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wins NCAA Championship
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So We Go: SNU summer missions teams

Katelyn Lamb, Content Editor

What do Brazil, Germany, Haiti, Swaziland, Australia, Serbia-Slovenia and Mexico have in common? All of these countries will be receiving groups of SNU students this summer for short-term missions trips! SNU in Missions (SIMS) is sending out eight teams between May and July to participate in a wide range of international ministries. Joel Mullen, Missions Pastor here at SNU, is in charge

of coordinating the trips, assisting students with logistics such as fundraising and visas and leads pre-departure training for the teams. Eager to highlight the exciting opportunities SIMS provides, Mullen sat down with the Echo to discuss the upcoming trips.

"This year's group is the biggest ever sent exclusively for missions," Mullen said, noting that there will be 78 students and sponsors participating on international teams

this summer. "There's a lot of excitement and we've tried to corral all of the passion these young people have and to focus it on one thing: the calling to missions." With eight teams traveling to seven countries, SIMS is a growing program. When asked about the value of international missions experience for students, Mullen explained that these types of overseas trips will "change their lives, change their worldview, change

the way they see God."

Because of the importance and seriousness of this type of ministry, students are expected to attend spring training sessions twice a month. These times are set aside to provide information, cross-cultural training, education about each group's specific type of ministry, as well as teaching about effective team dynamics and communication. While some students may

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New Master's degree at SNU generates interest

Claressa Cortesio, Staff Writer

Dr. Sylvia Goodman, Professor of Kinesiology at SNU, said the campaign for the new master's degree offered by the School of Kinesiology is "off to a roaring start."

According to Goodman, this degree is for people with a focus in Athletic Administration or Sports Business. People who already have a Bachelors or are already active in this field will be targeted by the program.

The process of creating this degree option included formulating an overall curriculum as well as getting approval by the Graduate Counsel, both of which have already been achieved. Goodman is responsible for the program's curriculum. "The curriculum will



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New York student accepted to all eight Ivy League schools

Stephany Reyes, Staff Writer

Many young students dream of getting accepted into an Ivy League school. Few, however, aspire to be admitted into all eight of these prestigious universities; being accepted by all eight Ivy League schools is extremely rare.

According to reporters from CNN, though, that is exactly what 17-year-old Kwasi Enin from New York has done. Enin has been officially accepted into the University of Pennsylvania, Brown, Dartmouth, Columbia, Yale, Harvard and Cornell and was asked to be part of their class of 2018.

The young man has an uncle and cousins who have gotten accepted to some Ivy League Schools, but Enin was glad he surpassed his family's accomplishment. Enin said, "I knew that going to any of the Ivy League schools would be wonderful. I thought if I applied to all eight, I figured I'd get into one... but from the first one onwards I said, 'This can't be happening!' I was shocked seeing all these acceptances under my name."

Enin's parents immigrated to New York from Ghana in the 1980's. Both his mother and father went to a public college and became nurses.

It is not surprising that this bright student performed well on standardized testing. He scored 2250 out of 2400 on his SAT, which places him in the 98th percentile of all students taking the exam. According to his principal at the public William Floyd High School, Enin is ranked the 11th best academic student.

In addition, he is also very extracurricularly talented, playing three instruments for the chamber orchestra, singing in an a cappella group, throwing shot put, running for the school's track and field team and participating in student government. His principle describes Enin as an incredible, respectful and humble person. He is the first from William Floyd to get accepted into all eight Ivy League schools.

Enin has planned on applying to all eight Ivy League schools since he was in 10th grade. Still, like all students, he will eventually have to narrow down his options to one. "I'm thinking about Yale. I really liked their sense of family, the relationships between undergraduates and professors and the residential college. They also have a strong biomedical engineering program, which is a wonderful combination



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of biology and creative tools that doctors and health care professionals can use," said the soon-to-be high school grad. Enin's parents have always pushed him to follow his dreams and do well in school. Their influence is apparent in

Enin's advice to future Ivy League applicants: "Follow your passions in high school, don't just follow suit for what you think can get you into good schools. Develop your outside interests — not just academics."

New Master's degree at SNU generates interest cont.

cater towards people with interest in sports from a management perspective or a business perspective," she says.

SNU has only recently began campaigning for this addition, with amazing results. "We made the announcement around April that a brand new program would be coming out for a Kinesiology Degree," Goodman affirms, "September 8 will be the start of the first cohort. The majority of the first cohort is already in the application process.

We are also hoping to make the second cohort a completely online course."

"We have a lot of interest already," Goodman says, referring to on-campus activity. Still, professors hope that the off-campus campaigning will generate additional interest. So far, the first day of off-campus advertising was a success. The future targets for off-campus promotion will include the

local newspaper, Alumni contacts and career fairs. The school will be marketing to potential students in business, working in schools or attending colleges and universities.

This master's program will be eighteen months long. Similar to other graduate programs at SNU, they will hold class one night a week on campus. Each course is set up in a six week long module.

The Athletic Department at

SNU is hoping this program allows public school teachers and coaches to maintain their careers while helping them gain a master's degree. However, the department's promotional efforts are not limited to those outside of the SNU network. Staff and faculty wish to generate a broad marketing plan that will encourage all college and university employees to check out this unique program that promises a competitive edge in the world of sports and athletic management.

"...the intensity of the competition has grown..."

So We Go: SNU summer missions teams cont.



Photo provided by Joel Mullens

have initially had hesitations about the time commitment of training, Mullens believes these sessions are crucial in helping students prepare and feel more comfortable about their trip. "It's like playing football - a team who shows up to a game and has never practiced but says they really loves football is not a prepared or effective team. It's the same with missions. You can love missions a lot but still not be a very strong team. We expect students to be dedicated to their trip and team and be willing to learn how to be prepared and effective," Mullens remarked. Plus, these bi-monthly

trainings help students build relationships and have fun! All SIMS participants recently went on an outing to a ropes course where, through some fears and laughter, they were able to continue growing together. The ropes course allowed students to "do what they didn't think they could do," stated Mullens, a theme central to the SIMS program.

While abroad, teams will be active in a variety of ministries.

Some groups, such as the women's soccer team who will go to Mexico, will be working in children's homes. Other students, like those

"This year's group is the biggest ever sent exclusively for missions."

going to Swaziland, may be assisting in medical missions working with HIV patients. Football players heading to Serbia-Slovenia are putting on a football camp and other teams are partnering on projects with local churches. SIMS provides a range of opportunities for students who

would like to focus on a particular vocation or people group.

Looking ahead to the future of SIMS, Mullens has high hopes. "By next year, I would like to have 120 students and sponsors committed to teams. We want to increase participation - we'll continue to add more sites and countries. In several years, I would love to have every SNU graduate go on an international missions trip," the Missions Pastor stated.

In the mean time, students are encouraged to support their peers who will be traveling this summer. Mullens advocated intentional prayer, saying "Prayer is the absolute most important thing people can do for these teams. It is primary to their success. Teams are also fundraising and anything given helps immensely, whether it's \$1 or \$10 or \$100." SIMS staff wants students to feel endorsed by their friends, family and churches and they have done several things to make this happen. On April 22nd, chapel will be dedicated to the SIMS teams as a time of recognition and prayer for the groups. Team cards with pictures and names of participating students are also available as a reminder to pray for the different groups. Also, SIMS has a Facebook page to advocate for their trips, post photos and keep people informed about their preparation and experiences. Check it out here, <https://www.facebook.com/snusims>. Don't miss the original song "So We Go" created by Mullens and Banning Dawson.

The theme of this year's SIMS teams is, as their song notes, "So we go." Based off of Abraham's obedience to God's call to leave his home and seek out the Promised Land, this mantra reminds students that they share in that call. To go, making disciples of all the nations, baptizing them in the name of the Father, the Son and the Holy Spirit. So go.

Lip Sync was "All T



hat!"



Photos by Abby Felter

Former Thunder point guard wins NCAA Championship

Saydi Dowd, Staff Writer

Who is the young coach that just won the Men's NCAA Championship one might ask? Well, some would be surprised to find out that he used to be a part of our Oklahoma City Thunder (2009-2010). That's right, this mystery man was right there on the court playing alongside our very own Durant and Westbrook. The same tenacity that Kevin Ollie played with has been transferred over into his coaching, often looking like he is more prepared to break into the game than anyone else on the sideline. With an attitude like that, it's no wonder his team made it all the way!

It was only four years ago when Ollie was still playing point guard for the Oklahoma City Thunder. He played four years for Jim Calhoun at the University of Connecticut, back in the early 1990s, and upon retirement from the NBA, he became Calhoun's assistant coach.

Ollie's career consisted of twelve National Basketball Association (NBA) franchises in thirteen seasons, spanning 1997 to 2010. In the 2005-06 season, Ollie was given a starting role by the Sixers' head coach, Maurice Cheeks. After that, Ollie moved to the Minnesota Timberwolves,

where he was made captain during the 2008-09 season. He was then signed by the OKC Thunder on August 1, 2009 for the veteran's minimum. After the season, Ollie retired to join the Connecticut Huskies as an assistant coach.

Ollie did not have a stacked coaching resume for the job but still managed to get the position upon Calhoun's retirement. He had only been on the coaching staff two years before taking over the Huskies program in advance of the tournament. Then, at 41

years of age and in his first year as a head coach of a team that could compete in the NCAA tournament, Ollie proved a lot of people wrong, winning the Championship.

In an interview with Grantland, NBA player Kevin Durant said that Ollie "taught him the ropes" and "changed the culture of Oklahoma City." He also said, "Kevin Ollie was a game changer for us. Just his mind set and professionalism that he brought every single day. And we all watched

that, and we all wanted to be like that. It rubbed off on Russell Westbrook, myself, Jeff Green, James Harden. And then everybody who comes through now, it's the standard that you've got to live up to as a Thunder player. And it all started with Kevin Ollie."

It is always interesting to look back on the people who have come through Oklahoma and had an impact on our state and our state on them. Coach Kevin Ollie just happens to be one of those special people.



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Athletics

Jackson's alleged gang ties cause trouble

Cass White, Staff Writer

The three time All-Pro wide receiver Desean Jackson was cut from the Philadelphia Eagles on March 28, 14. There have been numerous rumors floating around the NFL and media about the cause of Desean's release.

Jackson is one of the most versatile players in the league; with 21 receptions, he leads the NFL in the most 30+ yard receptions during division games since 2008 while stacking seven touchdowns. The former Eagles player has the most 40+ yard catches since 2008 with 35 and his blazing speed allows him to stretch defenses. He was the number one receiver for the Eagles with a career high season;

82 catches and 1,332 yards with 7.2% in 2013. With electrifying speed and quickness, Jackson seems to provide a valuable asset to his team; he has a rare ability to make players miss in open and closed space.

According to NJ.com, Jackson was released from the Eagles because of gang involvements and activities. Jackson was raised in Los Angeles, which is the birth of the Crip and Blood gangs, which have now spread all across America.

Hearing rumors about being traded, Jackson had met with the head coach of the Philadelphia Eagles Chip Kelly, who will be going on his second season in Philly after previously serving as the head coach for The Univer-

sity Of Oregon.

After the meeting with Coach Kelly, Jackson went to social media to let them know what occurred, posting, "Good to talk to Big Chip today!! Say or hear what ya want!! The picture speaks for itself!! Winner." Jackson reports that Kelly told him not to "worry about anything and keep working hard and be ready for camp."

A few days after this post, Jackson was released and the organization made statements saying, "After careful consideration over this off-season, the Philadelphia Eagles have decided to part ways with Desean Jackson." Some spectators believe that Jackson was released because of bad behavior and bad presence in the locker room. The coaches use to

tell the rookie players to not hang around Jackson because he was a bad influence due to his off-field habits. The Eagles organization felt that Jackson had a weak work ethic, bad attitude and consistently missed meetings, perhaps because of the poor company the player kept.

Teams like the Raiders and 49ers's contacted the Los Angeles Police department to check Jackson's police record to see if he has been involved with a gang; reports confirmed that Jackson has no traceable connections to gangs. Rather, it seems that Jackson is guilty by association.

After all of the suspicion and turmoil, has recently signed a contract with the Washington Redskins.

Have something you want to see in The Echo?
Contribute to

THE ECHO



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

Send a letter to the Editor

Leave a comment on our website

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

Changes made for good in the MLB

Carlos Font, Staff Writer

Major League Baseball has gone through some changes in the past twelve years. The MLB has taken a stand against performance enhancing substances and have taken a vow to rid the sport from banned substances.

In 2006, Major League took a stand against banned substances and in the spring of said year, the league established their drug policy, called The Joint Drug Prevention and Treatment Program. The goal of the policy was to stop and end the use of banned substances like steroids. Despite their efforts, in 2008, the baseball world was rocked by the Mitchell report. Names of players and former players that used banned substances were published in the report, marking a very dark time in baseball history.

Over the years, the league has done its best to make baseball a banned substance free sport. Still, after the 2007 report, more and more players started to fail their drug tests. In the middle of the 2013 season, the MLB launched another investigation that involved even more players with banned substances who were eventually suspended.

Due to last year's events, the Major League has decided that they need to change their punishments for those players that could not pass a drug test. The MLB's previous policy was a 50-game suspension for a first offense, a 100-game suspension for a second and a lifetime ban for a third.

Right before the start of the 2014 season, the MLB and the MLB Players Association reached a decision and agreed to new terms regarding the League's Joint Drug Program. Major League and the Players Union made an official statement declaring that, "penalties for players that violate the League's Joint Drug Program will go as follows: a first time offender will get suspended for 80 games, a second time offender will get suspended for 162 games (a full season) and a third time offender will be given a lifetime ban from Major League Baseball as a whole."

Major League Baseball Players Association Executive Director, Tony Clark, stated that he credits the players for helping initiate the change. "Experiences proved that increased penalties alone are not sufficient; that's why the Players pushed for a dramatic increase in



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the frequency and sophistication of our tests, as well as a comprehensive change in a number of other areas of the program that will serve as a deterrent. Make no mistake, this agreement underscores the undisputed reality that

Players put forward many of the most significant changes reached in these negotiations because they want a fair and clean game." This change will hopefully ensure a more balanced and enjoyable game for both players and fans alike.

UPCOMING CAMPUS EVENTS

Misc.

April 12 - Room sign-up night

April 24 - Chorale Society @ OKC first church of the nazarene 7:30pm

April 25- Senior Trip

SGA Events

April 14-18- Human Rights Awareness week

April 25 - Jr./Senior formal 7pm

Sports

April 24- Tennis NCAA Central Region tournament

OPINIONS

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Between the pages: seven books you won't be able to put down

Summer Howard, Staff Writer

There are four types of people in the world: those who love to read, those who hate to read, those who are indifferent to the hobby and those who simply have never learned the skill. For those of you who are indifferent towards reading or absolutely despise picking up a book, this article is for you. I have compiled a list of seven books/series everyone should read at one point in their lives. Even avid readers need to pay attention to make sure they have checked these great works off their list.

1) *Hamlet* by Shakespeare - Yes, I am well aware that there are many book lovers who find Shakespeare's works too dramatic or too uninviting to their tastes. But who can beat the bard's masterful skills at mixing teenage angst, madness, tragedy, young love and revenge into one story?

2) *To Kill a Mockingbird* by Harper Lee - On the surface, this is a story of a young girl growing up, but it is so much more than that. The themes of racism and avoiding judging others are interwoven into a dramatic, childlike account of life in the southern United States during the 1930s.

3) *Harry Potter* series by J.K. Rowling - A coming-of-age story about an orphan boy with magic powers, this series is perfect for the person who needs a little fantasy, romance and good versus evil showdowns. With the main character being special, even in a world of magic, the reader experiences life through the eyes of a teenager who wants nothing more than to be loved for who he is and not what he has done or will do.

4) *Jane Eyre* by Charlotte Brontë



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- Need a romance? Well how about a nineteenth century tale of an orphaned young woman becoming a governess for a man with a dark secret? A story of extraordinary love, this novel is sure to keep you rooting until the very end for the poor, plain girl with an unpleasant childhood.

5) *The Things They Carried* by Tim O'Brien - A piece of fiction, this war novel recounts the experiences of a character named Tim and his platoon during the Vietnam War.

What makes this book truly special is the fact that O'Brien makes you feel as if all of the short stories

he tells are real events, when little—if any—of the book is true. If you want a book that makes you think, this novel is for you.

6) *The Hunger Games* trilogy by Suzanne Collins - Based in a post-apocalyptic United States that requires one boy and girl from each area of the country to fight to the death, this trilogy emphasizes the power of love, family and trust. Through the eyes of a cynical teenage heroine, Collins attempts to highlight the physical, mental and emotional destruction of violence.

7) *The Divergent* trilogy by Veronica Roth - Similar to *The Hun-*

ger Games, the *Divergent* trilogy is about a society controlled by the government and how dangerous it is to be different in a society such as this. If one cannot be defined as honest, intelligent, kind, brave or selfless, then he or she is seen as a threat to the government. The reader experiences the importance of standing up for one's beliefs, no matter the cost, in the shoes of a sixteen-year-old girl.

These are just a few masterpieces found in literature. Don't blame me if you start reading these suggestions and can't put them down; simply place the fault on the writer's imaginative skills.

How to survive as a college student in Middle School

Celeste Forrest, Staff Writer

It's a jungle out there: How to survive Middle school observations.

Now, I understand that not everyone here is an Education major. However, we can all agree that there is something special about your major that sets it apart from all the others. For example, theology and ministry majors have 5-20 hours of internships a week. Nursing majors get to intern at various hospitals. Music majors have the superpower to use the piano practice rooms whenever they want, however they want. Education majors, however, get to do something uber special called observations.

Observation, in theory, is a seemingly simple task. All one has to do is sit in a classroom, observe the teacher and take note of how the teacher teaches. Basically, you're sitting and watching. A student observer can take notes, walk around and ask students questions or make small talk with the teacher if he or she feels so convicted.

Then, depending on the grade level you are observing, the subject, the teacher, the students, how big the classroom is and how many shiny objects there are in the classroom, you might find yourself falling asleep or getting distracted. I, after observing both high school and middle school for two semesters, can personally testify to this. Last year, while observing high school, I had the delight of being in a fun, highly decorated English classroom with an awesome teacher that looked and acted like Miss. Frizzle. Her students behaved, more or less, like the students in the Magic School Bus. My experiences while observing high school basically confirmed my calling as a future high school English teacher.

Then, middle school happened. I've been observing middle school since the beginning of the spring



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semester, and I wonder how I've survived for this long. Middle school is tough to observe, not just because the students are still somewhat in the transition between kids and teenagers, but because this is also a time when students are trying to identify themselves. In addition, middle schoolers gain more freedom and are old enough to make most decisions themselves, however, responsibility, organization and self-motivation are all new concepts to them, and it takes them a while before they can put these skills to practice. To be more frank, middle school is a jungle and just like exploring any new wildlife, it's important to be prepared for the challenges you may meet. Here's a practical guide about how to observe middle schoolers, for your convenience (and safety).

1. Never look a middle schooler in the eye. This is a challenge.

2. Approach middle schoolers with caution. They can smell fear.

3. If you do happen to approach a middle schooler, do so slowly and offer a peace offering. This could be an energy drink or a candy bar. Pokemon cards and Cheetos work too.

4. Be careful where you walk in the halls; middle schoolers are territorial, particularly around their lockers.

5. Speaking of hallways, get to know your school's layout as soon as you can so you won't get lost in the crowd, especially when you're 5' and you have difficulty seeing over most of the students' heads.

6. Love them and have patience! Middle schoolers, while they act like the Energizer Bunny on steroids at times, can be some of the more interesting people you will ever meet. They are just starting to understand the world around them, and it's always fun to hear their perspectives on school, relationships and life in general. When they're

not being snarky smarty-pants, they can be pretty adorable too. The awesome part about observing middle school is you will never have a boring day!

The most important part of observing, or spending any kind of time, in middle schools is to keep in mind that while you are watching your students, your students are watching you. Whether you are helping the teacher pass out papers, checking on students as they work or simply walking through the doorway, be someone they can look up to. Show them, do not just tell them, that they have potential and talent. Compliment their work, even the little doodles they do on the margins of their papers. Praise them for their little acts of kindness that usually go by unnoticed. Inspire the shy to speak out and help the lonely to feel connected. Be Jesus to them, and in the end, you'll find that observing middle school is not so hard to survive after all.

Love is great, but presents are nice, too

Ronna Fisher, Editor-in-Chief

Wedding season is upon us, as well as graduation season. While you can celebrate these auspicious moments in many ways, gifts are often expected. Whether you go all out for a pricey gift or tend to lean more towards cheaper or DIY gifts, here are five more tips for becoming a brilliant gift giver when duty calls.

1.) The classics are classics for a reason:

While it's fun to get creative and think out of the box, always remember that the classics are classic for a reason. I'm thinking about the recurring theme of a chocolate bar and card for almost any occasion, candy canes for Christmas, chocolates and candy hearts at valentines, flowers for dates and performances, etc. There's a reason people go back to these timeless choices time and again. If you find yourself stumped and your creative juices blocked, there's no shame in returning to a traditional gift, no matter the occasion.

2) Packaging:

One of my favorite ways to liven up a gift is the packaging. We all know that getting a gift handed to you in a walmart sack is completely fine and acceptable. We're all busy and poor; we understand. But, when a gift is packaged in a creative or fancy way, it just adds a special touch.

My personal favorite way to package is to give a gift within a gift. Give a present in a woven basket or a cute reusable storage box. It's not only practical and eliminates waste, but it looks really nice too. Add a couple of sheets of tissue paper around the gift, and voila! Also use ribbon, scarves, newspaper or cute paper bags instead of wrapping paper or gift sacks. If you're a borderline hoarder like me, you can save



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ribbon, tissue paper and cute bags when you receive presents to reuse later.

3) Mine your resources:

If you're crafty, own that homemade gift or gift wrap, or ask around for help from your friends. If you have a friend who is a wonderful artist, see if he or she can create something for cheap or even free as a gift for someone. If you have friends who you know can sing--or if you can sing -- have your friend serenade your receiver or make a cd with covers of your gift recipient's favorite songs. I once helped a friend write a couple of poems for a gift. Assess what supplies, talents and talented friends you have, and go with it.

4) Be spontaneous:

Some of my favorite gifts I have ever received have been completely random. It's always fun to find a random card or treat in your mailbox. Little gifts are a great way of letting someone know that you're

thinking about them. They can also be a wonderful way to show support on tough or scary days. A wonderful friend surprised me on my first day of student teaching with some beautiful bracelets. She had thought of how nervous I might be on my first day, and I loved knowing that she was thinking about me and supporting me.

Another friend surprised me with a care package before I left for a big conference where I would be presenting some research for the first time. She had gathered my favorite snacks and included a note wishing me good luck. I was touched. It takes time to let someone know we're thinking about them, but when we show support and well wishes in a tangible way, it means a lot.

5) Don't obsess:

Like I mentioned before, not everyone welcomes or appreciates gifts in the same way. Additionally, it really is the thought and care behind gifts that matter. It is easy to see right through a gift when

a person is just trying to throw money or physical things at you to buy acceptance or attention. So, gift giving is not something that should be stressful. It should be fun and sincere.

Moreover, remember that this is just one gift out of many they will receive in a lifetime. It is alright if it is not perfect or if the recipient does not absolutely love it. Try not to gift with lengthy apologies or explanations. Your recipient does not need to be hounded by questions of whether or not they like the gift. Don't wait around for adoring thank yous or a gushing review of your gift. Don't bring it up weeks later.

Be proud, happy and humble about your present, give it and then forget about it. Or, as the recently popularized disney song quotes, "Let it go." And, it's okay if your gifts are late. Who doesn't love getting birthday presents year round?

So get to gifting, and remember: what goes around comes around. (Insert wink face here).

How I Met Your Mother finale in review

Macy Sliman, Staff Writer

Just a forewarning, if you want to avoid spoilers, hit the road. Please, bail out now so I do not have to deal with weepy fans that happen to be a little behind on this show.

Similar to most college students and the rest of sane America, I have been completely obsessed with the television show *How I Met Your Mother*. For 9 whole agonizing seasons, I have waited most impatiently (while cry-laughing) for The Mother of the show to be revealed. Little did I know, that is not the only reason I was watching the show.

It started out as this funny little pastime that I would enjoy for the short period each episode spanned. Then it quickly developed into binge watching on Netflix, purely for the enjoyment of being involved in these peoples' lives. Before I knew it, I had become emotionally attached to these five very different but wonderful characters.

You can imagine (and many have actually felt) my outrage when after this horribly long wait, The Mother/Tracy appears in only about half of the ninth season and then, in the end, dies of some nondescript illness. Not only that, but the entire final season was Barney and Robin's wedding when they did not even end up staying together. Initially, I could not believe that after all of this "life" I had gone through with these people, that it just ended in tragedy, despite Robin and Ted's getting back together.

That was my initial thought. However, it turns out the whole show was actually about something completely different.

In actuality, the build up is pretty



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obvious (once you know the ending). The whole show is basically Ted telling this extremely long, drawn-out story of his love life to his children. Often throughout the tale, Ted hints at various things that give away the end. Most stories revolved around the pivotal relationship he and Robin shared. Their relationship often emphasized his wanting to have children and her wanderlust and driven career goals. This drove them apart, which ended up being for the best. Throughout

the telling of Ted's love life, it always comes back to Robin. Even though in the end, he does move on to The Mother and eventually

has the life he always wanted, it still all comes back to Robin. Ted even makes intimate statements, such as, "And that's when I saw her. It was the love of my life," which sound like something a happily married man whose wife is in the next room would say.

All of this leads to the final scene where the kids realize that

"It turns out, this finale was more of a beginning, a second chance at something kind of wonderful."

the long story is an ode to their mother but also a confession of how their dad really feels about his best friend. It is then Ted's children convince him to chase Robin once more.

In a general consensus, some

audiences felt that Ted never really loved Tracy. But this was not true. He only truly fell for Tracy after leaving Robin behind. And then, after meeting with tragedy and grieving for over half a decade, Ted does carry on, just like Tracy did after her significant other passed on earlier in her life. This last episode sported the idea, that the death of a loved one does not mean we should stop living and simply settle for being alone. It turns out, this finale was more of a beginning, a second chance at something kind of wonderful.

While the show drug on for impossibly long during the ninth season and is agreed to have ended on a bit of a bummer, in my opinion, it will remain one of the best shows of our generation.

Letter to the editor: In response to “Food Talks”

Luke Winslow

As the vegan who is munching on that salad at lunch with a table of friends eating the standard omnivore food, it is always interesting for me to hear what omnivores think about concern for animals in society. Having also been one before I went vegan three years ago, I enjoyed reading the opinion article “Food Talks: what your diet says about you” in last week’s Echo to get some perspective on my own thoughts about the issue. If I may summarize, the ar-

ticle cites a recent study from the journal *Appetite* showing trends in Americans who, in many cases, become vegetarian based on considerations coming from a particular worldview that differs across cultural identities.

Another way of saying this is that, given any moral question, in examining our dominant explanation for why we think the way we do, we tend to either ask whether somebody is being harmed or treated unfairly or whether the respect is being given for the rights

and privileges of certain social groups. The Food Talks article claims that, since people base their decisions on cultural norms that further guide how they view the world, their personal values cannot be reduced to this or that behavior—that people are “more than their diet.”

Namely, the writer argues, if vegans and vegetarians make moral decisions based on concerns for the treatment of animals and the environment, omnivores can also have concerns for these issues. In

her words, it shouldn’t be a problem for someone to be an “animal lover and enjoy hikes in national parks” while also choosing to eat animals. This is where I might offer an alternative perspective. If in a (really cool) world where we could speak to animals, I would want to ask animals used for food (cows, pigs, chickens, and so on) how they felt about humans killing and eating them. Would an animal feel more loved by those who participate in omnivore or vegan lifestyles?



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Captain America: *The Winter Soldier* in review

Byron Crouch, Staff Writer

When there is no longer outright war or self-proclaimed enemies, can you be sure that you're not the enemy?

This is the problem Steve Rogers (aka Captain America) now faces. After learning about S.H.I.E.L.D.'s more questionable methods of doing business, Cap begins to wonder if he is still fighting for the right side. That unsettling feeling in his stomach only increases when he learns that Nick Fury has been spying on him. But if that isn't enough, Fury gives him a memory stick with vital information along with the words: "Don't trust anyone" right before he is shot. The rest of the movie portrays S.H.I.E.L.D. trying to find out what Cap knows, while Cap struggles with knowing who to trust.

The Good:

The captain and company's morality: Cap is trying to be a good guy. Of course it was easier when there were battle lines, enemy uniforms and a clear division between good and evil. But now S.H.I.E.L.D. is planning on taking out bad guys before they even become bad guys, and Cap doesn't sit well with that. Furthermore, even when he has to do bad things he sticks to his mor-

als. Like when he has to steal a car, he reminds the person he is with that they are only borrowing it. Also, his allies continually risk themselves for what they believe in.

The action: This takes up a heavy portion of the movie. Captain America is a soldier, and soldiers fight. Not to mention that Cap is a super soldier, so he gets plenty of fighting. And the action is awesome. Granted that comes with consequences, but that is covered later.

The characters: Marvel has a habit of using plenty of comic characters in their movies, and this film installation did not deviate from that trend. Character appearances include: the Black Widow, Falcon, Mockingbird, Batroc the Leaper and several faces from

the first Captain America movie.

The end scene: A Marvel tradition, the end scene is a hint of what is to come. All I can say is that while I am unbelievably stoked by the end scene, I am also a Marvel geek. So it might not make too much sense if you haven't read the comics much. But still, it is a Marvel end scene; you have to stay for it even if it's just so you can talk about it.

The Bad:

Language: Not much. Around a dozen curse words that don't even push the PG-13 limit.

Questionable scenes: I am continually astounded by how clean Marvel has become when it comes to these kinds of scenes. However, while there are no sex scenes, one negative aspect is that the uniforms used don't leave all

that much to the imagination.

The Ugly:

Gore: As stated above: awesome fighting. And as was also stated above: consequences. Captain America and others are trained soldiers who kill. And that's what they do. And while most of the violence is quick, the worst comes from the Winter Soldier himself. A particular example is when Cap kicks a guy into a jet's turbine where he is promptly shredded.

The Conclusion:

It is an awesome movie. Granted it can be a little darker than Avengers, but as long as you aren't taking someone younger than thirteen everything should be fine. Overall, the points for cleanliness and positive message outweigh the gore and violence. So go see it. And don't forget about the end scene.



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Letter to the editor: In response to "Food Talks"

It's just a simple thought experiment, but I think it points to an important point: it's no question that we like to think of ourselves as caring, compassionate people. But sometimes our practices don't make it that simple. For those of us who eat at Sodexo, we participate in the American industrial agriculture business on a daily basis. What that means is that, for the animals who were killed for the food that ends up on our plates, they are almost universally born and bred in factory farm conditions.

Because we are so kept in the dark about where our food is actually coming from, it's pretty easy for us to be able to stomach it. Most of us are unaware that pigs are kept in cages so small they can't turn around, birds have their beaks cut off, and chicken bred for meat are born to grow so large that their legs literally snap from the weight. Even though we all want to protect animals like dogs and cats from abuse, we often forget about the animals we eat for food—who are subjected to the most cruelty every day of their lives.

When confronted with the process that goes on behind the products consumed by omnivores, I think it's more important to examine personally whether or not these processes are "caring." Vegans are simply those who have found that those processes are not and have made changes in their lifestyle accordingly. While I sincerely admire the writer's concern for respecting people without judging them on arbitrary conditions, I at the same time think it's hard to escape this hard-hitting recogni-

tion: is it not odd for animal "lovers" to participate in the killing and eating of animals?

Would a more consistent position be, in the context of this article, to ensure that animals are not harmed by one's lifestyle choices? For anyone who takes the time to watch a YouTube video of how these animals treated for their food, what in that treatment is "caring?" If we do not take these animals' interests (namely, to live a free and happy life) into consideration, what do our diets say about us?

Oil pulling: What the heck is it?

Celeste Forrest, Staff Writer

What if you could whiten your teeth, improve your gum health, get rid of cavities and bad breath, possibly stop those migraine headaches and get a better night's sleep in just three easy steps?

You could do that and more with just swishing some cold, natural pressed oil around your mouth! If you think that sounds crazy, you're not alone. When I first heard about oil pulling, I thought, "Oil can pull toxins from your mouth and make you healthier? What kind of sorcery is that?" However, the more I researched this practice, the more I have learned that oil pulling may actually be beneficial to your health. It might even be worth a try!

So, what the heck is oil-pulling exactly? What is all the hype about? Oil pulling may seem like a new health trend, but has actually been around for hundreds of years. Also called "gandush," it has played a key role in ancient Ayurvedic dental and clinical health. The art of oil pulling simply means swishing a tablespoon of oil in your mouth for 10-15 minutes, then spitting it out. The oil contains special agents that pull harmful bacteria, fungus and other organisms that can potentially be a threat to your health out of your mouth, teeth, gums and even your throat. How is that possible? Well, oil, by nature, is a natural emulsifier, meaning it deep cleans like dish soap would to a crusty, dirty dish.

It also contains lipids that absorb toxins and pulls them out of the saliva, as well as stopping cavity-inducing bacteria for sticking to the walls of your teeth.

Oil pulling, in essence, can improve your oral health in many areas:

Strengthens teeth, gums, and jaws

Can help with sensitive or bleeding gums

Prevent dry mouth

Freshens breath

Alternative treatment for TMJ

Prevent cavities and plaque build up

Prevent gum disease

Would you like to try oil-pulling? Here's all you need to do:

1. Buy organic, cold-pressed oil (sesame oil and olive oil can work, however coconut oil is the most popular, because of its taste and natural antioxidants and vitamins, like Vitamin E.)

2. Swish a tablespoon of oil for 15-20 minutes in the morning (this may seem difficult, but if you swish while going about your daily morning routine, the time will be up before you know it). Be sure to do this on an empty stomach to make sure the oil absorbs and detoxifies as much bacteria as possible!

3. Spit in the trash can, and finish up by brushing your teeth! (Don't spit in the sink; oil can clog up your drain).

It is to be noted, that oil-pulling could even provide benefits



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beyond the mouth. While there have been few studies done to prove this, many practitioners have sworn by oil pulling and its ability to reduce more than just diseases in the mouth and in the throat. Oil pulling could possibly be an alternative form of medicine for treating:

- migraines
- insomnia
- eczema
- reduce allergies
- sinus congestion

- a weak immune system

I'm no health fanatic, and I'm a bit skeptical, but I might consider trying oil-pulling myself just to see what types of benefits it can provide for my body. Maybe this technique can get rid of my annoying seasonal allergies that always seem to attack me! After all, the benefits might be too good to miss out on. Should I give oil-pulling a go? What do you think? Let me know in the comments section below!

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