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Faith and art combine in World Premiere Festival

BY ANDREW KLUMPP
STAFF WRITER

Both today and tomorrow, Northwestern’s theatre department will be premiering NW junior Emily Sweet Landegent’s play “Ukar.” “Ukar” takes place in a Seattle, Wash., tea shop and deals primarily with the tea shop owner Jude, played by sophomore Brady Huffman, and his life as a tea shop owner and artist. It is his art of ceramics, called raku, that inspired the name for this play.

Raku refers to glazing and firing of ceramics in a unique manner, which drastically changed when it came to the United States. This backwards way of creating raku pottery inspired the name for the play, which is simply raku spelled backwards: ukar.

The artistic aspects implied in the name for the play are also reflected in the use of the teashop set as a studio and art gallery throughout the play.

Jude interacts with many diverse individuals, such as a minister named Eva. This important character in Jude’s life brings a sense of newness; however, she also brings conflict as he considers his own agnostic beliefs.

Huffman summarized the play as “the coexistence of faith and art.” “Ukar” was written for the full-length playwriting class last semester. Along with nine other full-length plays written by students, it was submitted to Ken Robbins, a playwright and professor at Louisiana Tech. University. Robbins selected “Ukar” from among the other plays to be premiered this spring at NW as part of the World Premiere Festival.

It is being produced with a minimalist set and smaller-than-normal production crew. In addition to those things, with Spring Break and a week long theatre festival in Ames, rehearsals for “Ukar” have been irregular as well.

With these challenges, director Rachel Foulks simply states that “my cast’s commitment is what made this possible.” She also likens the process of the production as similar to the raku pottery that inspired the name: unpredictable.

“Ukar” will be showing today and tomorrow at 7:30 p.m. For tickets, contact the box office at 707-7098 or boxoffice@nwciowa.edu.

A cappella choir plans to sing around the Midwest

BY RENEE NYHOF
STAFF WRITER

The 56 members of the A cappella Choir will travel on their spring tour from March 29 to April 1.

This year’s tour includes stops in Volga, S.D.; Broken Bow and Adams, Neb.; and Sioux City, Iowa to “touch base” with area churches, according to Director Thomas Holm.

Each year, the choir travels to different areas presenting a three-part concert.

“There’s lots of variety for the audience to enjoy,” said Holm. “It’s high quality, and each piece is done in its own dramatic way.”

Part one includes sacred songs focusing on Christ’s crucifixion and grace, such as “Lamentations of Jeremiah” and a new arrangement of “Amazing Grace.” Each song ties together with a dramatic reading, which includes some Scripture or diary entries written in various centuries.

Virtuosic or humorous selections create the second part of the concert. For one song, “Rotula,” several members of the choir will perform a Scandinavian dance. During “I Want a Girl,” male members of the choir will also perform barbershop quartet choreography.

The third part consists of spirituals and black gospel style music. According to Holm, it has more lively soul text.

To close the concert, the choir will perform “Beautiful Savior” and will invite alumni to join them. Soloists will include senior Larissa Harwood, sophomore Bethany Landegent and senior Aubrey Weger.

“These types of songs make the music immediate,” said Holm, “because people can take meaning from it right away.”

Throughout the concert, various instruments will be heard, according to Holm. Senior Jill Bowman will play the piano, and percussion will sound at the hands of sophomores David Lesage, senior Meggan De Jong, Landegent and sophomore Rachel Kliensasser. In addition, Harwood will play the flute, and Weger will play violin.

The choir will present a concert in Christ Chapel on Friday, April 13 at 7:30 p.m. Everyone is welcome to attend.
Cigarette tax won’t accomplish its purposes

Last Thursday, Iowa Governor Chef Culver signed Senate File 129, which increases the tax on a pack of cigarettes by $1.

The governor said the increased price of cigarettes should help thousands of Iowans, especially young people, kick their habits, while at the same time bringing in revenue to expand health care programs, including smoking cessation and prevention programs.

In reading the press given to this issue over the past week, I became troubled with the reasoning behind Culver’s decision.

First of all, the increased tax is hoped to help decrease the number of teenage smokers. Culver said, “We will now be in a position to...help prevent nearly 40,000 younger Iowans from taking their first puff of a cigarette.” State Representative Pam Jochum stated that 90 percent of smokers started before they were 18.

Apparently, the state government in Iowa believes that increasing the tax on cigarettes will be an effective way to encourage young people to not start smoking.

Perhaps these middle-aged senators and representatives have forgotten what it was like to be in high school, surrounded by peer pressure and full of curiosity.

I can attest to the idea that teens that start smoking aren’t as overly concerned with the price of cigarettes as they are with the social status or “popularity” they will gain by joining a group and lighting up.

Although high school seems like it was a long time ago, I can still recall the enormity of peer pressure and the willingness of nearly every teen to pay any price to be accepted.

“We all know the effects. I think most smokers will tell you they quit smoking every time they smoked their last cigarette.” - Representative Dan Rasmussen

Therefore, I do not believe that this tax will be an effective in preventing youth smoking as Governor Culver wishes it to be.

A second proposed goal of the increased tax is to reduce the number of overall smokers in Iowa. According to the nonpartisan Legislative Services Agency, the $1 tax increase is expected to cut overall demand for cigarettes by 19 percent. Anti-tobacco lobbyists, who say that approximately 20 percent of Iowa adults smoke, predict that more than 20,000 current smokers will quit to avoid paying the higher tax.

However, adult smokers have likely been addicted for years. For most, they have tried to quit, time and time again, but the need for nicotine overpowers any and all desires to quit. Republican Representative Dan Rasmussen, who smokes about 20 Kools a day, said, “We all know the effects. I think most smokers will tell you they quit smoking every time they smoked their last cigarette.”

Rasmussen admitted that he doubts the extra $500 he’ll spend each year will be incentive enough to help him quit. Most likely, this attitude is reflective of many smoking adults in Iowa.

Finally, the Iowa government said they plan to use the approximately $130 million of increased annual revenue from the tax to expand health care programs.

I understand these three plans to be an “either/or” type of deal. If the first two objectives are successful, Iowans will quit smoking and therefore the state government simply has another supplier of revenue.

However, I believe that greatly reducing or eliminating the number of overall smokers in Iowa would be taken largely on faith (perhaps not as conclusive as the Bible is for the “infallibility” of the Bible are circular at best. The fact that the Bible might claim inspiration for itself doesn’t prove anything. I, therefore, take a book and call it the Word of God, too. Just because you get special feelings when you read it is not proof of the Holy Spirit.

The “evidence” for the resurrection of Jesus is neither conclusive nor ever persuasive to many outside the faith. We cannot reasonably speak of the Bible as being a book of absolute truth which can be proven and should be the basis for the American law. It’s a collection of religious documents which must be taken largely on faith (perhaps assisted but not conclusively proven by apologetics) by those who profess to believe in them.

To explain their faith, many people like to point to a personal experience such as an unlikely or speedy healing from an illness (Joe’s cancer went into remission after chemotherapy) or an interesting coincidence (we prayed for Jimmy to find a suitable organ donor, and a few days later he did), a fortunate happening (surviving a car accident or finding a suitable mate) or a powerful religious feeling (Jesus met me at summer camp). These things may or may not have had a divine element to them, but if a person involved with the events decides to attest religious meaning to what other people would call “good fortune” or “medical technology doing what it’s supposed to do,” then that’s their business.

Yet even if supernatural element was present in the “miracle,” there is little reason to assume that it must have been the Christian God who performed the good deed and still less reason to assume that the significance of the event is that one must accept the Christian holy books as the Word of God or adopt a particular theological understanding of them. Those of us who say that someone survived a heart attack because you happen to live in a country with paramedics who know CPR should not have the laws governing us dictated by someone else’s subjective religious explanation of events in their lives.

Likewise, it is not a dear fact to anyone who doesn’t already believe it that the Bible contains unique inerrant truth about morals and the way a government should be run. You don’t need to be a Christian or even religious to be a moral, loving person. Most world religions tell us to do this, and even many Christian missions books admit as much when they stress that there isn’t really anything deeply different about the morals of Christianity but that the point of missions is to show people that they can only escape the guilt of not living up to the moral law they already know by becoming Christians. Many secular humanists are derided by fundamentalist Christians for being too compassionate. The apostle Paul, one of the founders of Christianity, thought that the law is written on everyone’s hearts, and hence everyone should be able to reason morally without needing Judaism or Christianity.

To demand that laws be passed which are only supported by a particular interpretation of certain Christian texts which offend the moral sentiments of most of the rest of the citizens of the country is a morally questionable practice. If you can’t reason morally about an issue without pointing to your religion’s purity code, then you have little basis for demanding that your purity code become the law of the land.

People need to learn how to communicate

BY CHANTELLE STEGGERDA

Communication should be a meaningful exchange of ideas, feelings, thoughts and stories in a way that is a mutual response, not self-centered speech from both sides. Some people have a bad habit of not responding to one another but rather saying what we planned on saying regardless of what our conversational counterpart just said.

There are various underlying issues to poor communication and self-centered talk. It may be debatable as to whether it comes from societal influence or sinful nature, but it is natural to care most about talking about ourselves rather than caring about what we can learn from or how we can serve those with whom we communicate. Amanda Kuehn says this show says itself most when we don’t listen. Most people exhibit a polite interest (if not genuine) with strangers or acquaintances. When we communicate poorly, it is most often with family, close friends. Why would we listen less to people we care about?

A lack of listening, in most cases, is for this basic reason: we don’t care about others enough. I think most people frequently or occasionally don’t care to sacrifice their self-interest for good relationships. We don’t care what others have to say; we want to talk about ourselves. Whether or not we give in to this basic selfishness, it’s there. Waiting. And our relationships suffer.

My own relationships aren’t bad, but when I think of how it could be if we would care to listen to each other, I think they would have deeper connections and deeper meaning.

I challenge you to analyze the way you communicate. I find that when I make the effort to care and listen and not worry about forcing my story or opinion into the conversation, I feel more relaxed because I don’t feel as though I’m competing for “airtime.”
Thought-provoking and diverse, BABEL is worth renting

BY BETSY HEIBERGER
ENTERTAINMENT EDITOR

With seven academy award nominations, “BABEL” has a lot to live up to. Thankfully, it more than rises to the occasion.

Based on the plethora of diverse language that emerged from the biblical Tower of Babel, “BABEL” travels to four different corners of the world to engage us in a separate yet equally compelling and intertwining narratives.

These four narratives take place in Morocco, America, Mexico and Japan. I give director Alejandro González Iñárritu props for maintaining the cultural diversity in the film by having each ethnicity speak their own language. This adds to the authenticity of the film. I felt more like I was eavesdropping on a private message between two Japanese friends or accidentally overhearing a Moroccan family argument than watching a film about them.

Although I began this movie with no expectations, I still found myself surprised and enthralled with the plot. This is not a “happy-ending” movie, and it does leave loose ends for your imagination to tie up — maybe even a few too many loose ends for my tastes. However, that doesn’t stop me from highly recommending this movie.

In the “BABEL” American narrative, a couple with marital problems (Brad Pitt and Cate Blanchett) are vacationing in Morocco becomes victim of thought-to-be terrorist violence. Stuck in the desert without the American Embassy to help them, they begin to redefine their relationship and realize what really matters.

Surprisingly enough, Pitt and Blanchett were not overly glamorous in this film. Although they were the main “Americans,” their segment was only 25 percent of the movie and didn’t seem to play off their popular names.

While I thought they acted well, there was speculation that Blanchett was not the right actress to play a headstrong, stubborn wife and Pitt was not the right actor to play a whipped husband. However right that theory may be, it didn’t affect my enjoyment of the movie, perhaps partially because I didn’t really bring any preconceived notions of what type of characters they would be playing into the movie.

The American narrative centers around two blonde-haired, blue-eyed children in the care of their Mexican nanny. When the nanny is asked to work on her day off and is unable to find someone else to watch the children, a bad decision may ruin some lives.

In the Japanese narrative, a love-starved deaf teenager deals with the death of her mother, rejection and the emotional distance of her father in disturbing ways.

After a lively wedding in Mexico, paranoia and nervousness transform a routine border check into a frightening ordeal.

With excellent camera shots that capture the vastness of the Moroccan desert and the chaos of the streets in Tokyo, watching “BABEL” is not only thought-provoking, it also paints a clear picture of what life is like in different cultures through only the use of a camera lens.

One of the main themes throughout “BABEL” deals with how a small act can affect many people in life-changing ways. Although this is not a “feel-good” movie, I recommend it with no hesitation. It was well-worth watching the first time, and I’d definitely watch it again.

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Chant It and Move It: inspiring ideas from YouTube

BY KATIE VAN ETEN
CONTRIBUTING WRITER

It was a gray afternoon, and my roommate and I were feeling bored until our friend Kristin came to us and revealed a majestically beautiful new way of combining exercise with learning. She took us to our hearts. We clicked on the “Insane Japanese Exercise Video” link and performed a search on the words “Japanese exercise video.”

Once we started the video, three Japanese women appeared on the screen, all wearing matching seafoam green and lavender spandex workout outfits with scrunchies in their various hairstyles. They stood in triangular formations, which transitioned throughout the video, but they kept the green girl in the middle so as to aesthetically please the viewers.

The content of the video itself is a testament of good will among women. The three women perform various exercise moves while chanting English phrases that will hypothetically help them in their future if they travel to dangerous or romantic English-speaking countries. The phrases varied from the extremely-helpful-in-emergency-situations to the extremely-relevant-when-breaking-up.

We first heard the exercisers chant expressions like: “Spare me my life!” “Take anything you want!” and “I was robbed by two men!” while performing simple moves to accentuate the potency of the phrase and for memory. By doing the moves while yelling the English phrases, the video instills memory and realizes what really matters.

Obviously, the phrases above would be helpful in a situation where someone was robbed by two men who threatened to take their life while in an English-speaking country. But they might not come up in every day conversation.

Thus, the video progresses to phrases like “Let’s go Dutch!” for a time when a non-native speaker is on a date with a native speaker and wishes to pay for his/her own meal. And “It’s your fault that this happened” for times when a non-native speaker wants to break up with a native speaker and it was the native speaker’s fault.

In a latter part of the compilation, the video shows some regular city people performing the exercise moves and saying the key phrases. This is a great juxtaposition with the exercisers wearing the spandex outfits and is a commentary on society as a whole. The video expresses its concern even for the male gender and shows its relevant place on the streets.

The video encouraged me to be actively involved with my own expressions. I have found myself chanting the phrases and performing the exercises even while in conversations with my friends. One of the best uses I have found for this type of exercise is studying. I will add movement and exclamations behind some of the phrases I say while reading my literature class and even reviewing my notes for history. One of my own creations includes a phrase from my History of Rome class: “The Romans broke the power of the Etruscans!”

The next time you want to remember key formulas for your science or math test, or the successes of rulers for your history exam, or you just want to add a little pizzazz to the way you speak, just chant your phrase and move your body.

Buy it. It’s money well-spent.

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“Taste: I cook...I clean...I love God...what is his problem?!” — Fredomon Lindsey Kastning, expressing her disappointment in her failed attempt to win a potential Mr. Right

“I’m pro-life because I’m not pro-death.” — Junior Alyssa Bruecken, discussing why she is pro-life

“How can we get any more seductive?” — Sophomore Bethany Landegent, questioning Professor Holm’s request for a choir piece “I don’t know; I have no experience.” — Professor Thomas Holm, responding to Bethany Landegent’s question

Send your Campus Quotes, with context, to beacon@nwciowa.edu.
got
movies?
by tyler nesper

what is the deal with student discounts at the movie theater?
for those of you who don’t know, main street theaters in orange city is no longer selling tickets at a student discount price; the price for all movies is now $6.75. as a business and economics major at the college, and after a conversation with professor elder inspiring me to investigate, my curiosity grew as to why they would eliminate the student discount.

during the week before spring break, i contacted executives at the main street theaters corporate office in plattsmouth, neb. first, i e-mailed the director of operations and had since then been corresponding with the president of the company himself, bill barstow.

as i began my e-mails, i was told by mr. barstow that price increases are a part of business and that we could still purchase tickets through the rsc desk at a student discount price. mr. barstow wouldn’t tell me why main street theaters found it to be in their best-interest to stop the selling of student discounted tickets.

i then contacted lori couch, who was in charge of getting tickets from main street theaters. she informed me that the selling of tickets would be re-instated on friday, march 2, for $5.50 at the student development office.

so thankfully, we can still purchase tickets at the cheaper rate; we just must do it with the school prior to the trip to the movie theater.

thanks for your questions students’, keep e-mailing them to tnesper@nwciowa.edu.

consider the lilly’s investments in you
by lindsay squires

contribution writer

even if you are only paying attention part of the time, you have undoubtedly heard the word. if you haven’t heard it, you’ve read it, and if you haven’t read it, you’ve experienced it. that’s right; lilly. but what does this term really mean? is another flower threatening to supplant the ubiquitous tulips of orange city?

far from an upheaval of dutch tradition, the lilly endowment has become a significant term in the vocabulary of northwestern college. based out of indianapolis, ind., lilly was established in 1937 as a private philanthropic endowment by j.k. lilly, sr. and his sons j.k., jr. and eli. gifts of stock in their separate pharmaceutical business, eli lilly and company, floor the financial cornerstone of the endowment.

for the lilly family, helping the people of indianapolis and the state of indiana build better lives has been paramount. according to the lilly endowment web site, the lilly family desires to “give back” to the state that had been so good to them in their business operations.

in keeping with this priority, the lilly endowment has directed 60-70 percent of its grants toward organizations in the indianapolis area and the state of indiana.

in 2000, the lilly endowment launched its programs for the exploration of vocation. the endowment’s concern over the “ uninspiring numbers of young people who consider a career in ministry” encouraged the inception of the program. this major initiative is designed to encourage college students to intentionally integrate faith into their career and life choices.

the lilly endowment has invested over $217 million in is programs for the exploration of vocation.

“this initiative opened with three major aims: to encourage young people to explore christian ministry as their possible life’s work, to help all students draw on the wisdom of their faith traditions in making career choices and to enhance the capacity of the schools’ faculties and staffs to teach and mentor students in these areas,” said the lilly endowment’s senior vice president of religion craig dykstra.

after receiving a tremendous response, the endowment invited all church-affiliated, four-year liberal arts colleges to apply for grants. according to the endowment web site, colleges may request a $50,000 planning grant to assist them in tailoring a program for the theological exploration of vocation on their campus. an implementation grant of $500,000 to $2 million may then be awarded for a three- to five-year period.

while the application process is competitive in nature, dykstra maintained “that the broad goal is to identify and nurture a new generation of highly talented and religiously committed individuals.”

the conviction pervading this program is that whatever future the students choose, they will be well equipped to recognize and deal with the religious and ethical components of their work, and they will be informed and involved members of congregations and communities,” dykstra said.

since its inception, the lilly endowment has invested over $217 million in its programs for the exploration of vocation and has benefited 88 schools in 29 states.

in 2003, nw received a $2 million grant from the lilly endowment for its vocare: find your place program. while nw’s lilly grant proposal detailed more than 3 initiatives for the integration of the program on campus, the over arching purpose of the program is to assist students in discovering and committing to their god-given callings. since the inception of the program at nw, the questions of calling and finding one’s place in the world have been integral to the ongoing conversation about vocare.

in may 2006, the college received a $499,800 renewal grant from the endowment. president bruce murphy said, “the additional funds will enable us to continue and strengthen our efforts to help students discern their place in god’s world. we are planning to provide new opportunities in leadership development, enhance advising, and expand local and global options for vocational exploration.”

as a result of the lilly grant, students and faculty alike have had unique opportunities for such exploration. hear some of their stories next week.

living in a bubble
by rachel rietsema

staff writer

the windmill’s sheer size doesn’t allow passers-by to ignore it. neither do the multitude of tulips lining the streets. every yard has been tended with great care, especially during the fall, when leaves cover the everly cut grass. these distinct features represent the dutch heritage of orange city, which functions as the heart of the biggest dutch american concentration west of michigan.

in 1870, dutch pioneers founded orange city, which received its name from the dutch royal house. the pioneers endured religious oppression and desired to free themselves of it and live a better life. shortly after their arrival, most became members of the reformed church in of america. as a reformed-based community, northwestern college—founded in 1882—reflects that tradition.

zachary poppen, a sophomore at nw, visited the campus with this thought: “wow, this place is small,” but his perception of this quiet, too-clean town has altered since then. now, poppen sees opportunities for involvement and ministry within the community and campus more than before.

“i have seen a need here that i am filling in whatever capacity that may be, and i know that my place, for the time being, is here,” he said.

junior susan degroot, who moved to orange city last summer, compares nw to a big family that does everything together, including homework and bible studies. a recent transfer student, sophomore ruth cink, agrees. cink views the greetings she receives as ones within a church and notes that the atmosphere at nw and in orange city is quite different from iowa state.

“everybody’s friendly,” cink said. “if you wanted to find a friend, you could probably stop some random person on the sidewalk and they’d be your friend. they’d listen to you at least.”

senior danielle wynthein, who attended isu for two and a half years, transferred to nw last year. the atmosphere at both colleges allowed for her to become more culturally aware. she doesn’t regret her decision to come here but does think of nw as a bubble in which nothing bad happens, and if it does, it isn’t discussed.

poppen also compared nw to a sort of bubble. “it’s not necessarily bad but not completely good, either. it protects but restricts. enables but disables. there are so many good things that happen on this campus, but there are so many things that make it entirely frustrating. i guess a better word for nw is ‘a paradox.’”
Chocoalte: tasty, sweet and good to eat

BY JANICE SWIER AND AMANDA KUEHN
STAFF WRITER AND FEATURES EDITOR

If you found out that a certain food had health benefits that included but were not limited to decreased blood pressure, prevention of blood clots, lower likelihood of cardiovascular disease, increased energy, increased levels of cancer fighting antioxidants and created healthier skin, would you eat it? Some people might argue that a food like this is either too good to be true or too gross to eat, but what if you found out that these benefits come from eating chocolate?

“I find chocolate to be the elixir of healing and community,” said Assistant Professor of English Joonna Trapp. “Students and faculty on campus steal by my office even when I am not there to pluck a chocolate kiss from the bowl on my desk. When I enter my office and find some missing, I always feel that magical connection—ah, another lost soul in the need of chocolate.”

Sophomore Joe Clarey expressed, “Dark chocolate is good.” Junior Holli Wubben agreed. “Dark chocolate rocks. It makes me relaxed and happy after a long day of classes,” she said. This relaxation is not an act of the imagination but an actual benefit that is caused by the release of endorphins, natural body hormones that generate feelings of pleasure and well-being. The endorphins in the chocolate enable it to be a natural anti-depressant as well as a natural stress reducer. It appears to work for freshman Keisha Diephuis, who deemed chocolate as, “Delicious! [It] allows you to escape to a tropical island of delight.” Chocolate could be the perfect treat for some of those upcoming semester test woes!

Relaxation is not the only thing to be gained by the consumption of chocolate; the sweet brown treat that melts in your mouth also contains the same antioxidants found in fruits and vegetables. Much to the chagrin of junior Rachel King, who said, “I really like milk chocolate, but nothing that contains dark chocolate—dark chocolate is gross,” antioxidants can only be obtained by eating dark chocolate. Proteins in the milk contained in milk chocolate bind the antioxidants and impair the body from being able to absorb them. This effect would also occur if you were to eat a dark chocolate bar while drinking a glass of milk. The antioxidants in chocolate, which are known to help fight cancer agents as well as increase metabolic activities, are negated when milk is consumed in conjunction with them.

Milk aside, there are a number of other benefits that come from the antioxidants contained in chocolate. A study conducted by the Journal of Nutrition found that women who drank hot cocoa with high levels of the antioxidant flavanol had smoother and more hydrated skin than the controlled group of women who drank hot cocoa with lower levels of flavanol. Unfortunately, the drinks with the higher level of flavanol come at a cost—not a monetary cost but a calorie one. High-flavanol hot cocoa has more than 200 calories per cup.

Sophomore Darren Davis hit one of chocolate’s main health benefits on the head when he said, “Chocolate is good, and good for the heart.” Dark chocolate contains a lot of flavanoids—chemicals that help to thin the blood, reducing the likelihood of getting a cardiovascular disease by preventing blood clots and lowering blood pressure. The effects of the flavanoids are said to be the same as taking aspirin, and the benefits are said to last for approximately 12 hours after the consumption of the dark chocolate.

Chocolate also contains one of our favorite legal drugs—caffeine. The caffeine found in both milk chocolate and dark chocolate acts in the same way as that found in coffee and catted sodas. Once absorbed into the system, caffeine gives way to a period of heightened energy levels—something sought after by college students and the greater population alike.

The consumption of chocolate also has a number of other health and mood-altering benefits. The chemicals phenylethylamine and tryptophan produce feelings of attraction, excitement, giddiness and apprehension, as well as feelings of elation and even ecstasy, respectively. The magnesium found in chocolate can help to exacerbate pre-menstrual tension—a possible reason why many women will crave chocolate during menstruation. It has also been found that the iron content in chocolate may combat anemia.

Even the wrapping of some types of chocolate can put a smile on your face. Freshman Hannah Watters said, “I like Dove chocolate the best. It gives me inspirations for my day such as, ‘Be your own valentine’ or ‘Give someone a hug.’”

Doctors are likely to agree with sophomore Josh Van Der Maaten, who pointed out that “chocolate has too much fat.” Doctors also state that though chocolate contains some of the same antioxidants as fruits and vegetables, an individual should not substitute chocolate for these truly healthy foods.

The rule of thumb for the consumption of chocolate seems to remains: “Everything in moderation.”

Good study habits, safety and integrity are just a few of the many desires that most parents have for their children. One organization of Christian parents is doing their best to form a “hedge of protection” around the world’s next generation. But good study habits, safety and integrity are just a few of this organization’s concerns.

Founded in 1985, Moms in Touch is an international organization with representatives in over 110 countries. Each local Moms in Touch ministry includes two or more mothers or grandmothers who meet for one hour each week to pray for their children and their children’s schools. The ministry’s website defines “standing in the gap for our children through prayer” as the purpose of this organization.

Two moms of Northwestern students have started a local chapter of Moms in Touch on NW’s campus. In February, Barb Hibma from Sheldon, Iowa, and Janet Boote from Hull, Iowa, began meeting together on Mondays at noon in the Prayer Room of the Center for Spiritual Formation and Vocation to pray for the needs of safety and well-being of NW and its students. Since then, they have continued their ministry and have welcomed new prayer partners into the group.

Barb Hibma recounts that God impressed on her the need to start a prayer group for the NW campus because “you never stop praying for your kids even when they are graduated.” Since becoming involved with Moms in Touch, Hibma says that God’s call to pray for NW has included everyone connected with the school—each student, faculty member and staff member. She explains that although “we don’t know all their names, God knows their names and their individual needs.”

Because Hibma, Boote and many parents of NW students share common concerns about their children, Hibma has begun a Moms in Touch e-mail prayer chain. This prayer chain provides parents who live locally and those who live in different countries with current prayer requests from the NW community, thus allowing them to connect with their child through prayer.

Moms in Touch seeks to pray for the basic concerns of the college, as well as specific needs of individuals. Hibma explains that “through intercessory prayer, we have the privilege of joining God in what he is doing in [students’] lives. Although we may never see how they all turn out, we know that god has a plan and a purpose for each one.” Anyone seeking a caring person to pray with or to be prayed for by can contact Moms in Touch through Barb Hibma at barbanns@nethtc.net or Janet Boote at knjboote@mtcnet.net.

College students are constantly faced with life-altering choices. This fact, coupled with the many stresses involved with life in general, is the reason why godly women like Hibma and Boote are supporting college students through their prayers.

Prayer is a powerful way for these mothers to support their children.
Winter sports teams spend spring break in national competition

BY MIKE VAN ENGEN
STAFF WRITER

As Northwestern's spring sports teams began their seasons in warmer locales over spring break, the winter sports teams were concluding their seasons with national appearances closer to home.

Men's Basketball

The Raider men completed the year very successfully, making it to the Final Four at the NAIA National Tournament in Branson, Mo. NW started with a 22-point win over Albion College. In the next round, they defeated Kansas Wesleyan 74-54. The Raiders drew the College of the Ozarks in the Elite Eight and defeated them, 73-57. NW's streak came to an end in the Final Four where they faced the eventual National Champions, MidAmerica Nazarene, 71-81.

Many Raiders earned honors for the year. Junior Chad Schuiteman was named to the 2007 All-American first team, while Curt Schilling received an honorable mention. Schuiteman and sophomore Kale Wiertzema were named to the all-tournament team while senior Eric Kruger earned the national tournament Hustle Award. Junior Mark DeYounge was named an NAIA Scholar-Athlete.

Women's Basketball

The Raiders closed their season with an appearance in the Sweet 16 of the NAIA National Tournament in Sioux City. In the first round of the tournament, the Raiders defeated Daemen College 98-69. The Raiders fell in the Sweet 16 of the NAIA National Tournament in Sioux City. In the first round of the tournament, the Raiders defeated Daemen College 98-69. The Raiders fell...
Three Raider wrestlers earn All-American honors

BY BETSY HEIBERGER
ENTERTAINMENT EDITOR

Although a little delayed, the NAIA National Wrestling Championships took place on March 2 and 3 despite the unfavorable weather.

The Northwestern wrestlers walked away with high spirits and many awards after the tournament.

Head Coach John Petty was pleased with the results and remarked, “Their efforts were incredible. All nine qualifiers gave their best effort against the best competition in the nation at the championships.”

“We look at it from another side and that is, we did not lose, we just ran out of time, and we will be back!” - Coach Petty

For the third time in four years the NAU team was awarded the NAIA Champion of Character Team Sportsmanship Award.

Out of nine national qualifiers, three men were named All-American wrestlers.

Sophomore Enock Francois (174) ended his season with a fourth place win and a school record of 45 wins. Junior Andrew Lundgren (197) was named the seventh place winner in his weight bracket and sophomore Jordan Keckler (141) placed eighth in the tournament. Keckler stated, “I had a crazy season. I was at 133 then moved to 141 a week before nationals. I could have done better than eighth, but I tried my best that day and that’s all you can do. I am thankful for what God has given me this year, and because of that I am happy with how I did.”

Also receiving recognition were seniors David Bray and Chris Erinster as Scholar-Athletes with GPAs of 3.5 or higher.

Bray was also awarded the Champion of Character award, and senior Chris Keating was named Academic All-American.

Overall the team was within their goal of being in the top 20 in the tournament, with a 15th-place finish and 41.5 points. Lindenwood University of St. Charles, Mo., won the team title with 177 points.

Coach Petty added, “I applaud these young men. We said that we wanted to be champions, and we want to do it the right way. It is a journey, not a destination.”

Although the Raiders did not walk away with nine All-American wrestlers, Petty does not look at it as falling short of their goals. He commented, “We as a team look at it from another side and that is, we did not lose, we just ran out of time this season, and we will be back!”

SOFTBALL

Softball team splits doubleheader with GPAC rival Morningside

BY KAYLA MAXEON
AND LAURA JACOBSON
STAFF-WRITER AND SPORTS EDITOR

On Wednesday, the Raider softball team met conference competitor, Morningside, in a doubleheader on the road. The women came out strong in their first game. The team was down 0-4 in the first inning, but caught up gradually to form a 5-4 win. Freshman Tina Jacobsma led Northwestern at the plate, getting three hits in three at bats, including a triple. Senior pitcher Megan McHugh had the win. McHugh struck out seven batters and walked two.

In the second game, the Raiders stumbled, and their results weren’t quite as fortunate. The team fell to the Mustangs 0-3. Sophomore Laura Calvert suffered the loss from the mound, giving up eight hits.

Without returning to NW, the team continued on their journey to find a path of success for Thursday’s double-header against Simpson College in Indianola, Iowa, but the Raiders just weren’t able to find that road. They suffered an 0-1 loss in the first game. The Raiders were led on the offensive end by junior Lizz Swanson who had two hits. Sophomore Emily Boettcher and Melanie Fisher each had one to round out NW’s total of four hits.

In the second game, Simpson came out and got two runs right off the bat in the first inning. NW’s opponent steadily increased the lead, adding four runs in the second and two more in the fifth.

“We take each day at a time. We see ourselves one step closer to nationals every day, whether it be practice or a game.” - Emily Boettcher

At the top of the sixth, NW got their first run when Swanson hit a solo home run. In the final inning, the Raiders added two more to their score, but it just wasn’t enough, and the game ended 8-3.

NW’s work this week was set up by a successful spring break trip to California to compete in the Sun West Tournament. After beginning the season 0-3 at the Evangel Tournament in Springfield, Mo., on Feb 23, the Raiders warmed up to finish 7-3 in California, which included wins against the fourth and 22nd rated teams in the nation.

This record brought about a good foundation for games to come. According to Head Coach Melanie Mason, the team’s goals include, “playing to the best of our abilities and aiming towards a conference championship and a trip to the national tournament.”

According to sophomore starter Emily Boettcher, “We take each day at a time. We see ourselves one step closer to nationals every day, whether it be practice or a game.”

The Raiders are now 10-11 overall. Coach Mason’s squad will travel to Nebraska on Saturday to go up against Bellevue at 1 and 3 p.m.
Two seniors explore questions through art

BY ALLISON ROORDA
CONTRIBUTING WRITER

Two new senior art exhibitions open in the Te Paske Gallery this month. The first, senior Kristine Norris’ “On the Path,” opened Wednesday, March 21 and will continue through March 27.

“Most of my work has nature relations,” said Norris. “I believe that I started out on this path in art, and I will continue on it.” Norris claims that painting is her favorite medium, although her show is comprised of all forms of art. One piece features a Bible verse she has tried to work into her art. That piece is comprised of all forms of art. One piece features a Bible verse she has tried to work into her art.

Kristine Norris by one of her works of art.

Norris has found the senior exhibition to take up a lot of thinking time.

“I’ve noticed that it’s a lot of processing information, thinking about it and brainstorming that takes most of the time,” she said.

Norris will hold an open reception for her show tonight from 7 to 9 p.m. in the Te Paske Gallery.

Senior Ruth George will open her show, “Reflecting the Presence,” on Wednesday, March 28, with an open reception from 7:30 to 9:30 p.m. The show will continue through April 4.

“The title refers to the fact that a lot of my artwork has not the whole human body in it, but still the wanting to reflect that the person is there,” said George, “and also the presence of God. A lot of the pieces I’ve chosen are pieces I started a question with.”

George’s exhibition will also be compromised of a variety of media, although George says her personal preferences in art have changed in her years at Northwestern.

As a freshman, George was interested in pencil sketches and pen and ink. Over the past year, she has become more interested in 3-D works, such as sculpture.

“If some of my paintings, I try to add things to make them stand out,” George explained. “I like the idea of it being tangible.”

George also explained her holistic approach to her exhibition.

“I try to find the balance between the questions I have and the medium I work with,” said George.

NEWS
March 23, 2007

by Kim Eason
News Editor

Northwestern’s Assessment Committee is currently engaging in the National Survey of Student Engagement (NSSE), an instrument that gives insight into students’ experiences and learning while at college.

Freshmen and seniors were invited to participate in February, and the opportunity to respond will end next week. So far 42 percent of students have responded.

The NSSE was developed in 1999 by Indiana University researchers who were interested in understanding more about the experiences that lead to successful learning in students. Since then, over 1,100 colleges and universities have participated.

Dordt College participated last year, which helped to prompt NW’s involvement this year. The instrument also has a sound background in development and was considered reliable.

“It helps give us stronger claims about what attending NW does, especially in relation to similar schools,” said Associate Dean for Student Development Kim Case. “It also helps us to see if programs are as effective as we think they are.”

The survey is taken online at the convenience of the student. All answers are completely anonymous.

The questions are designed to address five key areas of activities: level of academic challenge, active and collaborative learning, student-faculty interactions, enriching educational experiences and supportive campus environment.

“We’re definitely not doing it to make ourselves feel better,” said Associate Dean for Academic Affairs Adrienne Forgette. “It gives us a really helpful baseline of information. We really do care about our students’ experience, and we intend to use the information.”

by Julie Johnson
Contributing Writer

“Live Justice” is this year’s theme for the International Justice Mission’s Season of Justice, which comes to Northwestern March 25 through 30.

Junior Amanda Allen, the campus leader of IJM, said the theme is “a commitment for all Christians to pursue justice.”

“[IJM and Season of Justice] are not just for pre-law majors or missionaries. For most people in their lives, [living justice] is the little things they do every day,” Allen said.

The week kicks off with Cheryl Noble speaking at the second morning church service at First Reformed Church in Orange City and at Praise and Worship on Sunday night.

Noble is the director of student ministries for IJM in Washington, D.C. She will also be speaking in chapel on Monday morning.

On Monday, there will also be a time to have lunch with IJM staff and campus ministries students and staff.

On Tuesday, D-group materials will be announced during the course of the week.

New bill raises cost of cigarettes

by Jaime Evenhuis
Assistant News Editor

Smokers will soon be facing higher prices for a pack of cigarettes. On Thursday, March 15, Governor Chet Culver signed File 128, a bill proposing a $1 tax raise on cigarettes.

The state tax will rise from $0.36 to $1.36. Representatives hope that the higher taxes on a pack of cigarettes will stop up to 42,000 kids from picking up their first pack of cigarettes.

Critics of the bill believe that the higher tax will hurt businesses near the borders of states with lower cigarette taxes.

The revenue raised from the new tax is designated to help finance a new Health Care Trust Fund. The Fund will be used for health care, substance abuse enforcement and treatment and tobacco prevention.

by Julie Johnson
Contributing Writer

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Graduation Housing

Housing is available in Fern Smith Hall for family and friends of graduates on Friday night, May 11.

The cost is $29 per person (lunch will be provided).

Make your reservations with Lisa Barber. (775) or lbarber@wmu.edu.