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Abode Abroad

STUDENTS FIND ADVENTURE AND DIVERSITY, CHALLENGE WORLDVIEWS OFF CAMPUS

BY BRIAN BRANDAU

Northwestern’s Semester Study Abroad programs need more applicants.

“We’re trying to recruit more people to our Romania and Oman semesters,” said Associate Dean of Global Education Doug Carlson. “Both directors are able and wanting to grow their programs.”

Both programs currently have eight applications pending. The Romania and Oman semesters are relatively recent additions to NW’s academic catalogue.

Romania

Five groups have gone from NW to the central European nation of Romania. The program emerged out of Summer Study Abroad trips led by baseball coach Dave Nonnemacher who took players to Romania several years ago. Nonnemacher met and worked with Dana Bates, the program’s current director, and established a relationship with Bates’s New Horizons Foundation.

Students on the Romania semester take courses in Romanian culture and history, Eastern Orthodoxy, sustainable development and experiential education.

Junior Kate Wallin participated in the Romania semester this past year and found the notion of experiential education to be particularly effective.

“It feels like seeing the Pyramids,” Wallin said. “It’s awe-inspiring, but you know it was built on the backs of slaves. I was awestruck but felt a little sick to my stomach.”

Wallin encouraged students to consider the Romania semester as another component of their education.

“I have found adventure is a good way to learn and grow,” Wallin said. “And Romania is an adventure.”

Oman

During the spring, students can travel with NW’s newest Semester Study Abroad experience, the Oman semester.

According to Carlson, NW’s parent church has strong roots in Oman that form the basis for the college’s program there.

“There has been a long history of the Reformed Church in America in Oman since at least 1895,” Carlson said. “They practically built the healthcare and education system in the country.”

BY TYLER LEHMANN

Wedded bliss takes a good long-distance calling plan for Northwestern senior Kate Boersma. That’s because her husband lives five hours away.

“We’ve been married eight months now, but it feels like we’re dating again because we hardly ever see each other,” she said.

Kate Boersma met her husband Justin Boersma during her freshman year when she was treating injuries in the athletic training room. Mr. Boersma, then a senior, had torn his hamstring playing baseball.

After their wedding last summer, the couple lived together for two short months. In the fall, the newlyweds had to take separate paths. While Boersma started her senior year at NW, her husband worked five hours away as a government-employed soil conservationist.

“We went into this knowing it would be hard, but we see it as a stepping stone in our greater plan,” Kate Boersma said.

The Boersmas take turns visiting each other every three weeks. Even with their limited time together, the couple prefer not to fill their visits with constant activity. The best part of any visit for Boersma is simply waking up in the morning next to her husband.

When they’re apart, the couple talk on the phone throughout the day. Boersma gets phone calls from her husband in the morning next to her husband.

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Singing about love, acting up and playing video games

MUSIC REVIEW
BY KATI HENG
ASSC. EDITOR

Don’t believe all the trash going around about Lana Del Rey—the girl’s debut album, “Born To Die,” is pop music at its finest.

Del Rey, the femme-fatale singer developed by New York-native Elizabeth Grant, has been called cold and heartless, has had to face question after question about her beautiful body and has been taunted with claims that nepotism was the spark that started her career.

Maybe it was all the hype, maybe all the controversy, maybe some other fishy reason, but Del Rey’s “Born To Die” has been selling exceptionally well—selling at the top of the charts well. Maybe the reason is simply that people love her sound.

While her music has been labeled everything from the blandly named indie-alternative and the equally nondescript pop, Del Rey’s music is often labeled as “sad-core.” “Born To Die” comes close to earning the name—just like famous sad-core artists such as Cat Power, Del Rey’s songs are filled with bleak lyrics and echo with beauty. But unlike the typical sad-core, “Born To Die” also masters the glitter and candy-sweet world of pop.

“Born To Die” is sugary-sweet, instantly addicting, making listeners want to hear more, more and want to play that song again, again.

Like the perfect pop song, girls want to play it out the car windows and scream along with Del Rey.

Del Rey’s rise into the limelight began last summer with her debut music video “Video Games,” a melancholic and haunting tune filmed in a grainy sheen and spliced with images of roses, people playing on the beach and self-destructing, stumbling starlets.

Del Rey’s doe-eyed look and soft husky voice pierced hearts, while her lyrics struck chords in the hearts of any girl who has ever watched football, endured awful friends or played a video game just to spend more time with the boy she loves. Lines like “Lean in for a big kiss/ Put hisfavorite perfume on/ Go play a video game” were head-of-the-nail deep, striking and became reason enough to believe Del Rey may be the next big pop star.

Shortly after the video went viral, the bashing began.

Like any other gorgeous female singer, Del Rey was bashed with rumors about plastic surgery. Del Rey has those duck-lips that girls try to make and end up looking like fools—but her lips make her look stunning. Combined with her big watery eyes and coke-cancurls, she’s a regular Lolita. And we just can’t have that kind of getting up and singing in front of our daughters, now can we?

More blows to her name came after her live performance on the comedy-skecht show Saturday Night Live. As the first artist to perform on the show before releasing an album since 1998, expectations for Del Rey were set high. Her stoic nature, broadly ranging voice that seemed in end

Del Rey is a new character on the music scene, and perhaps the real girl Lizzy Grant does have some refining of that character to do. For example, Del Rey is often contradictory—she’s a beautiful and clean, innocent but tough bad girl, distant from others as if in a world of her own, but she’s always singing about needing the guy to want her and love her forever. The lyrics, such as “You went out every night/ And baby that’s alright/ I told you no matter what you did I’d be by your side” from the song “Blue Jeans” are self-depreciating, lacking the self-esteem her beautiful character carries.

But after all the punches are thrown, all the bullets fired, “Born To Die” still stands as a fantastic album in its own right. Every song is dripping with Del Rey’s sensual voice and the down-to-earth charm that comes from songs about Diet Mt. Dew, backyard swimming pools and pretty girls in tears.

Rating: ★★★★

Key Tracks: “Video Games,” “Born To Die” “Diet Mt. Dew”

NW thinks Stilettos are better than UGGs

UGGs are seen everywhere during the winter months, but on the Northwestern campus students seem to have their own views about this Australian sheepsin fad:

“I tend to wear moccasins instead of wearing any type of boot at all. They keep my feet warm, and they’re not as bulky. If I had to wear boots, I probably wouldn’t get UGGs because they’re too expensive.”—Sophomore Lauren Van’t Hof

“Personally, I enjoy the challenge of wearing shoes with no traction.”—Sophomore Alyssa Ronchak.

“I do have a pair of UGG sweater knit boots, but now looking back over the past three years I would tell my mom I didn’t need the name brand.”—Senior Charissa Thornton

“I do have a pair of UGGs, but they have to be the well supported kind.”—Sophomore Kayla Vetter

“UGGs are ugly. I’d rather walk in stilettos than UGGs.”—Senior Ashley Eades

“I think UGGs are overrated and overpriced. In my family you treat your feet right. That means comfort and good support. I wear actual rain boots—waterproof and great traction.”—Junior Beverly Rubel

“Cross. Even if they’re warm, they’re not cute.”—Freshman Skyler Tenopir

“Wearing UGGs with short shorts, or anything above the ankle really, is ridiculous. I would only get them if they were on sale.”—Sophomore Rebekah Wicks

“The last time I saw the boots with the fur, the whole club was looking at her.”—Nathan Mastbergen
Liam Neeson owns ‘The Grey’

MOVIE REVIEW
BY JEFFREY HUBERS

“The Grey” makes full use of Liam Neeson’s powerful voice—a voice that is somehow so calm and yet so foreboding; a voice that makes one feel safe but frightened all at once as he both stars and narrates in this exciting action adventure.

Feelings of safety and fears of feeling struggle for their place at the top as “The Grey” delves deep into a world of survival amidst the rugged Alaskan wild. Neeson plays a troubled soul working out in the depths of Alaska for an oil drilling company. Serving as a protector for the oil drilling teams, Neeson is the team’s defense from the aggressive wild animals in the area. He stands on the boundaries of life and death—saving the lives of fellow oil workers by taking out hungry wolves.

The role Neeson fills at the site of the oil drilling carries over once the plane carrying his oil crew goes down amidst a terrible storm. The film begins the wild ride of life and death, of never knowing whether or not it’s safe to breathe easy while watching the surviving oil workers attempt to make their way out of the snow-covered desolation.

Viewers remain frozen to the edges of their seats as the survivors are forced to fight every step of the way, against wolves, weather and even themselves. Through it all, Neeson’s calm manner is a signal fire for the survivors to huddle around.

“The Grey” presents not only external struggles for life, but internal struggles as well. What keeps you going? What’s worth getting back to?

The movie asks questions not only of the characters, but of the audience as well. This is not just a movie taking place out on the rugged tundra, but a thought-provoking drama, all with a brilliant, seasoned Neeson leading the way with his Irish brogue speaking fluidly to the audience over the backdrop of Alaskan mountain lakes and snow-covered forests.

Rating: ★★★★★

‘Underworld’ is far under average

MOVIE REVIEW
BY MICHAEL GUTSCHIE

“Underworld: Awakening” is completely and utterly pointless, and I don’t even know if I regret seeing it.

The plot is basically as follows: Humans now know about vampires and werewolves, also known as “lycans.” They begin purging the vampires and werewolves mostly with fire and UV bullets and other nonsense. Vampire Lady protagonist Selene says some ominous things about survival, and then UV bullets and other nonsense. Vampire Lady protagonist purging the vampires and werewolves mostly with fire and pointless, and I don’t even know if I regret seeing it.

“Underworld” is far under average.

Rating: ★★

Falling off the ledge

MOVIE REVIEW
BY KAMERON TOEWS

James Bond meets Mission Impossible in “Man On A Ledge,” a film that is about as intriguing as a dry flapjack.

Nick Cassidy (Sam Worthington) is the man on the ledge, threatening to jump in order to prove he is innocent of the crime that sent him to jail and took away his badge at the police station.

While on the ledge, Cassidy confides in Lydia Mercer (Elizabeth Banks), the woman brought in to coax the suicidal man back to safety. As an outsider within the police force, she desperately needs to prove herself, and Cassidy has just provided her with that very opportunity.

Cassidy proves to be a simple distraction while his brother, Joey Cassidy (Jamie Bell), along with his beautiful love interest, Angie (Genesis Rodriguez), play spy and thief with the help of some high tech gadgets. Unfortunately, this side story feels shallow, as though it were stuffed together on a writer’s crowded desk.

For a film developed around suspense and thrills, it packs a lousy punch. The story develops slowly, chunk by chunk, leaving the audience with little to cheer for. The flick fails to capture a spirit of intrigue and mystery, although it desperately wants to do so. It leaves the audience feeling bored.

The poor story pacing should keep any moviegoer from seeing “Man on a Ledge,” but if forced to go—take heart, because the film contains some beautiful and utterly dynamic characters.

Mercer is a well-written character with some interesting motivations who takes charge and makes bold decisions, while Joey Cassidy and Angie bring some humor, a much needed element to an otherwise stale movie.

The New Yorkers watching the events of Cassidy from the streets below offer a powerful critique of today’s media-saturated culture. Onlookers chant, “Jump, jump, jump,” as though Cassidy is simply a means to free entertainment on their way to Starbuck’s.

“Man on a Ledge” has hints of a well done, entertaining action story; but in the end, it tastes bland. This film offers nothing new for audiences who have already seen air vents leading to high-security vaults, heat sensors, motion activated lasers and latex caskets.

Rating: ★★

Campus Quotes

“Can your dumb phones do that?”
- Professor Dan Swier in Chapel on the difference a Smartphone makes.

“Like, if Dr. Dahn did drugs, I would totally do drugs!”
- Junior Emily Wohlers on how cool music Professor Dahn is.

“You expect us to bow down to a woman?”
- Senior Jacob Vander Plueg, an engaged man.

Submit your own campus quotes, with context, to beacon@nwciowa.edu
Grab the chips and try these dips: Recipes from NW students and staff

**Hannah’s Hummus**

1. Drain and rinse one can of chick peas, place in food processor or blender with one clove of garlic and a splash of olive oil.
2. Begin blending, adding splashes of olive oil incrementally until the hummus reaches the desired consistency (should use about ¼ cup of olive oil). Add garlic salt and pepper to taste, blending again to spread throughout.

—Junior Hannah Biernacki

**Steggy Salsa**

1. Chop tomatoes, onions and green peppers to desired size.
2. Cover with lemon or lime juice and add salt, pepper and garlic powder. Mix well.
3. For more variations, try adding corn, black beans, jalapenos or mangoes.

—Stegenga RD Rebecca Alsum

**Gourmet Guac**

1. Peel, pit and slice 2 cups worth of avocado. Finely chop one small tomato and part of a sweet bell pepper.
2. Add above ingredients together, add in two scallions, ¼ cups minced fresh mint, one tablespoon fresh cilantro, ⅛ teaspoon celtic or Himalayan salt and ⅛ teaspoon cumin.
3. Blend together and enjoy.

—Sophomore Abby Hoekstra

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**NW prepares for Super Bowl XLVI**

**BY KAMERON TOEWS**

The Super Bowl is right around the corner, with parties and get-togethers in tow. The young and the old will gather around television screens this Sunday to watch what has become a pseudo-holiday for many Americans. Football fans will join together with friends and food for an afternoon full of entertainment and laughs.

The big game will be watched all over campus, from apartments to dorms. Coleenbrander resident director Ryan Anderson is planning something special for the men of the dorm.

“There’ll be a big projector screen and a large spread of food. Chips and homemade salsa will be a staple.” Anderson said. “We’ll do some trivia, raffles and games. Guys come and go as they want. It’s relaxed.”

Watching the game together is a tradition for many dorms on campus and something the North Suites will do as well.

“I’m hoping to make it an interactive evening,” said Kendal Stanislav, resident director of the North Suites. “I am grateful for the large TV in the lounge for a nice place to watch.”

Anderson and Stanislav are excited to offer a communal place to watch the game. Realizing that students will watch the game whether there is a dorm event or not, Stanislav said it is “a chance to connect guys together.”

“It’s a big deal in our culture,” Anderson said. “People are going to watch it, so having a place to watch it brings people out of their rooms.”

It’s not just resident directors hosting Super Bowl bashes. Junior Hannah Biernacki is teaming up with her apartment roommates to host a party for more than a dozen of her friends.

“I like excuses to get together,” Biernacki said. “And it’s always fun when there’s competition.”

Biernacki admitted that she decided to host a party this year partly because she has apartment space and friends who enjoy football, but mostly because she likes making food.

Appetizers on her menu include homemade pretzels bites, seven layer dip and pickle wraps.

Super Bowl parties offer more than just a game. There is hangout time, snack time and of course, commercial time. There are few, if any, occasions besides during the Super Bowl when commercials are not four-minute blocks of dreaded waiting, but rather anticipated times of entertainment.

For some folks, the funny commercials are the only reason to sit through hours of football. While die-hard football fans prepare for the big game, others are less excited. Junior Jeremy Bork is not a follower of football, yet still has a favorite Super Bowl day memory.

“One year my cousins and I made a horror film while the adults watched the Super Bowl,” Bork said.

As a native of England, sophomore Harri Edwards was surprised to see how popular the Super Bowl is here in America.

“Everyone talks about it so much. It’s all over the news,” Edwards said.

The Super Bowl is available in England, but few actually watch it.

Last year, Edwards did enjoy the game with friends and food.

“Someone made pancakes,” Edwards said.

Many attending parties this year say they do not care which team wins, but are going for the food.

Must-haves include Mountain Dew, chips, dip and little smokies.

Football’s must-see game is not for everyone, but the party culture does provide a variety of entertainment choices: Watch the game, munch on snacks, gossip in the kitchen or make a movie with your friends.
NW students work multiple jobs to pay for school

By Tyler Lehmann

Northwestern senior Kirsten McConnell never goes to bed without filling up her coffeemaker first.

McConnell’s chock-full schedule includes tutoring three subjects, performing duties as a T.A., working as a student ambassador, holding a retail job and many other responsibilities—all on top of a full 18-credit course load.

Like many students at NW, McConnell needs the extra cash her jobs provide so she can pay tuition. The unique part about McConnell’s story is that she actually prefers her busy schedule.

“I’m not the type of person who likes to sit around,” she said.

As a freshman, McConnell was uninvolved at NW and she knew she belonged. As she juggles school work, jobs and wedding plans, Bruxvoort remembers finding peace.

“The big thing for me is trusting that God has a plan,” she said.

Sophomore Ryan Brasser agrees that relying on God can help students manage a full schedule.

“Sometimes, God gets pushed aside when we have multiple commitments to attend to,” he said. “We need to remember to keep our priorities in order.”

Brasser plays for NW’s baseball team, and he works for the maintenance department to earn money for tuition. Yet he still makes time to help lead a Bible study for his teammates.

These three students have some tips for surviving overbooked schedules.

Brasser refuses to let procrastinate, preferring to stay on top of his workload.

“Start things before the last minute,” he said. McConnell makes time for fun so she doesn’t burn out.

“You could spend Friday night getting work done, but you need relaxation time,” she said.

To reduce stress, Bruxvoort doesn’t sweat the small stuff.

“Losing a couple points on a reading quiz because you just didn’t have time to read the whole assignment is not going to make a huge difference in the grand scheme of things,” she said.

These students may have hectic schedules and busy lives, but they wouldn’t have it any other way.

“I like the satisfaction of knowing I’m doing all that I can to get the most out of NW. Most students here can agree there’s satisfaction in working hard at what you do,” Brasser said.

Student musician wants to get a head start on the party

By Jocelyn Van Dyke

Features Co-editor

Elbows are underrated. This is something that junior Jeremy Bork has given a lot of consideration to through his music. His song entitled “Elbows” discusses all the things elbows can do.

“In the body of Christ, don’t ever doubt your role,” Bork said. “It’s way more significant than you think.”

With his love for writing dance party music, the vast majority of Bork’s songs have an electronic sound, sometimes with a hip hop influence.

“Kind of like Owl City meets Group 1 Crew,” Bork said.

Besides “Elbows,” Bork has been working on another new song for his second album. Titled “Party in the Sky,” Bork said this track is about “getting a head start to the party we’ll have in Heaven someday.”

This idea of “getting a head start to the party” is a big part of his musical ministry.

“Overall, I just love to write music for God and for others,” Bork said. “I want it to be something that can be encouraging and uplifting; something that will point people toward Christ and not fill their minds with things that are distracting.”

Bork’s music career started the night before his freshman year of college.

“I could not fall asleep. I was so nervous and excited. So many thoughts were running through my head,” Bork said.

“I sat down in front of our piano, which I didn’t know how to play, and started playing some stuff. Lyrics just started coming to me, and I wrote my first song the night before college.”

Throughout his first year of college, Bork continued to teach himself how to play the piano. His grandpa was a band teacher and had taught him how to play chords. Bork had also played trumpet and sang in high school, and these experiences helped him learn how to play a new instrument.

“As I made friends at Northwestern, my music was almost like a ‘secret’ thing. Like a superpower,” Bork said. “To me, it’s a reminder that this is a gift from God I’ve been blessed with. A lot of the time I feel like the music and lyrics are given when the time is right. They’re given in God’s timing.”

His sophomore year was when his ministry really started to take off.

“I knew how my songs sounded in my head, but didn’t know how to show others what was going on in my head,” Bork said. “I went to the recording studio and it was a lot of trial and error. Throughout the year, I got a lot better at recording and using the equipment. It was a really sweet feeling to have a physical copy of my music. By the end of my sophomore year I had about 12 songs I had finished recording.”

From there, Bork decided to temporarily put some of his music on iTunes.

“I put music on not to get discovered, but more for friends and family who live far away,” Bork said.

When Bork writes and performs his music, he calls himself Void. Invalid. He does so for two reasons.

“A: It just sounds cool,” Bork said. “And B: It’s in terms of thinking about our lives. Before we know God, we have a void in our lives. This is a unique void, an invalid void, because it can only be filled by one thing.”

Bork is using his music as a ministry to help people find the only thing that can fill that void.

“I’m not in this to make money. It’s more so that God’s blessed me with this gift,” said Bork. “If I can be a blessing to someone else, then awesome. I am simply inspired by God’s provision of this gift in my life.”

Bork’s music can be heard at Purevolume.com.
Students attempt to make long distance relationships work across the miles

FROM PAGE 1

lots of phone calls are kind of a necessity,” Boersma said. In addition to calling each other on the phone, the Boersmas turn on their webcams when they work at their desks. They don’t always have a conversation, but they like how it creates the feeling that they are sitting down together at home.

Despite the Boersmas’ efforts to relieve the ache of separation, nothing completely makes up for the distance between them. When Boersma misses her husband, she finds comfort in visiting family nearby.

Family also plays a large role in another NW student’s long-distance relationship. When freshman Amy Rahlf visits her boyfriend in Minnesota, the two devote much of their time to each other’s families.

Though Rahlf and her boyfriend only began their relationship over winter break, they have known each other much longer. The two met in high school when they competed on opposing bowling teams.

For Rahlf, the hardest part of adjusting to her new long-distance relationship is substituting phone calls for talking in person. Rahlf said she and her boyfriend connect better in person than they do over the phone.

Junior Jessica Kleveland said that even though Skype is helpful, it isn’t a complete fix.

“It’s hard when I really just want to see him. Sometimes Skype isn’t enough. Their presence is important.”

Connecting over the phone is less difficult for NW sophomore Evan Stoesz and his girlfriend, who studies at the University of Minnesota. The couple interact on the phone by playing Battleship.

“In a way, it feels like we’re actually hanging out,” Stoesz said.

When Stoesz visits his girlfriend, the two usually go out on formal dates.

“Big dates help us make up for lost time,” he said.

On the other hand, some NW students in long-distance relationships prefer to keep their visits low-key. That’s how senior Aaron Bauer spends his time with his fiancée, who lives in Sioux Falls, S.D.

“We’re actually pretty boring,” Bauer said.

When they’re not enjoying downtime together, Bauer and his fiancée are planning their wedding. Despite the distance between them, the couple feels confident their plans will be done on time.

“The distance keeps us in check. We have to be adamant about getting our planning done,” Bauer said.

Through his long-distance relationship, Bauer has learned the meaning of sacrifice. He has turned down many campus activities so he can visit his fiancée.

Like Bauer, Rahlf has also experienced personal growth.

“The distance has actually made me stronger. You need to learn to stand on your own two feet before you can walk together,” she said.

Success in a long-distance relationship requires solid commitment, all these couples believe.

“You either have to make the commitment 100 percent or forget about it,” Boersma said. “There’s no room for ‘We’ll see how it goes.’”

For the Boersmas, living five hours from each other has proven difficult, yet they find peace amidst the challenge they face.

“Of course, I always wish Justin could be home,” Boersma said. “But we have to trust this is the path God wants us on.”

Eating healthy is most commonly associated with a boring lettuce salad, but freshman Leah Wielenga argues that lettuce serves as a base to create a delicious meal. She has found creative ways to not only eat a filling, nutritious meal, but to enjoy it. The key is to make food colorful, which is an indicator of a variety of nutrients. “It’s all about the balance of a meal as a whole,” Wielenga said. “God intended us to enjoy our food, so don’t worry about it.” Establishing healthy eating habits is a personal decision, so never compare what is on your plate to someone else’s. “Everyone needs a different balance, so what is good for you may not work for another person,” Wielenga said. “We are all made to eat and look differently.” Here are three healthy ways to enjoy your food in the cafeteria.

**Salads:**

Not all salads are boring. Grab a pasta bowl because this tends to be a large one! Begin with a mix of spinach and lettuce. Go on to add carrots, cucumbers, tomatoes, raisins, chickpeas, black beans, broccoli, cauliflower, corn, rice, just a little bit of bleu or feta cheese crumbles and sunflower seeds. If available, add mixed black bean salsa, lentils and hummus instead of dressing offered. If not, and you are concerned about overdoing the dressing, put it on a small plate and dip each bite into it to control the amount you eat.

If a salad still doesn’t sound appealing, know that it is one of many healthy alternatives. One such option is a wrap. Begin with a wrap from the sandwich bar. If hummus is available, spread a layer across the wrap. This will add texture and flavor, as well as protein. Stay away from fattening meats, and instead use roasted veggies, such as zucchini and squash. Also, add chickpeas, black beans, spinach and crumbled cheese (feta or bleu). As always though, avoid using too much cheese, which is high in fat and calories.

**Wrap:**

If you still feel the need for meat, one healthy choice is the veggie burger. This misunderstood superfood offers protein, fiber and a full serving of veggies. Begin with the burger and the bun. Sprinkle cheese lightly across the top, and microwave until cheese is melted. To spice up your burger, consider adding a slice or two of tomato. You can also increase your vegetable intake with some spinach leaves and diced up chickpeas. For a fresh taste as well as a nice, healthy crunch, add a few cucumber slices.

**Veggie Burger:**

Wrap a pasta bowl because this tends to be a large one! Begin with a mix of spinach and lettuce. Go on to add carrots, cucumbers, tomatoes, raisins, chickpeas, black beans, broccoli, cauliflower, corn, rice, just a little bit of bleu or feta cheese crumbles and sunflower seeds. If available, add mixed black bean salsa, lentils and hummus instead of dressing offered. If not, and you are concerned about overdoing the dressing, put it on a small plate and dip each bite into it to control the amount you eat.

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Students experience community outside Northwestern campus

BY KATE WALLIN

Community may be the most worn-out cliché at Northwestern but a handful of students are reimaging what the word could mean.

Junior Jeremy Bork and recent NW grad Lanet Hane are among those participating in non-profit Zestos Inc.’s monthly Community Meal.

“The hope for community meals is that they aren’t an alternative for the soup kitchen; it’s not for ‘poor people,’” Hane said. “Zestos works to meet physical and spiritual needs that aren’t being met by other organizations in the area. Community Meals meet a need for relationships between people.”

“I’ll admit the first time I went, part of the reason was to not have another meal in the Cafe,” Bork said. “But I was excited to meet some other people in the community too.”

The meals are set up as an open house, with buffet style dining including lots of good home cooked meals, homemade desserts and pies the way your grandma used to make them.

“All the food was there. All was supplied,” Bork said. “Something that surprised me was there were no baskets for free will donations. I brought some money to donate, but they don’t even want your money.”

And although the food is good, it’s the conversations that keep them coming back.

“I keep going to be a positive force,” Hane said. “To help it really be a community meal.”

“I sat with a table of elderly women. Women who have families and grandkids and know how to bake a mean pie. I feel like I didn’t talk much; I just listened to their stories,” Bork said.

These relationships between different generations are a major aim of the idea behind Community Meals. The meals, created to provide a space where people of varying backgrounds, incomes and faith traditions can come together, are working for a new definition of community.

One not based on age, need or where you worship.

“I haven’t had a real explosive experience, but I have met some really interesting people,” Hane said.

At one such meal, she met a man who spends all of his free time going through the family genealogies in the Alton Library.

“He knows the genealogy of pretty much anyone in Orange City,” Hane said. “He is someone I would have never met otherwise, but we had a two to three hour conversation about genealogies.”

Hane and Bork encouraged all students, faculty and staff to think about their involvement in the community beyond NW.

“Listening to the elderly women, I realized just how different their experiences in Orange City were,” Bork said.

“Orange City isn’t the bubble we think it is unless we choose to keep it that way,” Hane said. “You meet people and you’re surprised by the stereotypes you had. The biggest thing I’ve learned is the way I see the world is not the way everyone else sees the world.”

The monthly Community Meal is hosted in churches around Orange City every fourth Thursday and on the second Thursday at New Life Community Church in Sioux Center. Information is available in Campus Announcements and at all local churches.

Admissions counselor Wes Garcia, seniors Kate Wallin, Ericha Walden, Alyssa Ronchak, Jennifer Kahanic, Ashley Wright, Amanda Silva, junior Nicki Schlickbernd, Lanet Hane travel to a Community Meal in Orange City. The meals are meant to bring communities together over home made food and conversation. Students have been participating in these meals in churches across the region.

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**Hot shooting propels Red Raiders in routs**

**BY MICHAEL SIMMELINK**
**SPORTS EDITOR**

The women of No. 7 Northwestern defeated Dordt 87-52 Wednesday night in Sioux Center.

The upset-minded Defenders were fresh off a victory against No. 2 Briar Cliff, but could not find a way past their rivals.

The win pushes the Raiders’ record to 18-5, 12-3 in the GPAC.

The Raiders hardly missed in the first half, sinking 62 percent of their shots from the field, and going 5-7 from three-point range for 71 percent.

It wasn’t all offense for the Raiders though. Using a relentless 3-2 zone, NW snatched up 18 steals and forced 26 turnovers in the contest.

When the Defenders were able to maintain possession of the ball, very few of their shots went in, as NW held them to 33 percent shooting from the floor.

“We go into every game only concerned about who we are and what we can control,” said senior Val Kleinjan. “We can control our effort and how we execute our offensive and defensive principles.”

Yet again, it was junior Kendra De Jong who led the charge in scoring for the Raiders, dropping 21 points. Sophomore Sam Kleinassers (14), senior Kami Kuhlmann (13), sophomore Kenzie Small (12), and Kleinjan (10) were also in double figures.

 “[Kendra] has been doing a good job of stepping up as a leader,” Kleinjan said. “She understands what it takes to succeed at this level.”

Freshman Karen Hutson and junior Mel Babcock were among the team leaders with five each, as the squad won the rebounding margin 38-35.

On Saturday, the women dominated No. 18 Hastings 80-54 on the Bultman Center floor Saturday afternoon. After starting out slow, the Raider’s defense suffocated the Broncos offense for the remainder of the contest.

“Coming out of the locker room with a 45-26 lead, the Raiders never let the Broncos get closer than 15 points in the second half,” Kleinjan said, “the next game is always the most important one. We try to take it one game at a time. You always have to come ready to play in the GPAC.”

**Raiders wrestlers drop both GPAC and non conference duals**

**BY MICHAEL SIMMELINK**
**SPORTS EDITOR**

The Northwestern wrestling squad split their two meets on Wednesday night. They first traveled to Sioux City to face GPAC leader Morningside, and fell 26-12. They then picked up their gear and tried to rebound at Buena Vista, but lost a heartbreaker 28-27.

The Raiders are now 6-4 on the season.

In Sioux City, at 133-lbs., freshman Ricky Ortiz won 4-2. Senior Josiah Simburger followed that up with a high-scoring victory of his own at 141-lbs., 13-11. Freshman 149-pounder Zach Fishman fought hard to hang onto his 3-1 victory.

All three wrestlers will be competing at the national tournament at the end of this season.

NW knew going into the Morningside match that they were facing a tough opponent.

“A lot of guys spent extra time in the wrestling room,” said freshman Tim Stephens. “They were doing extra workouts in preparation for the meet. We really went a/g286 er it.”

The Raiders final victory came from senior Nic Leither, who picked up a 4-2 victory at 197-lbs.

Against Buena Vista, NW was dug an early hole in the first three matches, but after a forfeit at 149-lbs., freshman 157-pounder Tyler Schaefer collected a pin in 4:51.

Senior David Carter shut-out his opponent for a 5-0 win, and Stephens picked up a pin in 3:48.

Leither also calmly won by fall in 3:22 to give NW the lead going into the final match.

“[Leither’s] a real team leader,” Stephens said. “He’s there for everyone. He’s a great encourager and always keeps us at a good pace in practice. He makes it fun to be in the sport.”

Freshman Leandro Peralta, wrestling in his first match as a part of the team, could not stay off his back. He was pinned to give Buena Vista the close dual win.

Despite the less than desired result, the men took some pride in the never-say-due attitude displayed.

“We had a lot of guys finish out their matches and go hard until it was over,” Stephens said. “And that really helped us

Midway through the first half, Hastings appeared to have the upper hand with a 18-13 lead. NW responded by going on a 14-0 tear to take the lead and garner all momentum. A 15-1 run to finish out the first half knocked the Broncos back on their heels.

“We were able to pull away from Hastings at the end of the first half because of our defense,” Kleinjan said. “We attacked them with a 3/4 court trapping press. We made them play faster than they wanted to, causing turnovers that we capitalized on.”

Coming out of the locker room with a 45-26 lead, the Raiders never let the Broncos get closer than 15 points in the second half.

De Jong and Kleinjan both had 14 points to lead NW. Kuhlmann was next in line with 13 points, Kleinassers brought seven points off the bench.

Though the Raiders lost the overall battle on the glass 38-36, Kuhlmann and De Jong led with seven each.

NW travels to Seward, Neb., this Saturday to face No. 3 and GPAC leader Concordia. They are on a 10-game winning streak and have one game lead on NW in the GPAC standings.

“Whatever team we play,” Kleinjan said, “the next game is always the most important one. We try to take it one game at a time. You always have to come ready to play in the GPAC.”

PHOTO BY BOB LATCHAW

Senior Nic Leither grapples for position against a Concordia opponent on Jan. 10. Leither won the match and has spent the majority of the season ranked as the No. 1 wrestler at 197-lbs. in the NAIA.
**Sports**

NW doomed by slow start to second half

BY TOM WESTERHOLM

What a difference half-time makes.

The Northwestern men’s basketball team lost a big game on the road against Dordt on Wednesday night. The No. 5
Defenders dominated the second half and beat NW 86-72, as the
Raiders fell to 17-6 on the season, 10-5 in the conference.

With the win, Dordt earned the season sweep in the highly-
publicized rivalry.

Junior wing Ben Miller scored 15 points to lead the
Raiders on 6-12 shooting, and junior post Daniel Van
Kalsbeek added 14 on 7-9 from the field. But the Raiders were
doomed in part by their three point shooting, as they went
0-10 in the second half, and shot just 10.5 percent overall.

“We haven’t been shooting as confidently as we need to,”
Van Kalsbeek said. “If a few more of our threes had fallen,
we would have been right back in the game.”

The teams went into halftime tied at 38, but Dordt came
into the second half on fire, going on a 13-4 run that NW
never recovered from.

“We relaxed too much going into the locker room,”
Van Kalsbeek said. “They outworked us for the first four
minutes [of the second half] and we never caught up.”

The Defenders were led by their posts, who combined
for 37 points in the paint.

Dordt’s raucous crowd appeared to contribute to NW’s struggles, but Van Kalsbeek said they were unaffected by
the noise in the gym.

“Personally, it made me play better,” Van Kalsbeek said.
“But there is always homecourt advantage.”

The Raiders stressed some positives after the tough
road loss.

“We found out that when we play hard, we are the best
team in the GPAC,” Van Kalsbeek said. “We need to play
that way for every minute of every game.”

The Raiders beat Hastings at the Bultman Center 79-71
on Saturday.

In stark contrast to the game against Dordt, NW shot
extremely well from the perimeter, as senior Walker Seim and
junior Zack Leeper combined to shoot 6-11 from behind the arc.

“Playing at home] makes a huge difference,” Van Kalsbeek
said. “We have had over 60 practices in the Bultman Center,
so our shots tend to fall more during games. Our local crowd
is also great. Now we need to work on a student section.”

The Raiders were also pleased with the energy they
brought to the game.

**Huseman, 4x800 qualify for nationals**

BY TOM WESTERHOLM

The Northwestern track team turned in an excellent
performance on Saturday at the Dennis Young Invite at
Buena Vista.

Seven Raiders grabbed
drop in the 1600m. Huseman cleared 6-10.75
feet on the bar. His jump was
also the highest in the NAIA
so far this season. Huseman
has qualified for the indoor
national tournament.

Sophomore Jeriah Dunk
won two events as well,
taking first in both the 55
and 200m dashes. Dunk’s
time in the 55m was 6.56
seconds. He ran the 200m in
22.8 seconds.

“I’ve got to thank God
because only three weeks ago,
the doctors said I wouldn’t
be able to run this season
because of my bad knees,”
Dunk said. “I just ran my race and I’m glad I finished
with a win.”

Senior Kiley Murra also
took first place for NW,
winning the shot put with a
throw of 47-9.5. Junior
Brandon Hammad placed in
the top 10 in three different
events as well for the Raiders.

“The team had a really
good day,” Dunk said.
“Next week should be
even better.”

On the women’s side,
senior Krystina Bourcharb
won the 400m, while junior
Brianna Hobbs won the
800m and was a part of the
4x800m team who won and
qualified for nationals,
along with senior Teresa
Kerkvliet, freshman Sara
Edwardson and sophomore
Dawn Gildersheeve.

The Raiders will run at
Dordt Saturday.

**Faculty and staff’s picks for Super Bowl**

“Giants 27 - Patriots 24. Giants ‘Cruz’ to victory. Giants D is peaking at the right time.”
- Business professor Brandon Woudstra

“In a frighteningly weird case of déjà vu, Eli Manning throws a late desperation pass completion to Hakeem Nicks (who does an admirable reenactment of David Tyree’s catch) on a drive that produces not only the game-winning touchdown, but the exact same score as four years ago. Giants 17 - Patriots 14.”
- Accounting professor Ray Gibler

“Giants 31 - Patriots 21. Peyton Manning secretly puts on a Giants uniform and leads New York to victory in his home stadium while Eli sits in a suite nursing a high ankle sprain sustained in practice on Thursday.”
- Men’s soccer coach Dan Swier

“Giants 27 - Patriots 24. The evenly matched teams should play a close game that comes down to a field goal at the end, and Tynes has been a clutch kicker for the Giants.”
- Religion professor Jim Mead

“Giants 27 - Patriots 24. I really only watch the Super Bowl to critique the ads. I predict Volkswagen will score a repeat hit with a new campaign “Dog Strikes Back” which is an equal rival to last year’s “The Force” winner. The verdict is still out on whether a new Chrysler ad will top last year’s $9 million gritty “Born of Fire” campaign with Eminem.”
- Communications professor Ann Minnick

“Patriots 0 - Giants 0. They may score, but these teams have been there so often; therefore very few people want to see them again, so we watch the commercials and forget about the game.”
- Chaplain Harlan Van Oort

“I really only watch the Super Bowl to critique the ads. I predict Volkswagen will score a repeat hit with a new campaign “Dog Strikes Back” which is an equal rival to last year’s “The Force” winner. The verdict is still out on whether a new Chrysler ad will top last year’s $9 million gritty “Born of Fire” campaign with Eminem.”
- Communications professor Ann Minnick

“Patriots 3 - Giants 2. I have to go with Patriots owner Robert Kraft who was a founding member of Major League Soccer in the U.S.”
- Associate director of computing services Paul Smith

PHOTO BY BOB LATCHAW
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Northwestern TePaske Art Gallery

stained glass

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717 8th Street SE
Movie-Line 737-8866
The RSC is not the place to be

NATHAN MASTBERGEN
There has been a lot of buzz around campus surrounding the possibility of the RSC being open later. Intrigued by the idea, I decided to take a trip to the RSC as late as I could under the current rules. Hopefully this adventure is a sneak peak at what these late nights would look like.

It’s 10:52 on Saturday night. I’m seated on a bench in the RSC four-court area, watching a lone b-ball sporting a Paul Pierce jersey polish his jumper. No one else is here. I hear nothing but the tap of my keyboard, the bounce of the ball and the constant hum of electricity fueling the lights by which the Pierce admirer shoots. Now, at 10:56, I’ve moved my work to the mini-gym. The pool, ping-pong and football tables sit idle and the basketball hoop remains. There isn’t even a couple sharing a classic Northwestern third or fourth date game of flirty basketball. All four of the racquetball courts also wait patiently to be used. I’m beginning to have trouble picturing this place crawling with people if it stays open for an hour.

I pass the girl working at the desk and enter the mall area. A studious Adam Vander Stoep works diligently on his homework. He knows that if you want a quiet place to study on a Saturday night, there is nowhere better. The next step in my journey is the Hub. With eight people scattered in pairs across the room, the Hub is relatively hopping. Two workers clean behind the counter, one vacuums the rug in the far corner and another has the time to mosey over to where I am typing to chat.

I tell him what I’m working on. He responds, “Well usually there are less people here at this time.” There are not a lot of exciting things to do in the RSC. In this adventure I don’t have any ideas. As this is my first adventure in the RSC I can’t tell you how to run a play, and I usually can’t spit out random stats. But when it comes down to the love of the game, I have it. I’ve been throwing a spiral since I was seven, and I can prove it. I’ve been to one NFL game, which was an awesome experience, even though Seattle lost to that one purple and gold team.

I attend every Red Raider game that I possibly can, and I headed home twice this fall just to watch my high school team play. Occasionally I sat by myself in the Steggy TV lounge to watch the Seahawks play but if I couldn’t watch the game, I got text updates from my mom. I do enjoy football, even though I’m a chick.

AS FOR THIS YEAR’S SUPER BOWL, I DON’T REALLY HAVE MUCH OF AN OPINION. IF YOU ASKED ME RIGHT NOW WHO I’M GOING FOR, I’D SAY THE NEW YORK GIANTS, BUT THAT COULD EASILY CHANGE. IF YOU ASKED ME IF I’LL BE WATCHING THE GAME, THAT’S A DEFINITE “YES.”

Even though society says girls aren’t supposed to like football, or that sports are a “man’s world,” you can count on girls like me to break those views. Several girls I know on campus agree that football is one of their favorite things to watch.

So, guys, it’s really not all about your views on this subject. Football is for girls too. Just look for the powderpuff in the Seahawks jersey, because I am the 12th woman.

KIMBERLY FARRELL
Black streaks under the eyes, dark navy and neon green football jersey on, shouting at the television when yet another interception is thrown, and French tipped nails.

Who would have thought that a girl like me would love football as much as some guys do. This may be due to the fact that I grew up in a family that watches football every weekend, whether it was the Vikings, Bears, Chiefs, Buccaneers, Rams or the Seahawks. I wasn’t really interested in football until the Seahawks faced the Steelers in Super Bowl XL.

It may have caused an earthquake, like the one created during Marshawn Lynch’s play at CenturyLink Field to find out that I enjoy watching football as much as I do.

Trust me, it’s quite interesting to walk into a guys’ conversation of the sport. They usually say, “It’s a football thing, you probably wouldn’t understand.” And the look of shock on their face is oh so satisfying when I say, “Try me.”

I’ll admit that I don’t know everything. I can’t
RUSH
Northwestern College’s popular dance concert will take the England Theatre stage at the DeVitt Theatre Arts Center. Performances will be at 7 and 9:30 p.m., Friday, Feb. 3 and 4 and 7 and 9:30 p.m., Saturday, Feb. 4.

Blood Drive
There will be a blood drive held in the Rolman Center lobby at 10 a.m. Tuesday, Feb. 8.

Study Abroad
Semester Study Abroad applications for 2012-2013 school year are due at 5 p.m. Friday, Feb. 10. For more information, contact Nancy Landhuis in the Career Development Center at landhuis@nwciowa.edu.

Submit Events
Submit your campus happenings and events to the Beacon for inclusion in this column. Submissions should be roughly 50 words or less and be e-mailed to beacon@nwciowa.edu.

Chapel
Monday
 Dr. Randy Jensen, Philosophy professor

Tuesday
 Chapel Music Team

Wednesday
 Cami Turner, I Have A Dream

Friday
 Dr. Trygve Johnson, Hope College Chaplin

RSC hours to be extended
BY JOLEEN WILHELM
Many students on campus have participated in the SGA’s survey about extending the RSC, 4-court area, and Hub hours to 1 a.m. on Fridays and Saturdays. Of the 400 students who took the online survey, 86 percent reported that they would like to see extended hours.

“Nothing in Orange City is open past 11 p.m. besides the bakery,” said SGA president Ross Fernstrom. “Extending the RSC hours would provide students with a gender neutral place to hang outside of the dorms.”

Junior Rachel Van Gorp agreed that extended RSC hours is a good idea.

“During the winter months, it will be nice to have a place outside of the dorms where students can have fun,” Van Gorp said. “Instead of being stuck in the dorm, we can go to the RSC and play late-night basketball or ping-pong.”

Although many students are excited by the possibility of extended RSC hours, not all students want to work the extra hours to make it happen. Of the 309 respondents who answered the online survey question: ‘Would you be willing to earn money by working a late-night shift at the RSC desk in order for the RSC to be open longer?’ 61 percent said no.

“It would be awesome to have a place for students to hang,” said SGA worker Breanne Schoby. “But it won’t be fun to work later hours. If I didn’t have this job, I’d say go for it.”

During the month of February, the RSC, mini gym and 4-Court area will be open until 1 a.m. on Friday and Saturday nights as a trial run of the extended hours. On these nights, students without a NW student ID will not be permitted into the mini gym and 4-court area after 11 p.m.

Study abroad makes learning an adventure
FROM PAGE 1
Like the Romania semester, the Oman semester started as a result of Summer Study Abroad trips. Religion professor John Hubers and sociology professor Scott Monsma both took trips to the Middle Eastern nation.

NW partners with the AI Amana Centre, an outreach effort of the RCA which works to foster interfaith cooperation and dialogue in the predominantly Muslim country.

Senior Ellen Tolsma took part in the Oman semester’s first run last spring. She found the experience to be immensely rewarding and encouraged other students to pursue it.

“I learned that people are people everywhere,” Tolsma said. “They love the same things. They want the same things. I’m pretty sure girls like shoes in every country.”

A central tenet of the Oman semester is Christian-Muslim relations, which is the subject of a four-credit class taught by Leonard. For Tolsma, the difficulty of these questions was present not just in the classroom, but in every aspect of life in Oman.

Tolsma spoke about the good times she spent with her ‘Omani girlfriends’ and the questions she asked about whether or not they would be saved given their faith backgrounds.

“One of these partner programs is the Creation Care Study Program (CCSP), which gives students the opportunity to study environmental sciences abroad.

Senior ecology major Heather Pagelkopf had the opportunity to study in Belize last spring through the CCSP.

“The Creation Care Study Program (in Belize) looks at sustainable community development and tropical ecology,” Pagelkopf said. Although she traveled extensively in the country, Pagelkopf spent most of her time in San Ignacio near the Guatemala border. While in San Ignacio, she was able to do an internship at the Belize Botanical Gardens.

“Your faith is challenged five times a day at the Call to Prayer,” Tolsma said. “Aside from challenging one’s faith, Tolsma remembered other benefits of the Oman semester.

“You can gain connections that can change the course of your life,” Tolsma said. “I wouldn’t have considered international law without Oman. Plus, it’s during the spring, which means it’s cold here and warm there.”

And everywhere else
Carlson said that the Study Abroad office is currently trying to get a Denver semester approved. If it is approved by the Academic Affairs Committee, future NW students will be able to intern with social work organizations in Denver.

For now, though, the Romania and Oman semesters are the only programs offered by NW. Students have many other options when considering a semester off campus. Through NW’s partner colleges and programs, students can study on every continent except Antarctica.

Pagelkopf said. “The Belizians were very hospitable and welcoming, and I did eat cow hoof soup one time.”

Like Wallin and Toltsma, Pagelkopf found her semester off campus to be immensely rewarding.

“In Belize, I got to experience the diversity of God’s creation,” Pagelkopf said. “In the botanic world of course, but also in the diversity of other people and other cultures.”

Applications for Semester Study Abroad programs are due at 5 p.m. on Friday, Feb. 10.