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Emily Kraft: The real-life Moana

REMARKABLE HERITAGE

WILLIAM MINNICK
HISTORY

The corridors of Stegenga Hall are usually quiet, but some nights you might hear the laughter of freshman Emily Kraft as she sits and visits with all who will listen.

Her presence can be felt around campus as she engages in classes, heaves the shot put at track practice or laughs hysterically with friends.

On the outside, she looks like a typical Northwestern freshman, eager for what the next couple of years have to offer.

Not much seems out of the ordinary when looking at Kraft. All the boxes are checked for the stereotypical NW student, but one thing is not what you would expect.

Kraft is the daughter of a future Samoan chief.

American Samoa is a cluster of seven Pacific Islands sprinkled in-between New Zealand and Hawaii.

All the islands stretch out a little over 86 square miles, about six miles more than Sioux Falls, S.D.

These islands are home to more than 55,000 people of Polynesian descent, indigenous seafaring people of the Pacific and the subjects of the Disney film Moana.

When watching the 2016 Disney princess film, Kraft quickly identified the animated princess as herself – minus Maui, a chicken and superpowers.

Kraft's grandmother, Siutulei 'Lei' Tupau, was raised in the village of Vaitogi, American Samoa, where her father, Tanielu Tupua, reigned as high chief, or matai. Her mother, Fale Soliali, was also the daughter of a high chief from another village.

The death of Lei's father left the title being passed around, never securing a continuous male line. The current titleholder is a childless cousin of Kraft's father. Upon his death, Kraft's father is next in line for the throne.

The duty of the high chief is to look after their family and the village,



PHOTO BY WILLIAM MINNICK
Emily Kraft is currently a sophomore elementary education major at Northwestern College.

using their influence to delegate with neighboring high chiefs and protect the village property and lands.

Coming from an important Samoan family, Kraft's grandmother held tight to her culture, instilling her heritage in

Kraft and her siblings throughout their childhood.

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Unsung Heroes: Dr. Robert Hubbard

ACTOR, DIRECTOR & THEATER ACADEMIC

JORDAN DESMET
PUBLIC RELATIONS

For Dr. Robert Hubbard, theater is not just his profession; it is his passion. His theater expertise and dedication to his students have made him a valuable member of NW's staff.

Before arriving at NW, Hubbard did extensive work as an actor, playwright, director and theater academic. One of Hubbard's highlights includes directing an award-winning production of *The Comedy of Errors*.

Hubbard began his teaching career at Calvin College and earned tenure there. However, Hubbard applied for a teaching job at NW after he and his wife felt the need to move closer to extended family. Hubbard felt called to seek a position at NW because he wanted to bring a valuable theater

experience to a small community.

"You should not have to drive to a large city to see great theater," Hubbard said. "At least part of my calling is to produce high quality theater for rural, under-served audiences."

When Hubbard recently took on the role of the chair of the theatre department, he accepted plenty of responsibilities. Along with teaching first-year seminar and courses in the theatre major, Hubbard is also in charge of managing department resources, developing course rotations and revising the theatre curriculum. However, one of Hubbard's favorite roles is directing plays involving NW students.

"About once a year, I get to direct a play in the theater season, which is time consuming but wonderful," Hubbard said. "NW students are the best; I love to work beside them."

Although Hubbard has plenty of roles to fulfill at NW, he enjoys



PHOTO COURTESY OF NW MARCOMM
Dr. Robert Hubbard was called to look for a position at Northwestern College after working at Calvin College.

being challenged and loves every minute of his job.

"Life as a theater professor can be

pretty busy," Hubbard said. "Hours are long and involve a lot of night work. This said, challenges are

good things if you love what you are doing."

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The Beach Boys are beyond surf rock

MUSIC REVIEW

INFLUENTIAL AND PERSONAL

MISAEEL BRUZZONE
ECONOMICS

In 1966, the Beach Boys were staying true to their name, helming the front lines of the California surf rock sound. Songs like “I Get Around” and “Surfin’ USA” were popular on the radio waves and amongst young people at the time. With their eleventh studio album, *Pet Sounds*, the band proved that there was more to them than poppy surf rock songs that were easy to dance to.

Pet Sounds is often considered one of the first concept albums ever made – albums that follow a central theme or story – before the term actually meant anything. The record, along with Beatles’ albums *Revolver* and *Sgt. Pepper*, and Bob Dylan’s *Blonde on Blonde*, were at the forefront of an uncoordinated movement in the 1960s to singlehandedly revolutionize what the general audience considered “pop” music to be. These albums challenged audiences by subscribing to more unconventional and less “safe” sounds while

imbuing a musical quality that was lacking in the realm of popular music.

Undoubtedly the mastermind behind *Pet Sounds*, Brian Wilson of the Beach Boys, was the first artist to be credited for writing, arranging, producing and performing his own material. Although many artists have written and performed their own music over the years, very few of them were as involved as Wilson was in crafting his records. So why do we keep talking about an album that was released 55 years ago?

In an age where Beatlemania was at its height and the British Invasion was an unstoppable force, *Pet Sounds* was a beacon of hope for brilliant American-made music. It showcased that American bands still had much to show for themselves.

Pet Sounds strayed from their associated surf rock sound to craft brilliant, poignant pieces of music that could no longer be considered simple love songs. Wilson began singing about his deteriorating mental state – something he would wrestle with for years to come. The record touched on themes of lost loves

in songs like “Wouldn’t It Be Nice” and “God Only Knows,” existential questions in tracks like “I Know There’s An Answer,” and the cost of fame in songs like “That’s Not Me.”

Musically, the Beach Boys abandoned fast paced guitar riffs for a larger picture soundscape that still remains incredibly cohesive and magical to this day. Instruments like harpsichords, synthesizers, brass and strings arrangements took center stage and accompanied the well-known vocalizing of the band. This created a very intricate sound that defined and highlighted their career; a sound that is very much responsible for ingraining *Pet Sounds* in modern popular culture.

Much of this is due to Wilson’s almost maniacal yet excellent vision of recording, producing and mixing of the record. He also pioneered the use of more unconventional instruments like bicycle bells, French horn, flutes, Electro-Theremin, string sections and beverage cans; instruments that were not associated with 1960s rock.

The record would



PHOTO COURTESY OF THEBEACHBOYS.COM

later become a template for future artists and contemporaries. Although the Beatles also had a hand in setting the stage for forthcoming records, their work might have never come to fruition in the way it did without the *Pet Sounds*. Paul McCartney cited *Pet Sounds* as an influence for

Revolver and *Sgt. Pepper*, as well as his own bass playing.

Pet Sounds was one of the few albums that pushed the boundaries of popular music in the '60s. It innovated sounds and included instruments never before heard in rock music. The Beach Boys departed from

their friendlier surf rock sounds to craft a deeper, more personal record that influenced countless records after its release. *Pet Sounds* is the Beach Boys at their most mighty, defining their own careers and the sound of the 1960s.

★★★★★

Moments combined with growth and love

MOVIE REVIEW

REMINISCENT AND SWEET

ALLISON WHEELER
GRAPHIC DESIGN

The third installment of the *To All the Boys I've Loved Before* series, *To All the Boys: Always and Forever*, was released on Netflix on Friday, Feb. 12. In this movie we find Lara Jean Covey involved in yet another battle for her heart. However, this time the battle isn't between two boys like the previous two movies. This time, Covey must choose between attending a college close to her boyfriend, Peter Kavinsky, and going across the country to attend her dream school.

After Covey and Kavinsky's plan to attend the same school so they'll never be apart is ruined, the couple must make decisions about their relationship and what the two of them want for themselves individually. The movie starts with Covey in Korea with her family during spring break and goes on to highlight

important events throughout the last quarter of her senior year of high school. These events include a senior trip to New York City, prom and, of course, the big decisions that come with figuring out what will happen after graduation.

The first thing that captures the audience's attention when watching *To All the Boys: Always and Forever* is the music. The first song is groovy and fun. It draws people in and excites for what the rest of the movie will bring. The rest of the songs are upbeat and fun to dance to. The song, “I Like Me Better” by Lauv, from the first movie was also reincorporated into this third movie, creating a sort of full circle moment.

Another aspect great from this movie is how there were references to the first movie. The audience can reflect and think back to when Covey and Kavinsky first started their love story and then see them now. Character development is apparent with these two, but it is also apparent with the other secondary characters. It

was cool to see how they have all kept their core traits while still growing and changing.

The character with the most growth is definitely Covey's ex-best friend, Genevieve, who is now on better terms with Covey than she previously was. It was interesting to see the two characters interact in a new way in this installment of the series. There was some appreciated focus on the other secondary characters' storylines as well.

The transitional graphics between some of the scenes were not only helpful for keeping up with the time jumps, but they were also nicely done in terms of style. There were similar transitions in the first movie, and the creators returned to this theme in this movie. The graphics in this third installment were animated illustrations and definitely fit the overall style of the movie.

The movie incorporated all of the different emotions with sweet moments, funny moments and sad moments.

The strong bond that Covey has with her sisters and her dad is displayed wonderfully and it is refreshing to see how their family has grown while still staying close to one another. Covey's younger sister, Kitty, is a spit fire providing some laughs with her one-liners.

One criticism about the movie is how the storyline was predictable. Yes, sometimes it's nice to have some predictability in life, but more surprises throughout the movie would have been appreciated. Going in a different direction than the typical high school love story would have made the movie stand out a little more from other movies in its genre.

Overall, this movie worked well as the third installment to the series and it pleased the audience. It did a nice job of reflecting on the series as a whole, and it tied everything up well. If you have seen the previous two movies in the series, I recommend watching *To All the Boys: Always and Forever*.

★★★★★

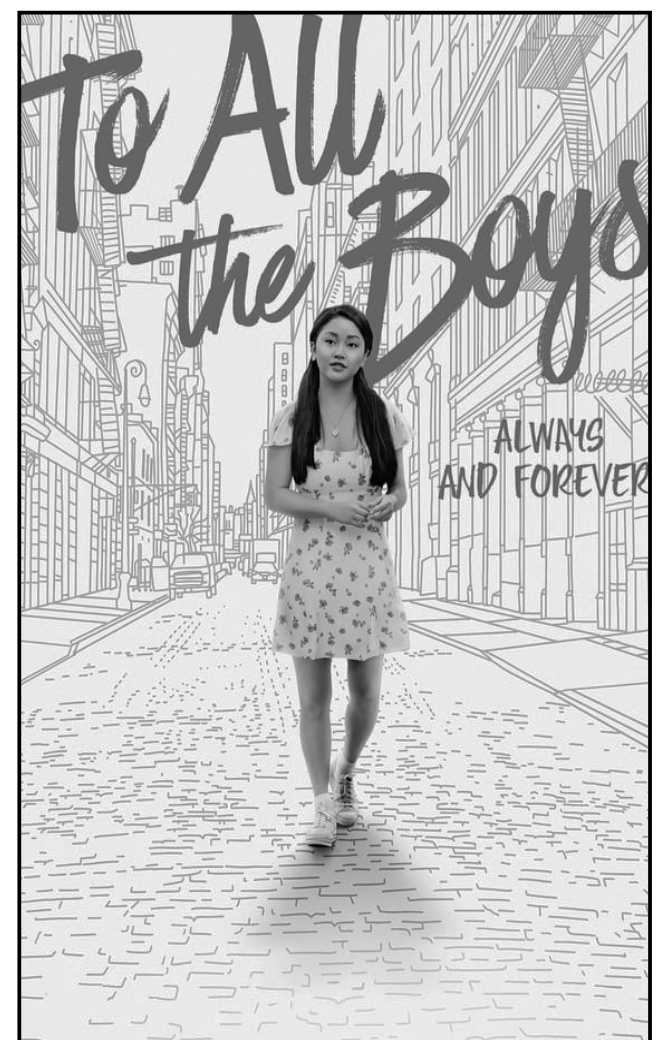


PHOTO COURTESY OF THE MOVIE DATABASE

Schwarz: gifted teacher of the visual arts

SERVING GOD THROUGH ART

RACHEL SMART
ENGLISH TEACHING

Northwestern boasts many talented artists within its many programs and departments. The art department is no exception, where student Emily Schwarz holds a bright future as a K-12 art teacher.

Schwarz spent most of her life living in California and began her college career at a community college there, but she transferred to NW after her family moved to Iowa.

Originally, Schwarz did not plan on becoming an art major. Art had always been her older sister's thing, so she never thought it would be her path as well. However, after she took a ceramics class at her community college, she fell in love with pottery. Then, after taking a general biology course at NW, Schwarz let go of her idea of becoming

a veterinarian, deciding that science wasn't for her. For some time, she was undecided, but eventually decided to major in art and secondary education.

"I was gifted in very specific ways to be a teacher," Emily said. "But I didn't want to teach a very boring subject."

The visual arts were the perfect solution.

Schwarz's favorite medium of art remains pottery. Even though she has already taken the ceramics class at NW, she is taking the class again this semester to learn the tips and tricks of other professors. Throwing (making pottery at a wheel) is her favorite kind of pottery, but she also enjoys hand-building. Schwarz loves playing with texture in pottery, whether additive (putting features on top of a piece with clay called "slip") or subtractive (cutting patterns into the clay). While studying abroad in Romania, she bought some pieces with additive texture

and was enamored by them.

However, Schwarz doesn't necessarily consider drawing her strong suit, but she's happy that after taking the drawing class at NW she was able to grow in her confidence and abilities. She jokes that lots of artists are either naturally gifted at pottery or drawing and painting, never both at the same time.

Each of the senior art majors at NW has their own showcase. Although Schwarz is technically a senior, because of her transfer, time with no declared major, and semester abroad in Romania, she will be taking an additional year of school, so her showcase will be next year. Still, she is already thinking toward the future and what she hopes to include in her exhibition.

Usually, these showcases have their own themes, and Schwarz shares that she has been thinking of framing hers around the idea of how people experience God. With this idea, she would

hope to interview friends and family and make pieces based on their answers. She ponders including music in the gallery, creating multi-medium work and including pieces with lettering and calligraphy.

As for post-graduation plans, Schwarz sees herself teaching high school art.

"I like the idea of being able to build relationships with students," she said. "I want my classroom to be the place where people can hang out and feel really comfortable in that space."

Schwarz also likes the idea of teaching at a public school in an urban setting with more diversity but reiterates that "I mainly want to just go where I'm needed."

Integrating faith and learning is one of NW's cornerstones, and Schwarz shares this passion for living out her faith in her career. She muses on how actions speak louder than words.

"I want to be an example of Christ," she said. "By



PHOTO BY AMELIA HOLT
Emily Schwarz is looking forward to teaching visual arts.

serving others, I'm serving God, and that's one of the biggest things I got from Romania. You can talk all day, but the stuff that sticks are actions. Everything is to

honor God. If we can utilize art, or our speech, or our actions, to honor God, then that is how we should be walking."

The band revels in the small blessings of life

TOUR TURNED LOCAL

VANESSA STOKES
WRITING AND RHETORIC

Typically, Northwestern's symphonic band trades off with A capella choir each year in going on a tour during spring break. It's a rotation of domestic and international band and choir tours synchronized in a three-year schedule. Two years ago, the band flew to Spain; the last year was a weekend of local tours.

This year was the year for a larger domestic tour. The former plan was to spend time in the New Mexico and Arizona areas with a spotlight on a high school band from New Mexico that had played with them on tour in spring of 2020. Yet, due to COVID-19 restrictions, plans have changed.

Local is the keyword for the tour. Current school locations on the tour catalog include

Alton, George-Little Rock, Orange City, Sheldon, Sibley, Sioux Center and a larger concert in Omaha. While the band is in Omaha, they will be volunteering their time at the Omaha Open Door Mission—a Christian organization that helps those who are homeless.

Since the primary purpose behind ensemble musical tours is recruitment, the band will be recording their songs this year on the first Saturday of spring break. Director Angela Holt has invited a sound engineer to professionally record each song in this spring's repertoire. Once there is an appropriate number of takes, the sound engineer will work on post-producing and mastering for the final product.

For those who cannot hear the band on the recording or simply want to support their peers, there will be a home concert on March 12 at 7 p.m. after the tour. In the spirit of March, the theme is March Madness.

There will be standard work by Malcolm

Arnold to celebrate the anniversary of his 100th birthday. Additionally, pieces by Alfred Reed and Eric Whitacre will be showcased. March Madness will show up in the form of interspersed marches, a traditional genre of sporting tunes.

Senior music and secondary education major, Joel Van Peurse, will be conducting one of the marches. "The Washington Post March" by John Phillip Sousa features fast woodwind runs and heavy brass sections that come together with a lively low brass melody that everyone can clap along with. Holt knew of Van Peurse's love for marches and Sousa specifically and offered the opportunity to conduct.

"I am super excited and honored to be asked by Dr. Holt to conduct this piece," said Van Peurse. "I am definitely a little nervous, but I cannot wait to perform it!"

All band members are grateful to share their love of music and God through these

songs and their tour.

Cassandra Koel, a senior band member, said, "Of course there is a part of me that would have loved to go down south and have a traditional tour, but this has been a year of reveling in the small blessings of life."

Van Peurse also reflects on the blessings of this year's tour.

"Most colleges around the world haven't had this opportunity because of COVID," said Van Peurse. "But I am so thankful we have the ability to spread out and still make music to communicate to others and to show them God's love through our playing."

As the band prepares for their tour, Holt encourages them to focus on the positives.

She said, "Even though this season has been very challenging, it offers more unique opportunities to reflect on how amazing our Heavenly Father is and to allow Him to show us creative ways to continue to serve Him, to love Him and to shine His light."



PHOTO BY AMELIA HOLT
The band prepares for a week of March Madness on tour.

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NW faculty's featured publications

LC UPDATES
PUBLICATIONS

VANESSA STOKES
WRITING AND RHETORIC

Amidst the bustle on the first floor of the DeWitt Learning Commons (LC) stands a solitary tower tucked away by the biblical commentaries. It looks like any other display case—wooden, thin and nondescript. However, this one is special to both the faculty and staff.

It displays the latest publications of articles, journals, dissertations and books produced by faculty and staff at Northwestern over the last few years.

Four individuals with literature published in 2020 have had the honor of having their work exhibited: Dr. Dan Wacome, Dr. Doug Anderson, Dr. Keith Fynaardt and Dr. Jiyong Song.

Wacome is an emeritus professor of philosophy who has been working on his book for the last few years after he hatched the idea while working on his tenure paper for NW. *The Material Image: Reconciling Modern Science and Christian Faith* is written for advanced undergraduates, Christian scientists or anyone interested in the intersection of science and faith.

"The book covers a lot of ground, not just in my own field of philosophy, but in

theology and science as well," Wacome said. "The book expresses the underlying conviction that when we trust God, what we learn in our lives will challenge and strengthen, but never threaten, our faith in Him."

Wacome came across many people of varying stances. He met those who had abandoned their faith in favor of science and those who put away science altogether in what they viewed as an act of faith. Still there were others he met who had locked their science and faith in separate compartments never to meet. All of these interactions led him to write a book that hopes to reconcile the large divide between two categories so often juxtaposed.

Anderson, a reference librarian and archivist at the LC, helped take part in the book *Dutch Reformed Education: Immigrant Legacies in North America*. The book compiles articles from authors that presented at the June 2019 Conference of the Association for the Advancement of Dutch American Studies at Calvin College, now Calvin University. Anderson's article "The Joyous, Jolly Academy Days: Northwestern Classical Academy 1882-1928" accentuates NW's years as an academy before becoming a junior college and then the 4-year college it is now.

"This was an opportunity



PHOTO BY ALLISON HAVERDINK

The LC has updated its faculty publication display, featuring publications from the past year.

to pull together some material from a larger project," Anderson said. "It helps me and others know that I am getting something done, even if the larger project takes many years."

Also involved in this larger project is the chair of the English department, Fynaardt. He participated in the AADAS conference in 2019, and his chapter "Farming across the Line: A Historical Reflection on the Hollander Fires" is bound up in the same book as Anderson's. Fynaardt has

belonged to the AADAS organization for many years and is connected by his Dutch-American heritage.

"The essay itself is, in part, personal wherein my experience is directly connected to the historical moment," Fynaardt said.

His essay is a historical reflection on the infamous Hollander Fires that took place in New Sharon and Peoria, Iowa. American arsonists caught in the fray of the nationalist fever of WWI conspired to burn Dutch farmers and their

land. Fynaardt hopes to bring to light these tragic events while enticing the audience through personal connection and reflection.

Song has three articles on display and published for the International Journal of Servant-Leadership, volume 14. "Servant-Leadership: A Holistic Life," "Servant-Leadership in Turbulent Times: A Conversation with Larry C. Spears," and "Servant First or Survival First? How Servant Leaders Lead During COVID-19" are all geared toward leadership

practitioners, scholars and students. She has been working for the journal for four years.

"I think the careful reconstructions of the assumptions in business fields from a Christian perspective is a crucial task for the integration of faith and learning," Song said.

All of the works published and displayed by these four authors hope to engage conversations inside and outside of their field to spur on further research and reflection on their topics.

Emily Kraft: the real-life Moana

FROM PAGE 1

When Kraft would compete in sporting events, she often heard her grandmother yelling things in Samoan. Her only thought was one of amusement, "Ugh, Grandma, speak in English."

However, Kraft has never felt ashamed of her noble Samoan heritage.

"It's something I have been aware of my whole life," she said.

The Kraft family has taken two trips back to Lei's childhood village. In 2012, she was accompanied by her grandmother, at this time sick with pancreatic cancer. Gifts of tuna and plantains were showered on the Iowa family,

Everyone was thrilled to have Kraft's grandmother back in Samoa.

Knowing Lei was ill, people pampered her, constantly rubbing and massaging her hands and feet. This was last time Kraft's grandmother would be back at her childhood village.

The Kraft family returned to the islands in 2018.

"People saw me and thought, 'Who is that white girl?'. All I would have to say was how my great grandfather was Chief Tupua, and they would understand," Kraft said.

It is not clear if Kraft's father will accept the title of high chief. The people of Vaitogi realize the commitment and have voiced their



PHOTO SUBMITTED

Kraft stands with her grandma and sister in American Samoa.

understanding if the lowan chief turns down the title.

Until then, it is a

waiting game. The current chief must die, and then Emily's father will receive the call. If he were to take

the title, a large ceremony with elaborate celebration and clothing would await his return to the island.

"Being the daughter of a future chief is chill," Kraft said, "I'm just proud to be Samoan."

The focus on post-graduation

ADULTING 101 SERIES

RACHEL SMART
ENGLISH TEACHING

The Compass Center for Career and Calling and its six Franken Fellows have sponsored a running event series called “Adulting 101” to help students at Northwestern prepare themselves for life post-graduation. So far, the center has hosted two events of its six-part series, and both were resoundingly successful.

According to Elizabeth Pitts, the director of the CCCC, the Adulting 101 series was born after several colleagues approached her about assisting students with answering post-college questions or hosting an event. After a while, the faculty of the department decided to give the idea a shot and to have their six Franken Fellows help them plan a series on the matter. The center scheduled six events, with each fellow taking the lead on one.

On Feb. 5, senior Micah Rens hosted the first event with his mother Diane Rens, a professional cook, who taught students how to plan meals on a dime.

“Meal Planning on a Dime” was hugely successful, with over 30

students interested. Mrs. Rens, who has 14 years of professional cooking experience, helped students prepare three budget-friendly meals from one rotisserie chicken.

On Feb. 18, the second event of the series was held by Emily Bosch, and it focused on teaching students about budgeting with the help of accounting professor Ray Gibler and Ron Juffer.

The event on budgeting had 30 students attend, as well. The first speaker was Juffer, a retired NW professor and coach who is the namesake for NW’s Juffer fieldhouse. At the event, Juffer encouraged students to not only give their money and resources to the church and others in need, but to also follow through in relationship with those they serve financially.

“I think budgeting and stewarding needs to be caring,” Juffer said.

Next, Gibler spoke to students about the importance of Godly stewardship, encouraging students to be stewards of the Four T’s: time, temple, talents and treasure.

“The whole point of budgeting is to honor God with the resources that He has given us,” Gibler said.

Bosch ended the night by giving students advice on how to tackle their college debt once they graduate, and students left with ten dollars they



Emily Bosch and Ray Gibler, with the help of Ron Juffer, presented about budgeting on February 18. PHOTO BY ANA DEKRUYTER

were gifted with the promise they would use the money to practice financial stewardship.

“Budgeting is something that is so applicable to everyone’s lives,” Bosch said. “What is more important is the purpose behind budgeting and being a good steward.”

After such great success with the Adulting 101 series so far, the Compass Center is considering the idea of hosting a series on post-college life regularly.

“We’ve already brainstormed a handful of different ‘Adulting 101’ topics we’d like to tackle in the future,” Pitts said.

The third event will focus on health and fitness, hosted by Taylor McCarthy, a local fitness instructor, and women’s tennis coach Jamie De Jong. Jarica Vander Werff will host the fourth installment called “Home Sweet Home” with Aaron Beadner and a panel of young alumni. Next, “Navigating Job Benefits” will be

hosted by Andrew De Noble in collaboration with the Business Club and local professionals. Finally, Elissa O’Dell will host a dining etiquette event with the Business Club and Professor Erica Vonk.

The next Adulting 101 event will be on March 10 and will focus on maintaining a healthy lifestyle and daily exercise routine. The first 25 students to arrive will be given Compass Center yoga mats.

Unsung Hero: Hubbard

FROM PAGE 1

Hubbard also has just as much of a passion for watching his students grow as he does for theater itself, and he takes great pride in connecting theater to Christian faith. Hubbard cares deeply for his students, and he puts a lot of effort into getting to know them.

“He is a very caring person, and he is always trying to be involved with his students,” junior Travis Grover said. “We would have many times in class

where we would talk about our faith, and we would get into deep discussions on what we believe as Christians.”

He pushes his students to be the best version of themselves and to value hard work as both a director and professor.

“Dr. Hubbard showed me that college takes some work to get good grades, and I do not think I would be as far as I am in my major without him,” Grover said. “I would not know how hard I had to work to get good grades without him.”

Hubbard finds great joy in sharing his love for theater with his students. However, one thing that he wants every student to take away from his classes is that they are all God’s children. Everyone plays a critical role his kingdom.

“Actors, designers, technicians and ushers are all important parts of Christ’s body,” Hubbard said. “Theater takes so many different gifts and abilities to happen.”



PHOTO COURTESY OF NW MARCOMM
Hubbard instructs students while standing on the stage.

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(As voted on by you, the students)

Would you rather play...

Volleyball

72%

OR

Spikeball

28%

Would you rather listen to music with...

Headphones

72%

OR

Speakers

28%

Would you rather go...

On a trip

70%

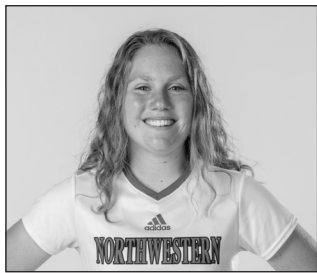
OR

Home

30%

The opinions expressed in these polls represent student preference and is no way intended to indicate superior qualities of one choice over another or endorse certain stereotypes

5 a.m. lifting is not the solution



Emily Schmidt
Genetics

College students who enjoy starting their day before the sun has risen should consider trying a dab of holy water and an exorcism. They are few and far between, and yet many of our student athletes have been subject to the torture of lifting at 5:45 in the morning. While our complaints are often presented as jokes, there are legitimate reasons making them less than ideal.

An important factor in athletic performance that is often majorly impacted by early morning workouts is nutrition. Many athletes will not see optimal performance because they are not providing themselves with the necessary nutrients beforehand. We all roll out of bed at the latest second possible, some even sleeping in our workout attire to cherish every sacred drop of sleep. This often does not leave us time to eat anything at all, much less a breakfast of much nutritional value. This is detrimental

as working out on an empty stomach causes the body to resort to burning less common sources of energy, and athletes will see a drop in stamina. An overwhelming majority of research comparing athletic performance in the morning and the evening found that athletes used less energy to get the same intensity in their workout later in the day. The bottom line: athletes looking for optimal performance levels will get better results from working later in the day rather than earlier.

During the times I feel most compelled to pull on a festive hat for a pity party, I remember football has the field from ten to eleven on Monday nights with a quick turnaround to a 5:45 a.m. lift Tuesday. If they don't shower (and let's be honest, that could really be a 50/50 shot), they still get less than six hours of sleep. It's recommended that college students get no less than an average of seven hours of sleep a night to not see harm done to memory, mood, coordination, and immune health.

I am well aware that especially considering COVID-19 constraints, Juffer Athletic Fieldhouse's weight room can only accommodate so many athletes at one time and there are well over 500 athletes working out almost every day. However, there are a variety of ways we can keep all our athletes in top shape without pushing teams to wake up at the butt crack of dawn. I propose we have one designated team session a week

where we run through a workout with lifting coaches and assistants as well as get any questions answered, but athletes should have the freedom to complete lifts for the rest of the week on their own time. This method would provide athletes with more success in and out of competition, preparation for life after college and more self-reliance.

Placing the responsibility of choosing a time and group to lift with on the athletes would better help prepare them for the transition from highly competitive play to workouts for personal enjoyment. We will need to figure out where a workout fits in our schedule while juggling new endeavors ranging from careers to perhaps even raising our own little athletes. Teammates are more than capable of holding each other accountable, and athletes who aren't willing to put the work in by themselves or with small groups should reconsider why they are playing at the collegiate level.

I guarantee there are flaws with my proposal and some of you are poking holes in it right now. I don't think any method can perfectly accommodate the wide variety of preferences and restraints represented by our student athletes. If the demon in some would prefer to sweat at 5:45 a.m., more power to them. However, I believe giving athletes the choice will best allow athletes to train at their highest level as well as combat the physical and mental challenges tied to nutrition and sleep.

The importance of leading by example



Aaron Eckmann
Political Science

There I was, chatting away with a friend eating my bacon, egg and cheese croissant in the Hub when I noticed something was off. Out of the corner of my eye I saw three men ordering their food without masks on. This was peculiar because I have only seen a group of people order without masks on in the Hub once before which was a group of high schoolers. However, these were three adults. Once they turned around, I came to the realization that among the mask-less men were not Northwestern students, but two members of the president's cabinet and another staff member.

However, we all know there are always two sides to every story. After pondering the encounter, I came to a few conclusions. Maybe the group thought that they would be in and out in 14 minutes and 59 seconds. If this was the case, they obviously wouldn't

have exposed the person behind the counter to COVID-19 because despite COVID-19 spreading through airborne transmission, it obviously has enough courtesy to wait 15 minutes. This is much more than the germs on the floor give us with a mere five seconds.

Second, they might have figured that if they did test positive, they could just wait till the fourth day since they were in the Hub to get their test so the person behind the counter would not have been exposed or contact traced. This is because COVID-19 not only waits 15 minutes but only decides to infect someone precisely three days before the exposor takes their test. How considerate.

While they were in the green regarding the first two thoughts of mine, they made an honest mistake. When we go to chapel, we are required to sit in groups of three as it obviously reduces the risk of outbreak. When the group of three approached the counter the person behind it made it a group of four, a risk we cannot take in such a vulnerable time. If it's not safe in the house of God, it definitely is not in the Hub. However, this is an honest mistake we all make from time to time.

So, maybe they weren't in the wrong according to the technical guidelines. However, they forgot about the mask mandate that has been placed on every building on campus since the beginning of the school year. This also raises its own

slew of questions. Was a royal mandate sent out from the president's mansion allowing certain people to go mask-less across campus? If this was so, I feel like the student body should be informed of such a decree.

Romans 13:1 reads "Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God." While there are times to break the rules placed above us, that is for religious reasons, not slight inconveniences. I will be the first to say that masks are annoying, but they are required in buildings on campus. While this verse would let the royal decree have validity, I feel that it is important that campus leaders mask up like every other Raider is asked to do, even if ordering food mask-less makes you stand out.

Jesus carried a cross as a sacrifice to save us and set an example for how to live. NW made a sacrifice so we could be on campus this semester, requiring masks to be worn. So just as Jesus' example of love was the catalyst to the end goal of the sacrifice, the leadership's example of wearing masks is critical for others to get on board. I do not think it is too much to ask that campus leadership set an example for their students by carrying their "cross" of wearing a mask, a small cross in comparison to Jesus'.

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Men's basketball ends regular season with win

SEASON ENDS
ON HIGH NOTE

KAELIN ALONS
PUBLIC RELATIONS

On Saturday Feb. 20, the Northwestern men's basketball team beat nationally-ranked Morningside College at home in their 10th consecutive victory. The Red Raiders haven't beaten the Mustangs since their 66-57 victory at home in 2018. The men are ranked second in the GPAC and finished their season with a record of 20-5, 15-5 in the GPAC.

During their final game, the Raiders took an early lead with an unanswered five points. About six minutes later, the Mustangs tied the score 14-14. For the rest of the half, both sides alternated going on long runs. Overall, the first half was fairly close with four ties

and four lead changes.

The half ended with the Mustangs up 38-37. During the break, head coach Kris Korver reminded his squad to keep being competitive and dominating the boards, and it showed.

In the second half during the first five minutes, both sides fought over who could take a decisive lead first. However the Raiders shut down key Morningside players and controlled the game for most of the second half. Defensively, the Raiders prevented the Mustangs from making any of their 11 three-pointers. Offensively, the Raiders outscored the Mustangs 46-28 in the second half. The final score of the game was 83-66 in favor of the Raiders.

Junior Craig Sterk led the charge for Korver's squad with a single-game career high of 34 points. This game

also inducted him as the 48th member of Northwestern's 1000-point club - joining senior teammates Trent Hilbrands and Jay Small. Sterk went 13-22 from the three-point line and 8-11 in free throws.

Small was another critical player in the match on Saturday. Small finished the game with seven assists and 18 points. A standout play consisted of an assist to Hilbrands to gain a double-digit lead over the Mustangs late in the game.

After the game, the Raiders looked ahead to the first game of the GPAC tournament which took place on Wednesday, Feb. 24 in a home game against Briar Cliff, ending with a stellar win 83-77. The Raiders begin to prepare for their second game of the GPAC tournament which takes place on Saturday, Feb. 27.

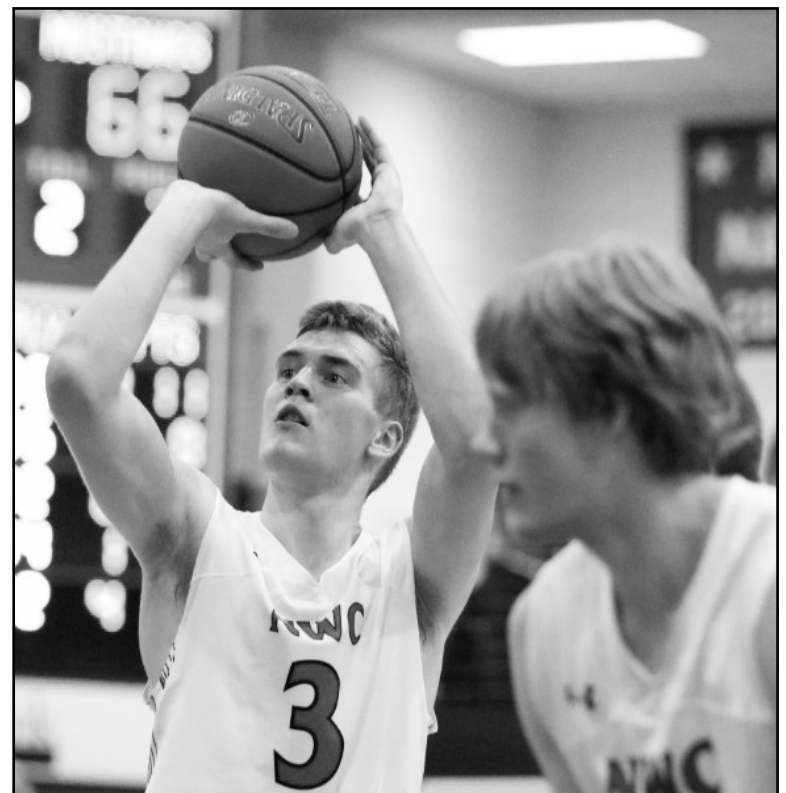


PHOTO COURTESY OF NW ATHLETICS
Craig Sterk takes a free throw in the game against Morningside College.

Raider cheer and dance compete at home

CHEER AND
DANCE PREVAIL

BREANNA CARR
ENGLISH TEACHING

On Saturday, Feb. 20, the Red Raider cheer and dance teams competed at home against Mount Marty University and Morningside College in a rematch before preparing for the GPAC championships. The cheer tri-match opened the competition at 3:30 p.m. in the Rowenhorst Student Center, with the dance tri-match starting at 4:30 p.m. in the Bultman Center, both hosted in Orange city.

The Raider cheer team did an outstanding performance in their competition, earning

first place over Morningside and Mount Marty. The Raiders are excited and proud of their performance. They received a score of 73.2 points and look forward to making new strides and to continue getting better as the season goes on. A first-place win at home was the perfect way to begin preparations for the GPAC championship competition coming up.

"The new skills we have been working on as well as the talent and will to work hard is how we did so well this week." Cheer and dance coach Taylor Nygren said, "The hard work these student athletes are putting in have truly shown, and I am proud of them."

The Raider dance team

also did outstanding in their competition, placing second overall. When going into the season, the dance team was small but that didn't stop them from continuing the path of hard work and perseverance. The Raider dance team worked hard to place second, scoring 70.75 points.

"We were excited to show new skills we continue to work on." Nygren said. "With a small group we still have so much talent, and it shows. I am excited as well continue to work towards the GPAC championships."

The Raider's dance and cheer team continues to prepare for the GPAC championship held in Crete, Nebraska on Feb. 27.

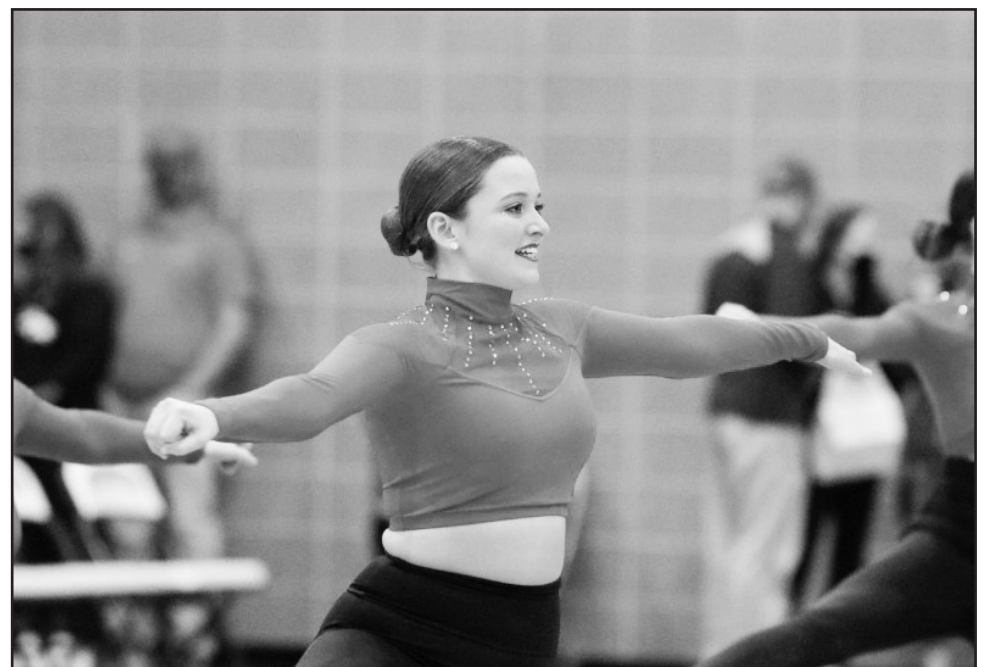


PHOTO COURTESY OF NW ATHLETICS
Emily Novak performed in Bultman Center on Saturday, Feb. 20.

Women's basketball continues in tournament

EXCITED FOR
POST-SEASON

KATIE JACOB
PUBLIC RELATIONS

The Red Raiders women's basketball team ended their season with a loss against the Morningside College Mustangs 64-73. On Saturday, Feb. 20, the Raiders hosted their last regular season game against Morningside hoping for a win to give them a better seeding for the GPAC tournament.

The Raiders held an 11-game winning streak before it came to an end. They were the number three seed with a 16-6 record in the GPAC. It

was the Raiders second half turnovers that led them to their defeat against the number one seed in the GPAC.

At half, Northwestern held onto a 33-31 lead. Junior Taylor VanderVelde put in a basket to keep NW in the lead by five, 38-33 early in the third quarter. This was the largest lead in the half. However, the Mustangs responded with a 10-2 run, finishing off with a three pointer. This did not stop NW from fighting back. Freshman Molly Scany, moments after, tied the game for the last time at 43-43. Morningside outscored the raiders 8-2 to slip ahead for good.

They ended the third quarter at a tough 51-54, with NW three points behind.

Morningside entered the fourth quarter swinging as five straight points in the fourth quarter pushed them to a lead of 11 points, NW stormed back and trailed by only two points at 61-59, outscoring the Mustangs 14-5 during the four-minute stretch.

NW fought hard but senior Sammy Blum, who gave the team 16 points and nine rebounds, fouling out hurt the fight that they held.

Junior Devyn Kemble gave the team 10 points and two assists.

The Raiders worked hard and continued to prepare for the GPAC tournament despite their rough regular season loss. NW played Midland at home for their first tournament match up on Wednesday, Feb. 24.

The Raider women won their first post-season game 76-54. The Raiders picked up their defense which helped them get out a win and propel them to play number two seed Concordia on Saturday, Feb. 27. NW women's basketball hopes to beat Concordia to continue in the GPAC tournaments and qualify for the NAIA national championships.



PHOTO COURTESY OF NW ATHLETICS
Alexis Toering lines up the perfect shot in the basketball tournament.

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2021 AllNDay of giving is successful

GENEROUS ALUMNI STEP UP AND DONATE TO NORTHWESTERN

CAITLIN HORNBACK
PSYCHOLOGY

On Feb. 18, Northwestern College hosted its fourth annual AllNDay of giving. Each year since 2018, AllNDay has existed as a designated day to encourage alumni and friends of the college to be “all in” donating to the Northwestern Fund. This fund is used to invest in scholarships, programs, experiences and support services.

In past years, this fund has enabled tuition for each student to be lowered by \$1,000 because of the gifts given. AllNDay has been very successful and has made a huge impact over the years.

An impressive \$175,000 was raised in 2020, but that didn't stop Raiders from setting ambitious fundraising goals for this year. They wanted to match the previous year's numbers at the very least.

This year's AllNDay of giving event surpassed all expectations. Over \$220,000 was raised for the Northwestern Fund. In addition to the dollar amount, this year saw a 26% increase in the amount given, alongside an increase of 10% in participation.

The goal of raising \$175,000 was completed in part by donors generously offering to match the contributions of others. These matching gifts summed up to \$100,000, effectively doubling the gifts given on AllNDay.

The theme for this year's AllNDay was Eras of Excellence. In keeping with this theme, a competition was hosted where people from different eras competed to see who could have the most participation within this event. When placing a donation, supporters could designate which era they are from. Among those who participated, the group with the strongest showing

received a gift card to the campus bookstore. The 2000s dominated the competition, boasting an impressive showing of 162 donors.

The alumni office filmed a Facebook livestream emphasizing this theme. They virtually took viewers on a campus tour and filmed a series of interviews where they visited different places on campus and took viewers on a journey through the decades to showcase pieces of NW's history and reminisce about favorite memories.

One way this day was promoted was through NW Phonathon callers. The calling program is a fun way to update people with connections to NW, to inform people about the college and to promote the AllNDay of giving. They made over 2,000 calls in the weeks leading

up to AllNDay in order to provide information about this event and the Northwestern Fund.

Student Phonathon callers work throughout both semesters in order to inform people about their NW experience and relate to alumni's past NW experience. Phonathon is a great way to meet alumni, parents and friends of NW. They then receive donations to help benefit the students, as the gifts given throughout the year go toward the Northwestern Fund.

Overall, AllNDay is a successful fundraiser that allows tuition to be lowered, helps provide students with opportunities and is a day that students can show their love for NW. The 2021 AllNDay was a success as goals were exceeded and love for NW was shown.



COURTESY OF NW MARCOMM

Many former Raiders took it upon themselves to give financially to the Northwestern Fund.

Spring intramurals begin

BASKETBALL AND CHESS IN FULL SWING

BRYANT AGRE
MARKETING

While many Northwestern students stay inside and cope with the disheartening weather by binge-watching Netflix shows, others have decided to deal with this bitter cold season another way. How do they do it? By playing games of basketball and chess offered by NW's intramural program.

Every Monday and Thursday night, the basketball courts in the Rowenhurst Student Center are filled with students looking to cure their cabin fever in a friendly contest of basketball.

League sign-ups were offered during a short time in January, and the men's basketball league was quickly filled up. With four games, two at 8 p.m. and two at 9 p.m., the college has kept busy each week.

With two referees assigned to each court and a designated scorekeeper, the chaos has been kept to a minimum in the first few weeks.

Each one of the nine men's teams has a name; examples include “Airballers” and “Hoop Dream.” The race for the prized intramural champion t-shirt could become fierce in the coming weeks.

Freshman soccer player

and education major, Adam De Boer, summed up what these games really mean to him.

“Intramurals allow for a below-average basketball player like myself to shine on the brightest stage,” he said, “In high school, I could come off the bench and average a measly four points a game. But in college intramurals, I am able to display my talents that I, nor my coach, was able to see.”

Many fans come cheer on their favorite team each and every night.

While basketball requires an excess of physical exertion, the chess league has been focused on challenging the mind. Chess intramurals have proven to be extremely competitive as well.

While the competitor pool is a little bit smaller than basketball, with only five in total, the competition is just

as good. Contestants must stay mentally sharp through each match.

The championship round will start after the regular-season games have been completed.

These intramurals have been a pleasant sign of what's to come after COVID-19 ended indoor volleyball intramurals.

When asked how the unexpected ending of volleyball affected her, sophomore Whitney Erickson said, “It was a bummer since it brings so many people in. It's a fun way to meet new people and get involved, so it's sad that it was taken away so soon.”

Volleyball came to an end within two regular games, but thankfully basketball and chess have made it past this barrier and continue to play.



PHOTO BY JADEYN VELTKAMP
The Bricklayers and Airballers face off on Thursday night.



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