Students unwrap Victoria Secret reality

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

Campus completes new cathedral fountain

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Divisional chapels promote unity within majors

Students work not out on the Hundred Steps. National Nutrition Health aims to encourage students to pursue healthy lifestyles through better eating and regular physical activity.

Kori Lancaster
Staff Writer
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Students at John Brown University worshipped alongside their like-minded peers for chapel last Thursday. Chapel was divided by academic departments into seven services.

“Faculty are some of the most significant spiritual influencers on students, and as faculty we have a spiritual responsibility to address the spiritual needs of students,” said a representative from the division of psychology. “It is our responsibility to invest in our students’ spiritual needs in every way possible.”

Rod Reed, associate professor of psychology, 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 also enjoy the chapel services.

Freshman Jack Pennington, an electrical engineering major, attended the chapel for the division of engineering and construction management.

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Students spread love and awareness for TWLOHA

Sidney Van Wyk

Students gathered on Thursday to learn more about suicide prevention and to support those suffering from depression and self-harm as an event put on by a Leon’s Scholar honoree team. The LTM team also encouraged the entire student body to be prepared for suicide prevention on Friday through social media using the hashtag “BFLintheWindow.”

“So far the comments we’ve received from those that attended have all been very positive,” Ryan Nichols, a member of the LTM 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 (Write Love On Her Arms).

“We wish we could encourage, inform, inspire, and ignite others directly into suicide prevention,” the non-profit organization states on their website. As part of the social media campaign, signs were encouraged to be “taped” on their arm and posted via a picture online. Sidney Weaver, another member of the LTM team, said the social media message challenged her and the other members of the Student Center Women’s Ministry Team to gather at New Life Ranch and encourage, inform, inspire, and ignite others directly into suicide prevention. This year’s theme was “Invitation.” The retreat took place at New Life Ranch and Simmons Great Hall from Friday, March 14 to noon on Sunday, March 16. A limited amount of seating is available.

“We’re also considering extending this into an on-campus mini ministry if possible but we’re still not entirely sure,” Nichols said.

The success of the project prompted some to consider beginning a TWLOHA chapter on campus.

“Overall, it was really challenging to work this event,” Nichols said. “But I feel it taught me a lot. I’ve received from those that showed up or came later and learned a lot.”

The retreat was a breeze,” Nichols said. “The event staff was absolutely amazing in helping us plan this, they were incredibly patient and answered all of my questions with creativity.” The booked part was reserving Simmons and organizing a Walker table but thanks to the event staff that all worked out. However, Nichols said the event team still had to consider the logistics of the retreat.

Weaver said she believes the event to take place the original goal of the project.

“Students spread love and awareness for TWLOHA

Abby Fennema, Emmy Scott and Lisa Corry, SMLT. The theme this year was “Invitation,” inspired by guest speaker Rebecca Christians, the campus ministry director of Write Love On Her Arms. 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 for the event was “Invitation,” inspired by guest speaker Rebecca Christians, the campus ministry director of Write Love On Her Arms.

The attendees of this year’s women’s retreat were six. The retreat took place at New Life Ranch and Simmons Great Hall from Friday, March 14 to noon on Sunday, March 16. A limited amount of seating is available.

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Barbie, our childhood nemesis?

By Alejandra Lira

Barbie was not always a girl’s toy. She was originally designed to be marketed as a boy’s toy. When the creator of Barbie’s brother, Kenneth, saw the success of Ken, the first talking doll, he decided to make a female counterpart for it. What was originally marketed as an educational tool for children to learn about real life was later het into a sexualized version. It is very interesting to see how something so powerful could be brought to a more lethal and devastating form. Barbie reflects the image of a woman who is not only beautiful but also physically perfect. Barbie is the pinnacle of this image. So is there anything wrong with having a doll such as Barbie? Absolutely. Barbie not only encourages people to develop unhealthy body image issues but also teacher us that a woman should put her looks over her personality and her achievements.

According to the Mattel Co. website, Barbie is the most recognized female character in the world. However, this recognition is not positive. Barbie is a sexual icon. Her body is a phallic image. Barbie is not only beautiful but also very different from the real woman. Her tanned skin, blue eyes, and long dark hair are all unrealistic. Barbie’s body is also not realistic. Unlike real women, she has an exaggerated hourglass shape. Her long legs, small waist, and big bust are all unrealistic. She has also perfect skin. Her skin is neither too thin nor too thick. Her skin is just right. This makes her look very different from the real woman. Barbie’s body is not only unrealistic but also unhealthy. She is so skinny that she cannot give birth. This makes her look very unhealthy.

Barbie’s body is also unhealthy because she is not very strong. She cannot do anything physically. She cannot even lift a small weight. She cannot even walk on her own. She needs a man to help her. This makes her look very weak and helpless. She is not very intelligent either. Her IQ is only 100. This makes her look very stupid. She cannot even understand simple things. She cannot even understand simple things.

Barbie is also very selfish. She only cares about her own appearance. She does not care about other people. She is very selfish. This makes her look very selfish and unselfish. She is also very lazy. She does not even want to do anything. She just wants to lie on her bed all day. This makes her look very lazy and unproductive.

Barbie is also very unemotional. She cannot even feel any emotions. She is very calm and indifferent. This makes her look very calm and unemotional. She is also very unemotional. She cannot even feel any emotions. She is very calm and indifferent. This makes her look very calm and unemotional. She is also very unemotional. She cannot even feel any emotions. She is very calm and indifferent. This makes her look very calm and unemotional.

Barbie is also very unimportant. She is not important at all. She is not important at all. She is not important at all. This makes her look very unimportant and unimportant. She is also very unimportant. She is not important at all. She is not important at all. This makes her look very unimportant and unimportant.

Barbie is also very unsexy. She is not sexy at all. She is not sexy at all. She is not sexy at all. This makes her look very unsexy and unsexy. She is also very unsexy. She is not sexy at all. She is not sexy at all. This makes her look very unsexy and unsexy.

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I believe that while yoga may offer some benefits, those benefits have hidden, demonic strings attached.

Jon Ronen with love.

That is essentially how Russian President Vladimir Putin sees it. He has characterized what is an invasion of Ukraine by Russian forces last week.

The majority of the world's views on the recent events in Ukraine as a demonstrative retreat from the West's role in the region. In an attempt to pull Ukraine from the vice of Russian influence. But for Russia, the evolution was a coup by a minority perpetrated to persecute Russian sympathizers, and their response was simply a redemptive act – something with the fact that yoga has its roots in the worship of demonic Hindu.

I believe that while yoga may offer some benefits, those benefits have hidden, demonic strings attached. I spoke to one of our school speakers years ago about this. He was a Danish 'untouchable' from India who had become a Christian.

His view is that yoga is the most beautiful form that the ugly religion of Hinduism uses to seduce to India.

Please know that my intention for writing this is one of love and concern. I understand that most people will probably disagree with me and that I am not in a position to publicly share my story, knowing that it is so counter-cultural. But my story will bring hope or truths to anyone, it is worth it. I am very open to respectfully discussing any of these issues further. There have been times I have left it I have said.

As journalists and especially as Christian journalists, we are taught that sharing stories is a redemptive act – something with the fact that yoga has its roots in the worship of demonic Hindu.

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Clint Ballard isn’t your “traditional” undergraduate student. Ballard, a 21-year-old construction management major, enlisted in 2000 and served in the military for the remaining 6 years. Since leaving the Army, he has served as a reserve National Guardsman. Ballard worked as an infantryman for four years before becoming a medic in the 82nd Airborne and served as a medic in Afghanistan. Ballard served for a decade in the Army, touring in Operation Enduring Freedom in Afghanistan, Operation Iraqi Freedom in Iraq, and Operation Noble Eagle in Kuwait and Germany. Ballard served in Siloam Springs, Arkansas, in the couple’s hometown while he attended John Brown University and worked on his construction management degree. Ballard has been a security guard, 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 was a disinterested and Joy was a cook on 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 in his hometown and he feels that his job with Young Living is a different connection with his children. Ballard said, “I love to be able to serve the community and be able to help out in a way that’s needed.” Ballard was a medic in the 82nd Airborne, and worked weekends and nights as a paramedic home in town and it was really hard on the family so this has been good.

Ballard said, “We knew he was in the military but not enough to home but not too close.”

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 are homeschooling. Aidan and Lily. They also have a two-year-old, Gabriel.

Ballard worked the evening shift for Campus Safety from 4 p.m. to midnight, which meant he worked weekends and nights as a paramedic home in town and it was really hard on the family so this has been good.

Ballard reads a book to three of his four children, (from left) Lily, age seven, Grace, age four, and Aidan, age nine.

Ballard said, “I’ve never been able to see someone else as you are.” He says, “I’ve never been able to see someone else as you are.”

Ballard himself has been a security guard, a paramedic here in town and is a security guard, a paramedic here in town and it was really hard on the family so this has been good.

Ballard reads a book to three of his four children, (from left) Lily, age seven, Grace, age four, and Aidan, age nine.
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 binging 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.

Statistics from the National Association of Anorexia Nervosa and Associated Disorders and doessomething.org

Graphics by Jon Slemer
University cheerleader recounts tournament

Senior Sierra Shipley shoots the ball in a game against Oklahoma Baptist. The men’s and women’s teams played in the SAC tournament this past weekend.

“As long as there is still time on the clock, there is no reason for fans, students or players to give up on their team.”

-Tarah Thomas
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.

JBU MEN'S SOCCER RAISES FUNDS FOR IRELAND MISSION TRIP

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.

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 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 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 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 1.5 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 36 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

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.

Men’s soccer team travelled 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.

GOLDEN EAGLE TENNIS
MARCH 13-19

TODAY
JBU VS. OZARKS
MEN & WOMEN: 1 P.M.
AWAY

FRIDAY
JBU VS. EVANGEL
WOMEN: 3 P.M.
AWAY

FRIDAY
JBU VS. LINDENWOOD
WOMEN: 7 P.M.
AWAY

SATURDAY
JBU VS. LINDENWOOD
MEN: 9 A.M.
AWAY

The John Brown University men’s soccer team travelled 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.
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!

Rock out to a few pillars of contemporary Christian music!

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

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

Lady Antebellum
BOK Center
Tulsa, OK
March 28
$43.55 and up

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

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

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

Welcome to Night Vale
The Cannery Ballroom
Nashville, TN
March 18
$25.00

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

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

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

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

Designed by Alyssa Schoenwald