

The

Threefold Advocate

online at advocate.jbu.edu

JOHN BROWN UNIVERSITY'S STUDENT NEWSPAPER

Thursday, April 12, 2012

Issue 22, Volume 77

Siloam Springs, Arkansas

Honors program gains new direction

Esther Carey
News Editor
careye@jbu.edu

This school year brought the largest class of incoming freshman in the history of John Brown University. Such growth brings about other changes, such as an increase in the number of students eligible for the University's Honors Scholars Program. As a result, the focus of the program will be shifting somewhat for next school year. Since 2005, the number of incoming honors freshman has grown from 60 to 110 this year. The increasing size has necessi-

tated a change in how the program is run. Director Brad Gambill said he felt his gifts and skill set, especially his preferred focus of one-on-one relationships, no longer fit the needs of the program or the vision the University's administration had for it. Last month, he announced to students in the program that he would be stepping down as the director at the end of the school year. He will return to primarily teaching in the English department. Current associate director Trisha Posey will take his place. Gambill said he hoped his most important legacy to the program would be the fact that he was a di-

rector who poured into students. "I sought to develop them holistically, rather than only seeing their GPAs or test scores," he added. As part of this vision, Gambill has emphasized creating a culture for the honors program. One step in that process has been an Honors Orientation class, required for all entering freshman. For the past two years, one component of the class has been older honors students mentoring small groups of freshman. After looking at various factors, the University's administration has decided to end the class. Ed Ericson, vice president of academic affairs, explained that the growing

program was causing "enrollment pressures" with Honors Orientation that were not a factor in other Honors classes. In addition, the class was receiving the lowest evaluations in comparison to other courses. Gambill proposed changing the admissions standards—specifically raising the required ACT score—for Honors, Ericson said, but that would have separated it from its traditional connection with the scholarship award standards. It was concluded by various levels of officials that such a change "was not in the best interests of the institution as a whole." Ericson summarized that the

options facing the administration were to either "change our long-standing admissions standards" in order to continue the "somewhat experimental and not very highly rated" class or to "discontinue the existing, overwhelmed Honors Orientation process." The consensus was to do the latter. He emphasized that the University administration is not explicitly making plans to either increase or restrict the size of the Honors program. Rather, they are simply seeking to maintain the traditional requirements.

See HONORS on page 2

Siloam Springs: Land of honey

Russell Hixson
Editor-In-Chief
hixsonr@jbu.edu

While most would shoo bees out of their backyard and pray they stay away, Billy Stevenson is welcoming them with open arms. The international office director set up his second hive this month, a mass of bees 3,000 and growing. And not just as a hobby – it's the doctor's orders. Stevenson has severe allergies that require him to take weekly shots that are a cocktail of area grass and pollen. His allergist recommended consuming local honey as a way to further inoculate himself as it contains local pollen. Stevenson, with the help of Counseling Director Tim Dinger, built a hive, known as a super, in his backyard. After the queen was released, the American honeybees got to work sealing every joint and corner with a thick wax. "It was like someone took a caulking gun and caulked around the edges," said Stevenson, "as if they

were saying, 'we are sealing this place so that no foreign agent can get in. It was amazing.' Stevenson also set out protecting the hive by setting up a reliable water source and having an abundance of plants. The scorching heat last summer seemed to cause the collapse of his last hive. He also has stopped using pesticide and convinced his neighbors to do the same. Recent studies in the journal "Science" suggest common pesticides may reduce queen populations and cause bees to become lost on their way back to the hive. The study brings scientists one step closer to why bee colonies and other pollinators are collapsing. According to the Environmental Protection Agency, habitat loss, disease, inadequate food sources and pesticides are thought be culprits. Regardless, bees are an integral part of America's food industry because they pollinate fruits, nuts and vegetables. The also produce honey, which

See BEES on page 3



RUSSELL HIXSON/ The Threefold Advocate

Billy Stevenson tends to his backyard bee colony. He hopes it will survive the summer to produce honey which helps with his allergies.

Duggars downtown



ANALI REYES/ The Threefold Advocate

Jill Duggar helps load her little sisters on the surrey at Dogwood Junction Tuesday afternoon. The Duggar's were filming their downtown adventure for their reality show, "19 Kids & Counting" on TLC.

JBU leaders talk sexuality

Brittany Reading
Managing Editor
readingb@jbu.edu

After the discussion of sexuality on campus moved beyond dorm rooms and into chapel weeks ago, students were left with more questions than answers. Questions regarding the University's stance on homosexuality poured in as Chaplain Rod Reed and Nick Ogle spoke in a Q & A format during sexuality week in chapel. In an effort to better understand the nuances of same-sex attraction, Student Development delved deeper into the issue by starting a study accompanied by Director of Student Counseling Tim Dinger. According to Dean of Students Andre Broquard, the University does not focus on identifiers such as heterosexual or homosexual; rather it works on redeeming sexuality as a whole. As outlined in the student handbook under community standards, "John Brown University seeks to foster an environment of sexual purity based on the Biblical standard which allows sex only within a marriage relationship." While the handbook does not blatantly address homosexuality, Ac-

cording to the University, the reality is that the majority of students on campus are single, whether they are straight or gay. As the institution works with students who experience same-sex attraction every semester, its goal is not to evoke change but to help those struggling to better understand their identity. "There's room for same-sex attraction here at JBU, but it is actions outside of the context of our community standards that cause us to step in," Broquard explained. Students will not face disciplinary action for being attracted to the same-sex, but they are expected to live according to the same standards as other students on campus. "We have disciplined students for behavior, but we separate that from attraction," he said. According to Broquard, our culture at JBU is very uncomfortable with living in a non-romantic environment with someone of the same sex, which makes restrictions more complex. If students in a heterosexual relationship are engaging in sexual misconduct, residence life can easily restrict or even remove their visitation rights, but it is more difficult for students wrestling with homosexuality.

Though it isn't ideal for students to be isolated, those struggling with same-sex attraction have lived in single rooms in residence halls. "More than often, students move on because they want to pursue a lifestyle that does not fit the community standards of our institution," Broquard said. As the University works to help students view sexuality in a biblical manner the chances of a change in community standards are bleak. "JBU won't embrace a policy that encourages sex outside of marriage between a man and a woman," Vice President of Student Development Steve Beers said. Helping students strive towards holiness is the ultimate goal for the University as they help students identify healthy behaviors and thoughts in their sexuality through guidance, boundaries and support. "People sometimes think it's all-or-nothing such as if I'm struggling with homosexuality then I have to be gay," Beers explained. Chapel speaker Christopher Yuan wrestled with his identity as he spoke openly about his struggle with homosexuality. During his spiritual journey, he had a decision to make: let his sexuality define him or let his identity

See SCHOOL on page 3

Emerson Ayala
Opinions Editor
ayalae@jbu.edu

The John Brown University Cathedral Choir will close the year on a high note.

In their last performance this spring, the Cathedral Choir will lend their voices to “Masterworks III,” the closing of a concert series at the Walton Arts Center in Fayetteville, Ark.

They will join the Symphony of Northwest Arkansas, the Symphony Chorale, Symphony Singers and the Bentonville High School Chamber Choir on April 14 at 7:30 p.m.

The ensembles will showcase a repertoire of songs that “explore the theme of love,” according to the Walton Arts Center website.

The program includes Gustav Mahler’s Adagietto, a love song from a husband to his wife, and Ludwig van Beethoven’s Ninth Symphony, a plea for mankind to love one another.

The Cathedral Choir will collaborate in the fourth movement of Beethoven’s Ninth Symphony, commonly known as the Ode to Joy.

Symphony Music Director

and New York conductor Paul Haas contacted Paul Smith, head of the department of music, in spring 2011 to invite the choir to the concert series.

With Smith on sabbatical, interim director Jake Funk conducted rehearsals of the song intermittently since last fall. The choir has dedicated all their time to it since the end of their spring break tour.

Funk, who has conducted orchestra numbers before, said it was nerve-wracking to have limited time to polish the piece, but said he was excited to sit back and see the results on Saturday.

“It was hard to communicate someone else’s vision,” Funk said, noting that the choir will have its first rehearsal with Haas and the orchestra Thursday night. “But I believe the quality of our sound is one of the best in the area, we will contribute tremendously,” he said.

Administrative assistant Jan Lauderdale said the last time the Cathedral Choir performed with this orchestra was about 10 years ago, when Smith was the orchestra’s choral conductor.

“This is a wonderful opportunity for students to perform as a part of a professional group,” Lauderdale said. “It also helps

to spread the word about the tradition of musical excellence at JBU.”

Junior Sean Roycraft, who sings Tenor I, said this performance was a chance to achieve excellence with a challenging piece.

“I’m looking forward to singing with other choirs and an orchestra. I enjoy being a part of something bigger than myself,”

Roycraft said.

Haas, who will conduct all of the ensembles, said the inspiration for this concert came from his experience living in Northwest Arkansas.

“There’s a paradigm shift here from the ‘me’ culture that reigns in most areas of this country to the ‘we’ culture,” Haas said. “[The concert] also deals with the same paradigm shift,

from the microcosmic love in Mahler’s Adagietto to the universal love Beethoven imparts in his great Ninth Symphony,” he added on a blog entry.

Tickets for the event are still available at the Walton Arts Center website, via email at tickets@waltonartscenter.org, or by calling the box office at 479-443-5600. Student discounts are available.



JBU Communications

The Cathedral Choir poses together on the hillside. For their final event of the year, the group will be singing with the Symphony of Northwest Arkansas in the Walton Arts Center on April 14. The concert is focusing on songs dealing with love. The University’s Choir will be participating in Beethoven’s 9th Symphony, “Ode to Joy.”

Homeschooled students explain stereotypes, goals

Anna Wierman
Contributor
wiermana@jbu.edu

Many people wonder about a certain sector of the American population.

Do they wear their pajamas all day?

Do they have a social life?

Are they sheltered?

Two John Brown University students are attempting to answer these questions and break the stereotypes associated with their distinctive upbringing.

Liana Medina is a senior studying family and human services. Freshman Joseph Pelegreen is a cinema major and guard for the Golden Eagle men’s basketball team.

Both were homeschooled before coming to school here in Siloam Springs.

Both students consider the stereotypes to be mostly made up.

Pelegreen pointed out that there is a difference between what the

stereotypes seem to say about homeschoolers and what typical homeschoolers are actually like.

“You have ‘homeschoolers,’ and you have ‘homeschoolers,’” he said.

Medina pointed out that even she has had a stereotypical view of homeschoolers, but that they mostly look and act like everyone else.

“We definitely carry the stereotype of not being socially acclimated, but I’d say that it’s mostly a false pretense,” she said.

Medina experienced homeschooling in several different cultures. Growing up on the mission field, the best option seemed to be for her parents to teach her themselves.

“I grew up in South America, and my parents knew that by the time we got to middle school we were going to move back to the States,” Medina said. “So I went to public school with the South American school system and my mother homeschooled me with the American schooling system, so it wouldn’t be a rough transition

when we moved.”

Later on in her academic experience, she went to a co-op, an organization that supports a homeschooling family with classes and sports throughout the week.

Medina says the co-op was a good experience for her as it allowed her to have opportunities to socialize and play sports.

Pelegreen was also able to experience the active side of homeschooling. He said that one of the benefits of learning at home is the ability to get done with schoolwork early. He remembered finishing up school and going outside to play basketball and ride bikes with his two younger sisters, Lauren and Meagan. Now ages 16 and 5, both girls are still being homeschooled.

Pelegreen’s parents, Willie and Angel, decided to give homeschooling a try when Pelegreen was in third grade after realizing he was accelerating faster than his grade allowed.

Pelegreen said a typical day of homeschooling for them was rather structured, but allowed for a fair

amount of free time.

“All of our free time was either spent with family playing games or hanging out with friends, because yes, I had those too,” he said.

“One of the benefits of homeschooling is that the schedule could be tweaked for mission trips and opportunities around us,” added Mrs. Pelegreen.

Medina’s daily routine was also rather structured with lunch and break times, even though she was indeed allowed to wear pajamas while doing her schoolwork.

Both Medina and Pelegreen said that they would be interested in homeschooling their own children in the future.

“Your foundation is built when you’re young and tested when you’re older, and when you’re homeschooled you’re allowed to open your Bible and discuss what you find with your teacher,” said Pelegreen. “Not to mention the student to teacher ratio is one to one. You can’t get a better deal than that! It’s an education tailored to your child where you can be sure they’re learning the mate-

rial they are presented with.”

His mother agreed.

“Homeschooling is a wonderful opportunity and privilege for families to learn and grow together academically, even socially, and especially spiritually,” she said.

She noted that it is more than just a unique academic setting.

It is a lifestyle.

Even though Medina said that she would definitely homeschool her kids, she said that a co-op would be the best option for her children.

“Once they get to high school I would give them the option to go to public school, as long as we live in a good school district,” she said.

Pelegreen’s mom says that their school verse is Colossians 3: 23 – “And whatever you do, do it heartily as to the Lord and not to man.”

“Because of this,” she said, “our focus in our schooling quickly shifted to pleasing the Lord and presenting everything we may do or say, and even the motives and efforts behind what we do or say, as a sort of offering to Him.”

HONORS continued
from Page 1

requirements.

Sophomore Tim Edgren, a

mentor in Honors Orientation during last fall semester, said he did not agree with the administration’s decision. He continued that the Honors program would “cease

to be beneficial or unique” if the level of enrollment continued to increase. He added that he saw the mentor program as the most constructive part of Honors.

“Honors only works because it is a small but gifted community,” Edgren said. “The decision to further expand an already overweight Honors program is ill-judged, especially without a corresponding increase in Honors staff, opportunities or benefits.”

Gambill and Posey both recognize that maintaining the community that has been established will be a challenge with a growing program. Posey said she plans to get input from current students before advancing any particular plans. She is considering offering peer mentoring on a voluntary basis, which may incorporate some of the ideas from Honors Orientation.

“I want to emphasize building on [Gambill’s] work,” Posey said. “We want to take what he has done well and apply it to a new context.” She added that the only change she currently sees in the course offerings is the removal of Honors Orientation.

Posey intends to talk with the various University divisions about how the program can help them.

She also plans to continue working with the Honors executive council, a group of honors students who help lead the program.

The council’s secretary, junior Victoria Bennett, said she was sorry to see Gambill leave his position but that she had confidence that Posey would do a good job.

Bennett worried, however, that the changes would decrease the interaction of students within the program.

“Not having the intentionality of Honors Orientation from the start of a student’s honors experience is going to hurt the community,” she said.

Bennett added that she was a student who did not enjoy Honors Orientation, but that she had since learned to value it. “[Gambill] challenged and pushed me—especially through Honors Orientation—to love God with my mind,” she concluded.

Posey and Gambill will be available on April 19 at 4 p.m. in the Honors Center for students to voice thoughts and concerns or ask questions about this transition.



Facebook Photo

Trisha Posey, left, and Brad Gambill, center, address an Honors Orientation class for freshman last fall. This class will not be held in future years as part of a transition in the emphasis of the Honors Scholars Program. Posey will also be replacing Gambill as director.

In the Bubble

Student excellence

Students will be presenting research projects and posters on April 13 from 3-6 p.m. Both will be in Walker. The art students will be showing their work in the Arena from 6:30-8:30 p.m.

How did it begin?

A member of the Discovery Institute will be speaking on “God and Evolution.” The presentation will be April 17 from 11:30 a.m.-12:30 p.m. in the Learning Resource Center room 121.

Out of the Bubble

Suspend the race

washingtonpost.com April 10

Rick Santorum announced Tuesday that his campaign for the presidency was over.

The Republican candidate cited his daughter’s recent hospitalization as his reason for reconsidering.

This move effectively hands the nomination to Mitt Romney, since neither Gingrich nor Paul have any real chance.

Santorum made no endorsement, but seems open to doing so.

N. Korea rocket

cnn.com April 10

North Korea is planning a rocket launch to take place between April 12 and 16. They completed assembly Tuesday.

Officials have said the rocket will be carrying a satellite, but several countries are worried that it could be a test for a missile.

U.S. Secretary of State Clinton and others have tried to discourage North Korea’s actions, saying it would violate U.N. resolutions.

Ole for

JOSIE'S

South West

GRILLE

www.oleforjoses.com

(479)750-9055

6240 W. Sunset Ave. Springdale, AR

Sneak peek: Details of new buildings released

Shelby DeLay and Kelsey Gulliver
Staff Writers
delays@jbu.edu and gulliverk@jbu.edu

The John Brown University Board announced last week that by the fall of 2013, the existing Kresge Dining Hall will have a 17,000-square foot extension.

The Great Hall will be able to seat an extra 500 people, and will be able to hold overflow of the daily cafeteria traffic. It will also serve as seating during visit days, board meetings and other non-University related events.

“The new addition can be divided up by an air wall,” Vice President of Student Development Steve Beers said. “This will provide a lot more space and seating for events on campus without displacing the students.”

Daily, there are 900 to 1,000 lunches served in the existing dining hall with only 500 existing chairs. The new addition will be connected to the existing hall, but will be able to be closed off during hours that the cafeteria is not as crowded.

The Board also announced last week that the University will soon begin building additional housing on campus.

By July of 2013 construction will be completed and the building will be ready for use by upper-



JBU Communications

An artist’s rendering depicts what the North Slope apartments will eventually look like. Only one building will be constructed initially, scheduled for a July 2013 completion. Another identical building may be built later. Each is set up to house 40 residents. The University is also preparing to build the Great Hall as an extension to the cafeteria.

classmen, married couples, graduate students or even faculty. After a year or so, another identical set of apartments may be built to accommodate even more residents.

Each building would house up to 40 residents; 32 on the first two floors plus a fully developed third floor which could hold eight more.

The first two floors would have four apartments each: eight apartments per building or 16 total. Res-

idents would walk into a combined living room and kitchen/study that would be semi-furnished, and include appliances and a washer and dryer. Laundry would be included in the price of room and board.

Off the main living area would be two separate bedrooms, each designed to be shared by two people. Walk-in closets and shower/tub combinations will be distinctive factors of these proposed liv-

ing spaces.

Plans for the third floor, which have yet to be finalized, will be somewhat different. Truly a studio apartment, this setting would offer yet another living option for students on campus.

A studio would include two students who share one room which contains the kitchen, living room and bedroom. One bathroom would be on the side.

“We’re trying to provide the most amount of flexibility with the apartments,” described Beers.

In total, the apartments will cost approximately \$1.25 million to build.

The two new construction sites on campus will be built simultaneously, so University staff are already looking for possibilities to maximize the construction.

“We are working with the contractors to find the most efficient way to work with the building timelines,” Beers said. “A lot of things overlap or are really close.”

This means that in order to save money on construction costs, one building would wait for insulation, flooring, etc. until the other was ready.

Realizing that these are both huge and disruptive construction sites, Beers noted that parking would be limited, but that new parking will be available with the new buildings including a lot by the Great Hall, by the North Slope, and also a new lot close to the Admissions Building.

SGA vice president of communication, Meghan Shoop noted after attending last week’s board meeting that the financial breakdown of the new additions was interesting.

“I think it’s really neat that the money to fund these projects is from an endowment,” Shoop said. “This is not what our tuition dollars are going towards. It was a gift to our school.”

Campo and police coordinate

Jon Skinner
Staff Writer
skinnerjj@jbu.edu

With the recent shootings at the Christian Oikos University in Oakland, Calif., the issue of safety has become even more critical for Christian schools.

While nothing even approaching the magnitude of the Oakland tragedy has occurred at John Brown University, Campus Safety believes that they are prepared for such an event.

“We have several campus safety officers with either current or past law enforcement experience, said Campus Safety Director Scott Wanzer, “That gives us a lot of value and a lot of strength in the field.”

That experience, as well as what Wanzer describes as a “great relationship” with the Siloam Springs Police Department breeds a sense of preparedness and confidence.

In fact, one of the members of Campus Safety is also a current member of the Siloam police force.

This experience also helps with dealing with the day to day duties of Campus Safety.

While the majority of their time

is spent on dealing with traffic incidences and theft, Campus Safety has had to deal with arrests before, and not necessarily that of students.

“Most the time we have a passive safety function, but occasionally the criminal element makes its way onto campus, said Wanzer.

Wanzer named two incidences from the last year that involved non-students as examples, proving that the University is not immune to local crime.

One involved an intoxicated individual wandering into the area of the townhouses. Campus Safety was contacted and was able to calm the individual down until the police arrived and arrested him.

On another occasion, upon responding to a domestic disturbance in the intramural field parking lot, Campus Safety officers found that one of the people involved was an ex-convict.

He had previously been convicted for drugs and assault with a deadly weapon.

Safety is not only the responsibility of staff, though.

According to Wanzer, students can avoid the vast majority of incidences on campus by locking their dorm rooms and not leaving valu-

ables like bikes or electronics unprotected.

Despite the trusting culture on campus, Wanzer says that theft does happen and cites the incidences that Campus Safety has had to respond to as evidence.

With their duties increasingly including dealing with local crime, however minor, spilling onto the campus, the need for effective safety coverage will become even more important.

Campus Safety, which currently has at least one officer patrolling the campus at all times, hopes to increase their coverage in the future.

“My vision for the department is to go to two officers patrolling at all times” said Wanzer, “Someday I hope to grow the department so that we can always have a backup on site. For a campus safety officer responding to a call, having backup is a good thing.”

A more immediate change is that non-injury traffic collisions are no longer handled exclusively by Campus Safety.

Siloam Police will also be called in to issue a police report, whereas in the past Campus Safety would do so.

SCHOOL continued from Page 1

in Christ be the defining part of him.

“God does not say, ‘be homosexual for I am homosexual,’ or, ‘be heterosexual for I am heterosexual,’ he says, ‘be holy for I am holy,” Yuan said.

Though residence life and campus ministries offer various approaches in helping students discover their identity, the University often encourages counseling for students who are struggling.

The counseling center offers a safe place for students to explore whatever issues they are facing confidentially.

“Students often face the stigma that if they seek help with something they struggle with personally, they’ll be met with judgment and that’s not our aim,” Dinger said.

By creating venues where students can speak openly about issues, the institution hopes to provide a safe place for students to be challenged and grow in their relationship with God.

The University believes God created each one of us in His image and celebrates the sexual beings that we are.

“The critical question then becomes how do we steward God’s gift, and what is God’s plan for our lives,” Beer said.

Casting Call

Come and check out “Kiss Me Kate”

Open auditions are being held for John Brown University’s fall musical, “Kiss Me Kate.” They will be held April 25, from 4 to 6 p.m. in the Berry Performing Arts Center.

Everyone and anyone who wants to be in a show with lots of singing, dancing, acting and teamwork is encouraged to try out. You don’t have to be a wonderful singer to be in it. All parts to be filled: leads, supporting roles, bit parts. If there is enough interest, it would be great to have about 35 people in the chorus; many of those people will have flashy or plain fun character roles, lines and solos. Also, some of the chorus members will sing and dance in small ensembles. There also need to be men and women that love to dance and “ham” it up onstage and love working with other people in order to make a terrific show.

“Kiss Me Kate” is actually a show within a show: actors, directors, singers, dancers, stagehands, a dresser, a dance captain, cab drivers, gangsters, a military officer/ politician and his assistants (who are motorcyclists) and others, are all working together (or not!) to put on the Shakespearean play “The Taming of the Shrew.” The show opens backstage and continues on with lots of great acting and music.

Rehearsals begin next fall on M/W/F from 3-6 p.m. and som Saturdays. These days/timew will also depend on what part you get as to how often you would be called in.

If you are unable to come at that time, please contact Donna Rollene at drollene@jbu.edu to set up an alternate time.

BEES continued from Page 1

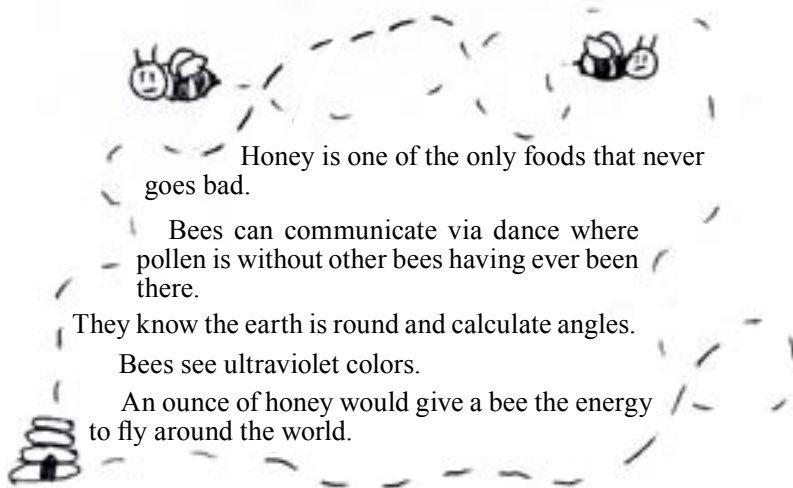
Stevenson doesn’t just find helpful for allergies, but delicious. With his smoke can and bee suit, he can peek into the super and spy on the bees’ colorful pollen stashes.

“If it’s red, I bet they’ve been on my cherry tree, if it’s yellow, I bet they’ve been on the honey suckle,” said Stevenson, who labels each jar of his “Billy’s Backyard Honey” according to the predominate pollen source. According to him, different pollen means different flavor. Acacia

tree honey is sweet and light. Clover honey is heavy. Heather honey is heavy and dark. And Billy’s Backyard Honey has a sweet taste with a hint of cherry and lilac, says Stevenson.

But beyond the honey and health benefits, Stevenson finds a deeper satisfaction in beekeeping.

“There is a wonder, a splendor, that this is an intelligent design,” said Stevenson, who often will sit near his hive, watching the bees at work. “I have never gotten bored. I am always watching in utter amazement, sheer wonder at the miracle that is taking place before my eyes.”



Honey is one of the only foods that never goes bad.

Bees can communicate via dance where pollen is without other bees having ever been there.

They know the earth is round and calculate angles.

Bees see ultraviolet colors.

An ounce of honey would give a bee the energy to fly around the world.

Shoot the Spy



MAX GRUBB/The Threefold Advocate

Sophomore Nikki Penn ambushes Tyler Rider as part of the Spy vs. Spy game, which began on April 9. The game is sponsored by Vibe.

EDITORIAL

The Threefold Advocate

Call to order

PRACTICAL ADVICE FOR OUR STUDENT GOVERNMENT

We have written about what our Student Government Association does and the areas they could improve on. After all, one of our responsibilities as the press is to hold our institution accountable for their actions, be watchdogs for the little men.

The duties are great for SGA. They really are the representatives of the student body in front of the administration. They are agents of change that could affect thousands of students every year. Their voice is louder than the rest of us and we deposit our hopes on them.

The Threefold Advocate applauds SGA's actions that have resulted in favorable change. However, we want to comment on the lack of recent efforts or outreach to the student body as a warning signal.

In our last issue of the year, The Threefold Advocate wants to offer SGA some practical suggestions so they can improve in the future.

These days, an effective social media presence is a key factor for the success of any enterprise. If SGA wants to reach the student body, a tweet or a Facebook poll could reach far more people than a flyer in the mailboxes or even a table in Walker.

Although SGA does have Facebook and Twitter accounts, their presence is far from effective. Their last Twitter update is from April 2010, and their presence on Facebook is not constant or meaningful. They could benefit from looking at other organizations on campus, such as BLUE, VIBE and CAUSE Ministries, who utilize social media tools to reach out to the people they're serving. Interactivity is key in these platforms. Whoever gets elected VP of Communications at SGA could run these sites to really connect with their constituents.

SGA elections could also be handled in a more serious way, rather than voting for positions that have only one candidate. We understand the case might be that students do not show interest, but that is a problem that should be addressed first. Students might not care about joining SGA because some of them simply don't know much of what SGA does or how it works. Some people might hear about SGA only during their SGA Week or through their Toilet Paper publication. Although both these things help, there is room for much more to be done. Their efforts should go beyond creating a humorous publication every now and then.

SGA candidates should have real platforms and generate debate and dialogue, not only be a person who nominates himself and asks his friends to vote for him.

We believe in SGA's incredible potential for the betterment of student life. If they implement some of our simple, easy suggestions, we forecast an SGA more active than never before that will really look and act like a government body.

Healthcare revisited

MORE THAN A LEGISLATION, PEOPLE'S LIVES AT STAKE IN COURT

Remember that health care bill from a couple years ago? It had Republicans up in arms? It was one of the first things President Obama did in office?

In case you hadn't heard, Obama is in the middle of a lawsuit about the constitutionality of that healthcare act. Last week the United States Supreme Court listened to hours and hours of arguments for and against the affordable care act. The Justices then had a closed conference, deciding their vote, and now are writing the majority opinion and the dissent opinion. We should hear the outcome in June.

Many people expect at least a portion of the act to be struck down as unconstitutional. What surprised many legal scholars and law professors during the proceedings, however, was the eagerness in which several Justices went at the constitutionality of the issue.

This case, along with two others (Bush v Gore; and Citizens United) has frustrated many liberals and moderates, leading many to call the Justices "activist judges."

The Threefold Advocate saw the Justices' individual ideologies coming out during the health care hearings, and it is disheartening. The Justices have an enormous amount of power and need to be impartial. Their ideologies should not cloud their judgment.

Last week, the court's conservatives, including Chief Justice Roberts, suggested they may well strike down President Obama's health care law as unconstitutional. If so, it would be the first time since 1936 that the Supreme Court voided a major federal regulatory law.

That will set a problematic precedent with massive in consequences.

This substantial amount of power nine people hold should never be taken lightly. They have the ability to rule things constitutional or not, which is what is at stake. Restraint will be key to come to a fair and truly just ruling.

If the majority rules that President Obama's health care act is unconstitutional, The Threefold Advocate hopes that is because the majority truly sees the constitutionality of the issue. It would be a shame to the Constitution if these Justices ruled against the act simply because it did not fit with their ideologies.

The Threefold Advocate

- advocate.jbu.edu -

The Threefold Advocate invites you to submit a signed letter to the editor. We ask that you keep your comments to fewer than 300 words, and we reserve the right to edit for space and appropriate content. The writer's phone number, classification and hometown must be provided. E-mail or mail letters by 6 p.m. on Monday.

Views expressed by columnists or in letters are not necessarily the views of the publisher, adviser or staff.

CONTACT US

E-mail | Advocate@jbu.edu
Mail | JBU Box 2501
2000 W. University Street
Siloam Springs, Arkansas 72761

STAFF

Russell Hixson - Editor-in-Chief
Brittany Reading - Managing Editor
Esther Carey - News Editor
Seth Kaye - Photo Editor
Emerson Ayala - Opinions Editor
Anali Reyes - Lifestyles Editor
Adrienne Redding - Copy Editor
Sidney Van Wyk - Sports Editor
Jenny Redfern - Visual Arts Director
Jon Skinner - Graphic Artist
Taylor Alison - Ad Director
Marquita Smith - Adviser

STAFF WRITERS

Kelsey Gulliver, Shelby DeLay, AJ Miller, Hannah Wright

CONTRIBUTING PHOTOGRAPHERS

JP Garcia Abby Chestnut
Lindsey Gerke Max Grubb
Michael Bruner Laura Parker
Rebecca Curry Ashley Elkins
Stephanie Willis Angela Morse

The Threefold Advocate would like to clarify that editorials, those pieces in the column above this paragraph, are the opinion of the editorial board. They are therefore not attributed to individual writers. The writings to the right, with mug shots and pithy headlines, are columns. Each is the sole opinion of the mug shot's owner. On occasion, readers wishing to respond to an article or to express a viewpoint will write a letter to the editor. The opinion pages serve as a community bulletin board and are meant to continue the dialogue about various issues relevant to the JBU community. Please write. We want your input.



RUSSELL HIXSON / The Threefold Advocate

Letters to the Editor

Not all Kentucky fans deserve criticism

Imagine you're a college basketball player, and you've worked your entire life so that you could play for the school of your dreams. You've practiced countless hours and done drills till you're sick of them. You've had to run until you've thrown up, and then you had to run some more. However, you found what you're good at, and you became the best you can be. You're so good that you get to play at an amazing school, the University of Kentucky. It's always been your dream to play for them and now that dream is a reality. Not only has your dream of being Wildcat been fulfilled, but you and your team win the 2012 NCAA national championship! All those years of hard work and self-discipline have paid off! You were a part of the winning team! You did it! And now there are people calling you and your school thugs and vandals because of the actions of a few. Yeah, I'd be mad too.

Just because a very small minority of drunk and stupid UK fans decided to go crazy after the win does not mean you should judge their entire fan base or school, and it does not mean you should tarnish their win. I work with and go to church with some hardcore UK fans that attended school there, and they were very excited about their win until all the Tweets and Facebook updates started about how "disgraceful" UK is. This whole controversy is very unfair to the people who have done nothing wrong but are still judged and criticized because of the actions of a few. That is so illogical, and it's what we as Christians have to deal with all the time. We are called bigots and hate-mongers because of extremists. Why should we do that to UK? Let's punish those that deserve and congratulate those that deserve it.

Lauren Tremonti
Freshman
Biochemistry
TremontiL@jbu.edu

The skin that I'm in



Bridgette Ojo

Walking into a classroom with headphones in my ears, I notice the stares, the looks, the curiosity and sometimes even the disappointment. "Who is she?" "Why is she here?" "Is she smart enough to be here?"

I am an average student at JBU who happens to stand out from the majority of the student population. What makes me stand out, you may ask? My skin. The skin that I'm in constitutes for the way how others treat me. The skin that I'm in causes me to be looked down upon. The skin that I'm in causes some students to be afraid of approaching me. The skin I'm in causes me to lack a relationship with some professors.

Many people assume by the color of my skin that I fit into

many stereotypes, such as: liking fried chicken, drinking Kool-Aid, listening to only a certain type of music, or talking in a certain way. In actuality, that is all wrong! I never grew up on fried chicken. My mom is a health conscious woman and fried food was rarely eaten at our house. I never even made Kool-Aid until I first came to JBU last year. As far as music, I like all kinds, from Taylor Swift and Kelly Clarkson to Waka Flocka Flame and Lauryn Hill.

It is hard for others to grasp the hardship of being black at JBU. We have to prove ourselves more, work harder and even go beyond the extra mile just for others to accept us.

Because I do not sound like "a typical black girl," who speaks slang, some people are amazed when they hear me speak. Growing up, I didn't have a lot of black friends and the ones that I did have said that I was "too white for them." My white friends considered me to be "too black for them," so my friends were the Hispanics.

When I graduated high school, I was one of the most popular girls at school. I went to private school all of my life,

so being surrounded in a Godly environment was not a problem for me. I played basketball and was part of many student groups. I took AP classes in high school, never got in trouble with the principal, and did my homework-- pretty much your average girl.

So, why am I treated so differently on a campus that proclaims to accept diversity? At this point in time, we should all be able to see beyond color and look within.

In Martin Luther King Jr.'s "I Have a Dream Speech", he says, "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character." However, I feel that this issue has yet to be resolved.


Ojo is a sophomore majoring in sports medicine. She can be reached at OjoB@jbu.edu.

OPINION

The Threefold Advocate

Threefold editors’ exit interviews

EDITOR-IN-CHIEF



Russell Hixson
as interviewed by
Brittany Reading

What are your impressions of Arkansas after coming here from Canada?

There some initial things that were new to me. It was incredibly hot and sticky, strangers waved at you, people talked really loud. I felt claustrophobic not being close to the ocean. And I know it sounds cheesy, but for the most part, people are people no matter where you go.

What led you to become a journalist?

I like writing but am terrible at writing fiction. I thought journalism would be a good compromise. I also found myself passionate about telling people’s stories – the little people who are overlooked, misunderstood or marginalized. Those are the people who I want to talk to. Those are the people that make it worthwhile.

Though it is unknown to many people, how did you get into acting as a child? What are some of your favorite acting gigs you’ve been in?

Wow, thanks, Brittany. Like all parents, mine thought I was the cutest. They sent photos of my chubby face to talent agencies in Vancouver and I got representation. I was cast in commercials for toys, cars, drinks and

tons more. As I got older and less cute, I was used as a professional voice actor for screaming, grunting and background audio for Stephen King miniseries and other shows. My favorite acting job was probably the screaming. Nothing beats having someone ask you to scream as loud as you can and get paid for it.

If you could change one thing on campus, what would it be?

I would not make chapels mandatory. My spirituality has been dictated my whole life and for me it takes away the joy. I think taking away the choice makes the gesture emptier. If there were no required chapels, students and faculty would still show up. I believe that. I also believe that students should be allowed to choose where they worship and hear the word of God. And JBU demands so much of its students academically that to burden students with hours of chapel is frustrating.

If you could trade places with any person on campus, who would it be and why?

Lee Schrader. To have the man’s luxurious tendrils of flowing hair for a day would be epic.

Are you @FakeJBUPR?

Yep.

Editor’s note: This is our last issue of the year. The Threefold will resume in August.

Hixson is a senior majoring in journalism. He can be reached at HixsonR@jbu.edu.

MANAGING EDITOR



Brittany Reading
as interviewed by
Russell Hixson

How are you different coming out of the school than going in?

Before coming to JBU, I was insecure in nearly every aspect of my life and never believed I had the ability to succeed. Maybe it was my height or the fact that it was hard to make my parents proud, but it wasn’t until I started working for the Threefold Advocate that I began to truly gain confidence in myself. Working for the newspaper challenged my views on nearly everything I thought I was right about, and helped me see myself in a new light as I was able to make a difference on campus through my work.

If you could change one thing about the school, what would it be?

The number one thing I would change is the music scene at JBU. It’s really great that BLUE has been able to bring in such well-known musicians, but there are so many genres that have yet to make an appearance on campus. Well-known musicians aren’t the only ones singing the same tunes, but so are the local artists that

JBU hosts at their events. Where’s metal, hip-hop or even Latin music? Students are missing out on hearing such beautiful music simply because it doesn’t “fit” the demographics.

Name one thing you love, one thing you hate, one thing that scares you.

Dr. Pepper. Nickleback. Clowns.

How do you think others view you?

Sadly, as the short girl who only has one friend and lacks a sense of style. Surprisingly, a lot of people think I’m quiet before they get to know me. Little do they know, I’m incredibly loud, full of lots of opinions, and actually have friends. And my style? I simply don’t see the point in dressing up just to go to class, but I can clean up pretty nice when I have to.

What is life like for a shorter individual?


More difficult than one would imagine. I can’t go anywhere without at least one person saying, “Look at how tiny she is!” Or my personal favorite, “Do you know you’re short?” Of course I know I’m short, I’m only 4’10.” Walking around campus has gotten easier, but I’m still afraid to walk across the platform when I grab my diploma because of what people may say about my height. It’s a work in progress, but I’m learning to love myself for who I am. You know what they say, dynamite comes in small packages.

Reading is a senior majoring in journalism. She can be reached at ReadingB@jbu.edu.

Fostering rational debate

Bidding farewell

STAFF COLUMNIST



A.J. Miller

Yesterday, I ran into an article posted by a good friend of mine on Facebook. The article was on whether or not the church should categorically condemn acts of homosexuality as evil.

Let me explain first by saying that this is a much respected friend of mine. Because of the rapport we have built, and because of many conversations and observations, I have come to conclude that his character and opinions merit heavy consideration.

Even so, when I saw the title of the argument and the description he had posted, it didn’t sit well. I felt awful, a sinking sensation in my stomach. Why didn’t it sit well with me to see that a respected friend was potentially arguing the case for homosexuality?

I looked at the reason carefully and realized it had nothing whatsoever to do with my own moral sensibilities – those sensibilities, that is, that were founded on sound reason. The truth was, I didn’t want to revisit the issue. Even though this man who had posted the article and made his own stand had

such a high standing to me, the implications of me actually sitting down to consider the issue were large.

My family and I don’t have the greatest of histories. At one point they found my moral stance on a particular issue delusional. The last thing I want to do is give them more reason see me that way, by telling them I am considering the possibility that exclusive, mutual homosexual relationships might actually be God-honoring.

“I’m taking a stand here and now against assuming that my opinion is so correct that revisiting an issue would be a waste of time.”

Not only would it potentially (in my mind, at least) damage my credibility with my family, it would raise many eyebrows in the JBU community and might even cause drama with my boyfriend.

The point I wish to draw here is not a conclusive argument for or against homosexuality. What I want to point out is that this fear within me is not uncommon. I’ve seen people who seem reasonable about most things. But when an issue comes up that their family holds a strong opinion on, they protect that view with no thought to weighing it rationally.

The consequences? The same kind of assumptive oblivion that led and still leads to the subjugation of women, complete ignorance of the condition of the poor and racial bigotry.

I am taking a stand here and now against the kind of hubris that assumes that our opinion is correct, and is so obviously correct that revisiting the issue would not only be a waste of time, it would be offensive.


In my attempt to promote clearer understanding I am not suggesting we trample others’ sensibilities. Rather, we should understand both sides. I’ve never been good at this. But in honoring others, I believe there are two things we should do.

First, we should refuse to hastily judge those who hold views we consider dishonoring to God. Second, we should also refuse to bash those who view something we see as wholesome to be evil.

While holding these two together, I believe there is a place for denouncing injustice on both sides. Once we respect the difficulties both sides face, though, a more wholesome dialog can begin.

Miller is a senior majoring in communication studies and Spanish. She can be reached at MillerA@jbu.edu.

CONTRIBUTOR



Emily Anderson

In a mere three weeks, I will have completed 19 years of school. 19 years! What I have done for my entire life will be over, and I will have to start all over again. I have to become a grown up. I have to find a job. I have to get health insurance and pay loans back. I have to do all this in a few short weeks. Frankly, I am terrified.

I have edited my resume countless times and tried to create a winning cover letter that says pick me. When all that is before me comes crushing down, all I want to do is go to school for another year and put this all off for a little longer, but I can’t.

Then there are times when I feel completely at ease and some rational part of me wins me over saying that it will all work out eventually. It always works out, but it all depends on how long it takes to work out. I don’t know how long I can wait.

I try very hard to remember that I really don’t have to worry because God does have a plan for me, but when all my worry comes crashing down is hard to hold on to that thought.

Then there is a part of me that is excited to start this new chapter of my life. I am excited to start working and taking care of myself. It will be nice to be something other than the poor college student for a change. I hate, along with probably every

other senior, the question of what am I going to do after I graduate. I don’t know. Work anywhere that will take me!

I know that I will most likely not get my dream job right out of college. I will work my way up from the bottom like most people and that’s ok. I can handle that as long as I, at least, get a job.

Whenever kids say they can’t wait to be a grownup and the grownups say they wish they could be a kid again, I wish I could be a kid again. But we can’t go back only forward and I plan on making the best of whatever situation presents itself.

Being at this point in life oddly reminds of a Martina McBride song. This is odd because I rarely listen to country music let alone Martina McBride. For some reason or another, the lyrics from the song “This One’s for the Girls” have always stuck with me for the different stages in my life. For right now, “This is for all you girls about twenty five/ In a little apartments just tryin’ to get by/ Livin’ on dreams and spaghetti-o’s/ Wonderin’ where your life is gonna go” describes my life perfectly.

College has been a wonderful, crazy experience. I have made life long friends and made memories that will stay with me for the rest of my life. I wouldn’t change anything and I am ready for the next chapter of my life, but I am still scared as hell for what’s to come. I just remember that God’s got my back and Martina McBride knows exactly what I am going through.

Anderson is a senior majoring in journalism. She can be reached at AndersonEM@jbu.edu.

Sex, religion courses challenge perspectives

CONTRIBUTOR



Patrick Boyd

As time gets closer and closer to graduation, I begin to look back on the classes I have taken during my time at JBU. Almost all of my classes have taken place in the Art Department and they have been great.

However, like any other senior will tell you, they want to break free from their department and

try something new. In my case, I decided to challenge myself by taking Discipleship & Evangelism and Family Sexuality.

DISCLAIMER: These two classes are awesome, so please sign up right away. And I believe it would be beneficial for all students to consider taking these classes.

Discipleship & Evangelism with Jason Lanker is a mind-blowing experience every class period. Lanker asks tough questions about discipleship, the Church, evangelism and the Gospel message.

These questions are not meant to prove one theology is better than another, but proves that all of us need to reevaluate how we view the Gospel. In addition, the class requires that we practice the

spiritual discipline of silence and solitude, which is ridiculously difficult for any student.

Lastly, the class is challenged with multiple assignments of evangelizing to friends, other students, family members and strangers. This part has been incredibly difficult for me because it forces me out my comfort zone and begin to rely on God’s Spirit to guide me.

This class will stretch your mind, challenge your theology and push you to follow the Spirit’s calling.

Family Sexuality with Nick Ogle is incredibly helpful for all sorts of people. As someone who is engaged, it has been educational and insightful. The class does a great job covering an array of different topics about sexuality.

In addition, the class really explores the topic of differentiation and encourages students to try to understand their own differentiation. Though the content may be difficult to grasp, it does push students to think about the world around them rather than the Christian bubble that they remain in.

Overall the lectures, assignments, readings and projects have made me more aware of the human being that God has created me to be.

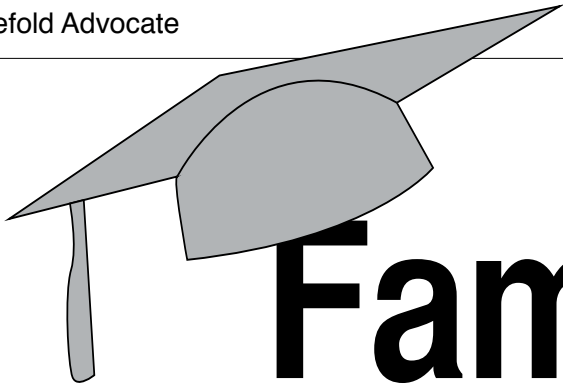
Lastly, if JBU is serious about having discussions about sexuality on campus then the university may want to consider making a sexuality class part of the upper division courses.

The point of my column is not meant to oppose the school sys-

tem currently in place, but rather to challenge students to break out of their majored classes and begin exploring different courses. Whether you decide to take Discipleship & Evangelism and Family Sexuality is your decision.

I am thankful that the Lord has led me to JBU because I can truly say that I am more than just a student with a degree in Digital Media. I am instead a well-rounded student that has a kingdom seeking head, a loving heart and a spirit lead hand.

Boyd is a senior majoring in digital media arts. He can be reached at BoydP@jbu.edu.



Famous last words

Adrianne Redding
Staff Writer
ReddingA@jbu.edu

In 23 days, 196 John Brown University students, decked in black robes, will walk across the Bill George Arena stage. Graduation, the most anticipated event of college, ushers college students into “real life.” These three seniors are excited about graduation and their plans afterward. Political Science major Colton Rabenold, a missionary kid from Tanzania, is looking at graduate school. Construction management major Chris Cox has a job and apartment already lined up. Michael Bruner, who double majored in photography and cinema, plans to freelance over the summer.

Q: What are your plans after you graduate?

Q: Will your job be long term or do you have plans for later?

Q: Now that it is done, how do you feel about JBU?



ABBY CHESTNUT/Threefold Advocate

A: “I am moving to Dallas in June. I already signed a lease on an apartment. I will start my new job mid-June or early July, working for Turner Construction Company as a field engineer.”

-Chris Cox

A: “Ultimately, I have always wanted to work with the United Nations. I would like to get a doctorate someday. With the United Nations I would like to write policies with organizations for countries, like South Sudan.”

-Colton Rabenold

A: “I resented JBU in the beginning because it was so different. It took a lot of people to show me it’s not necessarily where you go but what you do with it. I owe a lot to JBU for just being JBU and it letting me be me.”

-Michael Bruner

Memories built to last

Kelsey Gulliver
Staff Writer
GulliverK@jbu.edu

Nearly 42 years ago, in 1970, professor of engineering and construction management Leo Setian first set foot on the John Brown University campus. Next month he will be bidding it farewell. Fresh out of graduate school at Montana State University, where he had studied technologies relating to the prevention of forest fires, Setian entered as an assistant professor and has worked his way through the ranks over the years. This was his first teaching job, and he has chosen to spend the remainder of his working life at the university by investing his time, gifts and compassion. When Setian arrived at the school, things looked a little different. The engineering department was located in old wooden army barracks and there were a lot more trees on campus. A disease hit campus one year and killed all of the Elm trees, Setian remembered. He has witnessed many changes that have taken place over the years.

The campus has grown significantly during his time here. “I used to know everybody by first name,” Setian recalled. For a while, the JBU population went down to 500-600 students. During the 80s, there was a large influx of Iranian students, and afterward the Walton International Scholars Program was started. Setian described the program as, “very forward-looking,” and has had many opportunities to connect with the Scholars who were involved in the engineering program. In the early 90s, Setian used to take engineering and business majors to Israel for the summer, where they were employed by local companies Tiberias and Galtronics. The students also had opportunities to minister to the Jewish people. When Setian first taught at JBU all church services were held on campus, including Sunday school and Wednesday night services, by the chaplain. Each academic division was also in charge of a week of chapel, and the engineering department even had their own choir that would perform. “But it was a lot of work,” Setian said, and the tradition was discontinued.

Two things that have not changed, however, are the importance of his family and his students in his life. Setian met his wife Sona on a blind date back in his native Rhode Island in 1956. It was his second date ever, and the two enjoyed watching a game of hockey. They’ve since raised five children together in Siloam Springs, Ark., and watched three of the five graduate from JBU. “It’s a great place to bring up a family,” Setian added. After he retires from full time teaching, he is most excited to spend time with his wife and travelling to visit his children, none of whom live in Siloam Springs. But he will miss his co-workers and his students. “I love young people. They are our future leaders, and I thank God that I can be a part of their lives,” Setian explained. When asked if he would consider teaching part time, he smiled and simply stated, “God knows—we’ll be available.”



LINDSEY GERKE/Threefold Advocate

After 42 years of serving as the professor or engineering and construction management, Leo Setian plans to retire at the end of the school year. Setian said his favorite part about teaching is spending time with students.

Chewing on effects of fast food

Jenny Redfern

Staff Writer

redfernj@jbu.edu

Midnight runs to McDonalds. Fourth meal at Taco Bell. Happy hour after happy hour at Sonic. Between juggling homework assignments, maintaining social circles and avoiding the cafeteria food, fast food becomes more than just a convenience. It is a way of life for a college student. Sophomore Allie Miller is one of the 83 percent of college students that visit fast food restaurants on a weekly basis. Miller said she mostly eats out with her friends on weekends. “It is convenient, fairly inexpensive and you get pretty good food,” she said. “After eating every meal in the caf every single day, it is nice to get something a little bit different.” According to a study by the University of Leicester, lack of time, an unwillingness to prepare food and a limited budget proved the main reasons students pre-

ferred Mickey D’s to healthier options. Another main factor? Peer pressure. When a student’s friends loaded up the car to hit up a local fast food joint, he felt compelled to go and make unhealthy orders once he got there. So what’s the problem? According to the 2011 Trust for America’s Health Report entitled “F is for Fat,” every state in the nation has obesity rates of more than 20 percent—with the exception of Colorado—and fast food plays a major role in the “growth” of our nation. Students worried about the freshman 15 need to pay attention to the foods they are consuming. A Big Mac combo at McDonalds tallies up at 1,230 calories: that’s over half of the recommended daily nutrition recommended by the U.S. Department of Agriculture. And the Whopper combo at Burger King comes in at a whopping 1,400 calories. If your body only needs 2,000 calories a day to function,

than anything extra is stored away as fat. Eating fast food multiple times a week makes you more susceptible to being overweight or obese. And obesity can heighten your risk for other health problems like heart disease, stroke, joint disorders, high blood pressure and mobility problems. But if future consequences like heart disease and high blood pressure are not enough to scare college students away from Taco Bell’s Taco-12 Packs, fast food consumption provides plenty of immediate symptoms. A “hamburger hangover” or a recurrent, intense headache triggered by processed foods is one such symptom. The processed foods served on the menus at fast food joints contain ingredients like nitrate, monosodium glutamate and artificial sweeteners that increase blood flow and lead to head pressure and pain. A diet high in fast foods can also lead to bad moods or even depression. Research from the University College London shows that individuals who regularly ate processed foods high in fat and sugar were more likely to suffer from depression than those who ate a more balanced diet. Fast foods lack nutrients like antioxidants, folate and omega-3s that contribute to good mental health. And if all of that is not enough, last food has even proven itself addictive. The high levels of sugar and fat cause blood sugar levels to spike and then crash, causing patrons to reach for the fries again to replicate the euphoric effects of those insulin surges. Despite all the lures fast food has to offer, some students have managed to maintain their healthy diets and avoid the greasy chains. Junior Wil Ross tries to eat as little fast food as



ASHLEY ELKINS/Threefold Advocate

According to a study by the University of Leicester, students prefer fast food over healthier options due to lack of time, unwillingness to prepare food and a limited budget.

1.

Go with the grilled. Grilled chicken or fish is always the best option. These leaner meats are lower in fat and calories.

2.

Wash down with water. Sugary sodas are packed with hidden calories, which can cause you to drink most of your daily intake.

3.

Cut down on condiments. Special order your meals without fat-filled mayonnaise or high-calorie salad dressings. Grab packets yourself so you can control how much you use.

4.

Find the facts. Many restaurants post their nutritional facts online, so you are just a click away from finding the best options for each meal.

5.

Help your hunger. If you know in advance you are going out to eat, grab a handful of nuts or snack on an apple beforehand to curb your appetite. You won’t be as hungry when it’s time to chow down on the greasy goodies.

possible.

“I consider a healthy diet to be an essential element to healthy living and a healthy life,” Ross said. “I avoid eating fast food by not going to the drive though and eating it. To not eat fast food is as much a conscious decision as any.”

However, Ross acknowledges that certain circumstances make eating fast food inevitable. “If I must eat at a fast-food restaurant, I look at the menu and find whatever food will be prepared with the least amount of salt, grease and breading,” he said. “While these ingredients

taste good, they clog the digestive tract and leave you feeling lethargic and bloated.”

Like most things in life, fast food can be okay in moderation. Feasting on fries every once in a while is fine if you are supplementing your diet with the nutrients your body needs.

“I am young and my health is good, so why not?” Miller asked. “It is not like I have a problem and am hanging out at McDonalds every day. I promise!”

Summer flicks heightens anticipation

Jon Skinner

Contributor

SkinnerJ1@jbu.edu

With the school year winding down and the days getting longer and warmer, summer is coming. Coming with it is the summer movie season, when all the big budget crowd-pleasing blockbusters get released and movie theaters become a regular friday-night destination. Last year, however, produced slim pickings for moviegoers. Outside of the conclusion of the Harry Potter franchise, the third Transformers movie and the fourth movie in the Pirates of the Caribbean trilogy (that’s not a typo), bona fide blockbusters were few and far between. This summer, however, promises to make up for last year and more, with big time franchises, hyped-up reboots and new installments by top tier directors. To help you get hyped for this summer’s lineup, here’s the top 10 movies of Summer 2012:

The Avengers (5/4)

New Iron Man, Captain America, Hulk, or Thor movies would all be enough individually to get the hype machine going. Combine all of those heroes together into one movie and have them face off against invading aliens and you have one of the most hyped superhero films ever.

Battleship (5/18)

Directed by Peter Berg of Friday Night Lights fame, Battleship follows Naval of-

ficers played by Taylor Kitsch and Liam Neeson during a fleet training exercise gone haywire. Aliens invade during the exercise, trapping the fleet in the middle of the Pacific Ocean and forcing them to play a game of, well, Battleship.

Snow White and the Huntsman (6/1)

This re-imagining of the fairy tale in a decidedly un-Disney way casts Charlize Theron as a malevolent queen and Kristen Stewart as her future usurper, Snow White. The Queen hires a Huntsman (Thor’s Chris Hemsworth) to kill Snow White, but instead he trains her to become a warrior. With help from eight dwarves and the Huntsman, Snow White leads a rebellion against the Queen.

Brave (6/22)

Pixar is one of the most critically successful studio of the last decade. But after last summer’s Cars 2, which was the first Pixar film to fail to be a hit with critics, Pixar looks to prove it hasn’t lost its touch with Brave. Brave follows Scottish princess Merida, who must save her father’s kingdom and lift a curse that has been cast upon her.

The Dark Knight Rises (7/20)

This is the granddaddy of them all. The Dark Knight Rises will see main characters on the verge of death, Occupy Gotham-type civil-unrest and a football field blown up by terrorists. And

that’s just in the teaser trailer. Christopher Nolan’s third and final Batman film will ratchet the intensity up to 11 and is quite possibly the most anticipated movie since Return of the King. After 2008’s smash hit The Dark Night, TDKR will have a crazy amount of hype to live up to and will be a box office king of summer 2012.

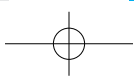
Bourne Legacy (8/3)

The fourth installment in the Bourne series will be somewhat of a cross between a spin-off and a sequel. Legacy will be without Matt Damon playing the series’ eponymous star, instead featuring an all new cast of characters dealing with the ramifications of Bourne’s actions in the original trilogy. Jeremy Renner of The Hurt Locker will be the series new leading man and Edward Norton will play the film’s new antagonist.

Total Recall (8/3)

This remake of a 1990 Arnold Schwarzenegger action thriller stars Colin Farrell as a discontented industrial worker in a far dystopian future. Farrell signs up for a procedure that will implant memories of a career as a spy, but the procedure goes wrong, and he finds himself on the run from a totalitarian government, unsure of what is reality and what is implanted memory.





SPORTS

The Threefold Advocate

Golf nears conference meet

Sidney Van Wyk
Sports Editor
wyks@jbu.edu

JBU Men's Golf team is gearing up for the SAC Tournament April 23-24 in Lubbock, Texas. They finished 10th out of 11 teams at their most recent tournament at Southwest Christian University April 9-10. The Eagles were without the services of West Loveland, who led the team all season and was the first JBU golfer to ever win a tournament outright. He was out because of an important test that conflicted with the tournament. Coach Brian Thomas decided to use the last tournament before the SAC tournament to get some experience for some of his newer players.

"We didn't do as well as we could have, but I was the first tournament for a few of our players," said Thomas, "It was kind of a learning experience."

The Eagles' efforts were further hampered by the fact that the team had never played at the course, Lake Hefner Golf Course in Oklahoma City, and were not able to play a practice round due to the Easter holiday. The Eagles will have to greatly improve their play if they want their season to continue, though.

Both the winning team and



SPORTS INFORMATION

Junior Cameon Lindsey is eyeing up the green at practice. Lindsey led the golf program at their last meet at Oklahoma City.

Spring Golf Recap

Bethany College Swede Invitational	320	319	639	5 of 13
Central Baptist College	320	319	639	3 of 7
Oklahoma Baptist University Invitational	325	X	325	7 of 10
Southwestern Christian University Invitational	319	322	641	10 of 11

the player with the best finish at the SAC Tournament win an automatic berth to the national tournament.

Therefore, the conference tournament represents the un-ranked golf team's last and only chance to make the National Tournament.

According to coach Thomas, the tournament will be a tough challenge for the team.

The SAC is home to the top two teams nationally, Oklahoma Christian and Oklahoma City, as well as six of the top 25 teams.

Even though the team as a whole is most likely a long shot to win, West Loveland is a legitimate contender to win the

tournament.

"Last year, he led the field after one day," said coach Thomas, "The tough thing is putting three good rounds together."

If he is able to win, West will qualify for the national tournament, becoming the first JBU golfer to do so.

The Tournament will be at The Rawls Golf Course in Lubbock, Texas, which is the home course of Texas Tech's golf teams.

It is another course that JBU's team has not yet had a chance to play on, but the Eagles do plan on traveling down to Lubbock early to get a couple of practice rounds in.

Hogs fire Petrino

Staff Reports

Bobby Petrino was dismissed from his position as the Razorbacks head football coach after the truth about his motorcycle crash and his inappropriate relationship with a 25-year-old staff member.

Jeff Long, Arkansas' director of athletics, announced Petrino's dismissal on Tuesday night.

Long also said that Petrino had hired Jessica Dorrell, the 25-year-old who was with Petrino when he crashed his motorcycle, on March 28 over 158 over applicants. He also gave her a gift of \$20,000, though he did not specify if that money came from school funds.

Petrino had originally stated that he was alone when he crashed his motorcycle though four days later he was forced to admit that Dorrell was with him.

Long said the former coach had showed a "pattern of mislead-

ing and manipulative behavior to deceive me" and that the coach had "multiple opportunities over a four-day period to be forthcoming, and he chose not to."

Petrino is leaving the Razorbacks with a record of 34-17 over his four years at Arkansas. He also took the team to their first BCS bowl game in the 2010 season.

Petrino said "I chose to engage in an improper relationship. I also made several poor decisions following the end of that relationship and in the aftermath of the accident. I accept full responsibility for what has happened."

None of the former coach's actions violated NCAA regulations.

"I'm disappointed with coach Petrino's actions," Long said. "I'm disappointed in his lack of judgment, his failure to tell me the truth of it."

COMING UP

Tennis

4/14
Bethel College
Tri-Match
Oklahoma City

4/16
Central Christian
and
Oklahoma Wesleyan
Home

4/19
Oklahoma Baptist
Shawnee, Okla.

Golf

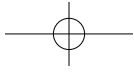
4/23-24
SAC Tournament
The Rawls Course
Lubbock, Texas

{Athlete of the Week}



Cameron Lindsey
Golf

Junior Cameron Lindsey was JBU's top golfer at Southwestern Christian University's invitational on April 9-10. Lindsey had tied for 38 with an overall score of 156. As a team, JBU ended with a score of 641.



SPORTS

The Threefold Advocate

Eagle leaves for Razorbacks

Sidney Van Wyk

Sports Editor

wyks@jbu.edu

Every year that Simeon Hinsey, the Assistant Athletics’ Director for Media Relations, has worked at John Brown University there has been a transition within the Athletic Department.

This year though Hinsey will be the one transitioning to a new position as a graduate assistant position at the University of Arkansas.

“I feel for Robyn [Daugherty] because she hasn’t had a break,” said Hinsey about JBU’s Athletic Director.


When Daugherty became the Athletic Director six years ago, Hinsey was her first hire.

“It’s been fun to work along side each other,” said Daugherty. Together the two of them developed the Athletic Department as it is today.

“She has allowed the position to grow around my skill set,” said Hinsey about Daugherty, “I am going to miss working with her.”

Before working at JBU, Hinsey had finished his master’s degree in sports management while working at a local television station.

While he was well qualified for the position, Hinsey knew some people might have thought he was



Simeon Hinsey

hired solely because he had played basketball at JBU.

“When I took the job, I said I would work my tail off to win them over,” said Hinsey.

Hinsey has always worked hard to prove himself, first as a fourteen-year-old high school freshman when he left his home in Nassau, Bahamas, to continue his education at Fayetteville Christian High School.

At 16, he became a freshman walk-on at JBU. By the next year he had earned an athletic scholarship and in 2002 he graduated with a double major in digital media and broadcasting.

“This is crazy, how life works out,” said Hinsey.

Hinsey’s main goal as JBU’s Sports Information Director was to make sure people knew about the University’s student-athletes. As a former Golden Eagle, Hinsey remembered his frustration with press releases that would not come out until a few days after a game and not having access to his own stats.

Daugherty said because of the solid foundation Hinsey has set his replacement will have a much easier job.

“Many times you take a job and have to fix things that were broken and we are not in that situation,” said Daugherty.

Hinsey said the most enjoyable part of his time at JBU developing relationships with student-athletes, students he has worked with and students he has taught.

Hinsey recounted meeting different student-athletes on their visit days and watching students who worked with him walk across the stage at graduation.

“That is the most memorable part of this job and that most sad part of giving it up,” said Hinsey.

One of those students, freshman Serenity Domenico, a Sports Information work-study student, said she is very excited for Hinsey, though she will miss seeing him around campus.

Abel Galliguez, a redshirt junior on the men’s basketball team, said he was surprised when he first heard Hinsey was leaving but was excited for Hinsey when he heard about the position at UA.

Galliguez said Hinsey is warm-hearted and makes those around him feel very relaxed.

“He makes you feel like you already know him,” said Galliguez reflecting on his visit day when he first met Hinsey.

Domenico described Hinsey as self-less and a good communicator.

“Sim has this openness about him that athletes have the ability to walk and be like ‘Hey, I’m having a hard time’,” said Domenico.

Daugherty said often Hinsey could have done things faster but instead he chose to work with students so that they would leave school with a wider skill set.

“He’s invested so much time into these students and this school, I feel it’s time for him to work on his goals,” said Domenico.

Hinsey’s new position will allow him to complete his graduate degree much quicker and his schooling will be paid for by the UA.

As a graduate assistant for Student Athletic Development at UA, he will continue mentoring student athletes.

Because of the high profile of Razorback athletes, there is a Stu-

dent Development office designed specifically for them.

“It’s weird because my office is part of the football stadium,” said Hinsey.

When Hinsey first read the description of the position at the UA, he was surprised by how closely it fit what he was already doing at JBU.

“Simeon just had many skills in a variety of areas and that is what is going to make him valuable in athletic administration down the road,” said Daugherty.

Daugherty said when Hinsey told her he was taking a position at the UA, she was not surprised in part because she had written a recommendation letter for Hinsey and she had not expected Hinsey to stay at JBU for a long amount of time.

“When you hire a SID you know it’s not a life-time position,” said Daugherty.

Hinsey’s long-term goal is to return to the Bahamas to create a wellness center to teach kids about personal development through education and athletics.

“Here you see four kids having to leave home to pursue their dreams,” said Hinsey about four other former student-athletes from the Bahamas with similar stories to his, “What about kids who don’t have that opportunity?”

Fresh faces join volleyball program

Shelby DeLay

Staff Writer

delays@jbu.edu

Team building is one of the most important aspects of a sport, and for Lady Golden Eagle Head Volleyball Coach Stacie Johnson, this is no exception.

Along with weekly practices, the team is currently working through a book study together. The current sophomore and junior players are studying about leadership, while the current freshmen are reading about integrity.

“The intentions for the book study are to create a bond between all of the team, and to focus on how to make the new players feel welcome to our team,” Johnson said.

Three new freshmen will be added to the team during the Fall 2012 season including: Audrey Dearien, a 6’ outside hitter or middle blocker from Frisco, Texas, Libby Blasingame, a 6’1” middle blocker from Frisco, Texas, and 6’ Melissa Blakke, an outside hitter from Bentonville, Ark.

“I am excited for what these girls

will bring to the team,” Johnson said.

The new team members will be on campus April 28, for new freshman testing with the team’s trainer.

“The hope is that this will help them be more prepared physically and mentally with what will be required of them,” Johnson said. “And it will encourage them to get to know each other and the rest of the team.”

Other ways that Johnson sees bonding is through each tournament that the team participates in.

“With tournaments, you can tell which lineups work best and who on the team works best together on the court,” Johnson said.

The push for team bonding has paid off. Transfer student sophomore Meghan Kenney joined the Lady Eagles Volleyball team this spring and can already see the strong bond that the team is creating.

“There is a lot of great team chemistry,” Kenney said. “I love how open and welcoming all of the girls have been towards me this semester.”

Kenney, who is also participating in the team’s book study, can see a positive difference in JBU’s team.

“The girls are not only all about the team, but they care about each



SPORTS INFORMATION

Melissa Bakke signing to play volleyball next year at John Brown University with her friends and coach. Bakke is one of four new players who will join the Lady Eagles in the fall.

other a lot,” Kenney said. “And coach Johnson isn’t just a volleyball coach, she is investing in our spiritual lives too. That’s not something that I saw at my old school.”

Kenney is most excited about playing as a defensive specialist this fall, and getting to know the team more and more.

Johnson hopes that the team will continue to grow spiritually and physically together, and will continue to challenge the girls to “become what God wants for [them].”

“I want the team to be a testimony to others,” Johnson said. “Their hard work is part of that. Every day we ask each other ‘did you get better?’ and we will continue that. We want to see success in all areas.”

Done with Guillen

CONTRIBUTOR



Jon Skinner

A floundering baseball franchise completely rebrands itself.

New players, new stadium, new uniforms, new name, new manager.

And yet, only three games into the season they suspend their new manager and are on the verge of firing him.

What happened?

Ozzie Guillen, that’s what.

The Venezuelan ex-White Sox manager has been running his mouth and offending people for years.

There are few groups he hasn’t offended and he has rarely issued a genuine apology.

So when the newly rebranded Miami Marlins, after moving into their new stadium in Little Havana, hired Guillen, they knew what they were getting into.

He has previously dealt with controversy with the White Sox by effectively daring his boss to fire him.

But the Marlins did not expect

that Guillen would do what he did. During only the second series of the season, he said in an interview for TIME that he ‘loved’ Fidel Castro, offending the massive Cuban-American population in Miami.

Guillen had done the worst thing possible for the Marlins: he had deeply offended the very group they were trying so hard to appeal to.

However, the disgraceful thing Guillen did was not what he said but how he responded.

The Marlins suspended Guillen for five games and flew him back to Miami for an ‘apology’ press conference.

At that press conference Guillen did indeed apologize.

He also claimed his words had been misinterpreted and that he had been unable to find the right word in English to say.

He is unable to see how deeply he offended a huge part of his fan base and how the appropriate response would be to take complete responsibility for his actions.

This debacle proves that Ozzie should be fired.

He still hasn’t learned anything and his presence will be a boondoggle for a team that needs Cuban-Americans to come to the ballpark to fill the stands.

Adrian Miller



Outstanding Male Athlete

Allie Rankin



Outstanding Female Athlete and Champions of Character Award

Thomas Galliguez

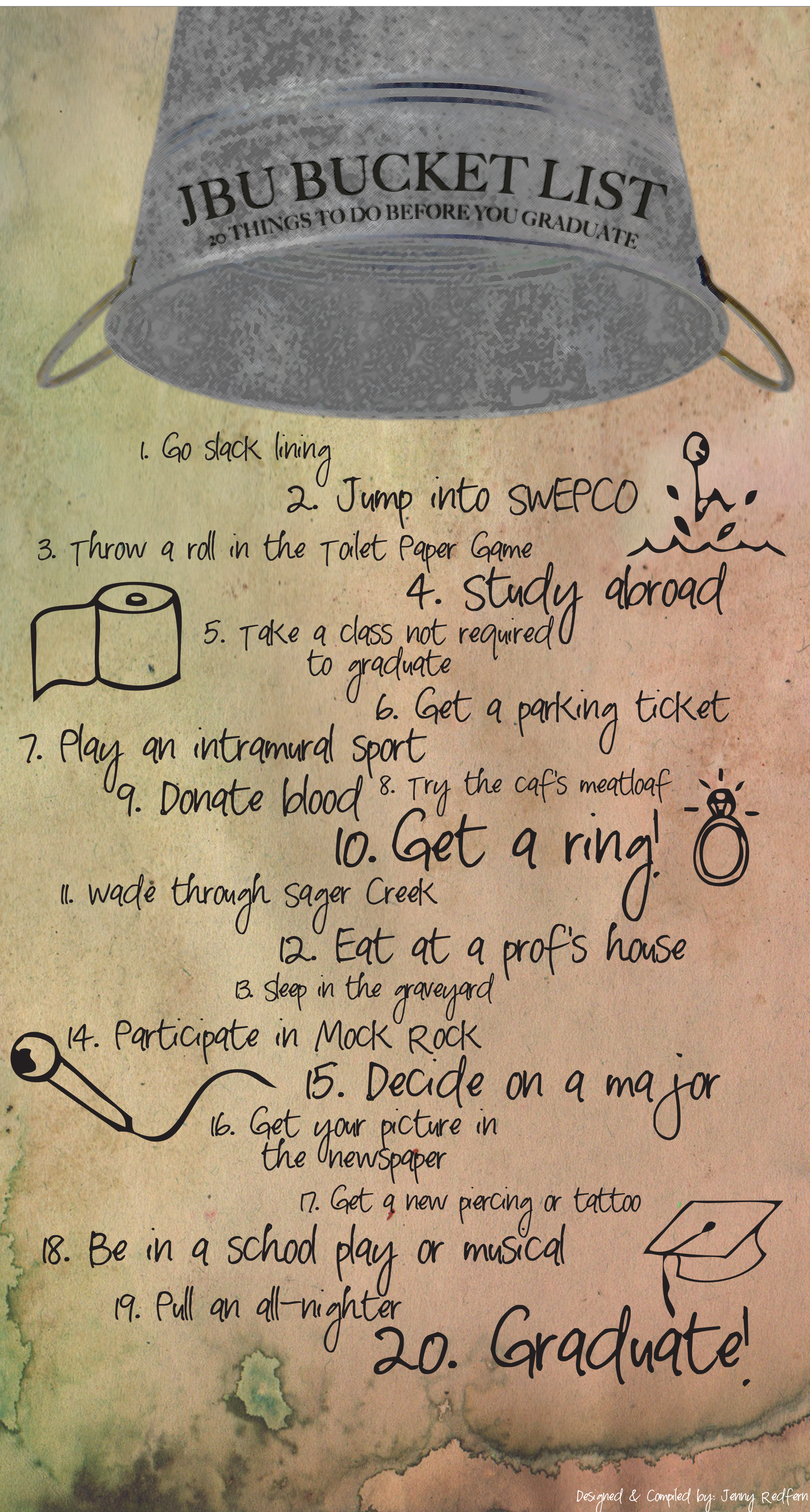


Champions of Character Award



SPOTLIGHT

The Threefold Advocate



Designed & Compiled by: Jenny Redfern

