

The Threefold Advocate

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Fighting back

Student athlete diagnosed with rare disease on the road to recovery

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John Brown University women’s basketball player Hunter Glouse experienced a testing of her faith when she was diagnosed with a rare acquired autoimmune disease known as hemolytic anemia.

Despite the fact that Glouse has taken a leave from JBU this semester to recover from her disease, she keeps a positive attitude and strong faith, saying she knows that “it’ll work out.”

In January of 2014, Glouse was studying kinesiology and playing as a forward for the Golden Eagles. After she began feeling weak, Glouse was put on medication for strep throat, but she wasn’t getting stronger.

One day Glouse was trying to walk up the steps outside Walker Student Center and had to sit down because she felt dizzy. She

then called her mother, Tracy Glouse, who drove two hours from their home in Monett, Mo. to pick up her daughter and drive her to her primary care provider. Tracy Glouse said that when she first saw her daughter she was surprised because she was “so white.”

Glouse was first diagnosed with mononucleosis, more commonly known as mono, and was expected to be well again in a matter of weeks. However, after running some blood tests, doctors realized that her level of hemoglobin, the protein in blood that transports oxygen throughout the body, was alarmingly low. Doctors told her she was running the risk of organ failure.

Glouse was rushed to the hospital where she received a blood transfusion. Tracy Glouse recalled that as the transfusion took place, she could see the color coming back to her daughter’s face.

“To see it physically

happen before your eyes was kind of an emotional thing,” Tracy Glouse said.

As it turns out, the mono and the low hemoglobin levels were linked. Tracy Glouse said that her daughter’s antibodies were fighting off the Epstein-Barr virus that causes mono but for an unknown reason those antibodies began fighting her own blood cells as well, causing a depletion of hemoglobin.

“She’s making the right amount of healthy blood cells, but her body destroys them,” Tracy Glouse said.

By summer 2014, Glouse was feeling well again. Though her blood levels hadn’t quite returned to normal, they improved greatly.

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KLARA JOHANNESSEN/The Threefold Advocate

Women used as war tactic

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At a bus station in Nigeria last Tuesday, 10 people were killed and 30 were injured by a female suicide bomber who was allegedly associated with Boko Haram.

Boko Haram is an Islamic extremist group that the United States recognizes as a terrorist organization in Nigeria. Boko Haram is most known for their abduction of almost 300 schoolgirls in April of 2014.

“Their vision for the world can lead only to misery and death, though in their leaders’ minds they may think that they’re working for something great. Unfortunately, the Nigerian government is so corrupt and incompetent that it lacks the capacity to fight the group,” said John Brown University professor of history Preston Jones.

“I imagine that the corruption helps to explain the rise of the group. The government lacks effective control, so other groups arise. This is unnecessary because Nigeria is rich in resources. Nigeria could be a wealthy country.”

The terrorist organization has recently been using women as a tactic of war. While there are women who they have kidnapped and forced to be bombs, there are still a number who are joining Boko Haram out of necessity.

According to BBC Nigeria analyst Naziru Mikailu, the women who are joining Boko Haram are doing so not out of fear but because of poverty. Women are joining the organization for the guarantee that they and their children will be fed.

There is also a religious influence on the situation. Boko Haram, similarly to ISIS, is creating a war against the “infidels” in

order to form an Islamic utopia.

Anat Berko, who served as a lieutenant colonel in the Israel Defense Forces, conducted a study focusing on the purpose behind female and child suicide bombers. Berko infiltrated Israel’s prisons and interviewed both women and children.

Berko found that women who were committing crimes of terrorism were driven by the fact of hopelessness. These women had already been sexually exploited, condemned as barren and suffered from poverty. Other women just followed the footsteps of their husbands who had joined terrorist organizations.

ISIS is also receiving an influx of female supporters, but their supporters are coming from the west. These women are coming from the United States, France, Austria, Canada, Norway, and Sweden.

They are not only

signing up to marry ISIS soldiers and to perform domestic work, but they also would like to play a role in the genocide that ISIS is committing.

“The whole idea of suicide bombing within itself is a violation of Islamic law, because it involves suicide. So they are already operating outside of what most of the tradition believes,” said professor of history Robert Moore.

Khadijah Dare, a 22 year old woman from London, tweeted that she wanted to be the first female jihadi to kill a western hostage, as reported by BBC.

The question as to why western women would join a group like ISIS is baffling. One popular hypothesis is that western women have romanticized what ISIS is and stands for. These women see ISIS as has having bravery for coming against the west and are attracted to the power that ISIS is showing.

U.S. debates military action

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Congress is currently debating whether to authorize military action against ISIS in Iraq and Syria.

The Islamic State of Iraq and the Levant, known as both ISIL and ISIS, is a terrorist organization so extreme that even al-Qaida has denied association with them, according to the Guardian. They have killed thousands in the name of promoting extremist Islamic agendas with offshoots cropping up in North Africa and many supporters, perhaps thousands, recruited through social media worldwide.

Two weeks ago, President Barack Obama asked Congress for authorization to send limited military resources to assist local forces, conduct rescue operations of American personnel and act in advisory and informational capacities, according to the Wall Street Journal.

Aminta Arrington, assistant professor of intercultural studies, says that limited, supportive American involvement is the right way to go.

“They (ISIS) are trying to bring the U.S. in,” she said. “They say, let’s make this about Islam and the West.”

The propagandist nature of ISIS is one of its key features. Graeme Wood writes for The Atlantic that Westerners ignore ISIS’s religious nature at their own peril. ISIS is a group preparing for an imminent apocalypse attempting to follow the

“prophetic methodology” of Muhammad.

If the United States emphasizes ISIS’s offensive actions as threats to Western culture, then ISIS will only have stronger tools for its recruiting propaganda, said Arrington, adding that moderate Muslims’ condemnation of ISIS speaks much louder.

“We should be saying, all you peaceful Muslims, we stand with you,” said Arrington. “Let us know how to help you.”

Much like Christian end-days groups, Wood predicted that ISIS will peter out when no apocalypse is forthcoming. Arrington agreed.

“The right strategy would be to support our allies in the Middle East quietly,” she said. “Allow them to keep ISIS contained until it dies on its own.”

However, many commentators have raised concerns about whether ISIS’s collapse could leave a dangerous power vacuum in Syria. Syria’s current civil war has left its infrastructure weak, and ISIS has taken advantage of the country’s instability.

The Syrian civil war is between anti-government protesters and the administration of president Bashar al-Assad, who are best known for their dubious claims that the Syrian government had nothing to do with the use of Sarin gas on Syrian civilians in 2013.

The U.S. has never supported Assad, and the vagueness of Obama’s proposal has left many congressmen wondering what will happen in Syria if ISIS is destroyed there.



Photo courtesy of CNN

Police officers in Kano, Nigeria stand guard following a suicide bombing explosion that killed 10 last Tuesday.

Latin chapel band transitions

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John Brown University's Latin chapel band has transitioned into becoming the international chapel band. This new band will play in chapel for the first time today, Thursday Feb. 26. Helder Julio Orozco, a Guatemalan sophomore international business major and singer who co-leads the international band, said the change was his idea. Last semester he had a realization while in Walker Student Center.

"When I saw all the flags that we have over there, I was like, 'yeah there's not just Central America and Latino countries that are represented here, that want to worship God,'" he said.

Additionally, it occurred to him that not everyone on the Latin band was a Latino – two were white Americans. So Orozco proposed the name change to Jen Edwards, assistant professor of worship

arts, and she agreed. The change is not only in the name. Edwards

make the international band an official chapel band and put it on the

Ruales is an Ecuadorian junior international business major.

charge of organization and is the primary leader for the singers. Together, these three lead six other team members.

Altogether, the band members represent Costa Rica, Ecuador, Germany, Guatemala, the U.S. and Mexico. However, their national identities are not their only identities. "We're trying to represent all of JBU, not just the six of us," said Orozco.

This semester, they are scheduled to play in three chapels and plan to play music in English, Spanish, German and Xhosa, a South African language.

Orozco explained that there are practical difficulties in representing all of JBU in worship. He said they didn't get a big response when they sent out an email to International students about international band auditions.

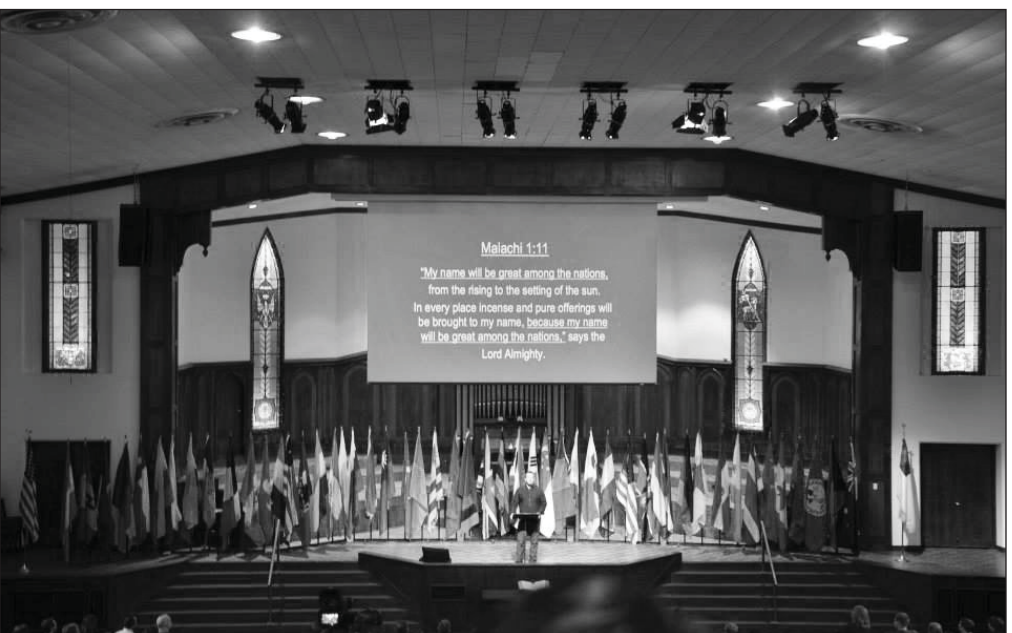
He said it is harder to learn worship styles from cultures that are not represented in the band since the lack of a band member who knows the style leaves them without a teacher. However,

Orozco is confident that the band can continue to grow musically and do so quickly.

Rod Reed, JBU chaplain, affirmed the importance of having an international band and playing music from different cultures. He emphasized how students can be Christ-like by sacrificing their own personal comfort for the comfort of others.

"We want every student at some time in the year to feel comfortable and at home in chapel worship," Reed said. However, he said that the opposite is also true, "We want every student at some time in the year to feel uncomfortable and a little out of place. Both of those experiences are important."

While all future dates have not been solidified, Chapel Music Coordinator Aleah Eldridge explained via email that it's safe to say the band will be playing again on Tuesday, April 21, if not before.



KLARA JOHANNESSEN/The Threefold Advocate
John Brown honors international week annually, displaying nationalities on campus through their respective flags.

explained that this year the band is much more official than last year, with auditions, required rehearsal once a week and an established structure.

She said the band is and has been in a "piloting" stage, but hopes to make it even more official next semester. To do this, she wants to either

regular rotation, or to make each chapel band more international.

Orozco said the new band has a new leadership structure. While the Latin band only had one student in leadership, the new band has three co-leaders: Stephen Ruales, Roberto Pozuelo-Diaz, and Orozco. Stephen

He is the most recent Latin band leader and now has a pastoral role, encouraging the band members and reminding them of their vision. Roberto Pozuelo-Diaz, a sophomore music minor from Costa-Rica, plans what songs will be played and how they will be played. Orozco is in

Mars colonization projected for the future

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Not many people would leave their family, friends and the familiarities of this world in exchange for a new life on another planet. However, for some individuals this scenario is becoming a reality, and one that will be happening within the next ten years.

Mars One, according to their website, is a "not-for-profit foundation that will establish a permanent human settlement on Mars." Beginning in 2024, the foundation will send the first four settlers to Mars to begin the process of preparing for other groups of four that will arrive every two years.

The foundation opened the search for the first participants to the public in early 2013 and received over 200,000 applications for the mission. Since then, the foundation has chosen 100 of the 200,000 applicants for another round of reviewing. These 100 individuals are people from all walks of life: from those with PhDs to those who are unemployed, from 19-year-olds to 60-year-olds. Junior Blake Paterson said the program seems intriguing, but the thought of leaving everything behind is daunting.

"I don't think I would

apply for the trip, mainly because it's a one-way trip," said Paterson. "I think it would be difficult to adapt to that."

"Some call this a suicide mission. I have no death wish. But it would be wonderful if my death could be part of something greater than just one individual."

-Sonia Van Mater

Sophomore Lana Bromling also noted how even though the idea seems exciting, there is too much that one would have to give up for the opportunity.

"I would consider it, but I wouldn't actually do it," said Bromling. "I'm too involved here. It's home."

Since the announcement of the 100 candidates, many are starting to ask more questions about the logistics of the mission. Issues such as living arrangements, procreation, medical facilities, and government have all been in question.

John Brown University psychology professor Dr. Kevin Simpson notes that the mission could be a positive impact on society, but only if it was executed precisely.

"Exploration and new

advances in science require extreme risk-taking," said Simpson, "I admire the courage to explore but I am also wary."

In regard to the psychological effects of the humans' transition to a foreign planet, Simpson also notes how scientists and engineers will be attune to "human performance factors," or how the body and mind respond to conditions in space.

Many have asked the question whether inhabitants would be able to begin producing offspring to continue the growth of the population, after the first few crews have settled in on their new planet.

Aside from the physical implications of whether one would be able to conceive a child on Mars or not, Simpson notes that if one would succeed to do so, the child would be developmentally different from its Earthling peers.

"The social interactions we rely on, with thousands of people over our lifetime, intimately shape who we become. Take that away and replace it with a few, carefully selected people..." said Simpson.

"Even with psych testing for any vulnerability for mental illness you cannot predict how each person will deal with such unique isolation, and that will ultimately result in a very different kind of human development," he said.

Bromling also said how she believes that many of the possible conflicts might stem from the change

of human relations.

"I think being relational with one another and our sexual identities would definitely change" said Bromling. "Communication will have to be a key factor for things to operate smoothly."

Aside from the possible negative outcomes, there are many positive attributes to the opportunity as well.

According to an article in Time Magazine, Sonia Van Mater is one of the Mars finalist in the latest round of selecting the group. Mater is married and has two step sons but understands that this mission

is great in the grand scheme of human exploration.

"Space exploration is worth a human life. Every astronaut that has ever flown has known the risks they were up against once they strapped into that ship. And there's no guarantee that I won't be crushed by a collapsing roof tomorrow or diagnosed with a terminal illness next year," said Mater in Time Magazine.

"Some call this a suicide mission. I have no death wish. But it would be wonderful if my death could be part of something greater than just one individual," Time reports.



Photo courtesy of BRYAN VERSTEEG / Rocketstem.org
An artist renders the future Mars One colony. According to mars-one.com, crews of four will depart every two years, starting in 2024, and they intend for their first unmanned mission to launch in 2018.

'FIGHTING BACK' continued from Page 1

However, in late November of last semester, the hemolysis, or destruction of red blood cells, started back up again. This time, everyone knew what to expect. Glouse still went to practice and played sometimes, but needed to sit out frequently. Glouse said that while she was never in pain, she needed to sleep more, became easily worn out from exercise, and had to drive two and half hours one to two times a week to get her blood tested and to speak with her doctor.

"My illness got to the point where I was having too many doctor's appointments,"

Glouse said.

The week before last semester's finals, Glouse, her doctor and her family decided that she needed to take a break from going to JBU in order to heal. Glouse said her teammates and her coaches, Jeff Soderquist and Von Eshnaur, have been very supportive and understanding. Soderquist said he continues to pray with the team for Glouse and keeps up with her through texting. He said she is "constantly still with us."

While doctors know that mono was the trigger for Glouse's first episode of hemolytic anemia, this time doctors haven't been able to figure out the cause. Through various tests, a variety

of causes have been ruled out. Within this month, Glouse said she will be taking some final tests to eliminate some more serious causes, like lymphoma. If those tests come back negative, the cause will still be unknown but any serious cause will be ruled out. In that case, she will begin steroid treatment to stop her antibodies from attacking her red blood cells.

Tracy Glouse said for someone with her condition steroid use is usually 4 to 6 months and then as needed. In fact, after recovering from this episode, Glouse said it is possible that she may never experience hemolysis again or need another steroid treatment.

Glouse said she doesn't know what her future holds, but right now she's taking nine hours of online courses at North West Arkansas Community College and focusing on getting better.

Despite this unexpected turn in her life, Glouse maintains a thankful heart and said she counts herself lucky. Glouse explained that the hematology office she regularly travels to shares a waiting room with an oncology office. Here she passes patients receiving chemo therapy and sits next to cancer patients.

"It could be so much worse," she said.

Glouse said she tries to maintain a positive outlook on life. "I just have to believe everything

will work out," she said.

Glouse's family and friends describe her as a very positive person.

Brooke Barker was Glouse's teammate and roommate, and has been Glouse's best friend for two and a half years. Barker said, "She has a tremendous faith, and knows that God has a plan for her."

Barker said that Glouse is "very disciplined" in her faith, drawing strength from writing in her prayer journal and reading her Bible daily. Barker said her own faith has been strengthened through her friendship with Glouse.

"She reminds you that He's always here for you," Barker said.

Barker said that Glouse's peace in the

face of adversity has eased Barker's own worries for Glouse and has demonstrated that "you can still thank God and praise God in situations like this."

"I kind of questioned why this would happen to her but it's kind of opened my eyes to see that-- yeah--He is still good through all of it," Barker said.

Tracy Glouse said she is encouraged in knowing that Glouse's relationship with God is providing her with everything she needs to get through this time.

"She's going to be fine, no matter what," Tracy Glouse said.

Campus acknowledges importance of Lent

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Heads bowed in silent reflection as the pews of the Cathedral of the Ozarks were filled for the Ash Wednesday service at John Brown University. Both Catholic and non-Catholic students have begun the 40-day celebration of the season of Lent in reflection of its importance in daily life.

The Ash Wednesday ritual signifies human mortality and the ongoing need for repentance. For some of the University’s staff and students it represents something personal. In December, a new effort, through the student leadership staff, was created to further acknowledge the importance of the Lenten season.

Carlos Lopez Sandoval, a junior international business major from El Salvador approached Balzer, director of Christian formation, about this initiative. The project materialized to have more reflection and events to commemorate the significance of Lent.

Sandoval noticed how this season looked different in America and wanted to bring the importance he saw in the season to others.

“In our culture, you don’t get to know what Lent means until you are really immersed in the church. It is something that is ingrained in you, because your parents are making you go to Mass,” Sandoval said.

As a Catholic, Sandoval added that it was not until he was 12 or 13 that he personally began to be more

involved in the church.

“It’s not until you get to the point that you make a decision for yourself to really understand what it is really about and it became something more than just what my parents wanted me to do,” Sandoval said.

To Sandoval, this season is, “a time of reflection and to sacrifice things, just as Jesus sacrificed for ourselves. It’s a time of contemplation and understanding what life really means.”

Balzer said, “Lent is a way of preparing ourselves for the passion of Jesus and identifying with Him in His death.”

She acknowledged that many Protestant and evangelical traditions do not observe the Church calendar, but she highlighted the importance of learning from the past and their traditions.

“We have so much

Church calendar is to enter the story of salvation.”

Balzer believes that learning about this season is “a great way for people to engage in the story and view Scripture not just as a random series of events.”

For Sandoval, engaging in the story of Christ is very practical during this season in his country. His neighborhood begins their season of Lent traditionally with Ash Wednesday and continues with weekly services every Friday until Holy Week.

“In El Salvador we have a service called ‘via crucis’ or ‘way of the cross’ and it walks you through the passion of Christ. You go through 14 stations that you pray and reflect at, with a specific event, and the last station is when Jesus dies,” Sandoval said.

“I remember walking through the streets



GRACE NAST/The Threefold Advocate

Students received the ashen cross on their forehead at the Ash Wednesday service on January 18.

On the last Friday before Holy Week there is a 15th station that goes through Christ’s crucifixion. For Sandoval the overall experience is very moving, but one thing that is different is how Holy Week is experienced in El Salvador.

“Holy Week is a big deal. School is suspended and some people even go to the beach. Most people take it as vacation time, but others that are very committed to the church attend all the services every day of Holy Week,” Sandoval said.

Roxan Gonzales, a senior at the University from Honduras said, “Back home Lent has become more of a vacation time rather than a spiritual time to reflect.”

“Everyone gets a week off, and it is supposed to be a week before Easter, but people don’t focus on spending time at church,” Gonzales said.

Coming from a Catholic background Gonzales witnessed her parents’ and grandparents’ traditions and devotion to the season of Lent.

Although she personally identifies as an evangelical or non-denominational, Gonzales believes that these next weeks need to be devoted to God and not for earthly pleasures.

She further added that people should focus less on the differences in the church. After attending her first Ash Wednesday service her learned Lent was time of fasting.

“I wish that my church did this and that it was not only exclusive to Catholics,” Gonzales said.

Joel Nizza, a senior digital media arts major, also attended his first Ash Wednesday service and had been fasting during past Lent seasons

“I really benefitted from going on media fasts in the past and refocusing on time with God,” Nizza said, “I think it is so good to explore different church traditions.”

Balzer encourages all people to experience the season of Lent and to realize the true meanings behind the season.

“In our culture it is hard to know what it means to be remorseful of our sins, but we can find joy in the releasing of control in our lives. It is a realigning ourselves with what is true and letting God come in, in new and powerful ways,” Balzer said.

Sandoval said there will be special events between Ash Wednesday and Holy Week, such as a unique Vespers and a service of remembrance. On April 8th there will be reflection after the season ends to reflect and discover what students have learned.

“A time of reflection and to sacrifice things, just as Jesus sacrificed for ourselves.”

-Carlos Lopez Sandoval

to learn from the many centuries of Christians who have gone before us. It has been such an important part of worship and life and practice,” Balzer said, “This is new to many students; it is a new way to enrich your own walk with Christ, because the purpose of the

of El Salvador in my neighborhood and each station is hosted at someone’s house. It is like a pilgrimage, and, during the whole process, there is a very passionate singing and acknowledging Jesus’ suffering over the 40 days,” he recalled.

Student Relationships Assessment

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Battle against ISIS intensifies:
What you need to know

With President Obama’s request for Congress to grant war powers against ISIS, the reality of the situation is hitting closer to home. However, one needs to understand the complexities of war against the organization, where its motives and methods are difficult for many, and for good reason. Although it is referred to collectively as “the Middle East,” the different religions, politics and culture groups in the area are incredibly complicated.

To help you understand the gravity and complexity of the struggle against ISIS, We The Threefold Advocate want to lay out some key points and events to give you the fullest understanding of the situation.

First, while it is essential to stay updated, it is just as important to understand the background information. The Islamic State of Iraq and the Levant (ISIL), also referred to as the Islamic State of Iraq and Syria (ISIS), is an Islamist terrorist organization with religious and political motives. A recent article written for The Atlantic elaborated on ISIS’ religious motives, pointing out the group’s desire to return the world to early Islam and bring about the apocalypse. Other sources agree that the religious motivations are strong to harken people back to the early days of Islam. Evidence of this is seen through the Islamic State’s naming Abu Bakr al-Baghdadi as their Caliph, a religious and political leader of the entire Muslim community, back in June.

It is clear that ISIS is trying to validate political actions and murder by using religious language and motivation, which is highly effective in gaining and maintaining followers. We all know that ISIS has beheaded, burned alive, raped and tortured thousands of people, including non-combatants, children, humanitarian and aid workers, Muslims and Christians. The United Nations confirmed that the group has committed these crimes against humanity.

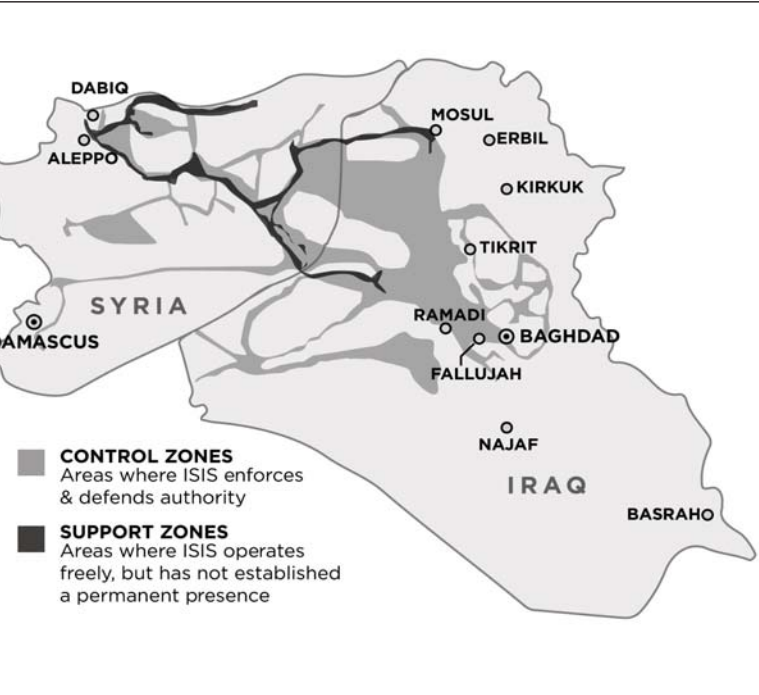
Unfortunately, it is difficult to get exact numbers on how many people ISIS has murdered. One of the reasons for this is that the terrorists have killed and kidnapped many local and international journalists in the region, as well as taking control of most media communications. With their propaganda and mastery of social media communication, ISIS is making it difficult to get information out of Iraq and Syria.

If the atrocities against innocent people are not enough to get your attention, or if the problems seem far away to you, remember that U.S. presidential elections are fast approaching. Not only will abortion and gun rights be important topics, but war with ISIS will be on everyone’s minds as well.

In addition, it is not only people in Iraq and Syria who support ISIS. Recruiters for the organization have been found in nations all over the globe, including Australia, the United Kingdom and the United States. The FBI has acknowledged that ISIS is attempting to recruit American teenagers, among others. This is not a conspiracy theory, but a real concern that affects all of us.

And what has been done to stop ISIS, you ask? Various nations, including Jordan, Egypt and the United States have issued airstrikes on ISIS areas of control, yet the group continues to grow in number and territory. Last week, the United States revealed plans to support Iraqi fighters in an attack on the ISIS-held city of Mosul, Iraq, in the next few months. ISIS has held Mosul, the second-largest city in Iraq and home to nearly 2 million people, since June of last year.

Significant developments will likely take place in the next few weeks, and We The Threefold will continue to update you about these events. However, we urge you to continue reading and watching the news and praying for all the people involved in this conflict: Christians and Muslims alike.



HANNAH GARRETT / The Threefold Advocate

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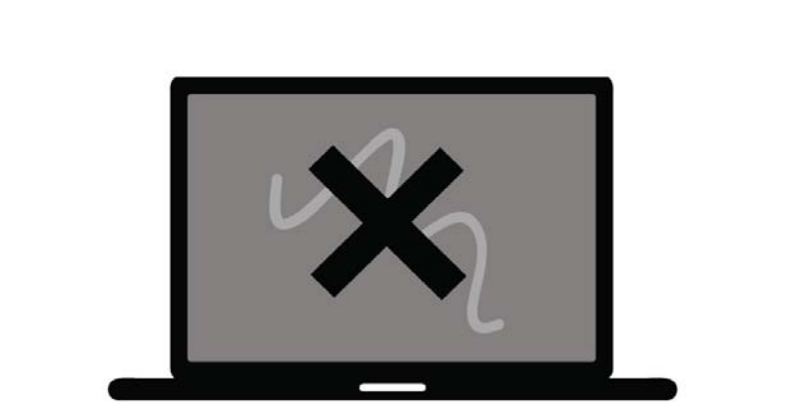
Porn hurts everyone



KAITY CARLSON
CONTRIBUTOR

Pornography, the forbidden word. In my experience growing up in a Christian home, I almost never heard it mentioned. If it was, it was quickly stepped around and soon forgotten. My parents did an excellent job of protecting my sister and me from what was and was not appropriate for us to see or know about growing up. I lived in my comfortable little bubble for a long time. As parents of a little girl, they did what was right. However, when I discovered the Internet, I quickly learned that the world was not all butterflies and roses, and there were people out there who put sex on the Internet for other people’s viewing. I was confused and knew that, of course, this must be wrong, but I never truly knew the depth of it; I didn’t understand what truly made it wrong.

Later in life, I realized that pornography was not simply something people watched just for viewing or curiosity’s sake, but for their own personal pleasure. At my high school, we had chapels dedicated to helping the student population understand how dressing immodestly affected guys and how pornography was wrong. Once a year, we were separated and given the familiar speeches, and then, we went back to our daily routine. They were discussing what we had talked about; no one ever thought that



HANNAH GARRETT/The Threefold Advocate

those things would affect the opposite sex too.

In college, I realized how wrong this thinking is. I realized that pornography is not only viewed by men, but by women as well. And, upon doing further research, I found that pornography is a drug, that the addiction is prevalent and it is terrorizing men and women of all ages.

I’d be lying if I said I hadn’t fallen into the trap myself, or that I haven’t seen the awful side effects it can have on me as a woman, but I have also come out of it. I write this not because I feel like I need to get some sort of deep, dark secret off my chest. Instead, I write in hopes that I can help shed some light on a very bleak subject, one that shows little to no sign of getting any better.

So here is the reality of the situation, and whether you choose to give this any thought or validation is your choice, but if I need to get anything off my chest, it’s this. Pornography is not only addictive and unhealthy for your brain, but it also creates unhealthy pathways and destructive habits that prohibit you from connecting with people in the present.

Pornography is pretty much the epitome of the word domination. It devalues women as human beings, objectifies them and completely disregards who they are as people. All they are there for is to look pretty and moan. Men on camera are given a difficult if

not impossible standard to live up to. The camera is almost never on his face, and almost always on his genitals. Needless to say, no one who is actually in pornography wins.

Pornography was something that hurt me, not only socially, but also emotionally. I started believing in my value and myself less and less (which, let’s be honest, is already something that is hard for us to do), and I started becoming fearful of men and their intentions toward me. I fell into the trap of addiction and struggled to climb back out. What I thought was good was actually eating me alive. The addiction starts small, but it rapidly grows as the desire for more videos and more intensity increases.

If you get nothing out of this column, then at least read this: next time you are tempted to watch pornography, ask yourself “why am I watching this, and who is it hurting?” Because here’s the thing: not only are you disrespecting the men and women who are in the videos, you are disrespecting yourself.

Carlson is a junior majoring in family & human services. She can be reached at carlsonkm@jbu.edu.

An intercultural blessing



JESUS BONILLA
CONTRIBUTOR

Coming to John Brown University has been the most amazing experience of my life. Living in Costa Rica was different. Friends were different, my daily routine was different and especially my worldview and culture were different. Coming to live and study in a new country changes many aspects of anyone’s life. At JBU, I have come to know people from places I never imagined I would get to know. Living in a place full of cultural diversity has been one of the most valuable enrichment processes of my life. It opens your eyes to the eyes of the world and connects your heart and your minds to people from different places in the globe.

Back home, I was studying industrial engineering. I went to a big college, with thousands of students, a

variety of majors, thousands of educational opportunities and a peaceful environment to study. Nevertheless, I always felt there was something else, something that was going to change my life. I used to live in a big city, with millions of people circulating every day. All of that changed when I came to JBU. Siloam Springs is a very small town. At the beginning, I was frustrated. I asked myself many times, what am I doing here? Why did I leave my country?

The process of changing your daily routine makes you grow. It was hard at the beginning, but you learn to appreciate the little details that JBU and this town can offer you. For me, the American culture was substantially different from my own culture. I thought I would never get used to living here. Nonetheless, as a Walton Scholar, I was required to live with an American student during my first semester.

It was an amazing experience. I got to know more people and places and internalize the American Culture. I lived in a suite in J. Alvin, full of Americans that really made me think differently. I interacted with a culture that was different from mine, but I realized we are all the same. We share different worldviews, different presidents in our countries and different languages, but we are all the same under the eyes of the Creator.

I came to JBU and found an amazing girlfriend from

Nicaragua, a roommate from Bentonville, a current roommate from Honduras and many friends from Africa, Europe and many other places in the world. JBU is a place where you experience cultural diversity every day. It is a place where you will certainly find a Walton that will say hi to you, or an international student or MK that will be part of a fun experience with you.

As a Walton, I received a huge blessing that is not only a full scholarship, but also an opportunity to share with others my own culture and get to know people that make my life better. Every single experience enriches our time at JBU, and these intercultural relationships are gold and a huge blessing from God.

I would urge the JBU community to get know more about our cultures and our countries. We are always willing to tell you more about our life back home and the places we lived. If you want to know more about us, stop by the international office and say hi to any of the international students. We all want to share with you a little more of who we are.

Bonilla is a senior majoring in marketing. He can be reached at bonillaj@jbu.edu.

Corrections

Last week, we published an opinion column on page 5 with the headline “Motherhood does not mean limitations” by Jessica Wilson. The first paragraph was meant to answer the question “Should moms be professors?” However, we changed the headline and, in an editing error, the first paragraph of the column was not edited to reflect the new headline. To read the column with its original headline, go to <http://advocate.jbu.edu/?q=node/1455>.

On page 6 of last week’s issue, there was a printing error, cutting off a portion of the article “Student play revives classic tale.” To read the full article, visit our website at <http://advocate.jbu.edu/?q=node/1453>.

LAUREN DROGO
Staff Writer
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"I don't think anyone in our league out-works Max when it comes to how much time outside of practice he puts into improving his game. He is in the gym consistently and faithfully, day after day, honing his skills. That is a quality that pretty much all great players possess—that insatiable hunger to get better," said Hopfgartner's current coach, Jason

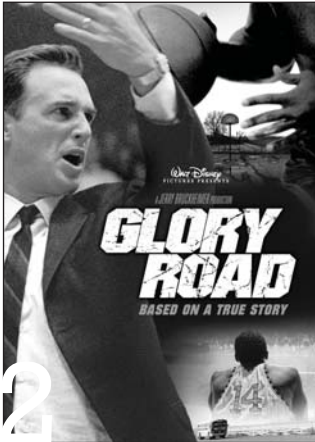
Hopfgartner's teammates have viewed him as a leader in more ways than one. He earned his role by showing up everyday with the same effort and attitude. "Max buys in to the standards which must be met for our team to be successful, and he holds himself and his teammates accountable to

Hopfgartner is currently studying renewable energy and hopes to pursue a career in that long-term. His ultimate dream would be to play for a major team in Spain right after graduation, and he hopes

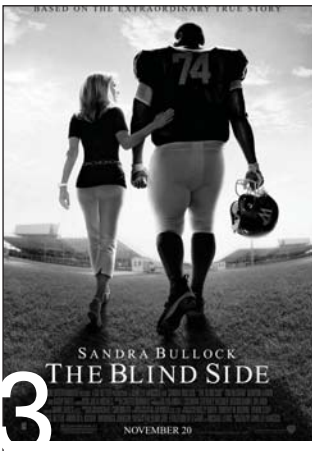
Max Hopfgartner dunks the ball during the game on Saturday. Hopfgartner is from Austria and plays for the men's basketball team as a forward.

that he will be able to balance both basketball and a career in renewable energy. Sheehy and Beschta both agree that Hopfgartner will have no problem finding his place in the world after graduation.

Remember the Titans tells the story of racial tensions at a 70s high school in Virginia, where football players and their coaches fight hard to overcome prejudice and obstacles facing them throughout the season. The story is a powerful reminder that friendships can transcend race and differences.



Glory Road, based on a true story, centers around the 1966 NCAA Men's Division 1 Basketball Championship. Don Haskins, coach for Texas Western College, caused controversy by starting an all- black lineup for the first time in NCAA history. This film focuses around topics of discrimination, racism and college basketball.



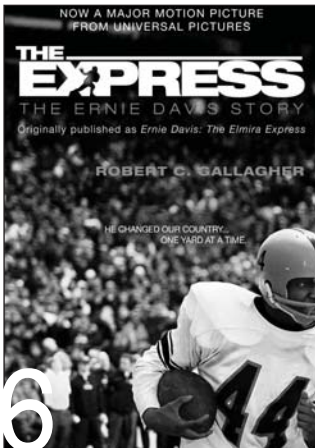
The Blind Side was inspired by a true story, showing how a young Michael Oher grew up in poverty and was eventually adopted by a wealthy white family. Although he initially struggled with football, he grew to love the sport and play well enough to sign with Ole Miss. The film not only focuses on the issue of race, but also on the importance of family and commitment.



Invictus is a biographical sports drama located in South Africa during a time when racial segregation had just ended. The film is based on the South African President Nelson Mandela's efforts to unite the country, with the aid of Francois Pienaar, the captain of the South African rugby union team, to ease tensions by winning 1995 Rugby World Cup.



The movie 42 is a biographical sports film about the struggle of Jackie Robinson in his Major League Baseball career in the mid-40s. The movie depicts various struggles Robinson had to endure in order to play baseball for the Brooklyn Dodgers, his career ultimately sending him to the baseball hall of fame and subsequent entrance of other black players into the Major Leagues.



The Express shows the story of Ernie Davis' journey as he becomes the first African-American to win the Heisman trophy. Placed in Syracuse University, the film portrays topics of football, racism and discrimination.

CYAN PLATE				MAGENTA PLATE		YELLOW PLATE		BLACK PLATE	
C	M	Y	K	50	40	30	20	15	10

'Rent-a-Rugger' sparks dating talk

ALIYA KUYKENDALL
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This past Valentine's day, John Brown University's Rugby team held their annual "Rent-a-Rugger" fundraiser, where the highest bidder for each rugger can enjoy a casual group date with their chosen guy. At JBU, there are varying opinions on dating and how seriously students should take it. According to the fall 2014 Student Relationship Assessment (SRA), 42 percent of student respondents said they feel pressure from others to find a mate before graduating. 42 percent also said that finding a mate while attending college is either "fairly important" or "extremely important." Additionally, three out of 10 respondents said that the topic of marriage was raised within the first eight months of exclusive dating. Sifting out respondents who answered "N/A" to this question, the percentage increased by 13. University Chaplain Rod Reed said this number is too high. "I think there's a lot of value in getting to know people of the opposite sex in some sort of dating setting," Reed said. Reed emphasized the importance of learning

how to relate and having conversations with the other gender without experiencing pressure—internally or from friends—to be extremely committed or romantic. He added that letting things happen slowly is a good thing. While Reed spoke of dating as a way to learn how to relate to the other gender, almost 45 percent of respondents on the SRA define dating as "the way to find the right one," while about 10 percent define it as "deepening a relationship." Molly Devine, a sophomore Spanish major, said she's gone on casual dates in the past. She defined casual dating as an "enriched friendship" or not being afraid to grab a cup of coffee without having to label the relationship. She echoed Reed in saying this style of pressure-free dating is important for personal and relational development. "Why you got to be so intense?" Devine said to JBU. "Ease up. Enjoy yourself." Assistant Professor of Youth Ministries, Jason Lanker, agreed that intense exclusivity is troublesome. He validated a gradual progression from having a group of friends, to getting to know someone in that group one-on-one, to becoming a more

committed couple. "The problem with dating the way that it is most often conceived is it's conceived as this individualized pairing," Lanker said. "And the problem with that is that it doesn't give you a frame of reference to be able to work from and work in." "If you want the best chance, do it in a community," Lanker added. Joey Stamps, a senior Family and Human major, also advised students to get to know someone in a friend group first. "Ignore the 'ring by spring' mentality," he said. Isaac Tamez-Salazar, sophomore biochemistry major, also expressed that he disagrees with the pressure at JBU to get married. He told about a time when he was meeting a female friend for lunch

in the cafeteria. As he waited for her to arrive, some people came up to him and patted him on the back, thinking that he was in a relationship. Tamez-Salazar shares that he does not intend to be in a dating relationship for a while. He said that for him, "dating someone means

that you're thinking that you're going to get married to them at some point." Ultimately, he wants to wait till he is closer to graduating and having a stable career before he dates anyone seriously. This way, when he does date, he is relatively close to being in a good position for marriage.

Laura Roller, a senior international business major, said she is currently in a very serious long-distance dating relationship but has thought a lot about how relationships work at JBU. She advised, "Give people room to hang out, to talk and to stop talking—all without it being the end of the world."

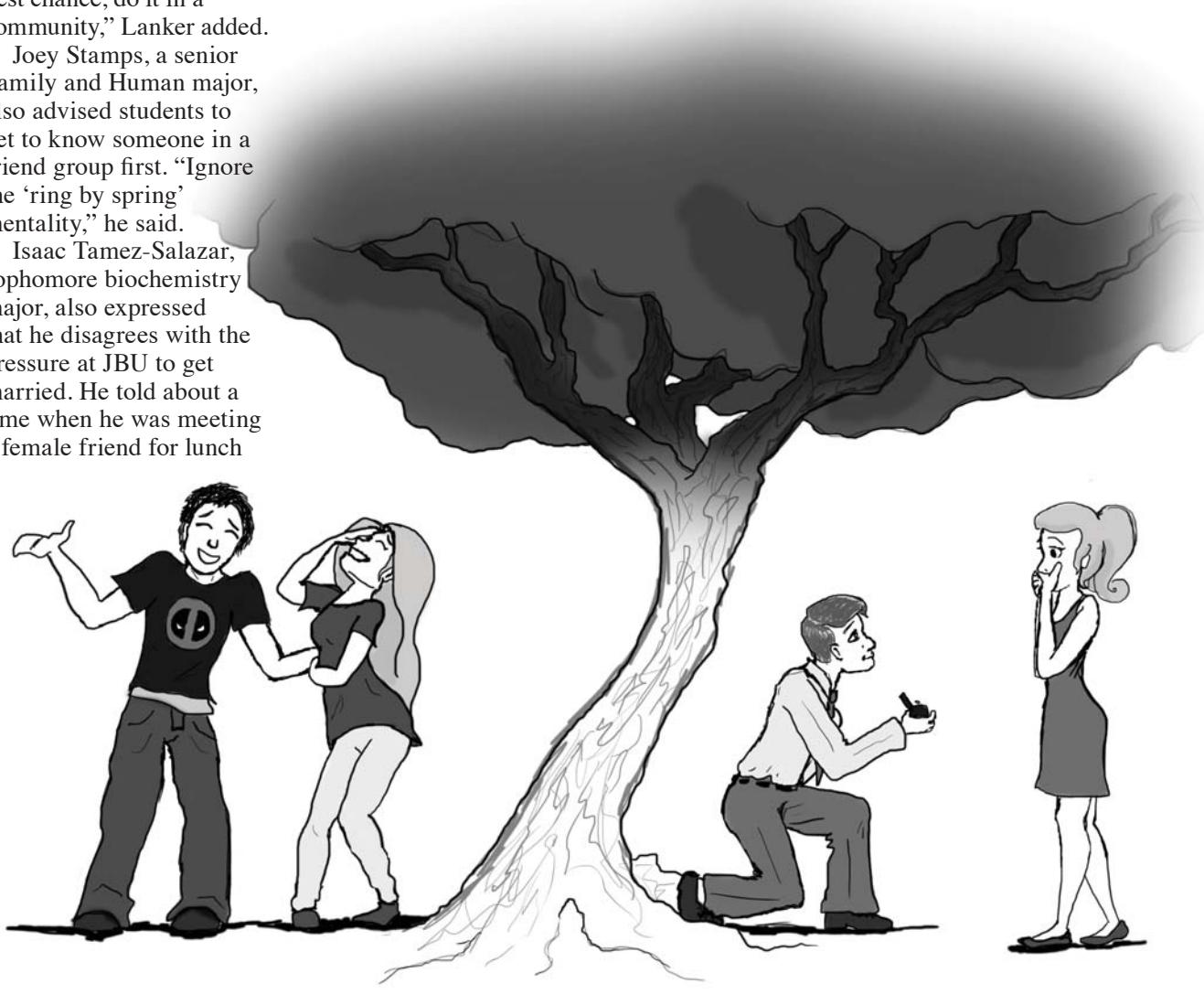


Illustration by GRACE LINEHAN

Did you know?

By Lauren Drogo, Staff Writer

We have been blessed with some great creations and yet don't know who to thank for them. Here are some examples:



NUTELLA/FERRERO ROCHER/KINDER CHOCOLATES

Bet you didn't know that the same family who created Nutella also brought us Ferrero Rocher and the line of Kinder chocolates. Pietro Ferrero, a pastry maker and founder of the Ferrero company saw that the chocolate supply was dwindling during World War 2 and he used hazelnuts to supplement the amount of cocoa needed and kept the supply of chocolate going through the war. His empire was passed down to his son, Michele Ferrero who went on to continue bringing us not only Nutella and Ferrero Rocher, but also Tic Tacs as well. Michele Ferrero recently passed away this past Valentine's Day and we have him and his family to thank for such delicious chocolate treats.

PET DOORS

Did you know that we have Sir Isaac Newton to thank for the invention of the pet door? Newton made a large hold for his adult cat and a small one for her kittens, not realizing that the kittens would follow the mother through the larger one. This great physicist was capable of discovering things that we needed, not only in our academic world, but our regular, everyday world as well.

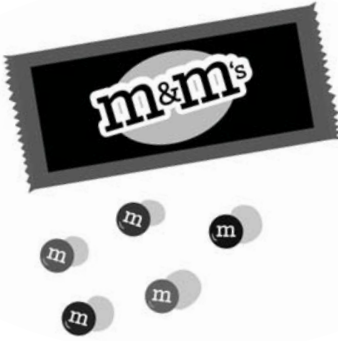


POPCORN

Did you know that popcorn was around even before the Aztecs? When the Spanish arrived to conquer the land they saw popcorn for the first time and introduced it to the world. It was used as an ornament on headdresses and an adornment to Tlaloc, the god of maize and fertility.

M&M'S

How many of you know what M&M stands for? It was originally the initials of the creator, Forrest Mars, and his business partner at the time, Bruce Murrie. The business was a partnership that allowed the company access to Hersey's sugar and chocolate stores at a time when the ingredients were in short supply. Even though the partnership ended after the war, we still have the mark left behind these two men who brought us one of the most iconic candies in the world.



Graphics by HANNAH GARRETT/The Threefold Advocate

STUDENT SPOTLIGHT PRESENTS:



Luke Macfarlan

YEAR: JUNIOR
MAJOR: CHEMISTRY AND MECHANICAL ENGINEERING
HOMETOWN: SILOAM SPRINGS, ARK.
FUN FACT: I'M A GERMAPHOBIC
WHAT'S YOUR FAVORITE PIZZA TOPPING? CANADIAN BACON

Graphic by ALYSSA SCHOENWALD

Observing Lent

by LAUREN DROGO, Staff Writer

Students, faculty and staff around the campus of John Brown University are in the midst of observing the season of Lent. By giving up one or more daily habits for 40 days, one can focus on his or her personal faith. Here are some things people on campus are denying themselves of for the season of Lent:



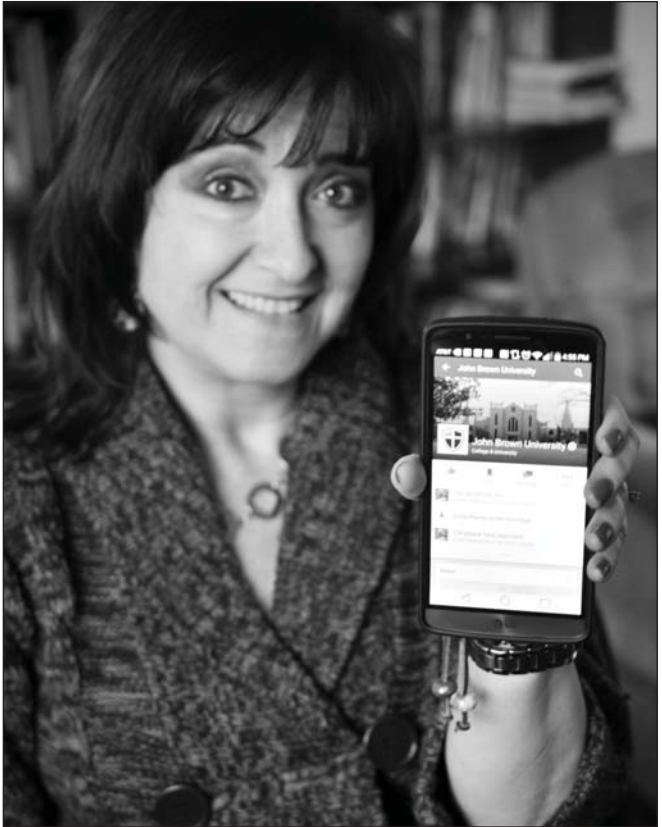
Andre Broquard

"I really enjoy a hot mug of tea so it would be a good thing to deny for lent and, instead, focus on Jesus in a very simple yet practical way."



Isaac Weaver

"I'm planning to give up all forms of social media."



Tracy Balzer

"Facebook."



Carlos Lopez Sandoval

"I will give up part of the time I spend on my cellphone. Often times I get caught up by it and don't focus on what's goes on around me, whether I'm with friends, doing homework or simply having a meal."



David Burney

"It is so interesting that you would ask because I have spent the past several days reflecting on what I could give up that would actually give me the opportunity to grow. Yes, I could give up sugar or Instagram for the purpose of 'going through the motions' of lent, but would that give me the genuine cathartic growth that I need during this stage of life? After much consideration, I have chosen to give up WORRY for Lent. I am attempting to collect a number of verses that would help divert my attention to the Lord during normal times of worry and anxiousness."



Jack Knudsen

"I'm going to give up studying... also, what is Lent?"

Photos by KLARA JOHANNESSEN/The Threefold Advocate

Health complex offers fitness classes for students

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There has been a standing notion about the dreaded "freshman fifteen" as one comes into college. Though many joke about the idea, it's easy to see why this is actually a reality.

With many students having to sit for long periods of the day in class, making late night frosty runs or eating in the all-you-can-eat style cafeteria, it is easy to see how this saying could become true for many students.

Staying in shape doesn't have to mean denying yourself that cookie on "Warm Cookie Wednesday" or slaving away on the treadmill. Even a sweat session for thirty minutes, three times a week, can help fight the "freshman fifteen", "sophomore slump," "junior jiggle," or "senior..." you get the idea.

John Brown University's Walton Life Health Complex offers many amenities for JBU students, faculty and the outside community, one of the more unknown amenities being a variety of fitness classes that

are offered every week in the comfort of the JBU campus.

Rita Lamphear, a fitness instructor at the WLHC, says there are classes that can appeal to any student.

"We are currently offering Group Power which is a weightlifting class done to music, Group Centergy which is a pilates influenced yoga style class, Cross Fitness and Cardio Party, which are more cardio based classes using weights, steps, medicine balls, and kickboxing bags" Lamphear said.

Lamphear also noted how the classes urge the participants to move and get excited about exercising.

"Any of the classes could appeal to college students. They are all done to music which makes them fun and motivates you to move," Lamphear said. "All classes start with a warm up to get the blood flowing through your muscles and prepare them for the workout. There is an activity phase where you are working the muscles or doing cardio, then we end with a cool down and stretch."

Junior Erin Holsteen has attended a Group Synergy class offered at the WLHC and stated

that she enjoyed the class but hopes to see an expansion in the types of classes and times they are offered.

"I enjoyed the Group Synergy class, but I would love to have Pilates or Yoga offered as well," Holsteen said. "Having the classes at convenient times is also a key issue with many students as there are some classes I would like to take at the WLHC or in the Siloam Springs community, but they're not at convenient times for me."

Lamphear said instructors are working on the current class schedule to give more options to both students and the community to encourage a fit lifestyle.

"When you are working out regularly and staying in shape, you are healthier. It is a proven fact that people who work out regularly don't get sick as much as people who do not work out," Lamphear said. "It also helps with self-image. When you look good and feel good, you feel better about yourself."

Working out should not have to feel like a punishment. Find a class that suits your interests and needs, and check out one the amenities JBU is currently offering at the WLHC.

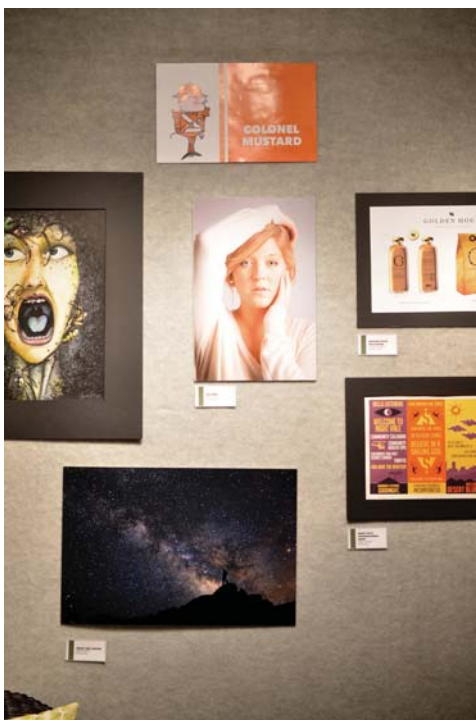


Illustration by BECKY RAMIREZ



Student Works

Reported by Kacie Galloway, *Opinions Editor*, & Rebekah Hedges, *News Editor*
Photographed by Klara Johannesen, *Photo Editor*, & Designed by Hannah Garrett, *Visual Art Director*



Kelsey McIntyre

Student

It's always so interesting to me to see the range of different kinds of art. I'm biased towards the photography, because a lot of my friends are in the show.

Lindsey Bennish

Student

I liked how they had all sorts of art mediums shown. I liked the variety and that you can see the style of a person come out in their artwork, which is really cool.

Grady Truitt

Alumni

Knowing how these works were made makes you appreciate them so much more!"

Steve Snediker

Assistant Professor of Visual Arts, Cinema

I think this is one of those great opportunities for our students to be the rockstars, to shine and to demonstrate their best work. What we give them is an opportunity to go head-to-head with their peers, and this is a chance for them to step up and shine. It's kind of a taste of the real world.

