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

SNU students honored with ADDY Awards

Macy Sliman, Staff Writer

In the world of advertising, anyone who is anyone knows about the American Advertising Awards or ADDY Awards. This contest is currently the industry's largest running advertising competition and is represented by more than 50,000 entries each year in local competitions.

While it starts out locally, it is run nationally, carried out by the American Advertising Federation in a three-tiered system. The first tier starts out locally, where competitors go against others that are best in their markets. After this, the local winners compete with the other winners in one of the 14 district competitions. These winners are then passed on to the third tier where they compete for a national ADDY Award.

The ADDY Award is a high honor awarded only to the most skilled of designers. Two such designers happen to attend this school. Students Jeff Carden and Katie Simpson were both given this high esteem on Friday, February 21st for their winning advertisements submitted to the ADDY Awards. Both students received a silver medal for their achievements, earning them recognition for their exceptional and creative works of art.

Jeff Carden, Senior Graphic Design Major with a minor in Theology and Ministry, received two ADDY's for a couple of his class projects. One project featured an event poster for the Oklahoma City Ballet for Dracula and the other focused on a magazine

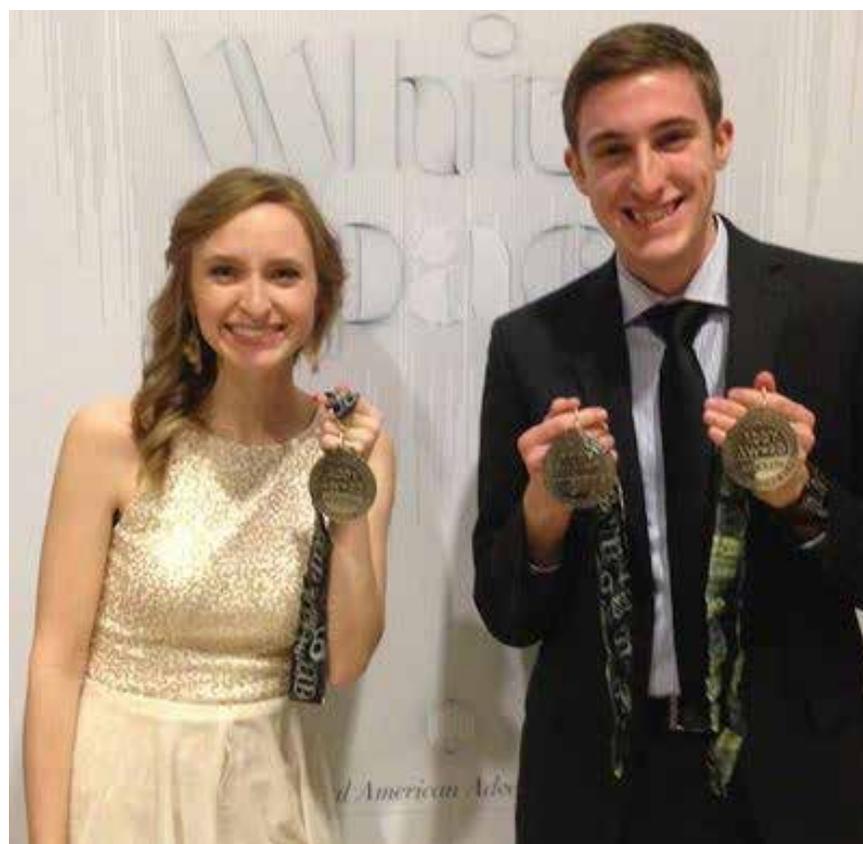


Photo provided by Jeff Carden

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TRiO Day



Photo provided by Jill Funk

Grace Williams, Business Manager

On February 12th, 2014, students who are a part of Southern Nazarene University's TRiO programs: McNair Scholars and L.I.F.E., Student Support Services (SSS) went to TRiO Day at the Oklahoma State Capitol. TRiO day unites students from universities across Oklahoma. SNU's Brendon Weaver opened the day by singing the National Anthem.

The day was spent listening to prominent speakers from Oklahoma higher educational institutions

who discussed the importance of the TRiO programs. TRiO serves 24,982 students in Oklahoma. The Oklahoma higher education retention rate of Student Support Services is 83.5%.

Jakayla Porter, SNU business major, said, "There were a lot more people involved in TRiO than I had thought, and as a united front, we can make a difference. I also gained the knowledge that many people had come from much worse off places than

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TRiO Day cont.

me and had succeeded beyond anything they could have planned for, and it was awesome to hear. This experience pushes me to work harder and do better so I can succeed!"

"I gained a confidence to continue on and not let anything stand in the way of me becoming what I want. I gained the knowledge of skills that I must have to be productive in my college life," said Sam Carter, SNU Elementary Education major.

"The Oklahoma higher education retention rate of Student Support Services is 83.5%."

The day concluded with the first annual TRiO Works Walk. Students were given flags upon exiting the capitol building and walked across the lawn to plant the flags in front of the capitol as a visible reminder of the impact that TRiO programs have on students in our state.

SNU's L.I.F.E. Student Support Services program and McNair Scholars program serve 186 students each year through grant awards from the U.S. Department of Education.



Photo provided by Jill Funk

SNU students honored with ADDY Awards cont.

series and spreadsheet that promoted awareness of mental disorders.

"I was really honored to receive these awards. It will look really great on a resume and in a portfolio. Even though

"...awarded only to the most skilled of designers."

it is a local award, the competition is recognized on a national level as well. It is a great motivator to keep on growing and developing my graphic design skills," said Jeff, when asked how this award was

going to affect his life from now on.

Jeff is currently the Editor-in-Chief for the Arrow, the Art & Design Administrative Assistant, as well as the student representative on the Technology Advisory Board.

Even though this is a competi-

tion, it supports the entire industry of advertising. Not only does this competition raise awareness of advertising but also the proceeds of this event go towards advertising for programs such as public services announcements, consumer awareness, advocacy groups and internships.

Have something you want to see in The Echo?

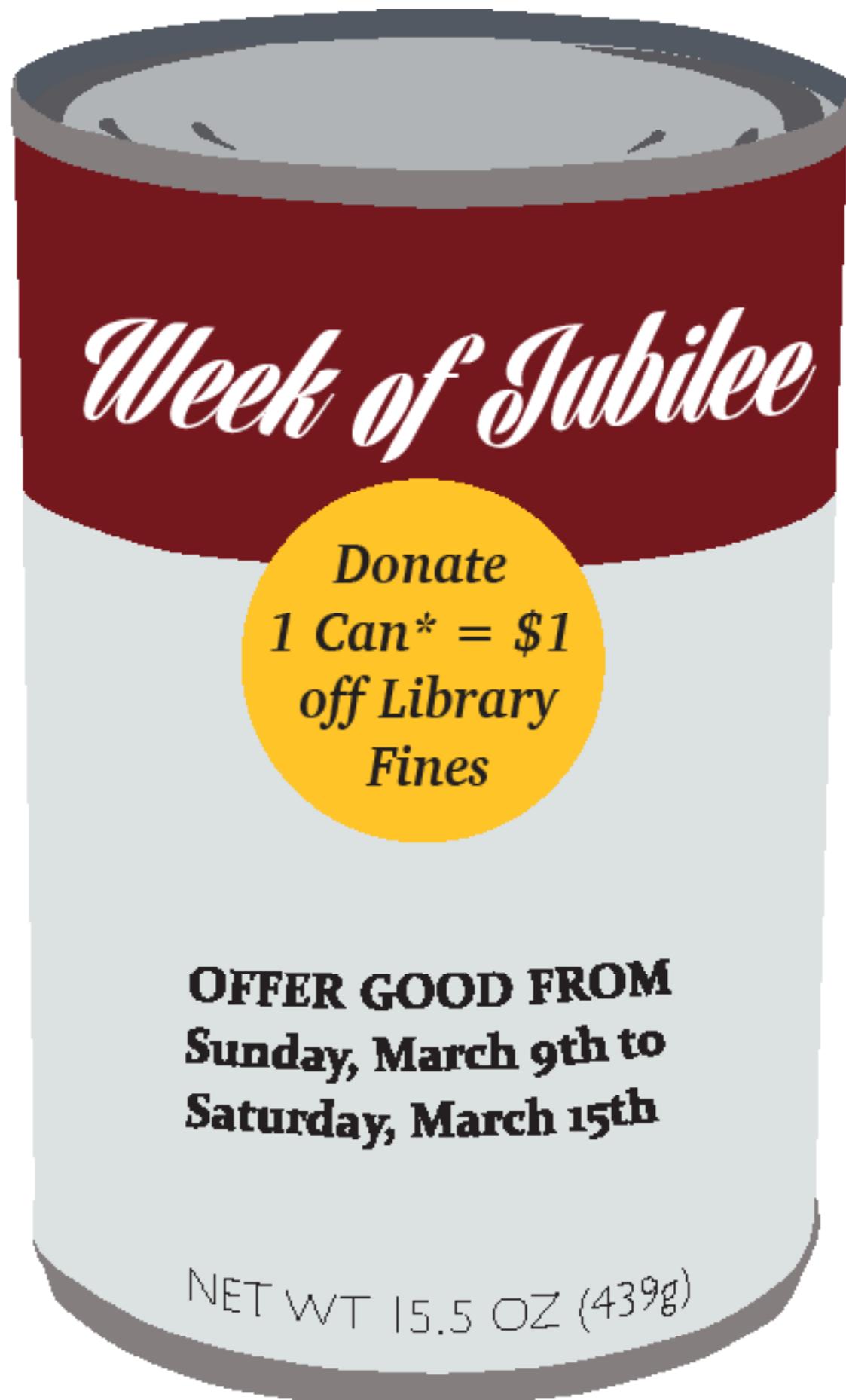
Contribute to THE ECHO

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



****No expired food, please!***

The Echo gives SGA Executive Candidates the chance to share their goals

Ryan Hannay- VP of Campus Ministries candidate



I believe that the position of Campus Ministries Exec holds huge potential, and if I am elected, I intend to tap this potential by meeting three main objectives: First, I believe firmly that every student has a place, not just at SNU, but in this world, and I want to help students find their respective places. Second, I want to help raise awareness of the situations of some of those less fortunate outside of SNU's campus. Finally, I want to improve SNU's community and the larger community of which SNU is a part by encouraging students to build relationships with their peers on their peers' own terms; in order to really re-

late with our peers, we need to drop our pretense and talk to them on a level at which they are comfortable.

At SNU, our student body is diverse, and I believe that in order for us to live in effective Christian community as SNU students, we have to not only acknowledge our student body's diversity but also celebrate it. I believe that by understanding and embracing our differences, we can change our campus for the better, and I hope to have the opportunity to help facilitate that change as your Campus Ministries Executive next year.

Kevin Nixon- VP of Athletic Relations candidate



Hello, my name is Kevin Doyle Nixon and I'm running for the Athletic Relations Executive Position. First a little bit about myself, I'm a 20-year-old junior from a small town in Idaho, called Kuna. Also, I'm a ministry-theology major and an intern at Williams Nazarene down the road. God has called me into ministry, and I can't wait to see what he has in store for me. My love of sports started in middle school where I took up playing basketball, a sport that I played all through my time in high school. I have stayed involved in sports by working as an intern with Sports Information for the last year, as a broadcaster for all of the sports here at SNU. This includes, football, volleyball, soccer and basketball so far, allowing me to watch all

the variety of sports and get to know some of the people that play them.

Now talking a bit about the position I'm running for. My goal is to bring the world of sports and my major into one world. I view it as an opportunity to bring student-athletes and students together. Everything that I want to do with the position will revolve around that goal. Bringing fans into the stands that understand the people playing on the court, and on the field as people and not just athletes. I would be honored if you would give me the opportunity to try and achieve these goals next year, and hopefully with a bit of help from students here in this community, we can make that goal come alive.

Tyler Lloyd- VP of Social Life candidate



Ask any past graduate what his or her best memories of SNU are, and invariably, over half include an event put on by SGA Social Life. She remembers waiting in line for hours to get those sweet tank tops at Back to School Bash. He remembers a gorgeous Heartpal date and

one hundred steel butterflies flapping in his stomach all night. We've all been told that college will be the best time of our lives; so why don't we all work to make wild memories that will always bring us back to these glorious days at SNU?

When I look eight months for-

ward into next year and see an empty desk in the SGA office, I see opportunity. I see the opportunity to shape the face of social life in a way that produces bigger and more extraordinary memories than ever before. However, this is no small task. A generic event at a common place with average entertainment will not do the trick. There is no template to apply that will reach this goal. Instead, events have to be tailored towards each and every student. Our campus is diverse; our events need to be as well. Events need to attract athletes. Events need to attract non-athletes. Events need to attract international students as well as local students. Events need to attract everybody. Period. Because everyone here should have the opportunity to make a perfect memory of his

or her life as a college kid.

So what does this look like at SNU? That looks like dynamic interaction between you and me. On every piece of campaign material, I have placed my phone number, email address and website. I've done that so that you have every opportunity to tell me what you want to do on the school's money. Think big. Be original. This is what you will remember when you are old and grey. I want you to be able to laugh about Finals Fling with your friends when you are all eighty and in the nursing home together. I am willing to try anything and everything. It's crazy? I like crazy. We may try something, and it may tank. We very well may go down swinging, but we will never be able to say that we didn't try.

Mandie Oliver- VP of Social Life candidate



I want to be a Social Life Exec. that is more than just an event planner. I want to think out of the box; use my passion for reaching out to others as well as my creativity to create events where all people can feel like they belong. I know what it is like to feel lonely and on the outside. Up until college, I was not social. I wouldn't talk to people unless I absolutely had to, I wouldn't go anywhere unless I had that one friend that would faithfully stick by my side, and I spent the nights, while my friends were out, alone in my backyard watching the stars. And I don't say this to make you think 'oh, poor high school Mandie', or even to think there's anything wrong with that because there isn't. Everyone deserves to enjoy college, however that may be, not just the people with the most friends or the bubbliest person-

ality. The people I meet and the relationships that I can develop are what I truly care about. If we can develop a community that feels this same way at our school's events, we'll remember college far better than by which event had the nicest cupcakes or the most interesting venue.

But, I have to be honest. As of now, I'm not sure how I could create this sense of community, and I know I won't be able to do it alone. But, I can guarantee that, if given the position, I will work harder than ever to create exciting and interesting events that bring people together. I will reach out. I will plan. I will do everything I can to think out of the box and make it happen. My heart is already invested in what this Social Life Exec. position could do for the friendly and the friendless- all I need is your support.

Amanda Cummins- Office Administrator candidate



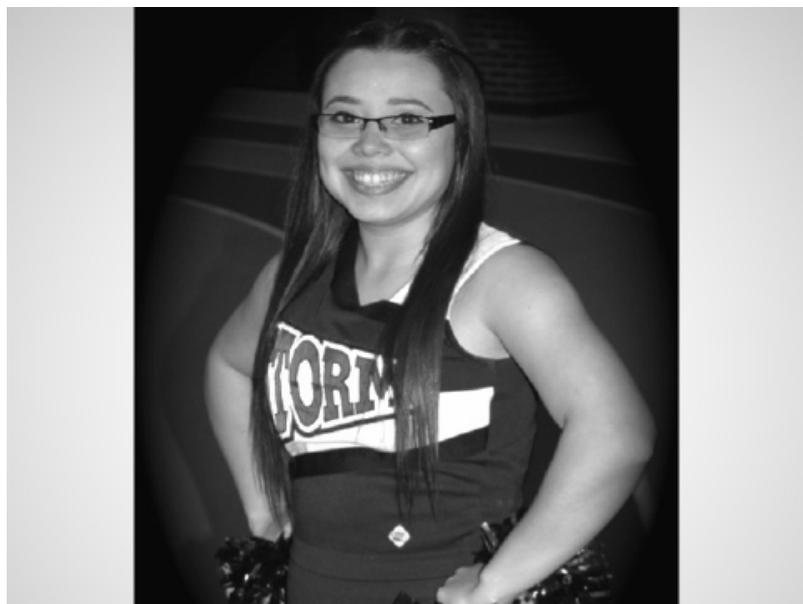
I would be happy to be the executive Office Administrator in order to utilize my passions and strengths to serve the SGA exec team and the student body. To accomplish this, I will use my skill of organization and my love for community.

In the position of office administrator, I hope to be a team player, and I want to contribute my help

where and when it is needed. I hope to be an encourager, and I want to help give a positive spirit to the team. I hope to be an organizer, and I want to allow the team to function at its optimal capacity.

Thank you to all my friends who have supported and encouraged me to apply and run for this position.

Alexis Guzman- VP of Campus Communications candidate



I'm so excited to be running for Exec Campus Communications for the year 2014/2015. It really was a decision that I had a hard time deliberating about. I really felt like it was God speaking to me saying that it was the right decision. I am running for Campus Communications because I absolutely love to get the word out about what's going on our campus. I love to draw, and I feel that when I draw and make posters or things that grab peoples attention on campus, it re-

ally could inspire others to want to do this as well. In being a leader in Student Government in the 2013-2014, it has shown me that it's fun to be a leader and have fun while doing it, and I also get to reach out to other people and make other people happy as well. If I do become Exec next year, I would be ecstatic and plan to keep things organized but also try to have more fun while communicating bigger and better with our campus.

UPCOMING CAMPUS EVENTS

SGA Events

March 6 - SGA Exec. elections

March 7 - Powder Puff @ 7pm

Misc.

March 6 - Symphonic band @7:30pm

March 8-9- PK Retreat

Sports

March 7- Home Softball game @ 2:00pm

March 8- Home Softball game/Student cookout @12:00pm

March 11- Home Basketball games @12:00pm

STORMSPORTS

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FCA hosts Courts of Praise event

Saydi Dowd, Staff Writer

On Tuesday, February 18, 2014, Southern Nazarene University's FCA hosted an event in the Sawyer Center. If you have ever attended Fields of Faith, Courts of Praise is not much different. Well, except for the setting, of course.

At every FCA event, the students or coaches in charge of hosting the event try their very best to keep it interesting. This means inviting various well-known and outstanding Christian athletes, coaches and many other inspiring people from all over to come to our school and share their testimonies. These guests share their lives, struggles, hardships and their ongoing relationship with the Lord Jesus Christ.

This past FCA event, we were blessed with the presence of OU's former punter Tress Way. Way played for the award winning head coach, Bob Stoops. He started his college football career in the fall

of '09 and finished out his college football career in '12. Way was so looked up to by the Sooner football team that he was team captain in his '11 and '12 seasons.

Tress Way spoke about how hard it is to just go through the motions of loving and living for Jesus. He discussed how, as athletes, sometimes we are fake in our faith; we do not really rely on God for our success, nor give him the glory when we do succeed. We walk the walk, but do not talk the talk.

Way also talked about his struggle against living authentically for Christ, "I knew what I was supposed to do, what I was supposed to say, how to act, but I was just faking it. I was that guy who could walk up and be the center of attention and make everybody laugh, and I didn't know how to be all about God and still do that."

As Christians, we often wrestle through this same fight with God.

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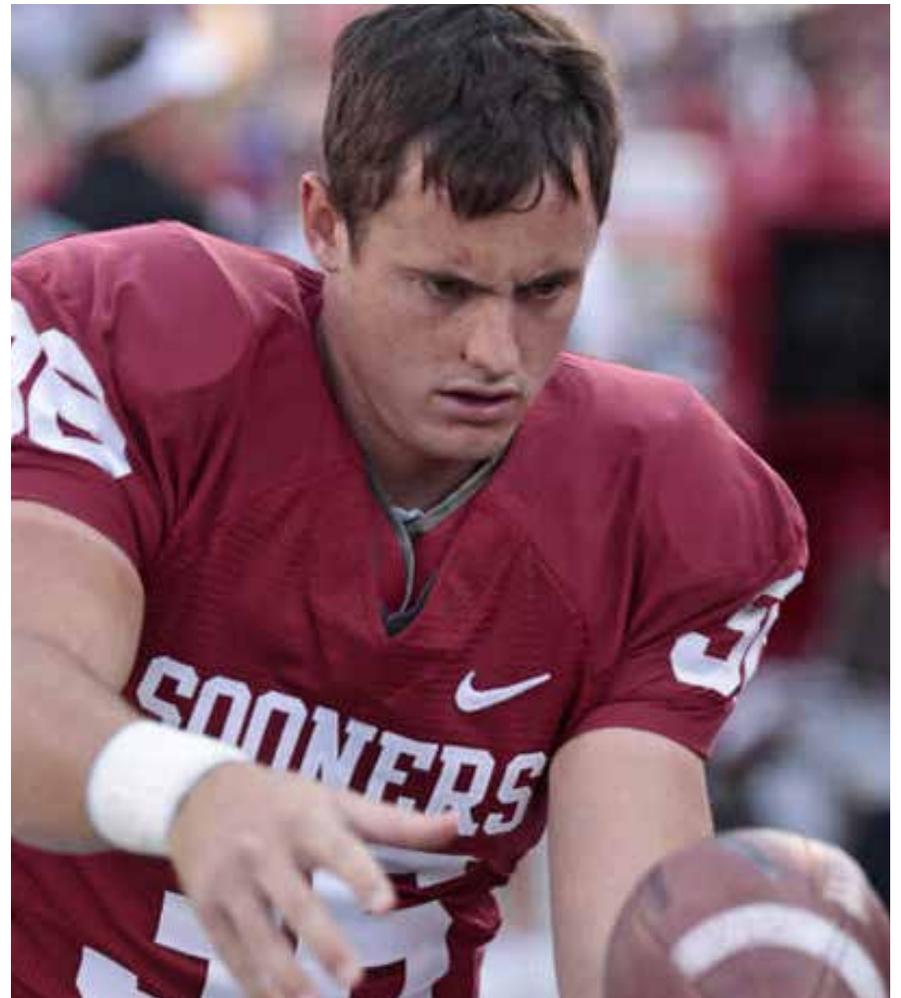


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The homosexuality barrier broken in sports

Carlos Font, Staff Writer

This world and its people are always in constant change. People and things change because of past experiences. In today's society, things that were once unacceptable are becoming more and more normal.

For the most part in our culture, being homosexual, lesbian or bi-sexual is becoming one of those newly acceptable things in the world. This shift is due to the changes and experiences that, as a society, we are adapting to. Sports are a part of culture and, like every

aspect of culture, are changing as well. Recently, more athletes at the college and professional levels are speaking out about and professing homosexuality.

During an interview with SI.com in April 2013, Brittney Grainer, former Baylor Bears

center and current WNBA superstar, came out as lesbian. About a month later, NBA veteran Jason Collins announced he was gay as well, following the end of the 2012-2013 season.

As to be expected, Collins and

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SNU

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Athletics

The homosexuality barrier broken in sports cont.



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Grainer received a great deal of criticism, more Collins than Greiner. Collins was both criticized and praised for coming out as gay. For example, Westboro Baptist Church tried to boycott the NBA Playoffs as an act of disagreement against Collins. At the same time, though, others praised him for being courageous enough to be honest about his sexuality in the public eye. Players like Kobe Bryant and other NBA superstars praised Collins for his bravery to come out as gay.

Months after Collins' announcement, he also became a free agent in the NBA. As the off-season went by and the NBA started their 2013-2014 season, no team showed interest in signing the seven-foot-tall center. In February 2014, Collins signed a ten-day contract with the Brooklyn Nets, the team that drafted him out of Stanford University in 2000 as the 18th overall pick of that year's draft. Collins played 11 minutes that same day on his first game back in the NBA. The center became the first openly gay athlete in the four major U.S. sports leagues

(Major League Baseball, National Hockey League, National Football League and National Basketball Association).

Collins decision to reveal his homosexuality has opened the door for future professional athletes to do the same. On February 9, 2014, the defensive back from the University of Missouri, Michael Sam, also came out as gay. Sam has been declared for the 2014 NFL draft and is looking to become the first gay NFL player. Sam was overwhelmed with the questions at the NFL Combine about his decision; how would being gay impact his play in the NFL? The All-American responded with: "Well, heck yeah, I wish you

guys would just say, 'Michael Sam, how's football going? How's training going? I would love for you to ask me that question. But it is what it is. I just wish you guys would just see me as Michael Sam the football player instead of Michael Sam the gay football player.'" Sam's frustration is understandable; he has been and will continue to be an excellent athlete. It is through courageous acts by individuals such as Sam, Collins and Grainer that our society will become less ostracizing and more loving when it comes to issues such as homosexuality.

" Collins decision to reveal his homosexuality has opened the door for future professional athletes to do the same."

FCA hosts Courts of Praise event cont.

We want things that God does not want for us. Even when we know what we need to do and how we are supposed to live, it is always a lot easier said than done. This is especially true when you are a student athlete; temptations are everywhere, and you are watched by everyone.

Tress left us with a challenge that night, a challenge for us as Christians and athletes, to put everything else aside and put God first. He asked us to just try it and then see if everything we adore even amounts to half of what God has in store for us.

Way encouraged students with

these words, "Starting tonight, starting right now, do you realize that you could let God work in your life in such a way that you could go to sleep tonight, whether it's a decision in your head, or better yet a decision in your heart, that you could go to sleep tonight, and say, 'It doesn't

even compare!'"

If you have never attended an FCA event, it is highly encouraged. These activities are not just for athletes, anyone is welcome! FCA meets are on Monday nights in Sawyer, so come on out next time and see what it is all about. You will not be disappointed!

Why I believe figure skating is a sport

Celeste Forrest, Staff Writer

I remember when I was seven years old, I participated in the 2002 Winter Olympics as a World Champion figure skater.

All right, in all honesty, I never participated in the Salt Lake City 2002 Olympics as a figure skater, nor was I ever an olympic champion at age seven, but for what it is worth, I did participate in my second grade class' "Winter Olympics" in Denver, Colorado. It was great fun, pretending to "skate" around on my classroom's carpet and jump and spin around like the figure skaters did on TV. I remember being mesmerized by the figure skaters, twirling around and sparkling like jewels in their glitzy, colorful costumes. I admired them so much, specifically legendary skater, Michelle Kwan. During my little "skating performance" in front of my second grade class, I tried to imitate Michelle's grace as best as a seven-year-old could. By the end of our class "Olympics," my teacher awarded me with a pretend gold medal. "Well, if that's all there is to it, this figure skating stuff is pretty easy," I remember thinking.

But by the time I was old enough to understand the Olympics and the Olympic sport of figure skating, I learned that it is not just "easy stuff."

In the eyes of an observer, figure skating looks like an artform. To put it simply, it is ballet on ice, and seems more like a dance than a sport. You have the pretty, flowing costumes, lots of dazzle, fancy jumps and graceful hand motions. Figure skating is about beautiful young ladies coming out, putting on a performance in front of an

audience and being scored on how much they impress the judges. The more extravagant the spectacle, the better.

This is what I first thought about figure skating years ago. However, two Winter Olympics and lots of research later, I have come to appreciate figure skating for the beautiful and technical sport that it is.

People would be pretty surprised to know how old figure skating is. Figure Skating was contested by the International Olympic Committee (IOC) in 1908, and has been a main part of the winter Olympics ever since, making the Olympic sport more than 100 years old. How does the IOC decide if a sport should become an Olympic event? According to their website, the IOC states that an event must fulfill numerous prerequisites in order to qualify as an Olympic sport.

"Figure skating strains both the upper and lower body, and requires lots of strength."

In fact, an event is required to meet over 30 criteria for it to be considered. For example, the sport must be practiced by men in at least seventy-five countries and four continents, and by women in at least forty countries and three continents. According to the 2008 Olympic Programme Commission, a sport must emphasize the development of youth, and it should organized the world competitions as well as be popular among spectators and media.

The sport of figure skating is by no means for the faint of heart. It requires years of building endurance, balance, flexibility and tenacity. Figure skating strains both the upper and lower body, and requires lots of strength. Skaters must be physically fit, active and healthy if they are to compete.



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Many athletes who skate partake in a variety of other activities, such as weight-lifting, running, gymnastics and ballet. Skaters, with years of training, patience and determination, are able to withstand dangerous falls with no padding, launch themselves three to four feet into the air, completing four rotations and land light on their feet, despite feeling the pressure of five to eight

times their body's weight. So much for easy stuff.

Figure skating, though artistic in form, is more than just a beautiful dance on ice. It is a science that requires strategy and technique, and is one of the toughest sports to pursue. It is because of this that I highly admire and respect figure skating as an incredible, complex and powerfully inspiring sport.

O P I N I O N S

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The life in Lent: Lenten Practices



Photo by John Snyder used under the creative commons license

Katelyn Lamb, Content Editor

Today is Ash Wednesday, the day in Western Christianity that marks the beginning of Lent and the looking ahead to Easter Sunday. While many of us are familiar with this period or at least with the word “Lent,” we may be less familiar with its actual purpose.

The observance of Lent dates back to the first centuries after the resurrection. At this crucial period, the liturgy and rhythms of the church were still being molded and formed. Although variation in how and when to observe Lent existed between churches and regions, the presence of preparation was unanimous for early Christians in the weeks before Easter celebration. Traditionally, Lent is recognized as a period of especial fasting, repentance and prayer. It is a deliberate and meaningful reduction as the Church awaits and

readies themselves for the embodiment of the Gospel.

While the observance of Lent can initially appear exclusively interior, it is, in actuality, a time of very external and literal imitation of Jesus. The period preceding Easter has historically been a season of sacrifice. Many Christians fast from a particular food or activity for these weeks, symbolically mirroring Jesus’ forty day fast in the wilderness. By temporarily living without, followers of Jesus place themselves into the life of Christ, a posture that is difficult to come by in a pleasure-worshipping and affluent society.

Not only does this time of fast imitate Jesus, it also provides great clarity and awareness of the movements of the Spirit. Many Lenten practices are outward actions which simultaneously reflect

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Listen to this! Rap alternatives

Trenten Wilkinson, Staff Writer

There are many styles of music today that are very influential on society as a whole. In particular, there is one style of music that differentiates itself from typical genres and impacts a greater number of individuals: rap. Most people enjoy an upbeat tempo with fast lyrics that convey a broad message and that is just what rap can do. Generally speaking, when somebody says rap, one may think of cars, money, drugs and sex. People may also think about artists such as Lil Wayne, 2Chainz and Drake, just to name a few. While today’s culture seems to present such a vast variety of “rap,”

there still appears to be the same old things in every song. Musicians think, “If it gets hits, why change?” This mindset suggests that the rap industry is all about money and an influential market.

People like instant gratification; this appealing pleasure is one of our most sought after goals. It is the “if... then” statement of life. If we do something, then the repercussion of it should be swift and lovely gratification. Rap is so influential in society because it fulfills this desire. Every rapper today speaks of this type of gratification in their songs. No matter the focused market or specific rapper, one can find gratification in a rap song. Rappers like

Jay Z and Kanye West try to give glory to God and thank Him for success while excluding any mention of faith from their actual music.

However, there are a few people who are trying to do rap differently. A new, yet seemingly contradictory, style of music is Christian Rap. This genre has been an up and coming trend for the past 10 years. Christian rappers present a heavily countercultural image compared with the rappers you think of today. Rappers like Lecrae have affected the whole genre of rap. Not only do these individuals spread the Gospel through lyrics but they also have

an impact on the culture of rap. Lecrae was featured on the BET Cypher awards and had famous rappers come to him and thank him for what he was doing, a demonstration of the influence he has had. Also, Trip Lee and Tedashii are up and coming artists on Lecrae’s Reach Records Label. These are just a few alternatives to listen to and get the same vibe from while hearing a different message. Lecrae and company not only give thanks to God for success but portray it in every single song. While reaching out to the culture and shining the light, these rappers are distinct from many of their peers, turning a negative industry into a positive opportunity.

Procrastination: It's your problem



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Claressa Cortesio, Staff Writer

I used to watch the 2011 film *Bridesmaids* over and over again for no apparent reason other than to laugh. Movies with people getting married can be very entertaining. I think another reason was because I could identify with Kristen Wiig's character, Annie Walker. Annie had some life troubles, and she was good at avoiding their solutions. She was a procrastinator and a quitter. By the end of the movie,

Annie found herself friendless, careless, jobless and lacking the understanding needed to fix everything. That was, until her friend Megan beat her with the truth using one simple line near the movie's end: "You are the problem, Annie. You are also the solution."

I have long struggled with procrastination. I also know fellow students who struggle with procrastination, but do not like to admit it. "Those presentation notes can

wait," we say. We tend to blame our problems on things that are out of our control. The truth is, we are the problem; and we are also our own solution. According to Student Academic Services at California Polytechnic State University, procrastination is a complex psychological behavior that affects everyone to some degree or another. The good news: This problem is self-created but it can also be solved on your own. The key is de-

termination. The bad news: It gets worse as time goes on! Procrastination has a snowball effect on your brain. The more you procrastinate, the more you will procrastinate. It is reinforcing - every time you delay, it reinforces your negative attitude toward a certain task. Talk yourself into working on homework ahead of time. Impossible? No. It is only impossible if you believe it to be.

First step to contend with pro-

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The life in Lent: Lenten Practices cont.

and create inward attitudes. In his book on spiritual disciplines, Richard Foster emphasizes that "Fasting, more than any other discipline, reveals the things that control us." Lent, as a period of fasting, makes known the previously unknown in preparation of the revelation of grace in Christ. Observing this season in the life of the church is a beautiful both; Lent is an expression of both action and attitude centered around the story of salvation. Fasting and repentance allow Christians to

more clearly recognize their sin and need for a savior and, consequently, the absolute and desperate splendor of the cross.

As deep and powerful a time as Lent is, participation in this season does not have to be intimidating. There are many options and ways in which believers can practice this time of confession and fast. Common things to fast from include coffee, soda, Facebook or social media, gossip and chocolate or desserts. Some people may also choose to fully fast one day a week or go a day without

making any purchases. In addition to fasting from a particular food or activity, it is typical for believers to add something new. For instance, Christians may add an extra hour of prayer to their lives every week, find a way to serve in their communities or participate in a small group. This add and subtract dynamic allows the Church to evaluate its heart. By repenting and fasting from the things that we worship, people create space in their heart to better hear the voice of God. In that quiet space, it is

easier to understand what is lacking that should be added. Fasting creates awareness and awareness nurtures change.

Whatever your approach to Lent, ensure that it is done for and through God. Remember that practices such as fasting are acts of faith, carried out in an earnest desire to be closer to the Lord. As the season goes on, prepare your heart to receive this much welcomed truth: God has come among us - you have a savior - Jesus lives.

Diving into Creativity: Writing Advice from a Writer

Summer Howard, Staff Writer

Have you ever found yourself wanting to write a story but have no idea how to start? As an author, I want to assure you that you are not alone. I have found myself staring at that blinking cursor more times than I can remember. Here are some suggestions on how to get those creative juices flowing and fashion a marvelous masterpiece.

If you want to write a story, think of your favorite ones! Using themes that are in other books, after all, is inevitable considering the fact that millions of books have been written since the beginning of civilization. As long as you don't have the exact same storyline as another author's work, borrowing a theme from your favorite novel can help you create a unique plot of your own. Movies, television shows and even song lyrics can be a source of inspiration as well. Whatever elements capture your attention in storytelling can be made your own with a little bit of creativity.

To unblock the creative mind, sometimes all you need is to practice writing. Ask a friend or family member to give you a topic to write about, or if you don't have anybody around, pick the first topic that comes to mind and go with it. Write for five to ten minutes on that topic. During this short amount of time, you might discover that this topic is the inspiration you need for a story, or

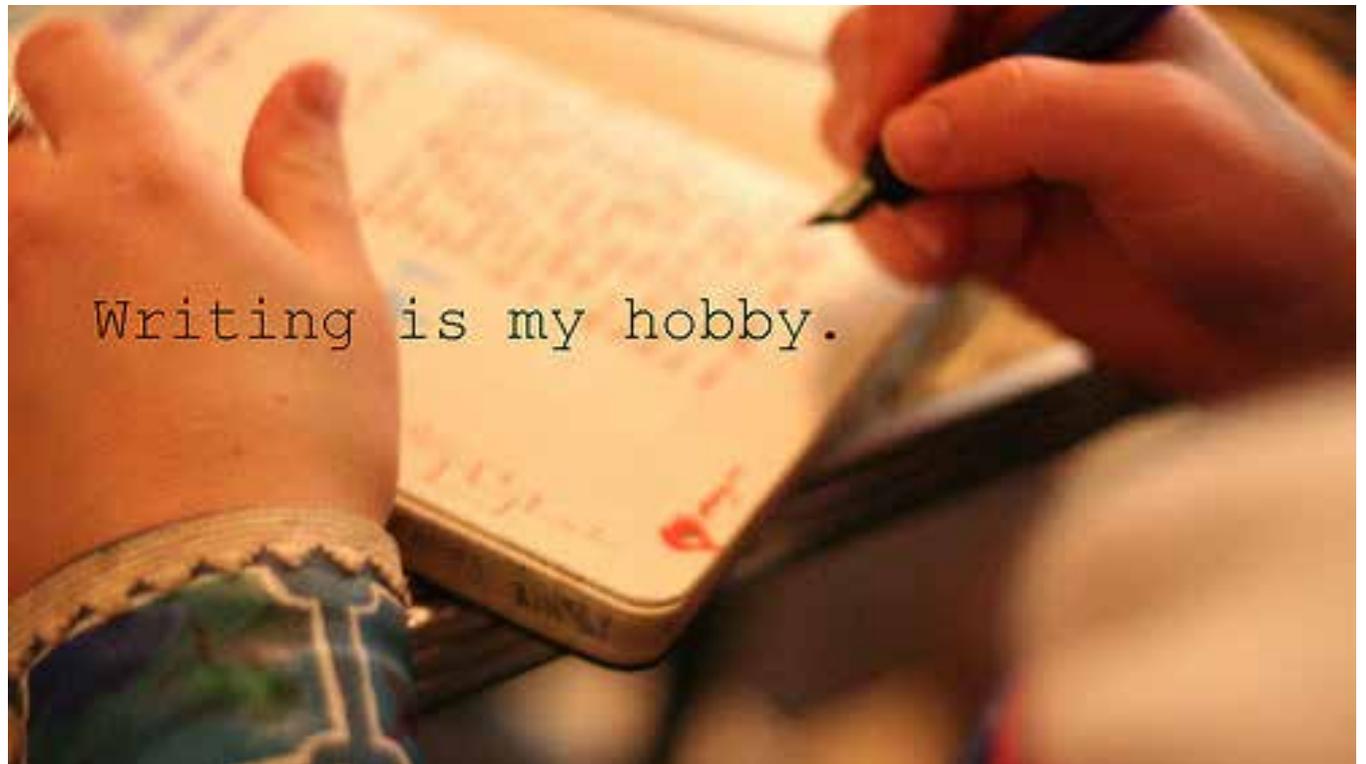


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writing about this topic might lead you to the idea you were looking for all along. If you find yourself frustrated at the end of ten minutes, take a break and start the process again. Do this as many times as you feel is necessary.

Once you have found a topic or a theme, you can develop the plot. Don't worry about the specific details yet; that comes later. Focus on the points you want to start and end with in your story, and then try to fill in what you think should happen in between. Plotlines can shift; don't feel as if it is necessary to stick rigidly to your original idea.

Develop the plot that creates the most exciting and imaginative thoughts for you. If you have thousands of ideas swimming around

in your head about it, you've probably found the plot you want to write about.

At last, it's time to form your characters. Sometimes the best way to start shaping your characters is to give them names and physical features before you deal with their personality. If you are using first person point of view, which involves the use of the pronoun "I," you can either introduce the character by having them say their name and what they look like, or allow your readers to learn bits and pieces of their physical features along with their personality traits as the story progresses.

The main aspect to remember when dealing with character development is to make certain

your characters "grow" somehow throughout the plot. "Growing" your characters means to have them change by the end of the story, whether that is causing them to mature or deteriorate because of the events you create. By making your characters change, you establish their humanity, with which your readers will be able to relate to.

Remember, these are just suggestions. Everybody has a different style of writing and this difference means that everybody creates stories in their own way. In the creative writing world, the only rule is to follow your imagination. Now that you know where to start, don't be afraid to dive into the realm of creativity.

Procrastination: It's your problem cont.

crastination is to envision your future and your goals. The only obstacle is you. Make a habit of planning your day, your week, even your month if you can. Follow through with your homework schedule and reward yourself for good behavior. Make positive associations with planning and fol-

lowing through with your work. This will not only counteract the negative habits of procrastination, it will encourage you to work harder and faster.

Secondly, use your competitive streak for will power. Imagine other people getting the job that you want, that grade, that promotion, that va-

cation or house. The world we live in is not a forgiving place. Those who work hardest and most efficiently will most likely succeed.

Lastly, be honest. If you need help, get help. The counseling center at SNU welcomes students with mental and emotional frustrations. Do not be afraid to open

up about things that you struggle with. Family issues, relationships, low self-esteem and health can be factors contributing to procrastination. We are human, and we make mistakes. Mistakes are okay as long as you learn from them. Remember, you are the only person who is keeping you from success.

In review: Robocop, man or machine?

Byron Crouch, Staff Writer

Summary:

A cop (Alex Murphy) is severely injured while trying to discover the supplier of illegal firearms. OmniCorp, the leading company in robotics, graciously offers Alex's wife the option of restoring his body with their latest and greatest robotic counterparts. What could possibly go wrong?

The Good:

RoboCop does an excellent job of being more than just an action movie. Yes, there is action (and it is awesome), but RoboCop also brings up topics like the power and ethics of corporations, the value of family and even some political ideas such as whether America is on track to become the world's kindest bully.

Another thing that this movie excels at is showing internal struggles. The main character has had nearly his entire body replaced with artificial counterparts, and he struggles with whether or not it is really him any more or if life is worth living. Alex also struggles with self-determination and free will. Other positive elements include Alex's devotion to his wife, her devotion

to Alex, their devotion to their son and a scientist eventually taking a stand for what he believes is right.

The Bad:

Language:

The worst language is bleeped out (it is during a television show), but the rest is still there and includes everything that is allowed without making the movie R.

Gore: Seeing the main character with his wounds after he was blown up was graphic. Also, viewers see him multiple times in his final reduced form (brain, face and lungs). Plus, because he is a nearly invincible cyborg now, Alex engages in multiple gunfights in which he kills just about everybody.

Questionable scenes: As far as sexuality goes, in one scene Alex and his wife begin to undress, but they are interrupted by a car alarm.

Overall:

It is an okay movie. The action kept it lively, but it was not constant. Although some of the themes that emerged were a nice surprise, the lack of any deeper layers will probably keep people from seeing this movie multiple times. It is a good choice for one-time viewing.



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Brett eats out: Pioneer Pies

Brett Smith, Staff Writer

If there is ever an option to eat good Southern food, I will be one of the first to seize it. My roommate had told me about a place called Pioneer Pies that his parents had taken him to during one of their visits. Judging from the name, I assumed that the folks there were mainly known for their pies. Of course, my assumption was correct. However, their menu

also consisted of a wide variety of Southern-style comfort food that I was not expecting.

When I look over menus for a restaurant review, I normally look for an appetizer that will reveal the most about the restaurant in question, but this trip was different. The suppers that Pioneer Pies offered came with a soup or salad, cornbread, Texas toast or garlic cheese bread, two sides and

a slice of your choice of pie. This seemed like a pretty big selection to me, so I decided to skip the appetizer. Also, they are a little on the pricey side. A supper will cost right around \$13. Although, I find that the average price for a restaurant meal now is close to \$11. So, while it is a bit more, it is not too much.

Brandon Hart, Mickey DeMarzo, Sam Smith and Jonathan Hane joined me for this meal. Most of

us came for the pie; the comfort food was just a nice surprise. Pioneer Pies has a very fitting atmosphere. The walls are all decorated with early 19th century antiques. Wagon wheels, horseshoes and old pistol bodies are just a few of the many things they utilized. We were seated very quickly, and it took a little time to receive our drinks. Brandon and I were the only ones

Continued on page 14

If you want some sound advice, do not read this

Jim Wilcox, Guest Writer

(These are real questions asked by real students.)

Dear Professor,
Since grades have become so controversial, why can't we just study and learn without being graded?
Signed, Marina

Dear Marina,
Are you crazy? There would be chaos, rioting in the courtyard, protests on the chapel steps if we took GPA's away from our over-achievers.
Teachers would argue that students have no incentive to learn without the final judgment of a grade.

Parents would home-school pre-med majors and church pastors-to-be. Do you really want a doctor like that, cutting

out your brain's left hemisphere where grades are stored?

Dear Professor,
Why was there no Powder Puff game this year?
Signed,
Heather

Dear Heather,
Global warming.

Dear Professor,
Why do humans have to wear shoes?
Signed, Matt

Dear Matt,
Well, there's no law that forces humans to wear shoes, just like

there are no laws against "riding an escalator" rather than "walking up an escalator" or saying stupid things like "irregardless," "where are you at?" and "I could care less."
It's all about celebrity endorsements

What other item of clothing could LeBron James peddle if not his line of \$billion shoes? Headbands made out of gold? Shorts for bow-legged men?
The American economy would skid to a stop (get it?) without the shoe industry.

When was the last time any of us truly wore out a pair of shoes? Like never?

Dear Professor,
How soon is too soon when it comes to buying your cemetery plot and headstone?
Signed, J.C.

Dear J.C.,
Frankly, it's never too soon. Write a "living will" and your mind will rest more soundly.
At my age, I had to decide maybe 25, 30, even 35 years ago what I wanted to happen to my remains. In fact, my college roommate, Al, and I stayed up nearly all night telling each other how we wanted to be buried.
(Al finally decided he wanted to be buried in several hermetically sealed mayonnaise jars.)
I, myself, would like to have my cremated remains put into a pepper shaker so at future Sunday dinners, my grandchildren can ask for the salt and papa.

PREHISTOIC LEGENDS

Brett eats out: Pioneer Pies cont.

who had not had dinner yet, so we ordered suppers while the other three had pie. Mickey, Sam and Jonathan all tried the peanut butter chocolate pie. The looks on their faces said it all. This pie was not to be challenged.

The entrée I ordered was a fried pork chop, and for my soup I chose cream of broccoli. I could not have asked for a better version of such a common soup. It was clearly made from scratch, and it absolutely screamed Southern comfort food. The sides I chose were green beans and fried okra. If a restaurant is serving Southern-style food, either one of these two sides can show how authentic it really is. Both of these were prepared wonderfully, as well as the garlic cheese bread. As for the pork chop, words are unable to do it justice. I would easily put this pork chop in my personal list of "Top 5." Brandon was very

pleased with his meal as well. He ordered the Hawaiian chicken. Chicken breast with teriyaki seasoning and sauce, this dish was tender and cooked to perfection. He also had the cream of broccoli soup, but he differed when he ordered cornbread and substituted a baked potato for two sides. I asked him what he thought and he told me that it was all fantastic. The meal came to an end with our choice of pie, and it was an amazing ending at that.

Brandon chose cherry cheesecake for his closer. By the speed at which he finished it, I assume that it was very good. My selection was another Southern classic. Pecan pie has always been a favorite of mine, so I knew this was my choice before ever entering the restaurant. Another welcome surprise came when our waitress said that the pecan pie could be served warm with ice cream for



Photo by Jonathan Hane

no extra charge. I couldn't have said yes faster. As expected, this pie was absolutely amazing. It was exactly what I was expecting it to be after the meal that I had. Great

Southern-style food is no further than 2201 SW 74th St, right on Interstate 240. Pioneer Pies is another great locally owned restaurant that I highly recommend a visit to.

Kid's eye view of SNU

Celeste Forrest, Staff Writer

Have you ever wondered what SNU looks like through the eyes of a child?

I mean, we often see these mini human beings running around in Sodexo or visiting their parents in their offices. We even see them sometimes during chapel. When the majority of SNU is populated by college-aged students and older adults, when we do see children playing tag or Frisbee on campus we stop, transfixed by the rare opportunity to see these smallish creatures in an environment other than a toy store or an amusement park.

So, what exactly is SNU like to a child?

Well, I had the wonderful privilege to ask Levi and Lia Mullen for their perspectives of what it's like to be a little kid on campus. As you may know already, Levi and Lia are the cute and awfully adorable adoptive children of Joel and Sarah Mullen. The Mullens have previously been missionaries to Italy, but have recently joined our Spiritual Development staff. Since the Mullens only live a hop, skip and a jump away, we often see the little Mullens hanging out at SNU.

Levi and Lia's bubbly personalities and contagious smiles and giggles have made them quite the little celebrities among SNU's students and staff. So, when I thought about getting a different perspective of SNU from the point of view of a child, I thought who was better to inter-

view than the Mullen kids?

Upon entering their house for my interview with Levi and Lia, I was greeted by a pink panda.

"Come in! Come in!" they exclaimed.

Lia, dressed in her cute panda hat and all-pink attire welcomed me in, and soon, Levi joined her at her side, all smiles. I was introduced by Joel Mullen, and before I knew it, I went from being "Cest" to "Cel-est" to "Celestay." We sat on the carpet of the Mullens' living room and I began my interview by asking Levi and Lia "What is SNU?"

Having just been awakened from their nap, the kids were at first not quite sure what to do or say. However, as the interview progressed and they began to feel more comfortable with me, they began to open up and answer my questions with enthusiasm. I learned that SNU, according to them, was not only the place where their father worked, but it was a great place to play, take walks and eat, more specifically the "orange things and the green things" (i.e. Applejacks cereal,) but not peas, carrots or cucumbers (according to Levi).

They love the staff in Spiritual Development, and most specifically "Blair with No Hair" (Lia's words, not my own). I asked Lia if there was anything else she liked about SNU, and I was told her favorite part of SNU was the chocolate she gets in the Spiritual Development office, more specifically, Snickers!

When I asked them if they would



Photo by Celeste Forrest

someday like to be a student at SNU, Levi promptly replied: "I'm not bigger yet!" However, when they do "get bigger" Lia wants to be a Panda Bear and Levi wants to be Levi.

After my interview with the Mullen kids, we enjoyed the unusually warm February weather by playing outside, swinging on swings, singing "Jesus Loves Me",

searching for pink rocks and coloring a ballerina family. Needless to say, it was so it was so much fun getting to know Levi and Lia, and learn what they enjoyed about SNU. As a student, I have to say one of the greatest things about being at this school is spending time with kids like Levi and Lia, and learning more about life through the eyes of a child.

Editor-in-chief: Ronna Fisher

Content Editor: Katelyn Lamb

Layout Editor: Amy Lauver

Business and Social Media
Manager: Grace Williams

Adviser: Jim Smith



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