

Students get fit and healthy with Eco-fit p. 3

The

Threefold Advocate

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JOHN BROWN UNIVERSITY'S STUDENT NEWSPAPER

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# Students unwrap Victoria Secret reality

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Tonight Leaders Scholars Institute member and junior Malorie Magnus seeks to spread awareness about beauty and culture through her photo gallery, *Posing as a Victoria's Secret Model: A Conflict of Reality*. The gallery, which will only be shown to women tonight, portrays images of John Brown University women imitating images of Victoria's Secret lingerie models. "This all started when I saw my sister do this project when she was in college," Magnus said. "It was looking back on my journey with body image, and that was a big game changer for me."

Magnus chose to do this gallery as her junior year LSI practicum project, but she also has a personal connection to the message that she is communicating through the photo gallery. "We all know that beauty is on the inside, but actually believing it is really different," Magnus said. Magnus carefully selected the University women that she asked to be models for this project. She wanted to represent a variety of different ethnicities, body-types and ages. Magnus also selected women that she believes are often admired or highly regarded within the University. "I wanted to choose girls that JBU compared themselves to," Magnus said. "I wanted people to see that she doesn't even look like

these Victoria's Secret models, either. We all have stories and we are all not perfect."

**"We all know that beauty is on the inside, but actually believing it is really different."**

-Malorie Magnus

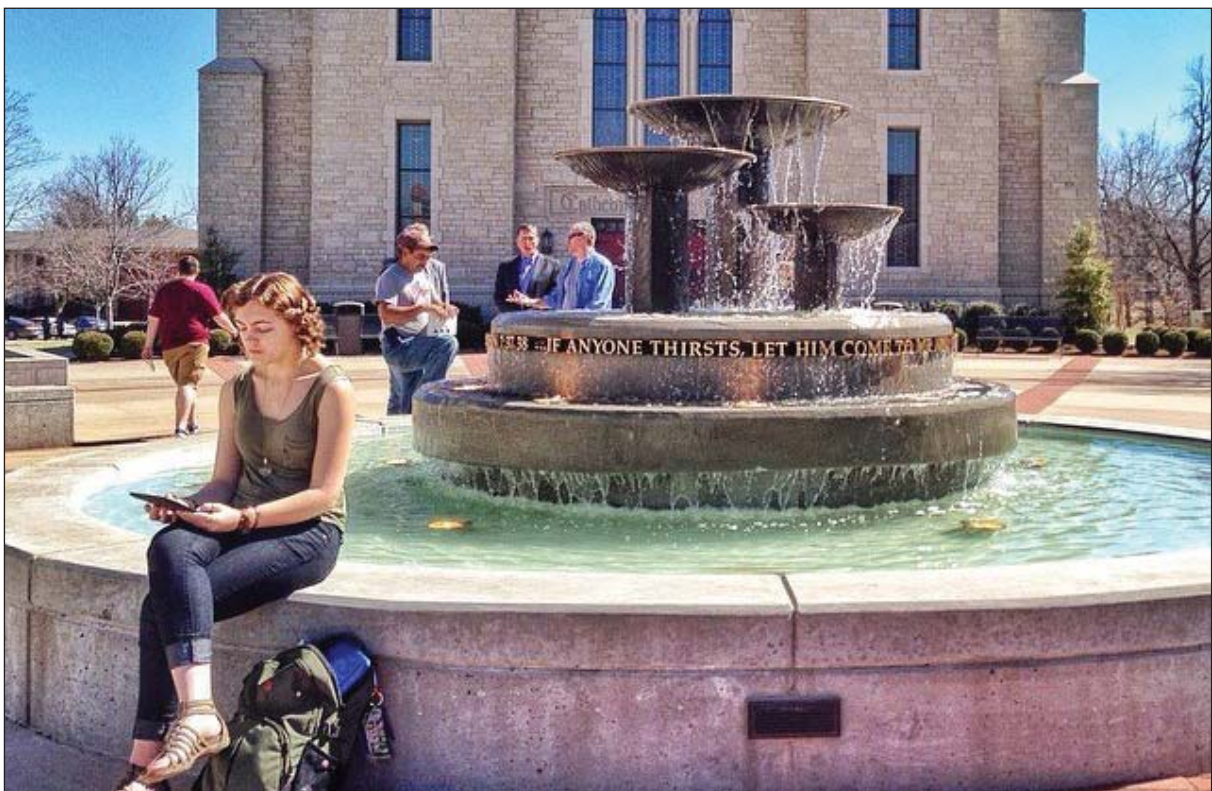
At the viewing, attendees will see a side-by-side juxtaposition of what the women from the University look like compared to the Victoria's Secret models. Junior Chelsea Edgin, one of

the models who participated in this project, said that the Victoria's Secret models looked fake compared to the photographs of the women from the University. "This was a great opportunity to allow people who participated to see how silly it feels to try to be someone they're not. When

you see the image of a model, you think, 'Wow!' and you attach a meaning to it that may put yourself down," Jennifer Niles, a staff member in the University's Student Counseling Center, said. The mixed-gender gallery viewing was on Tues., Mar 11th. In this viewing, the images of the University women were covered by black pieces of paper, allowing the attendees to see only the original image of the Victoria's Secret model, a reflection written by the University model and an image of a male student from the University. Magnus specifically included a picture of a male student to make the point that men

**See SECRET on page 7**

# Campus completes new cathedral fountain



Submitted by: Andrea Perry

The newly completed fountain is cleaned before chapel Tuesday morning. Interested students can follow an account on Twitter dedicated to the new water feature. A recent tweet from @JBUFountain read, "Started at the bottom now I'm here!"

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The Cathedral Plaza, which includes a new fountain, is now complete after several months of anticipation. The water was turned on for the first time on

Monday, March 10. There has been much buzz around campus including Instagram and Facebook posts, hashtags and a Twitter account all dedicated to the new fountain. The fountain was funded by the Board of Trustees. Dean of students Andre

Broquard noted that the fountain adds a great touch to campus. "Our campus hasn't ever had a fountain before," Broquard said. "The location was a great place for the addition to our campus." Students also agree that the fountain adds a lot to the look

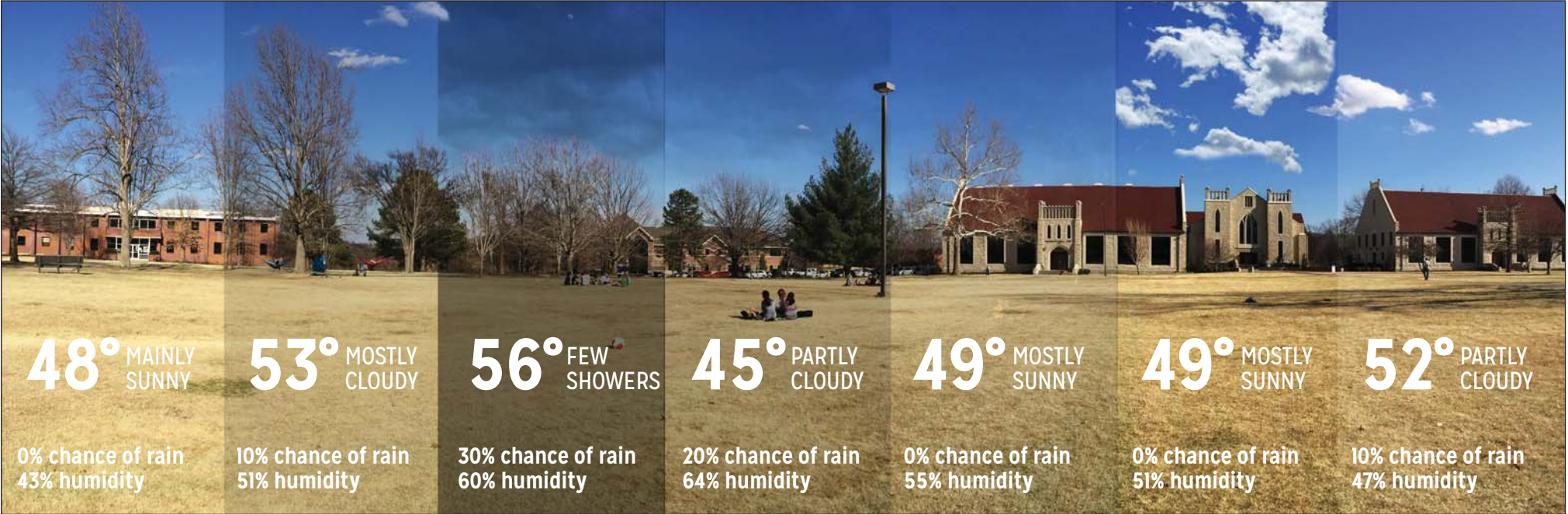
and feel of the campus. Sophomore Collins Brown has enjoyed the fountain and thinks that it has the potential to bring people together. "It is a good use of space," Brown said. "It is a much better use than flowers. It looks nice and it has already caused a lot of excitement. It is a good addition to our campus for sure." For Junior Danyelee Williams, the fountain also seems to have had a good impact on the campus; but she hopes that people will stay respectful of it. "The fountain makes our campus look classy," Williams said. "I love the scripture around the sides of it. That is a good reminder and a nice touch to the fountain, especially being right outside the Cathedral. But I really do hope people will stay respectful of it. I hope people won't start messing with it. It was a nice gift, and I hope we can remember that." Williams mentioned the fact that someone already put bubbles in the fountain. "We were given something nice," she said. "We need to be good stewards of that." Broquard mentioned the importance of being respectful of the new fountain as well.

"I understand that it seems like a small swimming pool," Broquard said. "But it is expensive to fix things that go wrong with it. There is chlorine in it now, so if fish are put in it, they will die. Soap, and anything else has the potential to mess with the pipes and motors as well." The money and time that would be spent repairing the fountain after a simple prank would be costly. "I ask students to be sensitive to what they are doing," Broquard said. The fountain has been running for testing of pressure, but will be shut off until the official dedication during the Board of Trustees meeting. The meeting will be held Friday, April 4 at 11:15 a.m. Broquard said after the meeting and dedication, the fountain will be officially turned on and in working order. "I would encourage all students who are interested to come out to the dedication of the fountain," Broquard said.

# Winter sleet moves out and spring showers move in

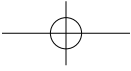
John Brown University students can look forward to warmer weather for the rest of the week. Although spring does not officially begin until March 20 students have already moved hammocks, blankets and instruments out to the Quad. While the weather is expected to remain warm, this weekend will not likely be too sunny, with some potential showers on Saturday. The sun should be back for a short time for Saint Patrick's Day on Monday before the clouds roll back in by Wednesday. Spring showers instead of winter sleet and snow seem to be in the future, there is a good chance of precipitation and over 50 percent humidity for most of the next week.

THURSDAY FRIDAY SATURDAY SUNDAY MONDAY TUESDAY WEDNESDAY



Graphic by: Olivia Morrow, Photo by: Josh Campbell

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# Students to participate in Nutrition Month

**Brittany Colbert**  
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The John Brown University campus will participate in National Nutrition month this March. The University seeks to help students make better health and eating choices. With the help of Nurse Rhonda Hostler and the University’s dining services, the University will create “Eco-fit.” This program will consist of four to six people, who are struggling with their weight and want to make some life changes. “Some will think it is similar to the ‘Biggest Loser’ but completely different,” Hostler said. A dietitian will advise participants on what to eat in order to obtain a healthy lifestyle. “As a college student, you could choose to eat healthy or not,”

Hostler said. “But with the help of this program they can remind you to eat healthy on a weekly basis.” More than 60 percent of U.S. adults do not engage in the recommended amount of physical activity, stated Surgeon General Boris D. Lushniak. National Nutrition Month will bring a heightened focus on the importance of making informed food choices and developing sound eating and physical activity habits, said Hostler. Hostler has worked for the University for the last three years. During the month of March, she seeks inform students and other community members the importance of health and physical activity. The benefits of physical activity, according to the Surgeon General, include helping to reduce symptoms of anxiety and depression and fostering

improvements in mood and feelings of wellbeing, stated the Surgeon General. It also helps control weight, develop lean muscles and reduce body fat. Hostler believes good eating habits and physical activity could help students on campus to reduce and improve the stress of college and adult life. “Being an on-campus activity, the participants can receive support from the JBU community and help them move forward,” Hostler said. The Surgeon General also has stated that social supports from family and friends has consistently and positively have been related to physical activity. “If you’re ready to make a change and better yourself, come see me,” Hostler said. “I’m ready to help those who are willing.” Senior Dori Bobo feels that focusing on Nutrition Month will be positive for the campus but not a lot of people will

be willing to participate. “Once hearing about Eco-fit, it will be great, but they need to create other activities like Zumba or weight lifting competitions to keep people interested,” said Bobo. Bobo also felt that the dietitian will give Eco-fit more credibility. “If the kinesiology students became involved with the program

as trainers, they would motivate their friends to participate, making more people willing to get involved and making the campus more health-successful,” Bobo said. Students interested in signing up for Eco-fit may contact Hostler in the Walker Student Center for more information.

## HEALTH FOOD TRENDS

**SWEET POTATOES:** Sweet potatoes are on top of the healthiest food list, Health Magazine stated. A medium-sized sweet potato is packed with nutrients, including vitamin A, vitamin C, vitamin B6, vitamin D, calcium, potassium and iron, all with only 105 calories. Recent studies have shown that sweet potatoes raise the amount of vitamin A in our blood, Health Magazine stated, especially for younger children. For adults it is important to include some fat alongside sweet potatoes, in order to enjoy the full effect of the beta-carotene. Steaming or boiling sweet potatoes is recommended, as it provides a lower glycemic index. Because sweet potatoes are high in vitamins like B6, C and D, they can aid in preventing heart attacks, and help in digestion and bone, tooth and blood cell formation. It can also help with energy levels and moods, and it can promote proper immune function.

**KALE:** Another recent trend in health markets is Kale. Kale is high in fiber and helps to create the bulk a person needs to feel full for a long amount of time, stated howstuffworks.com. Kale is also a good source of nutrients like vitamin A, calcium, vitamin C, folic acid, vitamin B6, manganese and potassium. It is considered to be the best source for beta-carotene, which is one of the antioxidants believed by many nutrition experts to be a major player in the battle against cancer, heart disease and other age-related chronic diseases. Kale is low in calories, high in fiber and has zero fat, stated mindbodygreen.com. The veggie is also high in iron, vitamin K and filled with powerful antioxidants such as carotenoids and flavonoids that may help fight against various cancers. Besides being filled with antioxidants, kale is a great anti-inflammatory food, which helps lessen the effects of arthritis, asthma and autoimmune disorders. It is also a great detox food and provides cardiovascular support by lowering a person’s cholesterol levels.



KLARA JOHANNESSEN/The Threefold Advocate

**Students work out on the Hundred Steps.** National Nutrition Month aims to encourage students to pursue healthy lifestyles through better eating and regular physical activity.

Images courtesy of Google Images

# Divisional chapels promote unity within majors

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Students at John Brown University worshipped alongside their like-minded peers for chapel last Thursday. Chapel was divided by academic department into seven separate services. “Faculty are some of the most significant spiritual influences on students, and we wanted to give our faculty an opportunity to address the spiritual needs of students in their majors in a more specific way than is possible in the large chapel,” Rod Reed, university chaplain, said. The faculty designed their respective services specifically for the concentrations of their departments. “Our hope was that each academic division would create a service that reflected the uniqueness of their majors and addressed their students’ spiritual needs in specific ways,” Reed said. Students claimed to enjoy the chapel services.

Freshman Josiah Jackson, an electrical engineering major, attended the chapel for the division of engineering and construction management. Students from the division spoke to their peers, and Tim Gilmour, assistant professor of engineering, even participated in the worship band, Jackson said. “It focused on how we’re supposed to give glory to God through engineering and construction management,” Jackson said. Sophomore Tomas Sanchez, an electrical and mechanical engineering major, also attended the chapel for the



J PABLO GARCIA/The Threefold Advocate

**Junior Lauren Arant speaks** at the Humanities chapel in Simmons Great Hall. This is the first year that the University held divisional chapels, with the goal of concentrating each group’s worship on their personal interests. It may become an annual event.

division of engineering and construction management. He said he liked the focus on those specific majors. “I think it’s really cool to see how God is in everything we do,” Sanchez said. “I really liked that every scripture the students read talked about how God is in construction management and engineering. We do things in order to praise the Lord.” Junior Kelsey McIntyre, a psychology major, participated in the service for the division

of humanities. She gave a four-minute talk to her fellow humanities majors about seeing God in psychology. “I really felt a part of it,” McIntyre said. “We’re usually on the receiving end, but this gave an opportunity to put something into it.”



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# Students spread love and awareness for TWLOHA

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Students gathered on Thursday night to learn more about suicide prevention and to support people suffering from depression and self-harm at an event put on by a Leaders Scholar Institute team. The LSI team also encouraged students to spread awareness for suicide prevention on Friday



Submitted by Sydney Weaver

through social media using the hashtag “JBUwriteslove.” “So far the comments I’ve received from those that attended have all been very positive,” Ryan Nichols, a member of the LSI team, said. Earlier, the team was given a list of organizations they could support as part of a project and unanimously decided to plan an event for TWLOHA (To Write Love On Her Arms). “TWLOHA exists to encourage, inform, inspire, and also to invest directly into treatment and recovery,” the non-profit organization states on their website. As part of the social media campaign, users were encouraged to write “love” on their arm and post a picture online. Sydney Weaver, another member of the LSI group, said the social media challenge and table in the Walker Student Center were all the group originally

planned for the project. However, Nichols told his teammates he knew someone with personal experience willing to speak on campus. Rebecca Christians, the speaker for the event on Thursday night, lost her daughter to suicide about 10 years ago and experienced intense depression for which she eventually received help in her recovery. Christians then started Autumn’s ReRide, a horse ministry named after her daughter for children with mental and physical disabilities. “I personally gained a passion for this topic after working for Ms. Christians and hearing her testimony,” Nichols said. “Through her we actually had pictures of “love” written on arms of people all over northwest Arkansas and beyond.” Planning for the event took several weeks, including working with event staff and marketing on campus through the Toilet Paper, flyers on doors and signs in the Walker Student Center. “The event staff was absolutely amazing in helping us plan this, they were incredibly patient and answered all of my questions with rapidity! The hardest part was reserving Simmons and organizing a Walker table but thanks to the event staff that was a breeze,” Nichols said. Weaver said she believes the event “created change”, which was the original goal of the project.

“I felt as though the event went super well, and we were overwhelmed with the amount of interest and support we received from the JBU community,” Weaver said. The success of the project

prompted some to consider beginning a TWLOHA chapter on campus. “We’re also considering extending this into an on-campus ministry if possible but we’re still not entirely sure,” Nichols said.



Submitted by Abigail Melby



Submitted by Gabbi Flores

# Career Center to prep students for life after graduation

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Every student, at some point in their college career, asks this one question: what am I supposed to do after I graduate? Career Development will attempt to answer this question and so many more at “Exploring Life after JBU.” This event will take place on Friday, March 14 from noon to 4 p.m. in the Simmons Great Hall. There will be sessions each hour consisting of different speakers and alumni from the University. Each session is dedicated to different aspects

of the world outside of college. During the first session, there will be a question and answer with a panel of JBU alumni. Chris Confer, director of career development, will be facilitating the event. During this session, students write down some of their pressing, unanswered questions, and get a chance to talk with the speakers and how they need to prepare for life after graduation. In the second session, business professionals will be available for question and answer session, and will be prepared to share key insights into what they have learned in the business world, as well as what they expect from future employees.

The third session will be a financial skills workshop. Through this time, students will learn the necessary skills to handle finances and other future responsibilities. And finally, with the fourth session, students will hear how to be successful by business and digital media professionals. This session is focused on helping students understand not only how to keep a job, but how to rise to the top. Thought career concerns will be the main focus of the event, social concerns will also be addressed. Some students have expressed concerns about facing new challenges outside the University’s “bubble” of safety, situations like ethical

challenges, alcohol, and building new friendships. These questions will also be touched upon during the event. “I could say all of the same things these speakers are going to say until I am blue in the face, but it is different when it’s coming from a person out in the field,” Confer said. Through this event, Confer hopes to help the students who are getting close to graduating and stressing over this question of ‘what do I do after college’ feel better about what needs to be done in order to be successful after President Pollard hands them that formal ticket out of here. Event organizers intend for the event to be a very “organic”

environment, where students can feel comfortable asking questions of people who have real-world experience outside of the University. Students should take comfort in knowing that other people have gone through the same issues students have, event organizers said. Students interested in attending the event can sign up in the Student Development office. Sign-ups are due by Friday, March 14. A limited amount of seating is available.

# Women fellowship, grow closer at annual retreat

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About 60 of John Brown University’s young women gathered at New Life Ranch last weekend for the annual Women’s Retreat sponsored by Student Ministries Leadership Team (SMLT). The theme this year was “Invitation,” inspired by guest speaker Lynette Washington, who came from Fayetteville to spend the weekend with students. Under the leadership of Assistant Director of Discipleship Lisa Corry, SMLT campus ministry directors Abby Fennema, Emmy Scott and Dani Rogg spent recent weeks in preparation for this year’s Women’s Retreat. The weekend began with the Friday evening arrival at New Life Ranch, then the first evening session and worship time led by three students, followed by small group discussion time and processing stations. Lynette, herself an accomplished athlete, coach, children’s ministry director and mom to four kids, spoke to encourage and challenge the young women in each of three scheduled sessions. Through sharing her own testimonial experiences and the lives of



KRISTEN UNDERLAND/The Threefold Advocate

**The attendees of this year’s women’s retreat** pose. This year’s theme was “Invitation.” The retreat took place at New Life Ranch and featured small groups, worship, and relationship-building fellowship.

Jesus’ followers in several passages, she invited them to “perseverance, intentional living and continual surrender,” and a personal response of worship. Overviewing seven different forms of worship specifically, she discussed the impact of authentic worship inspired by the Spirit and unhindered by the distractions of life.

The flexible schedule was intended to allow a more low-key atmosphere away from campus and encourage both individual refreshment and forming of community. Small group reflection time also yielded meaningful discussions, prompted by questions like, “How can pride interfere with our ability to surrender?”

or “What keeps you from responding more fully to who God is?” or “How can you build accountability into your life?” For the second session late Saturday morning, a few women of the University, such as Carey Pollard, wife of President Chip Pollard, and Kris Anderson of the University’s advancement team, were invited to join the

group for another discussion time and lunch together. Regarding her role leading worship for the weekend, Mayfield’s resident assistant Meaghan Ranz said, “I really enjoyed the freedom of just letting the Holy Spirit lead us, being in a safe place with just girls. It was relaxing, and I feel like I got to worship as well.” The retreat also included some late night interactive games and campfire s’mores, meals at the New Life Ranch dining hall, personal devotional and rest time, and for some, venturing around camp and canoeing in the frigid afternoon rain. “Overall, it was really relationally rich,” Rogg said after the event. “Spending time with girls I don’t normally interact with, and just getting to have a short amount of time focused on being together and seeing what the Lord has for us, through small group time, worship, and the sessions. It was a good place to get away, and now we get to go back to campus together and continue to live out what we’ve been learning.”



# EDITORIAL

The Threefold Advocate

## Barbie Swimsuit Edition

WHAT IS SHE ADVOCATING?

Barbie recently appeared on the 50th Anniversary cover of Sports Illustrated’s Swimsuit Edition. Clad in a black and white one-piece, the children’s toy makes a statement: Barbie is sexy, Barbie is beautiful, Barbie is wanted by men. And little girls who play with the plastic doll should aspire to one day follow her example and paste their own bodies on magazine covers.

Sports Illustrated made a low move. Though Photoshopped and unrealistic body images are media norms these days, we The Threefold Advocate believe it is inappropriate to have a sexualized version of a child’s toy displayed on the cover of a magazine designed to accommodate men’s lusts. Lisa McKnight, Mattel’s senior vice president of marketing for North America, told the New York Times that the company is “focusing on the legendary women of Sports Illustrated who, like Barbie, launched their careers in a swimsuit.”

In response to critics who said the child’s doll should not model alongside bikini-clad women, Barbie herself said, “Today, truly anything is possible for a girl, let us place no limitations on her dreams.”

“No limitations” for Barbie apparently means you can pose half nude for men young enough to be your little brother and old enough to be your grandpa.

Mattel has characterized Barbie as the model woman. She’s famous and refined. She can ski, rollerblade, sashay down a runway and cook a gourmet meal at a moment’s notice. She’s poised, drives a fancy car and is always down for a party. She’s a CEO and has an MD. The doll practically begs for admiration and, as shown from her sales history, has successfully won the devotion of thousands of girls.

By slapping a picture of Barbie on the cover of Sports Illustrated, Mattel told little girls to covet the doll’s placement on the magazine cover and seek the kind of attention men pay to the pictures within.

We The Threefold Advocate believe that displaying a trustworthy, albeit plastic, childhood friend on the cover of a nearly nudie magazine is unacceptable. We believe that women are worthy, valuable and beautiful – regardless of their looks. A woman is more than a body.

Who wants little girls to say, “When I grow up, I want to be a bikini model”? This was a poor choice by Mattel. It is not empowering for women and most certainly not for little girls.

## Fountain future

HOW TO MAKE USE OF JBU’S LATEST ADDITION.

- Baptism by immersion.
- Skinny-dipping. Let’s face it: J. Alvin is going to try and pull this one off, and soon.
- Food coloring or water dye, such as the green dye they use in the rivers in San Antonio during St. Patrick’s Day.
- Ice-sculptures. As we all know, winter is a long season. There’s lots of potential.
- Water lilies. Floating votive candles. Rubber duckies (consider decorating them with Sharpies to portray various professors around campus.). They can all accentuate the fountain.
- Glow sticks. Just make sure they’re un-ruptured, or some chemistry major may throw a fit about there being carcinogens in the water supply because of your prank.
- Boat races.
- Throw change in and wish for better grades. It might even work! Professor Reed said someone already threw in 37 cents in, so you won’t be the first one to try this.
- Messages in bottles.
- Ring by spring. The fountain could be the new best place for marriage proposals on campus.

## IS SHE FOR CHILDREN?



Courtesy of The Washington Post



CONTRIBUTOR

Kacie Galloway

When I look into a fitting room mirror, I judge myself. It does not matter if I am happy or angry at what my reflection shows and whether my new clothes look good; either way, I am looking at and criticizing my body. When the stores’ advertisements show very thin, sexy girls and I am pressured by society to look a certain way if I want to succeed in my career, I get discouraged. I wish there was a way to look in a mirror and not worry about what I see, but it is difficult in today’s culture.

Thankfully, some clothing companies are realizing how harmful their misleading images of Photoshopped models can be to young women like me. Just last month, American Eagle Outfitters’ sister brand Aerie, which sells lingerie, swimsuits and loungewear, released their new spring advertising campaign, called “aerie Real,” with a twist: they are not using supermodels in their ads, but real, Photoshop-free girls.

While I have never purchased anything from

aerie and only occasionally shop at American Eagle, I love the idea behind their campaign. Ever since my junior year of high school, when I had to do a project looking at the media’s effects on young women’s body image, I have been waiting for more companies to follow aerie’s example. It is a noble and necessary change from the way things are typically done in the fashion world.

In addition to their website pages and in-store

tell me I was smart or kind or beautiful on the inside than sexy because I do not think women should place their value in their appearance, but that is a different can of worms). Instead of staring into the mirror and judging, maybe this will help girls feel more positive about how they look.

I hope that Aerie is successful in their new campaign, and that it inspires other companies to follow their lead. Just imagine if there

## Just imagine if there were no more Photoshopped models. How much would our ideas of beauty shift?

ads featuring girls that have not been retouched, aerie is reaching out via social media, asking customers to tag their Twitter and Instagram pictures with #aerieREAL to be featured on the store’s website. The page is filled with pictures of smiling, genuinely happy looking girls spreading the word that “the real you is beautiful.” My favorite bit of the campaign, though, is that aerie has put up signs on its fitting room mirrors reading, “The girl in this mirror has not been retouched. The real you is sexy, #aerieREAL.”

To me, this is encouraging. I wish all fitting room mirrors had such positive messages (although I would rather them

were no more Photoshopped models. How much would our ideas of beauty shift? If more girls realize they do not have to fit a certain ideal in order to be beautiful, then we will have made significant progress in overcoming our body image issues. So be you, be real, and try not to judge what you see in the mirror. After all, we were made by God and I am pretty sure he thinks we all look just fine.

*Galloway is a junior majoring in in Communication. She can be reached at GallowayKS@jbu.edu.*

The Threefold Advocate

- advocate.jbu.edu -

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# Ballard balances campus safety and family

**Jon Skinner**  
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Clint Ballard isn't your "traditional" undergraduate student. Ballard is a campus safety officer, husband, father of four, and a reserve National Guardsman; all while studying in John Brown University's construction management program.

Before coming to the University, Ballard served for a decade in the Army, touring in Operation Enduring Freedom in Afghanistan.

He enlisted in 2000 and served as an infantryman for four years before becoming a medic in the 82nd Airborne for the remaining 6 years. Since leaving the Army, he has been a reserve member of the Mississippi National Guard.

Clint originally enlisted to help pay for college.

"I didn't know what I wanted to study in school and I didn't want to go into debt finding out," said Ballard.

The experience Ballard had serving in the military was one of the reasons Campus Safety was interested in hiring him, according to Scott Wanzer, director of campus safety.

"We knew he was in the traditional undergraduate program and [had] military

experience, [so] we asked him if he'd be interested to come work at campus safety," Wanzer said. "He's a very caring individual but yet he can easily respond to a security incident and handle it appropriately."

Ballard works the evening shift for Campus Safety from 4 p.m. to midnight. For Clint, working for Campus Safety is an opportunity to have more time with his family.

"I like to be able to serve the community and be able to help out in a way that's needed," Ballard said. "The first two years [at the University] I worked weekends and nights as a paramedic here in town and it was really hard on the family so this has been good."

Ballard's wife, Joy, and their four children live in a house in Siloam Springs while Clint finishes his studies. He met his wife in their hometown of Bolivar, Mo, where Clint was a dishwasher and Joy was a cook in a local restaurant.

The University's proximity to their home town played a part in the couple's decision to settle in Siloam Springs.

"We got a house as soon as we got here," Ballard said. "We like this area a lot. It's close enough to home but not too close."

In addition to Clint's job with Campus Safety, he and his wife sell Young Living Essential Oils



JON SKINNER/Threefold Advocate

**Senior Clint Ballard reads a book to three of his four children,** (from left) Lily, age seven, Grace, age four, and Aidan, age nine. Clint and his wife Joy are homeschooling Aidan and Lily. They also have a two-year old, Gabriel.

from home and homeschool their four kids.

Like Clint's decision to work for Campus Safety, the decision to homeschool and to sell Young Living products was motivated by a desire to spend time together as a family.

"The goal is to not spend the years we have with our kids putting in lots of hours

and being away all the time," Ballard said. "Our goal is to grow financially enough that we can be philanthropists but not so much that our kids look back and say I wish my parents were around more."

After graduating, Clint and Joy plan to stay in the area.

"Our vision would be to stay in this area. We both have

a medical background and with the construction management training, we want to get involved in missionary training in some form," Ballard said. "I want to be a good steward of what we've been given. My time and our time as a couple we want to use that to glorify God and not waste it away."

**SECRET continued from page 1**

are also heavily involved in the issue of beauty and culture.

"I think it's important to know that it's not just the women who are struggling through self image, but also that guys do that too, and I think that is really important, just having that picture there to point out that males struggle with the same thing," Luke Dinger, a sophomore who participated in the photo shoot, said.

Although this project primarily focuses on the perception of self-image in women, Magnus believes that the project could have easily been replicated with men.

"I think this project could have been done with men, and

their stories might be similar to our stories as models," Magnus said. "The only thing separating the image of the real girl and the real guy is the Victoria's Secret model, because that's so often what gets in the way of real relationships forming."

Sophomore Marcus Ciccarello thought that the gallery was powerful.

"I thought it was encouraging to see how the girls see themselves," Ciccarello said. "I kind of just expected everyone to be super negative about themselves and put themselves down. A lot of them compared themselves to the models, but in a way that's like, 'I'll never be that, but I'm still beautiful and confident in who I am.' That's really encouraging to see."

He said that the gallery not only allowed people to see what the process was like for the University women who participated, but it also allowed attendees to become more aware of the cultural struggle of self-image.

"We saw our pictures without having them placed next to the Victoria's Secret model, and they looked really good. You could tell they were real, but they looked great," Edgin said. "But then you would put it right next to the Victoria's Secret model, and it's not that our pictures didn't look good anymore, it was just that they looked so different all of the sudden, because the Victoria's Secret model was just that one step higher. You could tell that

it had been photoshopped, and stuff had been done to it."

The reflections by the University women included insights such as, "I am more than this photo. And so is the model I tried to copy. Imago Dei," as well as, "It's impossible and also exhausting to look like, act like, and be like someone you're not."

"When you actually put yourselves in that position and experience that, you have a different connection with the images that you see in a magazine," Niles said. "You can see it for what it really is and be a better consumer of media and of the advertisements that tell us that we are not good enough just as we are."

LSI Director Becky

Rothfuss wants the University student body to understand the reflections of the students who participated.

"I think it's a subject that we don't talk about often, the subject of beauty and how God's designed us," Rothfuss said. "Unconsciously there's so much comparison and untruth being published; if Christians don't take a hard look at that, then we're missing out on an opportunity to educate ourselves on the truth and to speak into culture."

The female-only gallery viewing will take place in the Wingate Visual Arts East, Room 354 on Thurs. March 13 from 7:00-10:00 p.m.



Submitted by Hannah Garrett

**Attendees Kelsey Rea and Stef Loveland read a reflection written by one of the models** in the "Posing as a Victoria's Secret Model: A conflict of reality." art show. The next showing is tonight from 7 p.m. to 10 p.m.

## Eating disorders by the numbers

**91** percent of women are unhappy with their bodies and resort to dieting to achieve their ideal body shape.



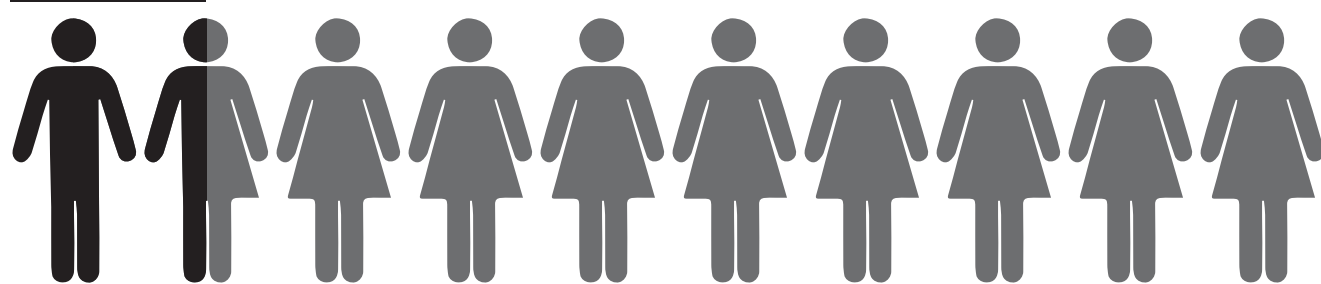
**5** percent of women naturally possess the body type often portrayed as ideal by Americans in the media.

**58** percent of college-aged girls feel pressured to be a certain weight



**25** percent of college-aged girls engage in bingeing and purging as a weight management technique.

**15** percent of people with anorexia or bulimia are male.



**12x**

The mortality rate associated with anorexia nervosa is 12 times higher than the death rate associated with all causes of death for females 15-24 years old.







# Women’s basketball seniors leave legacy

**Colleen Cornett**  
Sports Editor  
*CornettC@jbu.edu*

The John Brown University women’s basketball team played their last game in Bill George Arena for the season on March 1, before the start of the Sooner Athletic Conference Tournament.

For three players in particular, the game marked their very last game on the home court.

Seniors Kortni Barenberg, Sierra Shipley and Kami Garrison will graduate this year, ending their collegiate athletic careers.

Shipley, No. 22, entered her freshman year at JBU and played 29 games, averaging eight points and 2.9 rebounds per game.

Her sophomore year, Shipley started in all 29 games she



SHIPLEY

played and led the team in scoring, averaging 11.3 points per game.

Last year, Shipley started all 30 games and paced the Golden Eagles yet again, averaging 11.7 points per game and five rebounds and earning herself a spot on the All-Conference third



BARENBERG

team. This season, Shipley is ranked No. 7 on JBU’s all-time scoring list with more than 1,400 points. She is also one of the top long-range shooters in University history.

Barenberg entered her freshman year at JBU playing



GARRISON

32 games, averaging 5.7 points per game and 3.4 rebounds per game.

Her sophomore season, Barenberg started in all 31 games of the season, averaging 5.5 points per game and 3.2 rebounds per game. She was ranked No. 44 in the nation in

assists-to-turnover ratio.

In the 2012-2013 season, Barenberg started in 11 of the 19 games she played, averaging 7.6 points per game.

This season, Barenberg leads the Golden Eagles in blocks at 18 per game. She has scored a total of 357 points.

Garrison played 31 games her freshman year, averaging 2.6 points per game and 2.3 rebounds per game.

Her sophomore year, she averaged 3 points per game and 2.3 rebounds per game. Her junior year, Garrison started in 26 of the 30 games she played, averaging 5.5 points per game and led her team by shooting 45.6% from the field.

This year, she has led the Golden Eagles in assists, averaging 2.88 per game.

# Men’s soccer raises funds for Ireland mission trip



J.PABLO GARCIA /Threefold Advocate

The John Brown University men’s soccer team traveled to Ireland two years ago for a mission trip. The team is anticipating to travel there again this coming August and is calling on the University for support.

**Men’s soccer team fundraiser at Quiznos tonight from 5-8 p.m.**  
15% of all proceeds go towards the team mission trip to Northern Ireland in August.

## GOLDEN EAGLE TENNIS

### MARCH 13-19

TODAY	FRIDAY	FRIDAY	SATURDAY
JBU VS. OZARKS	JBU VS. EVANGEL	JBU VS. LINDENWOOD	JBU VS. LINDENWOOD
MEN & WOMEN: 1 P.M.	WOMEN: 3 P.M.	WOMEN: 7 P.M.	MEN: 9 A.M.
AWAY	AWAY	AWAY	AWAY

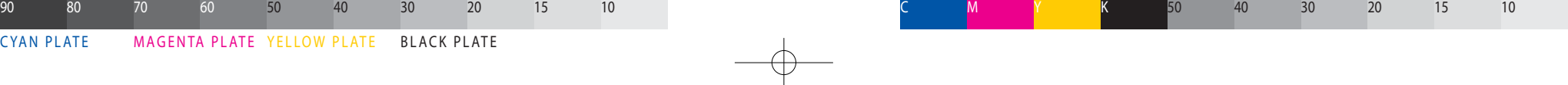
ATHLETE  
-OF THE-  
WEEK



LAUREN  
ROGERS  
# 20  
BASKETBALL

Rogers was named the Arvest Bank Athlete of the Week for March 3-10. She scored a career-high 22 points last week in a game against Mid-America Christian. Rogers was awarded a spot on the SAC All-Tournament team.





SPOTLIGHT

The Threefold Advocate

SPRING BREAK CONCERTS

by Hannah Wright

Spring Break is fast approaching, and one of the best ways to spend it is by screaming in elation at the sight of your favorite band. Here are some of the hottest concerts within driving distance—coming soon to a stage near you!



The Roadshow

Baton Rouge River Center  
Baton Rouge, LA  
March 29  
\$26.60 and up



Rock out to a few pillars of contemporary Christian music!

Lady Antebellum

BOK Center  
Tulsa, OK  
March 28  
\$43.55 and up



This country trio released their album "Golden" in May, and is now on their Take Me Downtown Tour.

Lorde


Arvest Bank Theatre at the Midland  
Kansas City, MO  
March 21  
\$36.50



She may never be royal, but she will be onstage just a few hours away.

Elton John

CenturyLink Center  
Bossier City, LA  
March 22  
\$49.00 and up



Kids these days with their Imagined Styles and their Gangnum Foxes. They should try some real music!

Flogging Molly

House of Blues Dallas  
Dallas, TX  
March 22  
\$43.83 and up



Celtic punk. I really don't think much more needs to be said.

Welcome to Night Vale

The Cannery Ballroom  
Nashville, TN  
March 18  
\$25.00



Want something a little... different? This live show is an exclusive new episode of the hit podcast.