



**Local music showcase**  
*Read more on page 12*



**How do we love the homeless?**  
*Read more on page 9*

**February 26, 2014**  
**Volume 85, Issue 19**  
echo.snu.edu



**6612 NW 42nd St. Bethany, OK 73008** (405) 491-6382

## The International owl rescue

**Claressa Cortesio, Staff Writer**

Southern Nazarene University has striven to provide excellent service to students from all over the world. Rachel Graves has been Director of International Student Services at the SNU International Center for over three years. It is her job to assist students with the admissions process, review foreign transcripts, help them set up bank accounts and live through culture shock. Around 8:30 am on January 30, Graves was informed by her co-worker, Donna, of a call for help from a new individual. An injured owl was found perching on the north windowsill of the International Center. The owl, unable to fly, looked to be a full grown screech owl. The creature appeared to be huddling in the corner from either pain or fear. According to Graves, screech owls are small in

this part of the US. She believed that high winds might have caused the bird to fall out of the tree nearby and injure itself.

"We called Bethany Animal Control," she recalled. "They told us that only Oklahoma City Animal Control will take wild animals." So they called the OKC Animal Control and were told the owl would be picked up. After several hours of waiting, they called a second time. They were informed that OKC Animal Control does not pick up in Bethany. It was then that Graves and Donna decided to take action. "We had to encourage the poor little guy to get into a laundry basket that we lined with towels," Graves said. They decided to sacrifice their lunch break and drive the little bird to the Animal Control center in the southern

*Continued on page 2*



Photo by Rachel Graves

## Girls Only: what Chick Weekend is all about

**Amy Lauver, Layout Editor**

ATTENTION ALL FEMALE STUDENTS: Do you desire a deeper relationship with God? Are there issues you want to talk about with other girls? Do you like staying at hotels? Then Chick Weekend is the place to be on March 28.

Chick Weekend will be a time full of fellowship, fun and great learning opportunities. It is being designed around what female students want to engage and take part in. The ladies of Student Development have spent the entire year

planning this event to reach out to the girls on campus.

Marian Redwine, Director of Leadership and Vocational Calling, has been a part of the planning process since day one. When asked what the idea and purpose was behind a weekend dedicated to females she said, "Simply to give the women of campus a chance to get away and dig deep into issues that matter most to women." The focus of the weekend will be what it means to be a woman of God. "It will be a 'safe

place' for females to get to know each other better and to talk candidly about what is important to them, their fears, their hopes, their expectations," she explained.

All female students are welcome to attend this event. On what girls can expect, Redwine said, "All can look forward to terrific speakers, break-out sessions asked for by our students, health information they want to know and Christian encouragement." Redwine mentioned that this weekend is based around what the girls on campus

desire. "The female staff of Student Development began meeting at the beginning of the year, and then we did a focus group of about 30 female students to find out what they'd like to see in the weekend." The layout originated from focus group responses and will be, "all in the great environment of 'girl time' -- complete with games, probably something crafty and terrific memories."

This weekend is not just for the female students on campus

*Continued on page 4*

# Sodexo dining service and future changes in quality

Summer Howard, Staff Writer

It is always a pressing matter at Southern Nazarene University: whether or not the food in Sodexo will be satisfyingly different today or if it will be the same choices served multiple times a day, all week long. Because of the many complaints being issued by my peers and myself about Sodexo's quality of food, SNU has decided to entertain the idea of allowing Sodexo's contract to expire with the university.

At the beginning of this semester, SNU hosted representatives of the food services Aramark and Chartwells. Students were invited to come listen to the representatives' information and ask questions regarding concerns they have with the current food situation. Although I did not attend these meetings, I interviewed Meagan Green, sophomore resident advisor, who said she was not very satisfied with Chartwells.

"I know the school is looking at a few options, and I can't say that I was incredibly impressed with Chartwells," Green said. "However, the representatives from this company did have some interest-

ing views on what food service should be like."

Besides having the mundane meals of hamburgers, sandwiches and pizza every day, students at SNU have no idea what other choices they have for lunch and dinner unless they go upstairs to look. They also have a limited amount of time to eat their meals, and food services are essentially nonexistent on weekends. Chartwells plans to help solve both of these problems.

"They offer an app for phones that describes the menu," Green said. "I would have the ability to look at the menu and decide if I wanted to eat in the dining hall without having to walk to the Commons. They also presented the option to extend the hours of Pops and the dining hall."

Despite Sodexo's failures with their lack of food options, one thing many people agree the company does well is posting calorie counts and what ingredients are placed in the food they serve in a place where everybody can see it. According to Green, Chartwells will not physically post the make-up of each meal. Green is wor-



Photo used under the Creative Commons License

ried that if the food service is not willing to place a list of the facts about each meal near where it is being served, that they will not accommodate those who are on a special diet.

"I eat nearly every day with a friend who cannot eat gluten, which is in most foods," Green said. "Sodexo chefs, especially Wendy, are very good at working with people with special dietary needs, and go out of their way to change up the somewhat boring menu that those with dietary needs are bound to."

Sodexo has made some nice gestures in order to help those on a different diet feel like they are important to the company. Having heard the complaints of students with vegan and/or vegetar-

ian lifestyles, however, I know the gestures are not enough. This is not to mention that people with no particular diet needs are themselves not content with the lack of food options.

"I honestly don't care if the school changes food services or not. The important part to me is the food, not the company that provides it," Green said. "If the school changes companies and the food service quality stays the same or worsens, students will be just as unhappy as they are now."

So the question, therefore, is not if SNU will change food services, but whether or not the quality of food service will change. Only the beginning of another semester will provide the answer.

## The international owl rescue cont.

part of Oklahoma City.

"There is a wildlife rehabilitation center that picks up wild animals from this center every day," Graves said. The owl was successfully dropped off at the center to be fixed up and released back into the wild once it fully recovers. Screech owls are known for their prominent, wide-set feather tufts with bright yellow eyes. Their coloring helps to camouflage them against tree bark

Although not exactly an owl-whisperer, Graves is no stranger to nature. She grew up in Indonesia and also lived in China for three years where she taught English. She has worked full time

for SNU for over five years. Her objective is to help international students. "I am sure coming into the U.S. is more traumatic than other countries," she states, referring to protocol. Graves is solely responsible for these students up to as long as six years. Part of her responsibility is to make sure they do not violate student status. Just like she helped the traumatized owl to safety, Graves strives to ensure that international students feel at home and survive their new lives.

The staff at the SNU International Center work hard to create an environment where students can feel comfortable, study and hang out. They want everyone to feel welcome, even the owls.





# The effects of caffeine and a lack of sleep

**Brett Smith, Staff Writer**

Show of hands, how many SNU students get a decent amount of sleep every night? Not many people raised their hand, right? A lack of sleep has become somewhat of a norm for college students these days. Trying to balance school, work and a social life can be a demanding task, and it adds a lot of stress on your body. However, what do college students turn to in order to stay awake? You guessed it: caffeine. That glorious combination of carbon, hydrogen, nitrogen and oxygen that keeps your eyes open and old coffee mugs off the shelves. Everyone loves it, but, just like a lack of sleep, it can have some interesting effects on your body.

Even though it does help start the brain's engines in the morning, caffeine can cause things like nausea, insomnia, nervousness and restlessness, increased heart rate and respiration and other serious symptoms. Small amounts of caffeine are unlikely to cause any of

this but enough of it for too long will cause these effects. Also, caffeine in high amounts can lead to serious bodily damage or can even be fatal. It is common for anxiety disorders, bleeding disorders and heart conditions to become worsened when caffeine is regularly ingested. Vocal majors should also be weary of caffeine because it can cause the vocal chords to dry out. Of course this takes some time to do, but it is best not to drink caffeine the day before or the day of a concert. Avoiding caffeine in general is potentially a good idea for anyone. Skipping caffeine, though, requires getting enough sleep.

However, an insufficient amount of sleep is also harmful to your body. WebMD states that a lack of sleep can cause things such as high blood pressure, heart attack, heart failure, stroke, obesity, psychiatric problems, injury from automobile accidents, poor quality of life and other serious conditions. By getting the recommended amount of sleep, roughly eight hours, these



*Photo by Greg Rodgers used under the Creative Commons License*

conditions are likely to be avoided. Despite recommendations, studies show that the average amount of sleep obtained by college students is six hours per night. Not a bad average until one realizes that for every hour of sleep lost, another three hours are required to make up for it. Thus, if a student wanted to make up two hours of sleep lost one night, he or she would need to get an extra six hours the following night. Sleep plays a key role in the success of individuals and their careers. College students should take this into account when cramming the night before for a huge test. It is more beneficial to cut the study time and get some sleep instead. Making up for a lack of sleep with caffeinated drinks can also cause test grades to suffer by causing a lack of focus and restlessness. Cut the caffeine intake, get the right amount of sleep and the day can be a success.

## Contribute to THE ECHO

### *Have something you want to see in The Echo?*

**Send a letter to the Editor**

**Leave a comment on our website**

**Come to our meetings: Tuesdays at 5:30, room 221 in the Library**

**Email Ronna Fisher (rfisher@mail.snu.edu) with questions**

# Girls only: what Chick Weekend is all about cont.

either. Redwine mentioned her excitement for the women who will be involved in this weekend. "I'm excited about the wide variety of female staff and faculty participating. Each of them has a story, and it will undoubtedly be encouraging [and at times surprising] to find out that these women to whom our female students look up to and admire have had some hard journeys. We all have to make a decision to follow Christ closely, and none of us are immune to hard times. Choosing the narrow path is certainly not always easy, but I'm looking forward to these women sharing how it's been worth it."

*"I'm excited about the wide variety of female staff and faculty participating."*

Sharing her hope for the weekend, Redwine said, "My hope is that our female students will walk away feeling closer to each other and more aware than ever, that no matter what their situation is, they are not alone. My prayer is that friendships will grow stronger and relationships with Christ will grow deeper."

Chick Weekend will be March 28-30. The cost is \$30, which will cover a t-shirt, two nights at the Crown Plaza Hotel and all meals for the weekend. It will be a great time

to delve into what matters to our female students, learn from each other and experienced women and grow closer to God, as well as be a weekend of great "girl time" fun!



Photo provided by Marian Redwine

## UPCOMING CAMPUS EVENTS

### SGA Events

Feb. 28 - March 1 - Spiritual Life Retreat

March 3 - Class apps available

March 5 - Exec Candidate Fair

### Misc.

Feb. 28 - "A Night of Sondheim" @7:30pm

March 1 - General Scholarship Deadline

### Sports

Feb. 28- Home Baseball game @1:00pm

March 1- Home Basketball games @2:00pm

March 3- Home Women's golf match @9:00am

March 4- Home Baseball game @2:00pm

# STORMSPORTS

TheEcho • February 26, 2014 • Page 5

## Switching to Southern Nazarene University

**Saydi Dowd, Staff Writer**

Like in athletic departments everywhere, a new season means new faces, new players and new competition. These mysterious new athletes are called transfers. But with all these new faces comes a few questions. Where are these students coming from? Why are they here? Are they happy with their choice to transfer to Southern Nazarene University?

Kayla Wyatt is a sophomore Early Childhood Education major and the ace pitcher on the 2014 roster for the Crimson Storm. However, she is also a transfer student from the Division I school, University of Nebraska at Omaha. Kayla transferred to SNU to join the Lady Crimson Storm softball team, coached by Tere Webber.

When asked why she decided to attend SNU she responded, "I'm originally from a small community, and going somewhere 'big' turned

out not to be for me. I guess you could say that I just love the home-like feel."

"I'm initially here to play softball," stated Wyatt, "but I never thought that I'd make the friends that I have. Because SNU is so small, everybody knows everybody, and at my other school it wasn't like that at all."

Kayla is glad that she made the decision to switch to SNU. "Compared to my previous school, this place is amazing. The people here are nice and always trying to help, and I love my team."

Some students/faculty who have always been here may, at times, take for granted the sense of community that SNU provides. They might ignore the friendly gestures every morning from the custodian, the sincerely caring professors or the many opportunities to create friendships. However, for the people who have been elsewhere, they



Photo from [snuathletics.com](http://snuathletics.com)

cherish these very same things, seeing their value and importance.

At the end of the day, all any athlete really wants is to find their home, the place where they belong,

the place where they are needed, the place where they feel at the top of their game. And sometimes, that home for people just happens to be SNU.

## SNU Basketball: Down the Stretch

**Carlos Font, Staff Writer**

The 2013-2014 basketball regular season is coming to an end for both the men and women's teams. The men's team has an overall record of 12-10 and 10-6 in the Great American Conference as of Monday, February 17. They have also been on a four game winning streak.

March 1 will be the last home basketball game, which means that for two players on the men's team, it will be the last time they play for the Crimson Storm. These two players are Quan Conner from Waukegan, Illinois and Antwone Jackson from Huntsville, Atlanta. Conner averages 16.9 points per-game, 34 minutes per-game and has started all 45 games he has played in his career at SNU. Antwone Jackson has averaged 5.8 points per-game and 5.7 rebounds per-game in his career at SNU.

The Storm basketball team has a good chance of finishing second in the Great American Conference with games against the number three and number two teams in the

conference. In a recent interview, SNU Athletics head coach, Adam Bohac, said that his team is showing great character and needs to be "tough minded down the stretch."

The women's basketball team has an overall record of 10-12 and 7-9 in the Great American Conference also as of Monday, February 17. The

*Continued on page 6*

**SNU**

Keep up with results and scores at  
[snuathletics.com](http://snuathletics.com)

**Athletics**



# SNU Basketball: Down the stretch cont.



Photo from [snuathletics.com](http://snuathletics.com)

Storm ladies are defending their 2013 NCCAA National Championship. Just like the men's basketball team, the women's season is also coming to an end with four more games, the last game being senior night on Saturday, March 1.

The only senior in the women's basketball team is Kristin Milster from Washington, Oklahoma. In Milster's four years at SNU, she has averaged 6.7 points, 2.5 rebounds and an average of 18.3 minutes

per-game. In her last season at SNU, Milster has stepped it up and is averaging 17.2 points, 4.5 rebounds and an average of 34.7 minutes per-game. In an interview with SNU Athletics early in the season, Milster was asked about the season and her new level of comfort in the hard-

***"Come out to honor these teams..."***

wood. She responded, saying, "Because I'm a senior, I really feel like I need to step up. We lost a couple of key players last year, so I felt it was important for me to step up, do the best I can and finish strong my senior season."

It will be really interesting to see how both teams will respond

towards the end of the season. Will the men's team be able to keep up their winning streak and be able to take their great game towards the playoffs? With the women's team looking to improve their level of play, will they be able to defend their NCCAA Championship?

Come out to honor these teams and their senior players at Senior Night, March 1. Women play at 2 pm followed by the men's game at 3 pm.

## Athletes of the Week

**Meagan Johnson**  
**Women's**  
**Track and Field**



Meagan Johnson took eighth in the 3000-meter run at the MSSU Lion Invite running a 10:39.41 and set the school record for the women's 3k.

# Ways to improve youth sports

**Cass White, Staff Writer**

Sports can be very beneficial. They teach you many lessons that can be applied and translated to life. Participating in sports builds character, discipline, poise, consistency, focus, determination, accountability, self-confidence, industriousness and hard-work--all in one.

There are several ways our community could improve youth sports, especially for the safety of our youth. The most popular sports in America tend to be the more physical sports. This popularity is due to the action, the skills required and the attention these sports receive from social media.

Football, soccer, baseball and basketball are the most popular sports in today's society; all of these sports have physical contact throughout the entire game and injuries occur often.

Inexperienced and unknowledgeable coaching can be very harmful and dangerous to the kids because they will not be taught the proper techniques and forms.

Therefore, we need to improve the level of coaching of the coaches that teaches our youth sports programs. Individuals working for

these organizations need to have certain credentials and qualifications to become a youth coach. As of now, anyone can go, sign-up to become a youth sport coach, get hired and just go through the motions. The right coaching will prevent injuries by teaching kids how to actually play the game correctly and safely while still maintaining a fun and enjoyable experience.

Another way to improve youth sports is teaching sportsmanship. This would involve instructing kids that while winning may be important and part of the game, it is not everything; having fun and actually enjoying yourself are and should continue to be the main reason for youth sports.

Teaching equality is another way to improve the youth sports system. Showing equal attention to each player, from the best to the worst athlete, is very important. By treating each kid the same, even if they are not earning or receiving the same amount of playing time, will help the children's confidence, satisfaction and build coach-to-player connections that are so crucial to athletics.

An additional improvement in youth sports could be the proper



*Photo used under the Creative Commons License*

involvement of parents and guardians. There are plenty of parents that put their children in youth sports just to take up time while the adults are doing other activities. These parents will not even support their child at practices or games.

On the other side, though, there are parents who are too involved with the game, yelling at every

practice or game and not giving their child the correct support. Over involved parents may actually bash and criticize the kids. This behavior can cause the kid to not have fun or enjoy the game and rob them of their love for it.

These tips and suggestions, if taken seriously, will improve youth sports programs, organization and leagues.

## Athletes of the Week

**Lindy Fluman**  
**Softball**



Fluman hit .500 on the week with three RBIs and six runs scored out of the lead off spot. She also had one double, a home run and 15 total bases.



## Beating the beauty epidemic



Photo used under the creative commons license

**Summer Howard, Staff Writer**

There is an epidemic sweeping the nation's women: it is called the American Beauty Standard. Being constantly bombarded by pictures of perfectly tanned, perfectly proportioned models, women of all ages are getting the message from American society that in order to be loved and successful, one must have a flawless complexion, a rail-thin body, a radiant smile and bleach-blond hair. This epidemic is causing many women to strive to reach these impossible standards and, in some cases, causes self-esteem issues, anxiety and

health problems such as anorexia and bulimia. Just like SNU's attempts to remind our female population that God sees us as beautiful, I want to share some wisdom on how to make sure the mirror never tells you a lie again.

I am sure that the majority of women, by the time they reach college, understand how fake many of the made-up ladies are in the entertainment industry. I mean, we all know how ridiculously thin you have to be to land a job for a prominent modeling company, otherwise you're considered "plus sized."

*Continued on page 10*

## The perils of social media

**Summer Howard, Staff Writer**

All of us know people who inform others a little too much about their personal lives on social media sites such as Facebook, Twitter and Instagram. Even though the general consensus of social media users would say they find it annoying when people document the time of day they brush their teeth and or when they ate their breakfast, many of us are guilty of the same offenses. So what makes us inclined to share the specific (and sometimes boring) details of our lives with the entire social networking world when there can be serious repercussions?

No matter what age we are, we all crave some type of recognition or attention from our peers. Commenting on what is occurring in our lives through social networks creates a kind of anticipation in our beings; instead of just one or two people celebrating, mourning, laughing or ranting with us about a situation, anybody from our

friends/followers to the entire network can be overjoyed or depressed for us. This gives us a kind of gratification because the more friends/followers that "like" or "favorite" our posts makes us feel as if we are important enough to be recognized by people. Therefore, we are given the illusion that we have more friends than we actually do. This illusion is a dangerous one, particularly for those of us who have a low self-esteem. It dupes us into believing we can talk about anything we want on social media and people will love our views or comments, when, in actuality, our posts can become a nuisance to those who read them.

But the excitement of being recognized on a larger scale is not the only reason why social media is dangerous. Facebook and Twitter are great ways of conversing with one another, especially when we do not have a person's phone number. Instead of getting closer with the

*Continued on page 10*



Photo used under the reative Commons License



# A call for help: How do we love the homeless?



Photo by Stephan McDonald used under the Creative Commons License

## Anonymous Writer

When I read about and study the life of Jesus, it seems pretty clear that he reached out to the poor, needy and sick. At the same time, he was pretty disgusted with churchgoers who were concerned only with rules and the appearance of the church and themselves. I've come to the conclusion lately that this is a pretty literal example of how to live.

So I started volunteering at the afterschool program through Jubilee Partners, an opportunity that enabled me to serve less fortunate

children. I also started teaching Sunday School at my church. I'm really trying to work on being less materialistic and only buy food, clothes and items that I need and are made ethically so I am not causing any person or creature to be exploited. I feel that I am making progress toward being like Jesus in these areas but one thing stumps me everytime: am I doing these things out of a spirit of love?

I make relationships with people whenever I contact them through these small acts of trying to live out my faith. But many times, I pass

homeless people and I recognize them as a poor and needy person that I think Jesus would reach out to. It's always tempting to ignore a homeless person because I am behind glass and protected. Plus, I can always "assume" that the person is truly a con artist.

But I don't know. Did Jesus always know? Did Jesus ever get "ripped off"? Would he be proud of my selectiveness?

I give generously to my friends all the time. While most of my friends are "poor college students," they all have everything in terms of necessities. But I still buy them presents and treat them to stuff even though they don't need it and they do the same for me. Even "sinners" do that. Am I loving my neighbor as myself if I demand that a homeless person be truly needy before I am generous?

The love chapter of the Bible reminds us it doesn't truly matter if I give the homeless person a granola bar, a gift card to McDonalds, cash, my car or even if I die for them if I do it without love.

I experienced this firsthand when I was driving to Sprouts and saw a lady begging nearby with a sign saying "I have a hungry kid."

I invited her to go to Sprouts with me to get groceries. I knew I had the extra money but it did cross my mind that I was taking her to a store so expensive I wouldn't buy all my groceries there. But love your neighbor as yourself, right? She was a sweet lady and respected the budget very well.

The whole thing was awkward, I just did it because I felt like I should. I barely looked at her and we didn't talk much. That was no example of love. Plus, those groceries would last her maybe a few days which likely won't help her make a sustainable life.

So what is love in the situation of homelessness? I hope you don't feel ripped off that you just read a bunch of ramblings only to be asked a question in the end, but I want to ask everyone because we all need to have this conversation.

What is love in the situation of homelessness? Should I take the person to a shelter? Is it wrong that I would only pick up a woman? Is it wrong to ignore a person because I am hurrying to volunteer at Jubilee Partners?

Please write in with your comments or suggestions.

Come and go reception  
February 27  
2pm to 4pm  
Heritage room, Commons

After 19 ½ years of working at SNU, Barbara James, current custodian for Religion and Cantrell, will be retiring at the end of February. In her many years of service, she has worked in various buildings on campus, ready to share a word of wisdom, a smile or just offer a word of prayer. She has been a blessing to many faculty, staff and students along the way. Please come help us celebrate her retirement.

## The perils of social media cont.

people we socialize with, however, these sites make it unnecessary to verbally talk or meet with our friends. Nothing can replace hearing the voices of our friends and reading their expressions while we converse with them. A part of socializing is lost when we cannot see others' reactions to our comments, and it becomes difficult for us all to communicate when our only

form of communication involves a keyboard and a screen.

The last reason that social media can be deemed dangerous is because of safety. Documenting every second of our lives could gain us an unwanted visitor: a stalker. With hackers becoming better and better as the

amount of technology available to the public increases, it is not hard for dangerous individuals to access our social media accounts. If we are prone to give everybody a rundown on our daily routine, we are more likely to be targeted by hackers of this variety. Most people do not

think of this threat to their safety because they believe it will never happen to them. It is important to take measures to secure our social networking accounts against unnecessary risk.

With all these dangers, what is our best plan of action to avoid these perils, then? The answer is simple: stop posting on social media and start living face-to-face.

**"...start living face-to-face."**

## Letter to the Editor: What they are teaching

Dear Editor-in-Chief,

I'm writing in regards to the February 17 opinion piece, "What they are teaching." I wish the anonymous writer did not appear to attack SNU professors' dedication to their students' success. From giving advice to writing letters of recommendation to sponsoring student organizations, they were consistently involved and helpful (in my experience).

I sympathize with the anonymous writer, however, when he/she writes, "Knowing your academic standing is serious. Some of us might lose a scholarship over this. Some of us might not be able to come back to SNU." I had similar reasoning my freshman year (in spring 2010) when a professor told the class he would provide feedback on assignments so we could improve, but would not reveal grades. At first I was livid and combative.

With some more time, however, I've also come to appreciate that professor's point of view. While grades can sometimes be a spur urging one on to study more and think deeper, they can also be a distraction at times. If they're low, they can negate any positive/constructive feedback; if they're high, they may invite "coasting."

I think Dr. Neuenschwander had the best system for handling this issue. In STS in spring 2013, he offered students a choice. They could choose to see their grades throughout the semester, or they could choose not to (and receive a small amount of extra credit). Those who would stress without seeing grades could track them, and those who wouldn't could get some extra credit. Everyone wins.

Respectfully,  
Brad Crofford  
Class of 2013

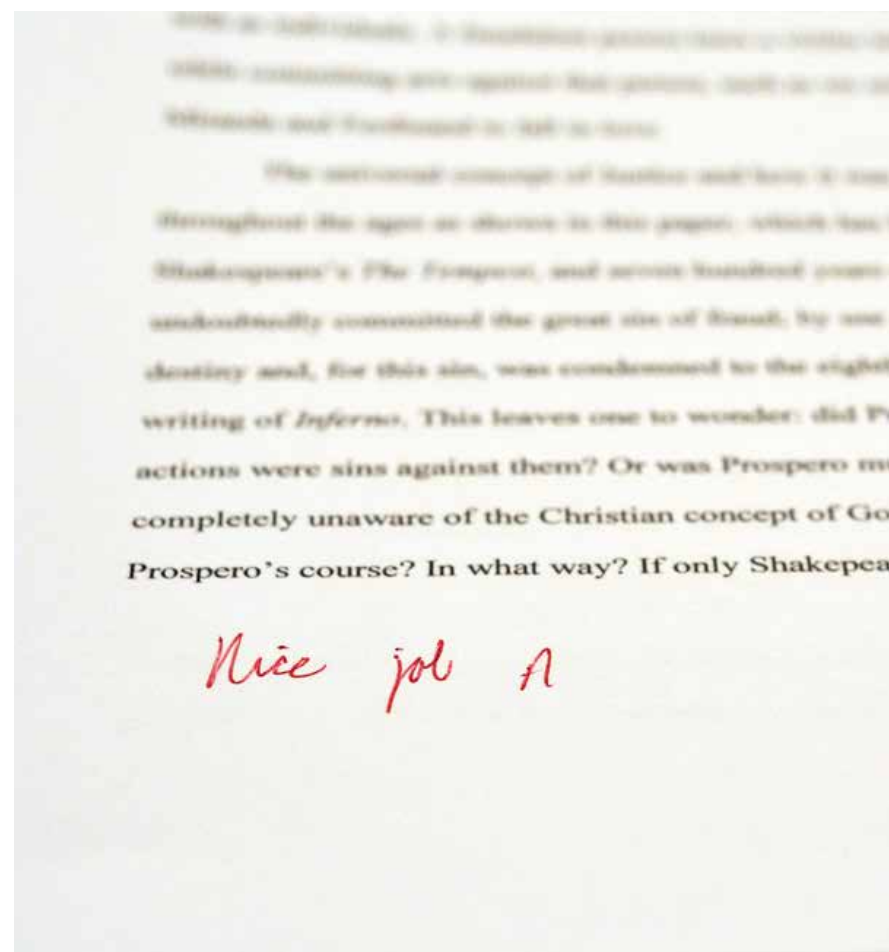


Photo by Jennifer Tomaloff used under the Creative Commons License

## Beating the beauty epidemic cont.

Still, a lot of us (myself included) feel as if we need to conform to what is seen as "pretty;" if we just lose ten pounds, get a whiter smile or use this type of makeup, we will magically be transformed from ordinary to stunning. But, let's face it, girls: those expectations aren't realistic.

What is realistic is the fact that God made us all in His image.

That means none of us are ugly; if God is perfect, then you were perfectly made. You don't need makeup for God to think you're His beautiful daughter. What God sees as a beautiful woman has nothing to do with appearance. Proverbs 31 says that women who "fear the Lord" are dressed in "strength and dignity" and should "be praised" (ESV). You have no need to worry about

what the mirror thinks of you; the strength and dignity that God gives you will help others see your true beauty—your heart's goodness.

Now, don't get me wrong; I'm not saying that you can't wear makeup, have tan skin, be fit or dye your hair. What I am saying is that when you put on makeup or dye your hair, don't use these

standards of American society to conform to the beauty epidemic or to get a guy. Use them because you want to have fun. Use them because you want to show the world your personality and your confidence in yourself. Most importantly, use them to declare you are a loved daughter of God and you are beautiful exactly the way you are.



## Shirley Temple: the template of child stardom

**Katelyn Lamb, Content Editor**

“Animal Crackers in my Soup” may be on the verge of extinction as Hollywood mourns the loss of one of their career darlings, Shirley Temple Black. Temple died of natural causes on February 10, 2014 at the age of 85. While entertainers and audiences alike grieve the passing of their round-cheeked, curly-haired star, Temple’s legacy lives on.

In a nation recovering from the Great Depression, Shirley Temple’s giggling charm was a welcome addition to the Hollywood scene of the 1930s. Temple began working in entertainment at the ripe old age of three, landing her first main role in “Stand Up and Cheer” in 1934. From then, Temple was cast in 28 movies over 10 years, grinning, singing and dancing her way across a second world war and into the hearts of American viewers. Some of Temple’s most recognized films include “Bright Eyes” (1934), “Curly Top” (1935), “Dimples” (1936), “Heidi” (1937) and “The Little Princess” (1939).

My first contact with Shirley Temple came during a Christmas many years ago. It was so long ago that VHS tapes were still considered stellar presents. That year,

my grandma gave both me and my older brothers one VHS each. While my brothers opened a skateboarding music video and some Focus on the Family cartoon, I unwrapped “Poor Little Rich Girl” starring, you guessed it, Miss Shirley Temple. My six-year-old self tried very hard to enjoy this present. Despite my best efforts, I fell asleep every time I tried to watch the movie. However, I distinctly recall seeing this famous little girl and wishing I had her curly hair and ability to sing in everyday life.

Although I have grown up and can keep my eyes open through many a classic film, what I noticed about Temple as a child was much of what America loved about her in her prime. Yet, there was more to this charming child actress. In addition to an endearing presence and talent, Temple, as one writer at The Chicago Tribune notes, was a model of childhood stardom. The actress began her career at an extremely young age, a common characteristic for kid-entertainers. However, what distinguishes Temple from her modern day counterparts (think Cyrus, Bieber, Culkín or Spears) was her ability to diversify when her work began to



*Photo used under the Creative Commons License*

disappear. Throughout her career, Temple maintained a fairly singular image and when audiences no longer clamored to the box office for this image, she moved on.

While the young girl maintained a modest resume of TV shows and small films as she grew up, Temple was able to exert her influence in other areas. She had a fairly normal adolescence, married and had three children well out of the spotlight. Eventually, the darling of Hollywood turned international diplomat, serving as Nixon’s am-

bassador to Ghana in the 1970s and George H.W. Bush’s ambassador to then Czechoslovakia in the 80s. Temple, in this regard, is a stunning example of enjoying celebrity status while maintaining credibility. Initially famous for her ringlets and sing-along tunes, Temple came to be respected as a significant political player and spokesperson for many causes. Hollywood may mourn the loss of a young starlet, but I am grieving the example she set for talent that exemplifies self-respect, dignity and class.

## Brett eats out: The Green Chile Kitchen

**Brett Smith, Staff Writer**

Growing up, I never cared for food that had chilies of any kind in it. My mother would always attempt to trick me by sneaking green chilies into her cooking, and I would almost certainly discover one somewhere on my plate. However, I began to enjoy green chilies as I grew older. They have a certain taste that is similar to peppers but not quite as dominant. Chilies

provide little heat but the flavor is still there.

The folks over at the Green Chile Kitchen have truly accented this trait with their cooking style. Their food is influenced by the cuisine of New Mexico, which is a big reason for all the green chilies. Upon entering, it is obvious that there is a New Mexican vibe. Part of the kitchen is visible from the door, which is pretty cool and

encouraging as well. A restaurant that proudly displays the kitchen to its guests indicates that they mean business. Plus, it is very entertaining to watch a well-prepared food line operate.

Three of my suitemates accompanied me for this trip. Nathan Schauer, Brandon Hart and Mickey DeMarzo. We arrived shortly after five o’clock on a Thursday evening. I was surprised at how low

the number of guests was, but it seemed that we had just beaten the dinner crowd. Within ten minutes of our arrival, the house was full. Our server quickly took our drink orders and brought them to our table equally fast. There was no shortage of choices on the menu, so it took a few minutes for us to decide what we would have. As usual, I ordered an appetizer that I suspected would serve as a good

## In review: Local music showcase

**James Tunnell, Staff Writer**

The local music scene of Oklahoma City and the surrounding area really doesn't get enough credit. Sure, there hasn't been a hugely successful breakout band since The All American Rejects came storming down the plains in the early 2000s, but that doesn't mean that there aren't a bevy of talented bands just itching to be heard. One admitted criticism of music in OKC is that we don't have a particular "sound." You can't point at Oklahoma City and see a common thread between bands like you could with say, Seattle and the Grunge scene in the 90s. But, really, that is part of what makes our local bands so great. There is diversity, and that's cool.

One of the most talked about local bands of late is a group called Tallovs. Their recent release *Memory Marrow*, has garnered heavy praise from local critics, some touting it as one of the strongest independent debut releases the state has ever seen, and the plaudits are well deserved. It's even gotten a bit of airtime on smaller indie stations overseas. *Memory Marrow* is somewhat difficult to assign

a genre to. Their bandcamp lists Tallovs as "experimental," and in many ways, that is true. The instrumentation is pretty non-traditional, making use of loops and shimmering reverb, all wrapped around infectious pop melodies and hard hitting choruses. It's kind of reminiscent of instrumental local greats, The Non, only with more traditional song structures and the inclusion of vocals. Tallovs' recent efforts have earned them a spot at this year's SXSW in Austin, in which they will surely aim to impress.

Another up and coming local group is the bedroom pop duo of Danny Davis and Wil Norton (of Non fame), called Husbands. Although they haven't released a proper album yet, they have put out a slew of catchy singles via their bandcamp over the past year. Considering that the production value is kind of limited throughout their catalogue, it's a credit to Husbands' musicianship that the lo-fi sound they have managed to create actually works in their favor. There is certainly a dream-like quality to all of their songs, most of which are drenched in reverb. It's hard to find many criticisms against what Husbands have put



*Photo provided by Kelsey Davis*

out so far. None of their singles feel like wasted efforts; they're all catchy as heck. If lo-fi dreampop is up your alley, then the smooth vocals of Davis and noodling guitar work of Norton will have you on Cloud 9.

A final band worth giving a listen to are the shoegaze outfit Power Pyramid. Admittedly, shoegaze can be a hard genre to get into, but for people that enjoy bands like My Bloody Valentine, Slowdive, or contemporaries like The Horrors or No Joy, Power Pyramid is like a sonic beacon of light in the night of darkest aural clarity. The great thing about Power Pyramid is that in a genre that has been around long enough

to really have solidified its sound (wall of distortion, heavy use of tremolo, drum machines, ghostly vocals), they still find a way to sound fresh. Their album *The God Drums* is available for free download on their bandcamp, so there really is no reason not to give this band a chance.

Obviously, not every good local band is included in this article, but the ones listed here are certainly some of the best our city has to offer. If you like something you hear, don't be afraid to actually buy one of their albums (a shocking concept to most). The more we help these artists, the more our local music scene will thrive, and that is something that we can all get behind.

## How to create a 7-course meal in a dorm

**Macy Sliman, Staff Writer**

There are many things a student can and cannot do in a dorm. For instance, one cannot participate in the popular Spanish tradition of the running of the bulls or properly entertain a French democrat in their dormitory. However, individuals can become one step closer to the latter by learning to prepare a seven-course meal in their dorm, without ordering take out or even calling Mom to save the day.

Now, the best way to begin this long, seemingly pretentious custom is to prepare properly. In order to do this, the chef in question needs to go through the proper steps.

The first step is to choose the theme and dishes for the seven courses. Italian is always a good crowd pleaser and easy to cook. For the first course, how about starting with a caprese salad as appetizer? This hor'dourve is comprised of mozzarella, tomatoes

and basil with balsamic vinegar drizzled on top. For the best taste, use fresh, preferably organic, ingredients, especially for the tomatoes and basil.

The next course is a soup. One of the best Italian style soups is minestrone. This light broth soup included vegetables, ground beef, beans and noodles. This can be easily topped with Parmesan cheese to enhance taste.

Fish should follow the soup course. A savory Italian dish in-

volving fish is baked garlic herb tilapia. This type of fish is light and flaky with very little typical fish taste and, if baked with creamy herb butter to perfection, can be a quite delicious.

Following the fish should be a palette cleanser, something with a neutral taste to prepare for the entrée. With Italian, it can be a simple baguette with oil and herbs.

An excellent entrée for an Italian themed night is chicken cacciatore.

**Continued on page 13**



# How to create a 7-course meal in a dorm cont.

tore with tomato basil sauce and steamed broccoli. Chicken cacciatore is a simple enough dish, requiring pan-frying chicken in a skillet, sautéing herbs and the tomato basil sauce and then baking it all together. Sprinkle with Parmesan cheese and parsley for a super tasty dish.

After this insane amount of food, it is probably a good idea to slow things down. Follow the entrée with a light salad. This course can be just plain lettuce with tomatoes, black olives and Parmesan cheese topped with balsamic vinaigrette or a creamy

Caesar dressing.

The best part of this seven-course meal is the dessert. After all this delicious and extremely filling food, it is excellent to end with a light sorbet or, if you prefer chocolate, even tiramisu.

Once you have your entire menu planned out, comprise a list of all ingredients you need. Be sure to go through your pantry before hitting the grocery store so you do not buy double of something. The final step is to go shopping, cook this insane amount of food and find some friends to share it with. Enjoy!



Photo by Sid Cattaneo used under the Creative Commons License

# Brett eats out: The Green Chile Kitchen cont.

platform to judge what the entrée would be like. My choice for this was simply a bowl of queso that was served with mild, medium or hot chilies on top. For a Texan, I am somewhat of a wimp when it comes to spicy food, so we went with the mild chilies. It arrived within five minutes, a great time considering the amount of people there. The whole group loved it. Mickey had the idea to mix the queso with some salsa that was provided beforehand. The rest of us tried this combination, but we did not enjoy it as much as he did.

Once we had made up our minds, we placed our order for the entrées. For a college student's budget, the menu was a little bit on the expensive side. Most entrées averaged around \$10-\$12, while a few were beyond that. I ordered the Enchi-

lada Combo, which was \$14. It was a little high, but it definitely filled me up. This meal came with a flat enchilada that had a choice of ground beef, steak, chicken or cheese in it, a soft or crunchy taco with the same selection of meat, a chicken or pork tamale as well as rice and beans. Like the queso, I had my choice of mild, medium or hot chilies. This restaurant is where green chile farmers make their money, because everything had green chilies in it, which was not a bad thing. Everything was cooked so that the overall flavor of the dish was pronounced, but there was a constant flow of chile flavor in the background. It was cooked beautifully to display the green chile without causing it being overwhelming.

However, not every visit is per-



Photo used under the Creative Commons License

fect. There were times when we ran out of tea or water and had wait. Normally this would bother me, but our waitress was running a huge section of tables all at once. We never saw her stand in one place for longer than about twenty seconds, so it was understandable. Other than that one detail, our service was great. We were welcomed at the door when we came

in, and we felt the same hospitality throughout our visit. If you're looking for some great food with a New Mexican feel, then you only have about ten minutes to drive. The Green Chile Kitchen is located at 12 East Main Street in Yukon. Head straight up Route 66 and it's on the left; you can't miss it! I encourage you to stop by there soon - you won't regret it!

Editor-in-chief: Ronna Fisher

Content Editor: Katelyn Lamb

Layout Editor: Amy Lauver

Business and Social Media  
Manager: Grace Williams

Adviser: Jim Smith



The ECHO is the weekly student newspaper of Southern Nazarene University and is a long-standing member of the Oklahoma Collegiate Media Association. Viewpoints expressed in the paper are not to be considered official standard-bearers of the university or its sponsoring denomination.

Editorials in the opinion section, generated by the ECHO staff--and therefore have no byline--express the opinions of the editorial staff but not necessarily of the administration, faculty or staff of Southern Nazarene University. Personal columns with bylines as well as opinions reprinted from subscription wire services or other publications by permission express the opinions of the writer and not necessarily of the editorial staff of the ECHO or the administration, faculty or staff of Southern Nazarene University.

The ECHO publishes a public forum called "Letters to the Editor" and invites readers to express themselves here. The editorial staff requests that letters not exceed 250 words and reserves the right to edit them for clarity and brevity. All letters must be signed. Send them to The ECHO, SNU Box 2541, or through e-mail at [rfisher@mail.snu.edu](mailto:rfisher@mail.snu.edu). Letters will not be returned. Unless otherwise marked, letters received by The ECHO that deal with newspaper content or practice will be considered for publication.

Information on advertising and subscriptions can be obtained by contacting the business manager of the newspaper at [grwillia@mail.snu.edu](mailto:grwillia@mail.snu.edu).