on their website. Keep an eye out for more information and updates from The Exodus Road, as this is the first of a series of articles. Contact Kira Roberts at kirarobe@mail.snu.edu if you are interested in joining to help promote this cause on Southern Nazarene University's campus. We will not rescue 27 million slaves—just maybe we can rescue one.

Tips for surviving freshman year

Amy Lauver, Layout Editor

Now that the parents have left, you have started to settle in and classes have begun, you have a new found freedom (within SNU limits of course). Freshman year can be a lot of fun, but it can also be very challenging. This year is the start of your college career and can define how the rest of your time here will go. Here are some Dos and Don'ts that could help you survive freshman year and make it the best it can

be:

Do: look out for the sprinklers when crossing campus. They will attack!

Don't: test your ability to run on little sleep the first few weeks of school. You will need to save that skill for when midterms and finals come around.

Do: make an effort to talk to the people on your floor. Dorm life is so much more fun when you make the most of it.

Don't: procrastinate too much. If you know of big papers and projects months before they are due, don't wait until the last couple days to do them. It will save you a lot of stress and sleepless nights.

Do: keep stuff to make peanut butter and jellies in your dorm room. There will be days where nothing in Sodexo looks worth eating.

Don't: skip too many chapels in the beginning. You will want those extra skips come finals time.

Do: give your roommate a chance. They are just as nervous, anxious and excited about college as you are.

Don't: forget to go to class. Even though college can be a blast, remember what you are actually here for.

Do: get to know your professors. They do really care about you and

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Fall sports season: looking forward

Kira Roberts, Layout Editor

When explained to a non-athlete, sports schedules are typically described using the words pre-season, season, off-season and summer break. While this organizes the timeline of events, there really is very little difference in training schedules for most sports. Sure, summer training looks a little different than when everyone is at school together under the leadership of coaches, but everyone is still working toward the goal of improving their team by improving themselves.

Each different team has unique struggles, victories and experiences, but most of their attitudes approaching new seasons are similar. Head football coach, Michael Cochran, said, "I am looking forward to seeing this group of guys become a family and grow closer throughout the season. I am excited to see what god will do with the hearts of these me."

Assistant Athletics Director for Compliance, Tammy Ikerd, said that she is most looking forward to home events. "As an administrator, it's deeply gratifying to watch the student-athlete represent SNU in competition. Both coaches and studentathletes work extremely hard in preparation for that first home contest, and it is an exciting time for our campus."

Bobby Martin, Director of Athletics, said, "Hopefully this will be the final year of a three year application process. We are in the Provisional Year. If we move through this year, we will be a full member of the NCAA II and the Great American Conference next year. During the last two years, we have tried to operate by the NCAA rules. Though there have been

a few exceptions, by in large we were fully engaged as if we were a NCAA II member."

Ikerd mentioned that, as a department, athletics operated last year as if we were already a Division II member. "Going forward we will continue to focus on our rules education program with student-athletes, our faculty/staff and our community. During the provisional year, our vendor will conduct an NCAA Compliance Blueprint, which is essentially an audit of our compliance program, policies and procedures. This provides us an opportunity to demonstrate the teamwork that has evolved the past year between financial aid, the registrar's office, the faculty athletics representative and the athletics department. Compliance is an institutional and community effort, and we hope to showcase that during the Blueprint."

Looking a bit closer at individual teams, Billy Miller, Cross Country/Track and Field coach, said, "We have a good mix of new and returning team members. This will give a great opportunity to showcase our programs on the bigger stage of NCAA." Miller said that their team vision is "to seek God's will and praise his name in all we do." Their mission is "to live as an example, give to others and share God's love." As a team, they will try to compete and live by Philippians 4:9, which says, "Whatever you have learned or received or heard from me, or seen in me-put in to practice. And the God of peace will be with you."

Similarly, coach Cochran said the football team's goals are to put God first, win the next game, be a great teammate and be a mentally



Photo by Kira Roberts.

tough team. "Our plan is extensive and involves small group bible studies and numerous meetings, all designed to create positive habits."

As far as improvements from last year go, Martin said that the primary change in scheduling will be that the Football team will play a complete schedule in the Great American Conference. "We completed a Press Box and Concession Stand for our ladies Softball facility. We are looking at improved fencing and possible improvements in the hitting facilities for Baseball and Softball. We have completed a change in our watering system at the Football fields. We are completely refinishing and painting the court in the Sawyer Center. This is covered primarily by insurance due to some damage that occurred late in the year."

Looking forward to this season and expecting great things to happen, Ikerd had some advice for the student-athletes. "We all have talents and abilities that are gifts from God. Utilize those gifts! Give your all to your academics, relationships and sport. That is your gift back to him."

Comparably, Martin said, "Be excited about this place...it is a special institution. It takes some longer to figure that out than others. If you will attempt to fit into the mission of SNU, God can do great things in and through you. We have a great Faculty and Staff who care deeply about our students. As I have grown older, I have discovered this truth, 'It doesn't take long to live a lifetime.' Take advantage of the opportunities that lie ahead! Try not to leave with regrets."

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Athletics

Thrift shops near campus

Grace Williams, Business Manager

Macklemore and hipsters agree, thrift shops are great places to buy stuff. Southern Supper and Roller Rag typically require a visit to one, but students often find good deals on normal outfits as well. Amy Snyder once found a "cute, Free People, yellow spring dress for \$3." Preston Goff found a "nice, antique, wood desk for \$10." Brienne Canino once found "a \$150 coat for \$20." So, if you are ready to pop some tags, then you do not have to go far from campus to find some tried and true thrift shops.

The closest and most well known thrift store around SNU is Goodwill. There are many locations across the metro, but there is a large store at 50th and McArthur (5845 NW 50th St Oklahoma City, OK 73122) that is open on Sunday from 12pm-7pm and Monday-Saturday 9am-9pm. Each week Goodwill has a color tag that is 50% off. Goodwill also sells reusable bags for \$5 (or \$3 if you have a discount card), and then you will get 10% off each item when you shop with that bag. You can even buy Goodwill gift cards for your friends. Goodwill is a local nonprofit that seeks to help immigrants, those with disabilities and overall people

in need get jobs. You can also bring your clean plastic bottles, jugs, metals, glass, paper and styrofoam products to goodwill, and they will recycle these items.

Finder's Keepers Thrift Store is just one shopping center over from Goodwill on McArthur and 49th. It is a small store with a lot of furniture and household items but worth a look when you are in the neighborhood thrifting. It is open from 11am-7pm Tuesday-Friday and 11am-5pm on Saturdays.

Dave O'Bannon, Business Professor, recommends Reaching Our City (ROC) Resale shop located on Rockwell and 10th street (1212 NW Rockwell Ave Oklahoma City, Oklahoma 73127) which is open from 9am-5pm Monday-Friday and 10am-3pm on Saturdays. Stay up to date with sales by liking ROC Resale Shop on facebook. ROC is a great ministry that provides many programs to people in need in OKC, especially along NW 10th street. ROC Resale Shop parked a truck on campus at the end of last semester making it easy for SNU students to donate unwanted items.

Jill Funk, L.I.F.E. advisor, recommends Heart and Hand Thrift Center located at Council and 23rd street (7901 NW 23rd St Betha-

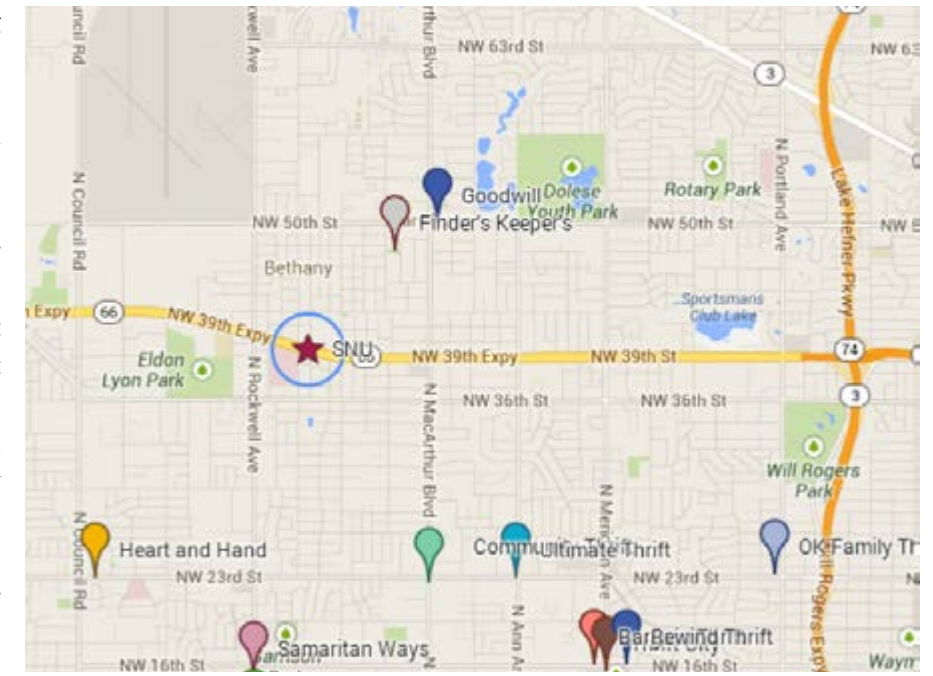


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ny, Oklahoma 73008). Heart and Hand ministries serve homeless women and children in OKC by providing transitional housing and resources. You can find items and information about their rotating color tag sales online through their website and facebook posts. Heart and hand gives a 15% discount for students and military on regularly priced merchandise. Store hours are Monday-Saturday 9am-7pm.

One of my personal favorites is Community Thrift which is located at 23rd and McArthur (2344 N Macarthur Blvd Oklahoma City,

73127) and open 9am-9pm Monday-Saturday and Sundays from 10am-8pm. At Community Thrift, you can get one free garment for free with a purchase of one item. On Sundays, they have a 5 garments with a certain color tag for \$1 deal. This store is well organized with clear departments which makes it easier to peruse. The store is owned by a man who also owns four other thrift stores in the metro area, along with some in California and Michigan.

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Tips for surviving freshman year continued

want to build relationships with you. Don't let your room get too messy. Remember that your mom is not here to clean, so don't let it get to the point where there is no hope for it. Do: Say yes more than you say no. Go to SGA events, join a club, do something you wouldn't normally do. If you don't like it, at least you can say you tried it.

When asked what she would tell

her freshman self, Senior Amy Snyder said, "Going to college isn't about redefining yourself but rather about taking who you are as an individual and discovering your new found freedom, passions and friends. Don't change who you are to make friends, the right ones will find you in time. Why? One, as a freshman I was very afraid that people wouldn't take me as I am, so

often times my defenses reflected as rude and not a good illustration of who I am. Two, I noticed that I tried to change who I was with my new start, only to realize that wasn't necessary. People love me for me, and if they can't do that, it isn't my job to change for them, as long as I continue loving them." Senior Caleb Swanigan says he would tell his freshman self, "Get

out and do stuff with people! I pretty much locked myself in my room freshman year because I didn't realize how nice people were going to be, and I really missed out on a lot because of it."

This year will be the best year of your life so far, but it is just the beginning of your time here. It is only a part of your entire college experience, so make it the best it could possibly be!

Come to one meeting and write one article a week for an hour of class credit. Ask your advisor to sign you up for Newspaper Practicum today!

Write for

The Echo!

Not required to be:

- Brilliant
- An English major
- A 'grammar hammer'

Required to:

- Enjoy writing
- Bring story ideas to the meeting each week
- Want to help provide news and entertainment to the campus

Email Kira Roberts (kirarobe@mail.snu.edu) with questions

Thrift shops near campus cont.

OK Family Thrift is a huge store with a large selection of items that are 50% off everyday. All proceeds from this store are given to the Children's Miracle Network. The store is located on 23rd and Portland and is open Monday-Saturday 9am-9pm.

Meagan Green, sophomore, loves Samaritan Way thrift store where all clothes are 99 cents. at about rockwell and 16th (1518 N Rockwell Ave Oklahoma City, Oklahoma 73127). Samaritan Ways is open from 10am-7pm Monday-Saturday and 11am-5pm on Sundays. Like their facebook

to get updated deals and see pictures of certain items.

Baker Pitts, senior, whose wardrobe makes it clear that he is excellent at thrifting, recommends: "Rewind on 16th and Meridian is a personal favorite, along with Bargain Thrift across the street and Thrift City in the same shopping center."

The closest Bargain Thrift is located at 4545 NW 16th, Oklahoma City, Oklahoma 73127 and is open Monday-Saturday 9am-9pm and Sundays from 12pm-6pm. They donate proceeds to Prevent Blindness, Big Brothers Big Sisters and

Oklahoma Foundation for the Disabled. Find out more by liking their facebook, following their twitter @bargainthriftok and checking out their website.

Thrift City is open Monday-Saturday 10am-8pm and Sundays 12pm-6pm and located at 1617 N Meridian Oklahoma City 73127. Every day, all items are 50% off.

Luke Winslow, senior, suggests Ultimate Thrift on 23rd and Meridian (4907 NW 23rd Oklahoma City 73127) where you can shop 11-9pm on Sundays and 10am-9pm on Mondays-Saturdays.

If the thrill of the find and the

hours of looking through racks in dusty stores doesn't appeal to you but you still enjoy recycling and finding clothes for cheap prices, then check out Piper Ramsey's recommendation: Daisy Exchange. This resale shop only accepts trendy clothing from name brands. Daisy Exchange has several locations but the closest to campus is located on NW expressway between Rockwell and McArthur (5911 NW Expressway, Oklahoma City, Oklahoma 73132). Check out their facebook, twitter and website for more information.

Summer Fun

Shelby Wilson in Italy



Amelia Davis in Panama City



Caleb Simonds in Italy



Jonathan Hane in Alaska



Tannie Hill at the beach



Katie King in Nashville



Editor: Kira Roberts

Content Editor: Ronna Fisher

Layout Editor: Amy Lauver

Business and Social Media Manager: Grace Williams

Adviser: Jim Smith



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