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**March 26, 2014**  
**Volume 85, Issue 22**  
echo.snu.edu



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## SNU teams take first and third place in regional competition

*Claressa Cortesio, Staff Writer*

Two teams from the Southern Nazarene University math department participated in the annual Texas Oklahoma Research Undergraduate Symposium (TORUS) conference and Math Jeopardy contest at Cameron University in Lawton on February 22, 2014.

Three students, Mary Jo Galbraith, Anderson Depee and Jeremy Acre, gave talks on their research conducted during the last year at SNU. One SNU team, including Galbraith, Dalvin Colbert and Lindsay Lester won third place in the Math Jeopardy contest while a second team, Depee, Acre and Jared Galbraith took first place. There were about fifty people competing this year.

The TORUS conference aims to increase undergrad awareness



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and to provide an opportunity for students to give presentations over their research. The Math Jeopardy contest allows students to compete against other schools using their current knowledge. Many

students claimed that the intensity of the competition has grown over the last couple years. "It was a lot tougher," said SNU senior Anderson Depee, "but it was also a lot better - more organized," he

said, describing the contest. Depee is a math major minoring in physics. When asked what he thought about the conference, Depee replied that it was "Really interesting.

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## The vision of Oklahoma City Mayor Mick Cornett



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*James Tunnell, Staff Writer*

On March 4th, 2014, Oklahoma City residents got out and hit the polls to decide who their Mayor would be for the next 4 years. The results were convincing: a victory for incumbent Mick Cornett, who gained close to 63% of the overall votes. Cornett also established a state record for being elected Mayor four straight terms in a row. The next closest vote-getter was Ed Shadid, who managed to scrape up 32.8% of voters support. Although this is not a surprising outcome, it

does speak volumes for the direction that Mayor Cornett has taken Oklahoma City since his first term began in 2004. But what exactly does Mayor Cornett's re-election mean for the city?

For starters, Mayor Cornett has been one of the main proponents of the MAPS 3 project, and with his re-election, all cylinders will be firing to complete this city-wide endeavor, originally started in 2010. MAPS 3 is funded by a one-cent tax, which will gener-

*Continued on page 2*

## The vision of Oklahoma City Mayor Mick Cornett cont.

ate an estimated \$777 million over the course of its implementation, which is scheduled to end in December, 2017. One of the most exciting projects within MAPS 3 is a proposed downtown park, part of what is known as the Core to Shore initiative. The proposed area for the park is a stretch of land by I-40, 40 acres of which would be north of the highway, and the other 30 pushing up against the river. The park is scheduled for completion in 2021 and will include features such as gardens, fountains, a large lawn for performing arts and a lake.

Other projects in the MAPS 3 project include citywide renovations, improvements to the river to support its further evolution as the premier rowing site in Oklahoma, nearly \$60 million in renovations to the Oklahoma State Fairgrounds, improved trails for biking and running, improved sidewalks and the construction of Senior Health and Wellness Centers. Each of these proposed improvements will be implemented in what is estimated to be a ten year window, ending with the completion of the Downtown Park in 2021.

While MAPS 3 has certainly been a credit to Mayor Cornett's commitment to real improvement within the city, the hallmarks of his mayoral terms have been his commitment to education and creating and sustaining jobs within the state. Under his direction, Oklahoma has consistently had one of the lowest unemployment rates in the country. There have also been neither raises in state income tax or property tax. With his support of Maps for Kids, the goal of renovating every school district in the state is steadily making progress, all

the while providing federal funding for 23 school districts outside of Oklahoma City.

It is easy to see why Oklahoma City residents voted to keep Mayor Mick Cornett around for another 4 years. Under Mayor Cornett's leadership, Oklahoma City has seen arguably its most prosperous era, and the city shows no sign of slowing down. When you couple the economic success of OKC with the achievements of the Thunder, the city's brightest days seem to be ahead. As the old saying goes, if it ain't broke, don't fix it.

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# Persecution of Christians in North Korea

Stephany Reyes, Staff Writer

In North Korea, Supreme Leader Kim Jong-un ordered the execution of 33 Christians for having a connection with South Korean missionaries. According to The Daily Mail, these Christians worked with South Korean missionary Kim Jung-wook and received money to set up 500 underground churches. It is said that the North Koreans are being punished more harshly than usual as North Korean leader Kim Jong-un combats a wave of dissatisfaction at the regime's isolationist "juche" doctrine.

The Daily Mail quotes Kim Jung-wook as saying, "I was thinking of turning North Korea into a religious country, and destroying its present government and political system. I received money from the intelligence services and followed instructions from them, and arranged North Koreans to act as their spies. And I also set up an underground church in China, in Dandong, and got the members to talk and write, for me to collect details about the reality of the life in North Korea, and I provided this to the intelligence services." The 33 people confessed to having contact with the missionary who told them to, whenever the regime falls, build a church on the site where a massive statue of



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North Korea's founder, Kim Il-Sung, stands in Pyongyang.

I asked a few people for their thoughts on this issue. One girl, Lindsey, said, "I think it is absolutely terrifying to know that someone has the power to do that and I also think it needs to be stopped. It's very sad that things like this are happening in the world and have been for far too long. No person

deserves to kill another. Also I'd like to know the reasoning but I would like to know how these people believe and what motivated them to think they can complete such a horrific act." Rachel Stewart noted that "President Kim Jong-un could have maneuvered greater political stability by negotiating for the freedom of those Christians, even making unreasonable

demands." They both mentioned how sad it is to live in fear for being a Christian. "I think it's a bit crazy and people should believe in whatever they want, but I think war and death derived from religion is nothing new," commented Niria Quiñones. Christians around the world are upset and urge people to pray for the 33 people facing execution in North Korea.

## SNU teams take first and third place in regional competition cont.

That conference would have been fun for anybody," he emphasized.

There were seven student presenters total, three were from SNU. Depee, one of the three, presented on "An Exploration into Generalized Parabolas."

This year the conference speaker focused on the ways math can help you in the real world. such as math in movie-making graphics.

According to SNU senior Jer-

emy Acre, the Math Jeopardy contest which followed tested over "calculus and beyond." Acre is a math major minoring in computer science who says "the intensity of the competition has grown" he has always been good at math, and the accompanying heavy homework load does not intimidate him. This was Acre's third year participating. "If you ever have an opportunity

to compete, go for it," he said.

Not only did the contest test math skills, it challenged students to strengthen social skills. "We've grown together as students," said SNU junior Dalvin Colbert, a math major minoring in chemistry. He believes his choice to switch from accounting to math was a good move.

Colbert, a first-timer at the event,

noted that during the contest students really saw one another's personalities come out. The students were very adept at the game. "The speed of the competition was very quick...some answered before the question was finished." Colbert noted the team's mission, "We came here to win!" he proclaimed. And win they did, making SNU's participation in TORUS a shining success.

# STORMSPORTS

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## Russia and U.S. World Cup tension

*Amy Calfy, Guest Writer*

Russia and the United States are trying to get each other kicked out of the 2014 World Cup.

Tensions between Russia and the West have been surfacing recently, ever since the revolution in Ukraine and its attempt to separate itself from Russia. Ukraine's powerful neighbor was not happy about the overthrow of its pro-Russia president. Russia's response was to conduct military exercises on the Ukrainian border and to send troops into Crimea, a region of Ukraine that has historically been Russian.

The West has been warning Russia about possible repercussions if Russia does not back off from Crimea. References to the Cold War have been tossed around since the situation began a few weeks ago. Now, it seems that the tension and conflict is spreading into the sports world.

Two U.S. senators, Mark Kirk of Illinois and Dan Coates of Indiana, wrote to the president of FIFA requesting that Russia be banned from participating in the 2014 World Cup, citing Russia's recent invasion of the Crimea region in Ukraine as the reason for their exclusion. They also suggested that Russia no longer be allowed to



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host the 2018 World Cup, since according to them, the country does not deserve that honor.

In retaliation, a pair of Russian politicians wrote their own letter to FIFA requesting that the U.S. not be allowed to participate in the 2014 World Cup.

They cited alleged U.S. military involvement in Yugoslavia, Iraq, Libya and Syria as reason for a U.S.

ban. In their letter, which the Russian politicians called an "eye for an eye" response to the one made by the U.S. senators, they used the exact same wording as the earlier letter had, simply changing the reason given.

The 2014 World Cup begins on June 12 in Brazil. The United States will play in Group G with Germany, Portugal and Ghana, while Russia is in Group H, along with Belgium, Algeria and the Re-

public of Korea. United States and Russia could potentially play each other when the group matches end.

As the international situation continues to unfold in the three months until the World Cup begins, it will be interesting to see how old tensions develop and whether new ones emerge between Russia and the West. With excellent soccer and a healthy dose of politics, the 2014 World Cup should be quite entertaining.

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**Athletics**

# Women's roller derby: skate for victory



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## James Tunnell, Staff Writer

Let's just throw it out there and say that women's roller derby is awesome. If you've never been to a match and you've been dying to go, you're in luck, because Oklahoma City has our very own WFTDA (Women's Flat Track Derby Association) organization called The Victory Dolls. The Victory Dolls are made up of two squads; The Oklahoma Victory Dolls All Stars and The Oklahoma Victory Dolls Battle Squad, with the All Stars functioning sort of as a senior club. But don't think that either of these squads are anything less than fierce.

The rules of Roller Derby are relatively simple, and before each match both teams go through a simulated bout while an announcer explains the basics. It

might seem like a jumbled mess of third grade teachers on roller-skates at first, but the longer you watch, the strategy and nuance of the game becomes increasingly more clear. Bouts are broken up into 2 minute plays known as "jams." Teams consist of five players on the track at a time while each team has one jammer, one pivot, and three blockers. The game begins with each team's jammers 30 feet behind what is known as the "pack," (the blockers and the pivots). At the whistle, all players begin skating, with the jammers sprinting forward. The goal of the jammer is to get through the pack, while the blockers and pivots try to simultaneously stop the other team's jammer from get-

ting ahead of the pack, while also making a clear path for their own jammer to skate through. Once a jammer passes through the pack, that jammer is known as the lead jammer and can begin scoring points once the second lap has begun. One point is scored for each player on the opposing team that the jammer passes. The lead jammer has the ability to end the jam by placing her hands on her hips, making a gesture similar to that of a basketball referee signaling a blocking foul. The ability to end a jam at any time is kind of a risk/reward system. By ending a jam, you control the ability of the other team to score points, but by continuing on, you yourself have the opportunity to rack up more points.

Although Roller Derby bouts

probably aren't as violent as you might imagine, there are still multiple cringe-worthy collisions in within each bout. That being said, WFTDA matches are marketed as family friendly events, and the atmosphere they manage to create before and during matches is both electric and silly. While the athletes and referees are most definitely serious about their sport, they also approach it with an air of humor. All of the players skate under pseudonyms like Mount Crushmore, Duchess Nukem and Dita Von Casualties, while referees have names like Dougie Fresh and Spider Pirate. However, these girls aren't just the Queens of Crush. The Oklahoma Victory Dolls pride themselves in their work around the community, frequently working hand in hand with local charities and volunteering their time in support of community development and. Oh, and they're also not half bad at Roller Derby. In their opening match of the season the All Stars defeated the Dallas Derby Devils Army of Darkness 270-91.

The Victory Dolls play their matches at the Centennial Building at the Oklahoma Fairgrounds, so if you would like to support them, either come out for their next match or visit their website [oklahomavictorydolls.com/okvd](http://oklahomavictorydolls.com/okvd).

## UPCOMING CAMPUS EVENTS

### SGA Events

March 28 - Chick Weekend

March 29 - Softball Marathon

April 2 - Eggstravaganza

### Sports

March 28 - Home baseball game @ 1:00pm

March 29 - Home baseball game @12:00pm

### Misc.

March 31 - Cabinet Chat @ 5:30 pm

March 31 - Vocal Jazz Festival concert @ 7:30pm

# OPINIONS

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## Telltale body language



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*Macy Sliman, Staff Writer*

Communication is a vital tool in our relational society. This is obvious by the amount of things we actually get wrong. There are countless languages all over the world and even more cultural differences that pertain to our difficulty of verbally communicating effectively. Not only are there these sorts of roadblocks in the day-to-day spoken exchange of ideas, but there is also the deceptive and illusive body language that attributes to communication in every conversation.

Anthropologist Ray Birdwhistell is one of the original experts of nonverbal communication. Birdwhistell observes that the average human speaks about ten to eleven minutes a day while, at the same time, we can create and recognize about 250,000 facial expressions. This supports the fact that people do most of their communication through nonverbal cues such as expression and body language. We use this nonverbal language in almost every social interaction and these messages contribute to how we create and cultivate rela-

tionships with people.

Birdwhistell notes the significance of body language in different situations, such as when someone is telling a lie. There are eight basic gestures of a liar to keep a wary eye out for. The first is the mouth cover. When the person you are speaking with is asked a question and they hesitate by covering their mouth, this could mean that they are lying. This is somewhat of a subconscious way of the body trying to stop us from the deceitful words that are about to come out.

The second popular gesture of liars is the nose touch; this can often be several rubs or one quick one. This type of gesture should not be confused with the itchy nose, although developing a random itch is also a good sign someone is uncomfortable and trying to keep distracted by scratching.

The next deceitful gesture is the general eye rub. This mimics the “see no evil” saying by closing one’s eye to avoid looking at the person they are trying to deceive.

The fifth gesture is a sister sign to the last in its imitation of “hear no evil.” This sign is an attempt to

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## At home in a zero waste home

*Katelyn Lamb, Content Editor*

It was my freshman year of college in San Diego, California. I was taking an environmental ecology class and learning the “green” ways of my new SoCal community. One day, when walking to the grocery store with a friend, we were accosted by a well-meaning but ineffective Greenpeace representative. After his basic sermon failed to persuade me to join his

ranks on that sunny sidewalk, he made a few judgements on my appearance (“You’re wearing overalls - you MUST want to join Greenpeace!”). Eventually, he became angry as we resisted his less than appealing offer to fight for the environment with such a combative peer. His parting words were “Go green, or else!”

While living in Oklahoma, chances are most of you have es-

caped the abrasive environmentalist. Still, you may have heard the phrase “go green” or people advocating for eco-friendly products or changes like better recycling. What I find to be often lacking in these noble and true encouragements, though, is pragmatism. Many people will gladly tell me I need to be more environmentally responsible. Few, though, will take the time and energy to explain how, to tell

me what specifically I should and should not do in stewardship of creation.

Enter Bea Johnson, a Californian pioneer in the practicality of going green. Johnson, along with her husband and two sons, embarked on a mission to radically transform their lifestyles by living with less. The family’s goal is to create, you guessed it, zero waste. Nada.

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## Myth busting: Growing up PK

**Celeste Forrest, Staff Writer**

This past weekend, I had the opportunity to participate in the annual Pastor's Kids Retreat, or more commonly known as the "PK retreat." Between trying to control my crazy little sisters, singing awesome worship songs and listening to guest speaker Brett Armstrong share his story about growing up PK, I could not help but think how different everyone was. We all, at one point, felt that our families were so dysfunctional, we were too embarrassed to stand next to

them in public. We all felt pressured by the church and our parents. We have all been labeled the "good-goody-two-shoes" by our peers just because we were pastor's kids. We all shared different backgrounds, different experiences and different stories. The more I thought about it, the more I realized how many "PK stereotypes" have tried to trap us pastor kid's in a little box. We are so different compared to how TV shows, movies and social media try to define and portray us. So here I am,

writing about how growing up in a household with two pastors doesn't make you any more different than living in a "normal" Christian family (but really, define normal? And as Christians, we're not suppose to be "normal" anyways, but I digress). As you read below, perhaps my upbringing might sound a little similar to yours.

**Myth:** Pastor Kids grow up very sheltered.

**Truth:** Nobody does. I've moved seven times growing up, and lived in five states, all across the nation.

I've experienced many cultures. I've lived among the impoverished. My next door neighbors were drug dealers and gang members. Except for kindergarten, I've studied in inner city public schools my whole life where the graduation rate was 40%. I believe many pastor kids, no matter what their background and no matter where they live, cannot be sheltered from society. After all, it's important that we're not. As Christians, everyone needs to be prepared for the world, so

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## At home in a zero waste home cont.

Zip. Zero waste means eliminating a lot of standard products that eventually become trash, like paper towels, trash can liners, styrofoam, plastic wrap and packaging. This approach also challenges the Johnsons to use products, like soaps or cleaning supplies, that do not create waste in their production and are not damaging to the environment. With that in mind, Bea makes her own tooth powder, body exfoliator (baking soda) and all purpose cleaner (vinegar, water and castile soap).

Bea summarizes her family's perspective on life with the Five R's: Refuse, Reduce, Reuse, Recycle and Rot. She is quick to emphasize that these strategies should be adhered to in that order. The Johnsons encourage people to refuse unnecessary consumption, believing that the American lifestyle is excessive and deceiving in its equation of more with happiness. They also advise consumers to buy, need and use less stuff, reducing their costs and impact on the environment. Reusing applies to almost everything in the Johnson's house; if it cannot be reused, it doesn't have a place in their home. Think metal water bottles and glass canisters of cereal. Recycling is also important for zero



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waste living. While the family attempts to keep and utilize everything they purchase, if they must retire an item, it is recycled and either made into something new by Bea and her crew or to a recycling company. Finally, rotting occurs with the family's compost. For wet trash, such as food scraps, the Johnson's keep a container outdoors. By placing live worms in the container, the garbage is processed into nutritious compost that the family uses for their garden.

The Johnson's zero waste efforts have really paid off. Bea states that, since living this minimalist lifestyle, her and her family "are happier and lead more meaningful lives based on experiences instead of stuff, action instead of inaction." She also notes that zero waste has been a time, energy and money saver for her and her husband, making it appealing, not only for the environmental wellness, but personal

wellness as well.

You can check out Bea's blog here <http://zerowastehome.blogspot.com/>, complete with reduction ideas, recipes, shopping tips and more! Living a zero waste life, or even a less waste life, is a practical alternative to the thoughtless consumption we are so accustomed to. Study up and the next time someone admonishes you to "go green," you'll be one step ahead of them.

## Myth busting: Growing up PK

we can learn how to connect with others and learn how to be Jesus to the lost. My parents knew this, and did not “shelter” me from the suffering in the inner cities. I worked with homeless children, families with low incomes and young single mothers. I was well aware of what went on politically and socially around my neighborhood, city, state and so on. Instead of being part of the problem, my family encouraged me to make a difference and be a living testimony of God’s love through my actions. Just like any other Christian, PKs make relationships with non-Christians and are not ignorant of sin and destruction, and just like any human being, we make decisions that lead us to sin and destruction. We are very far from sheltered.

**Myth:** Pastor Kids rebel because of our strict upbringing.

**Truth:** Though I cannot speak for every PK, because I understand each of our families and backgrounds are very different, I know from my own personal experience that this is not true. Growing up, my parents had rules: no swearing, no boys allowed in my room, no rated R movies in the house, if you’re going out, be back before midnight, ect. When I was younger, I struggled more with talking back to my parents and lying just like any other little kid more so than the “PK” rules my parents emplaced. However, as I matured, I began to realize my family’s rules were just like any other Christian household’s. My parents were hard on me, and they challenged me every day to excel in my school work and hobbies, and encouraged me to pursue my ministry in teaching and writing. So rules were established so I could learn to be accountable for my actions and deepen my relationship with Christ. Due to this, I never felt the need to rebel, because I felt content and satisfied with myself, my relationship with my family and



*Photo provided by Celeste Forrest*

my relationship with God. My parents were never super controlling, just protective like any other normal family would be. Actually, they were probably less strict than some Christian parents I knew; we were allowed to read and watch Harry Potter and Xena Warrior Princess. Their rules never caused me reason to rebel.

**Myth:** Pastor Kids are more important than you

**True:** Not true at all. Just because one or both of our parents are pastors doesn’t make us any more or less superior. As Christians, we are all children of God and God loves us passionately and equally. But let me tell you, even though us PKs are not “the chosen ones” and God did not single us out to be examples for the world, God DID choose Christians to be His living, breathing testimony, making

us ALL examples for the world. No matter if you are a single child, a missionary’s kid or the brother of 29 siblings, if you are a Christian, everyone is watching you and everyone is looking to see if you are following the God you preach through your actions and words. God has created leaders in all of us, not just the PKs.

So, are you a PK? Do you have any feedback? Fell free to comment on the online article.



# Widespread declaration: No more Bachelor

**Ronna Fisher, Editor-in-Chief**

I hope that you've had a nice break from all of 'The Bachelor swoons and rants—just long enough of a break for another one!

"I am never watching 'The Bachelor' or 'The Bachelorette' again!" I exclaimed multiple times last summer at the end of Desiree's Bachelorette season. I had begun watching it with a couple of friends as a joke. We would make fun of the extravagant dates, awkward and forced conversations and, basically, the whole premise of the show. Nevertheless, talk to anyone who's watched the show and you'll hear something similar: I was hooked.

I found myself a very intense Bachelorette viewer. By the end of the season, watching the show was an extremely emotive experience. I was frequently upset with the people on the show, the producer's and with myself for continuing to be entrapped by the show. By researching spoilers and behind the scenes information, I more clearly realized how what we saw on screen was manipulated by the producers on set—they frequently nudged or suggested participants in certain directions, be it awkward, sensual, controversial or romantic.

This was sort of a face palm

moment for me. I knew that the show was set up as dramatically as possible, but, for some reason (can I blame my blonde hair or optimism?) I didn't realize how directly that influence went. I understood that the show was not set up realistically—on so many levels, a whole other article's worth of unrealistic levels—but, to me at least, the people were still real, the emotions were still real. The way the show and its producer's messed with people infuriated me. Moreover, here I was supporting it by watching every single episode. So, I resolved to never watch the show again.

Yet, at the beginning of this semester my extremely persuasive, borderline manipulative, and wonderful friend and suitemate batted her sweet big brown eyes at me, and I found myself, yet again, watching 'The Bachelor.' Maïa may argue that what actually happened is that I walked into the living room while 'The Bachelor' was on and didn't leave. Tomato. Potato.

Again, I found myself sucked into the world of Bachelor-ness. This time though, I found myself criticizing not just the show but the people on the show as well. Clothes, cleavage, accents, expressions of speech, facial expressions and poorly dyed hair roots were all open to criticism. At the end of the season, I found myself viciously attacking Juan Pablo, the



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bachelor searching for his "true love" and possible future wife among 26ish scantily clad and highly makeup-ed women.

Maybe the remarks I made or shouted may or may not be true or deserved, but who am I to attack someone who can't defend himself? Like online bullying, a screen makes it really easy to condemn others. Just because I have never interacted with someone in person doesn't mean the verse I once memorized, Ephesians 4:31-32

does not apply.

Perhaps you understand where I'm coming from, or perhaps you are completely baffled by all of my Bachelor references and don't really get what the big deal is. Either way, this is my public declaration to completely stop supporting the soul sucking, emotionally manipulative and judgment inducing Bachelor.

Well . . . maybe after Andi's season. I gotchy'o' back girl! I mean really, eet's all okay, right?

## Telltale body language cont.

block out the lie by physically covering the ear or tugging on it.

Moving down from the ear, the next sign of lying is the neck scratch. This gesture is often under the lobe and is usually done with the index finger of the writing hand a total of five times. This gesture says, "I do not agree" and can be more easily noticed if the

person is actually saying something to the contrary like, "I can understand how you felt."

Another sign of deceit is placing any fingers in the mouth. When this is being done, it usually means that reassurance is needed like a child having a blanket or sticking a thumb in their mouth for comfort.

Lastly, the collar pull is the most

noticeable gesture that someone is feeling uncomfortable with being dishonest. This movement embodies the saying, "hot under the collar" which refers to when a person is under pressure and starts to sweat, needing to pull the collar away from the neck in order to get more cool air to circulate.

Now, personally, I could have

really avoided some sketchy relationships had I been a little more aware of the volume of red flags I was receiving via body language. While the study of body language is not an exact science, these are a few telltale signs that someone is lying or hiding something that could help you avoid being the victim of deceit.

## Download at your own risk: games on your phone

Summer Howard, Staff Writer

In the past thirty to forty years, we have gone far in the world of gaming. From Pac-Man® to Flappy Bird, virtual games have become not only more technologically advanced, but immensely more accessible. Instead of having to access the Internet, TV or a gaming device to play our favorite games, Apple Inc. and other prominent cell phone makers have brought the entertainment of the gaming industry to our smartphones, which most of us consider our lifeline to everything important in the world. While the evolution of gaming has created numerous, inexpensive options for fun when boredom wants to take over our minds, are those game apps really worth the download?

We've all done it. We find a free game app on our smartphones (or, for those of us who have that regular old cell phone, our iPods) that everyone says is fun, and we can't resist: we download it. Then we promise ourselves we'll only play it for a few minutes, and next thing we know, we've been playing for an hour. The game has sucked

us in and, pretty soon, we begin to play it during any second of free time we have to spare. But wasting our time is not the only consequence of downloading games like Candy Crush on our phone.

As college students, juggling our homework with sleep and social life can be a difficult task. Add a game that is supposed to take our mind off our busy schedules for a minute or two, and we have a major distraction. These games don't simply keep us from finishing our homework, they keep us from properly communicating face-to-face with our friends. Instead of using a car ride or a wait in line to catch up with our friends, many of us find ourselves preoccupied with a game. Even listening to lectures can be a challenge when you're itching to beat a level of your favorite game. Although I believe virtual games can be a great source of mental stimulation, such as What's the Word? ® and other puzzle games, interactions with others can be just as helpful to our health. According to the University of Rochester Medical Center, socialization for older adults may

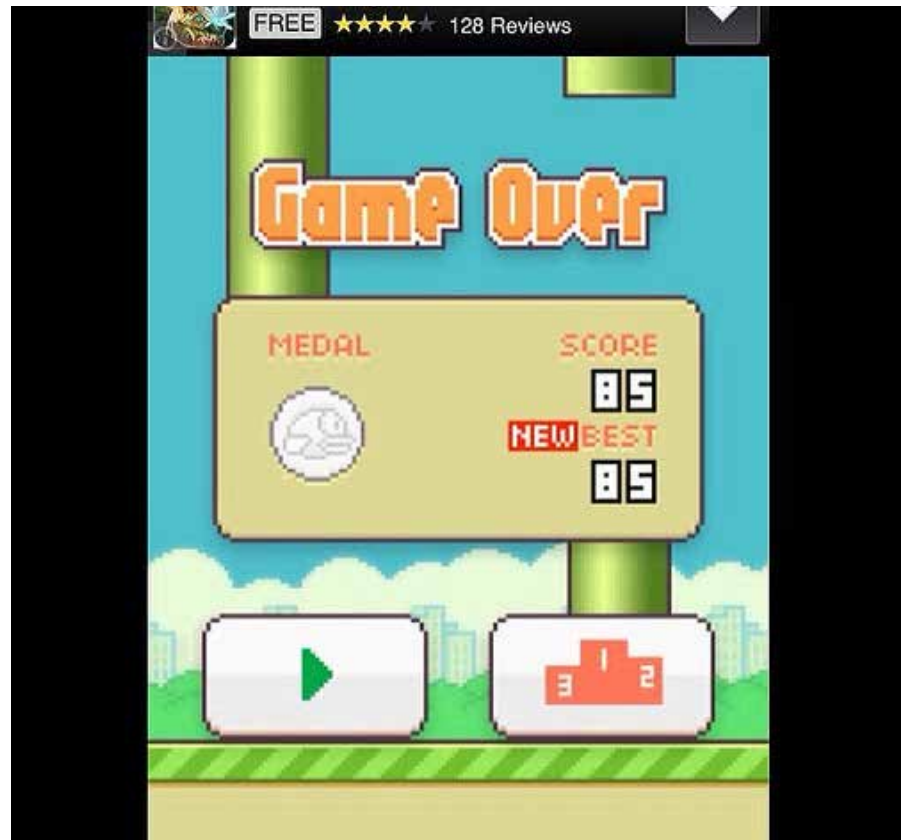


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help reduce the risk of depression and Alzheimer's disease. Therefore, phones or any type of technology aren't necessary to improve our health and can even be a barrier to proper human interaction.

So the next time you find yourself wanting to play a game on your

phone, take a minute to think through your to-do list and notice your surroundings. If you're procrastinating completing a paper, if you're with friends or if you're in class, put the phone down! Trust me, your professors and friends will thank you later.

## Well, I hope all of you are happy now

Jim Wilcox, Guest Writer

As it is now officially spring, I suppose all you young'uns are screaming for joy.

"Oh, it's so lovely today. Let's throw a Frisbee outside. Go get Jake and Bailey."

"I'm pumped about packing away my long johns and grabbing my shorts, dockers and sleeveless jerseys I got on Amazon."

"Wanna go swimming

down at La Quinta?"

Yada yada yada blah blah blah yeah yeah yeah. You and your kind

can prance in the meadows all you want, working up

a good glisten before dinner. Go ahead: play catch, pretend to study outside, get your toes good and scratchy in

the volleyball pits.

But while you're doing all of that, I will be missing my cold and gray winter. I

really, really do love a u t u m n and winter. Winter is when I can hide my odd body shape behind jackets and coats and sweats. I can sleep with

the blowing sleet tap-tap-tapping on my bedroom window. That extra quilt feels oh so good.

And there was fall a few months ago. The days shortened, the moon turned yellow, and the leaves padded each lazy step. The skies were adorned in various shades of gray and the breezes that had burned our skin in August were turning around to come

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PREHISTORIC LEGENDS

# In review: American Authors

**Mike Vierow, Guest Writer**

I didn't want to like American Authors. I didn't want to end up listening to their music on loop for hours or humming along to practically every song. The songs I had heard seemed childish and generic, with a targeted audience of preteens sitting in the backseat of their moms' mini vans. However, *Oh, What a Life* completely transformed my opinion of American Authors and has become one of my most enjoyed albums of the year.

I suspect most of my original animosity toward the band was the result of their hit single, "Best Day Of My Life." The lyrics were the main reason I had a distaste for the song. My brain simply had a hard time handling how casually the lead singer crooned, "I had a dream so big and loud/ I jumped so high I touched the clouds." Very little of this I could relate to. The song sounded like an attempt to pander to the Imagine Dragons crowd.

Luckily for listeners, "Best Day Of My Life" is only the low point on an exciting roller coaster of upbeat, Americana-inspired pop-rock. The first thing I noticed about the album was how catchy it was. The melodies and instrumentation remain consistently simple, making it easy to find myself humming the tunes while away from a source of music.

The album's production is also very well done. Every drum snap, guitar riff and strike of the keyboard comes through crisp and even. The songs, surprisingly, can be enjoyed through any set of speakers or headphones. However, I've found that a system with lots of bass adds to the excitement and upbeat-nature of each track.

The band's weakest characteristic has to be their lyrics. The songs on *Oh, What a Life* cover love, loss and youthful optimism.

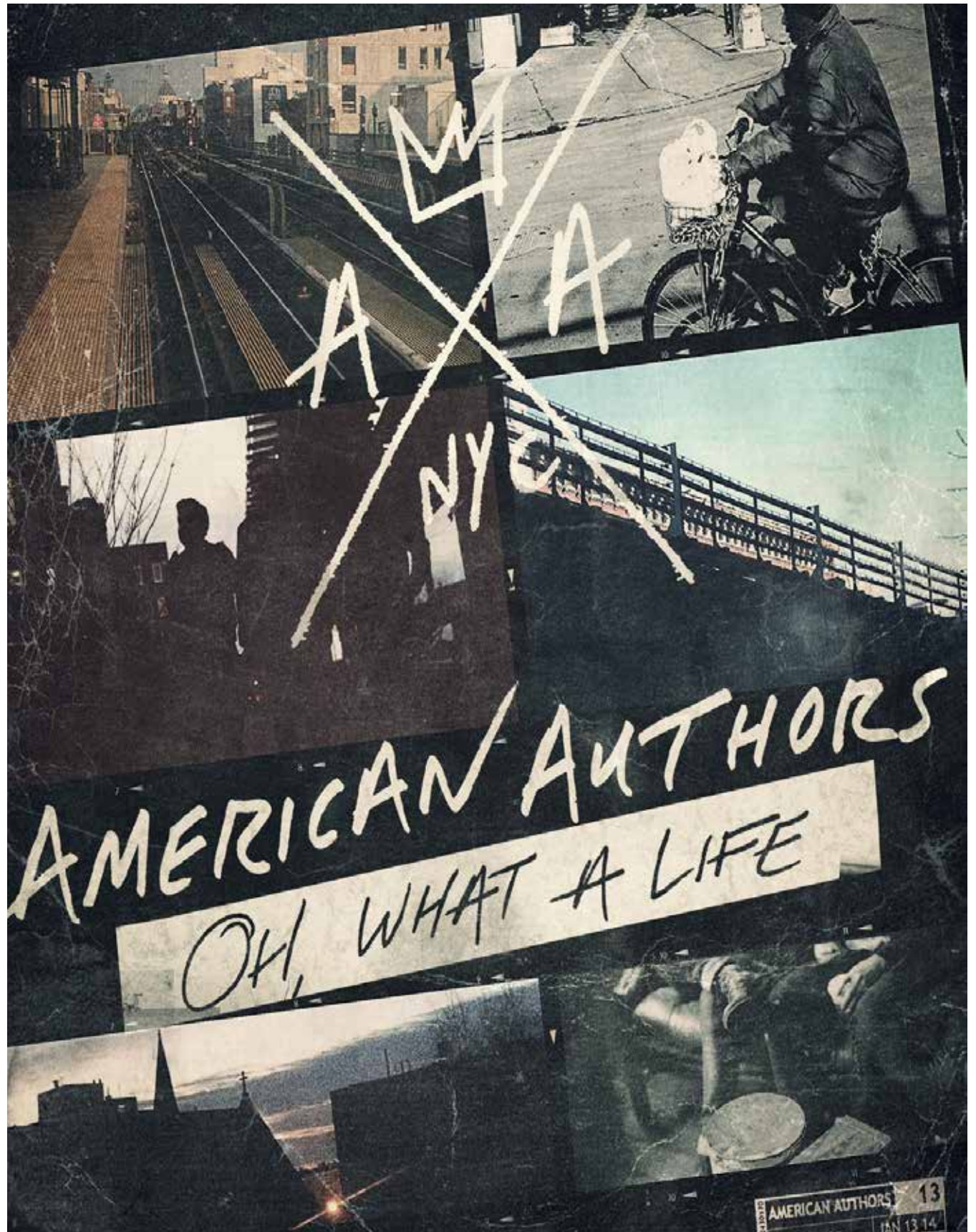


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All of the standard pop tropes are present. Right there lies the issue; it's almost as if American Authors are scared of deviating from what everyone else is creating. Having said that, it is important to note that this is the band's first album.

They will have plenty of time to hone their lyric-writing skills as they continue to make music in the years to come.

While some shortfalls keep it from being a truly incredible album, *Oh, What a Life* captures

the gritty fun that the upbeat pop-rock scene has become known for. This album will be enjoyed by fans of *The Mowgli's*, *Imagine Dragons*, *The 1975* or anyone who's simply young at heart.

## Fine Arts Student Feature

# Jessica Bowie



Hometown: Oklahoma City

Hobbies and Interests: Art, traveling and eating pistachios

Most prized possession: My cameras

Three words that describe you: Sincere, artistic, passionate

Best advice your parents gave you:

“Any job worth doing is worth doing right.” Jody Bowie

A talent you possess: Having Netflix marathons

Biggest fear: Drowning  
I would like to have witnessed: The Impressionist Period

Best memory: Any time I’ve traveled with my family

As a child you dreamed of being a... Marine Biologist

Pet Peeve: People popping their knuckles

Favorite Quote or verse: At the moment, Psalms 16

## Well, I hope all of you are happy now cont.

out of the north. 80-degree highs gave way to 50-degree lows; then 50-degree highs plummeted to 20-degree lows. Every degree that fell off the thermometer brought relief to my sweat-weary soul.

So lap up the rays with your young, smooth skin. Swim in the water until your entire body starts to pucker. Soon these spring time temperatures will be setting as many heat records as this winter set with arctic freezes.

Channel 4: “We’ll likely see three digits for the next few

weeks, so get out those fans.”

Channel 5: “I saw a guy broiling a steak on his forehead as I drove in to work today.”

Channel 9: “Where’s Gary England?”

I will admit to one part of spring weather that I really enjoy: thunderstorms bringing the sweet beat of peaceful sleep. Flashes of light so bright, it’s temporarily blinding. Rumbles so loud, it’s temporarily deafening. And when those two phenomena occur at the exact same second, it’s like

bowling night in the heavens.

It’s surreal.

One spring afternoon in Nampa, Idaho, when I was a college student (in the loosest of sense of the word), my brother was supposed to meet a small group of us in the library. (I don’t know what we were doing in there. We didn’t have cell phones, laptops or electronic research tools—nope—just malodorous books and voluminous Readers Guides to Periodical Literature.)

John was uncharacteristi-

cally late, but he finally arrived, white as a ghost and drenched as a carwash towel.

“What happened?”

“See that tree out there, the one split from top to roots? I was two feet away from that when it was struck by lightning. I’m still shaking. It was simultaneously sun-surface blinding and nuclear bomb deafening. At the very same nano

second. I thought I was dead.”  
Now that was a great day!

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