

Northwestern College, Iowa

NWCommons

The Beacon, 2022-2023

The Beacon student newspaper

11-11-2022

The Beacon, November 11, 2022

Beacon Staff

Follow this and additional works at: <https://nwcommons.nwciowa.edu/beacon2022>

Celebrating Veterans Day at NW

HONORING THOSE WHO SERVED IN THE MILITARY

COLLIN VERSCOOR
ENGLISH TEACHING

On Nov. 11, we have more to celebrate than just the end of another week. We have the opportunity to honor those who have given parts and sometimes all of their lives to serving in the United States Military. Nov. 11 marks the sixty eighth year since official legislation recognized Nov. 11 as Veterans Day, a day to recognize and honor all those who have served in the military. Our country has been involved in several wars, we have lost plenty of young and old men and women, the people in our military have seen horrible things and often it changes them, some worse than others. Those who serve in wars or overseas often come back home to their friends and families suffering from Post-Traumatic Stress Disorder or PTSD.

Having Nov. 11 as Veterans Day allows for us to stop, take a moment and thank those who have served,

those who will serve and those who we have lost. Here on campus several students have friends or family who have served in the military. We also have students, faculty, and staff who have also served in the military. To them Friday is more than just a day, it's a way to honor those who they love.

Senior history major William Minnick has had several family members serve in the military including his dad, uncles and grandfathers. They served in different branches including the Air Force, Army National Guard and Air National Guard. The service of his family has been a heavy influence in Minnick's life. "My family's involvement in the military has definitely impacted me," Minnick said. "Growing up I was surrounded by the idea of serving the US in the armed forces. Many days were spent at air shows, on military bases or dressing up in my dad's old uniform. I have a strong pride that so many of my loved ones have served this country."

Minnick's statement rings true



PHOTO SUBMITTED

William Minnick holds grandfather's war helmet with his dad who served in the military for Veterans Day.

for many who have had family serve. Junior public relations major Krista Gleason is just one of the many. Gleason's father served as an electronic warfare officer in the Air

Force for 22 years before he retired in 2016 as a Lieutenant Colonel. Gleason has nothing but respect for the men and women who have served. "I think of my dad and all the men and women

who served alongside him every time I hear the national anthem, every time I vote, every time I see a flag next to a grave, every time I hear about another fallen soldier," Gleason said.

CONTINUED ON PAGE 5

Native American Heritage Month is here

CELEBRATING INDIGENOUS CULTURE

NICOLE HANSEN
PUBLIC RELATIONS

November is Native American Heritage Month, and has been celebrated since 1990 when President George H.W. Bush established it as a month-long celebration. This is a time to learn about the rich culture and traditions of Native American heritage and recognize the struggles and resilience of our country's first people.

Before the Pella Dutch families settled in the Sioux County area, it was home to many. Indigenous peoples. The Sioux and Ioway tribes, being few of many tribes, claimed northwest Iowa before the Indian Removal Act in 1830, which resulted in heartbreak and bloodshed. A rich history runs through the native people who inhabited northwest Iowa and

across the country. La Mosaic and Intercultural Club, two student-led clubs, have various activities open to all NW students. "I hope through our celebration and education that students will buy in and want to learn more about their native neighbor and about that culture that is so often underrepresented," Bridge Center intern Jillian Simon said about the opportunities they have lined up for November.

The first activity that La Mosaic has planned is a field trip scheduled for Nov. 10 to Orange City's Dutch American Heritage Museum exhibit of Native American artifacts. Students will be able to learn about the indigenous people groups who first lived in the Sioux County area. Later this month, the Intercultural Club will show "Dakota 38", a documentary about the 38 Dakota men who were publicly executed in Mankato, Minnesota, in 1862.

Another event students can attend in December is "The

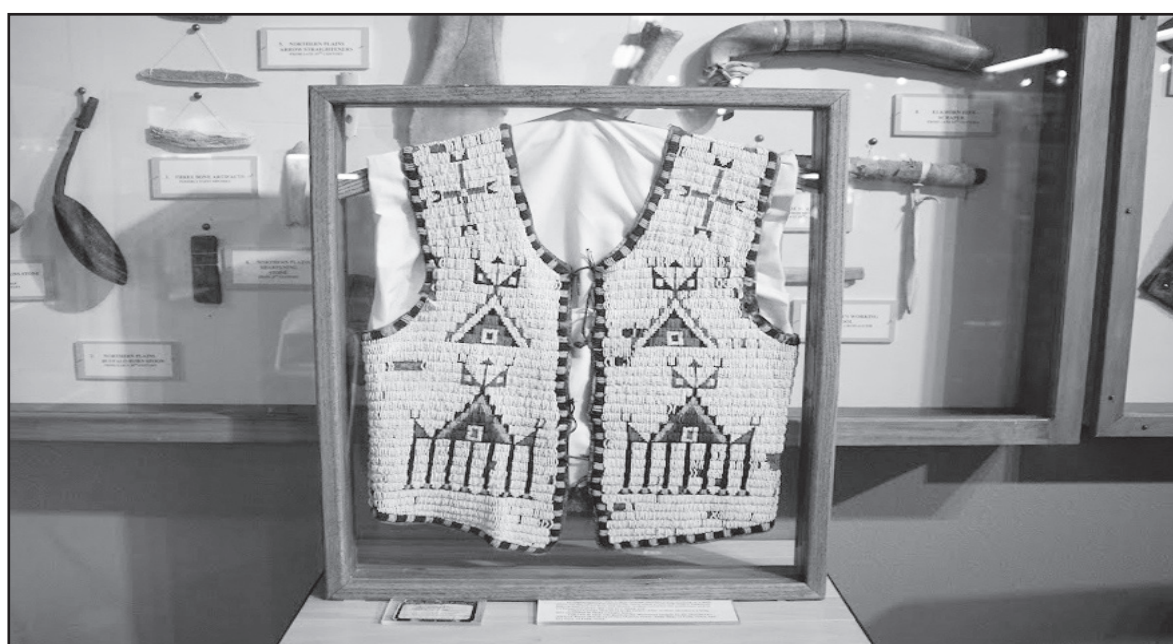


PHOTO BY KRISTA GLEASON

Native American sweater vest is kept in the Dutch American Heritage Museum downtown.

Thanksgiving Play" directed by Native American NW student Sierra Tumbleson (Lac Courte Oreilles Chippewa). Tumbleson is passionate about Native American representation in the arts and, through her honors

project, decided to direct "The Thanksgiving Play" written by her role model Larissa FastHorse (Sicangu Lakota). By reaching out to the publishing company that owns the rights to the play, Tumbleson obtained permission to

direct it here in Orange City, the only location besides Broadway in New York where an audience can view it. Students can view the play on Dec. 9 at 7:30 p.m. and Dec.10 at 2 p.m.

CONTINUED ON PAGE 4

INSIDE

2 | Taylor Swift


3 | Golden Age

4 | Fynaardt

5 | Staying healthy

7 | NW band

8 | Tri-wizard

 beacon.nwciowa.edu

 Northwestern College - Beacon

 nwc_beacon

Deep emotion and hard thoughts with Swift

NOSTALGIA AND CALLBACKS

JESSICA NIBBELINK
PSYCHOLOGY

Taylor Swift is known for her impressive songwriting and storytelling, and she has shown this yet again with her new record-breaking album. Taking a pause from re-releasing her old music, Swift gives fans an incredible new album.

"Midnights" is a concept album that takes the listener through "13 sleepless nights." It features different emotions such as anxiety, insecurity, love, self-confidence and more to create an overall reflective feel to the album. The promotion for this album mirrors that feeling, typically having a retro style.

Though the style of Swift's promotion is not the only thing giving this album an older feel. Swift seems to have drawn on the older sound that she has demonstrated in the past.

Fans have speculated about different eras or sounds that Swift has leaned into to create this album. For example, the

opening track "Lavender Haze" opens with a pulsing beat, compared to certain songs from her previous album, "Reputation." This dream pop song then shifts into "Maroon," another song reflecting this heavily synthesized sound. "Anti-Hero," the most popular single from this album, keeps with this theme.

It is not until "Snow on The Beach" that Swift shifts to a lighter and more somber mood, which isn't heard again until "Sweet Nothing," her second to last song. Her fifth song, "You're on Your Own, Kid," goes back to the synthesized sound in a much rawer way, discussing hard topics of feeling isolated, insecure and even strength despite it.

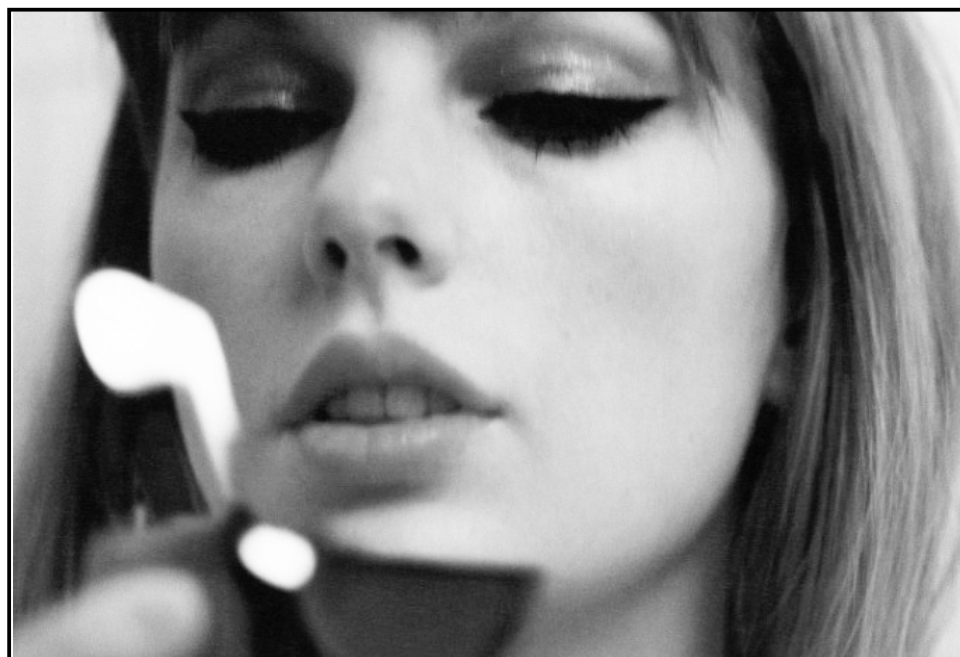
Her next two songs "Midnight Rain" and "Question...?" lean back into the dream pop sound that Swift seems to have developed with this album. This is broken up by "Vigilante Shit" which features a pulsing beat throughout the song with the heavier synth sound coming later in the song.

"Bejeweled" brings a

brighter, more upbeat sound, and leans into the self-confidence that we have not seen much of in this album yet. "Labyrinth" quickly leans back into the dream pop, synthesized sound that has come to be associated with this album in a much more somber way.

This leads into "Karma," an upbeat revenge song that fans have come to expect out of Swift. The album closes with "Mastermind" which truly shows off her ability to set a mood and weave a beautifully artistic story in a song.

Other albums of hers such as "Red," "1989," "Reputation" and "Lover" have been compared to her current album. This has been a criticism Swift has received. That the album has been feeling like a reboot of previous music. Along with that, critics have expressed that this new album has lost some of the lyricism and creativity that Swift has shown in older work. Her reflective concept has created an amazing album, but still comes at a cost. Some of the songs do tend to deal with fairly juvenile



COURTESY OF TAYLORSWIFT.COM

subject matters, which has been another critique.

Despite all critiques, Swift has shown that this album will go down in history. Within the first week "Midnights" climbed to the top of the charts in many different countries including the US, Canada, Australia and a scattering of countries across Europe. "Midnights" becomes the #1 selling album of the year in the US on the first day

of release. This album also gave her many personal achievements. She became the most streamed female artist on Spotify, as well as the first female artist to 11 albums debut at #1 on Billboard 200. Along with all of these achievements, the most impressive is becoming the first artist to dominate the entire Top 10 with songs off their new album, and all 13 songs on her base album appearing in

the top 15 spots.

This album's achievements speak for itself. Swift brings us through the story of her life using 13 different nights in a beautiful, artistic and emotional way.

★★★★

Old-timey yet contemporary new movie sequel

PROGRESSIVE AND WITTY BANTER

GRACE HARRE
SOCIAL WORK

Netflix's quirky and fun adaptation of Sherlock Holmes titled "Enola Holmes" released a sequel on Oct. 27, 2022. "Enola Holmes 2" has the full return of the primary cast from the first movie except the older brother Mycroft, played by Sam Claflin, and has a few new additions like Hannah Dodd, David Thewlis, Himesh Patel and Sharon Duncan-Brewster. Continuing shortly after the end of the first movie, Enola, played by Millie Bobby Brown, ventures on her own with a private detective business and takes on a case of a missing girl. As she gets further into the case, Enola discovers that the case is bigger than she realized and enlists the help of her older brother Sherlock, played by Henry Cavill and some old friends.

The duology continues the spin off of the famous

fictional character Sherlock Holmes written by Sir Arthur Conan Doyle. In "Enola Holmes 2," Sherlock is given more of the spotlight and the audience gets a glimpse into this version of Sherlock's world. One thing that stood out was the portrayal of Sherlock being a nurturing, older brother. Every other version of Sherlock either portrays him as his own entity with no familial connections or as a younger brother. At the end of the first "Enola Holmes" movie, Enola became Sherlock's ward and this recent movie continues that relationship out on the field working mysteries and in their personal lives. From this relationship, a dynamic duo is formed, equally working together to solve the case.

Following its precursor, "Enola Holmes 2" focuses on the progressive topic of women's empowerment through the work place, society and career paths. Enola's education from her mother, played by Helena Bonham Carter, is evident in this movie as well as her determination to help those

in need despite society saying she can not because she is a woman. Considering the time period in which it is established, Enola and women like her in the film are ahead of their time, which causes even more trouble. The movie's primary plot is involved with the true event that was the matchgirls' strike of 1888; when several British girls who worked for a matchstick making company demanded better working conditions. This inspired several other girls to do the same. Because of the time period and societal expectations, the women in the film challenge these ideals and expectations placed on them and push to overcome them.

Another example of women's empowerment and representation that was refreshing was the casting choices for well-known and instrumental characters in the Sherlock Holmes world. In "Enola Holmes 2," Moriarty, Sherlock's formidable rival and equal was played by Sharon Duncan-Brewster. This casting choice is unique

in the fact that Duncan-Brewster is the first black woman to play Sherlock's nemesis. Here, Duncan-Brewster portrays Moriarty as the calculating, smart, master gameplayer as opposed to the psychotic, violent villain Moriarty is when played by white males. Likewise, in the final minutes of the movie we finally met Dr. Watson who is played by Himesh Patel. This causes some speculation on whether the pair will get their own movie or if we get to see them in the next "Enola Holmes" movie.

"Enola Holmes 2" is a great continuation of the story of Enola Holmes because the plot is unique and fascinating, which shows the audience what is at stake if the Holmes family can not solve the mystery. The pragmatic, logical thinking of Enola adds comedy to and moves the storyline in a way that keeps the audience on their toes and lets them cheer for her successes. The film sends the message of women's equality and empowerment and inspires



COURTESY OF THE MOVIE DATABASE

the audience to be the change they want to see. With all of that being said, the movie's only downside

is that it is very long, a whopping two hours.

★★★★

Family ties and prophecies from the Golden Age

GOLDEN AGE IN THE FUTURE

SIERRA TUMBLESON THEATRE

Fascinating fight scenes, riveting romances and philosophy at its finest, Northwestern's theater presents the Spanish Golden Age drama "Life is a Dream" by Pedro Calderón de la Barca for their fall mainstage show. Directed by veteran theatre professor, Dr. Bob Hubbard, the performances will take place on Nov. 11-12, 17-19 at 7:30p.m. and Nov. 12 at 2 p.m. in the England Proscenium Theatre.

"Life is a Dream" is a classical Spanish Golden Age drama written in Madrid, Spain in 1636 by Calderón, who is often referred to as the "Spanish Shakespeare." The story is based on the Ancient Greek philosopher Plato's allegory of the cave, which regards the human situation and mystery of life. The plot explores nature vs nurture in the fictional character of Segismundo played by sophomore theatre major Jack MacGregor. He is

the rightful Prince of Poland, who has been imprisoned in a tower since his birth by his mother, Queen Basilia, played by sophomore theatre major Marissa Leraas, following a dire prophecy that the prince would bring disaster to the country and death to the Queen. Rosaura, senior theatre major Sierra Tumbleson, a spiteful woman traveling to Poland on a murder quest to kill her ex-lover Astolfo, who is sophomore worship arts major Josiah Troutner, with her sidekick Clarion, sophomore English teaching major Liam Nibbelink, accidentally stumble upon Segismundo's prison.

The aftermath is a heroic adventure of honor, love, justice and fate. Other characters in the play include the princess Estrella, sophomore humanities major Rose Hooger, Segismundo's jailer-Clotaldo, freshman music major Joel Moore and soldiers/revolutionaries, played by freshman computer science major Melissa Thompson and freshman theatre major Jessica Schulmeister.

The story takes place in

Poland, but Dr. Hubbard has set it in the distant future. This has led to exquisite, futuristic designs in projections, sound, lights, scenic elements and props by Jett Skrien, Drew Schmidt, Ethan Koerner, Sierra Tumbleson and Skylar Tumbleson.

The show is stage managed by junior theatre major, Madison DenHerder, and junior English teaching major, Anna Bram. MacGregor, says that the process of working on this show has been unique from the other shows he has been in at NW because he has had to create a world and character from a place that he has no recollection of. "I don't know what it was like in the Spanish Golden Age, what it's like to be locked up my entire life, or what the future may look like, but I have to try to imagine all of those scenarios."

MacGregor states that witnessing the characters, designs and story come to life has been thrilling, and that everything is starting to "click together. It is starting to feel like its own entity."

Dr. Hubbard chose this play because he's taught it in



PHOTO BY AMELIA HOLT

Jack MacGregor and Liam Nibbelink on the set of "Life is a Dream."

his history/theory of theatre class and it has always been a student-favorite. He said that, "it's been on my bucket list for years and seemed to fit our theatre season this year."

On why people should

come see this show, Hubbard said that "Life is a Dream" is, "a great classic that English speakers don't know about. People think it is one of the best plays of the Renaissance, standing up there with

Shakespeare's works."

You can get your tickets for Life is a Dream by going to <https://nwciowa.ticketleap.com/>

Music that ties family and friends for a long time

SISTERS SHARING THEIR LOVE

HANNAH JACOBSMA MUSIC

For a music major, a senior recital is a right of passage. The Northwestern music department requires all music students to participate in a recital in order to graduate. Clare and Katie Struck are now the next to go through this difficult but rewarding process. Katie and Clare have been preparing this date for months in advance with the recital being Nov. 12.

During the recital, Katie will be singing many songs including "Mornings Innocent" and "In Autumn" by Gwyneth Walker and "Love Never Dies" by Andrew Lloyd Webber.

Katie has been singing in choir for about 11 years and recalls singing along to princess movies when she was younger. Katie is inspired by the music she sings because it has the capacity to tell someone else's

story and share those intimate moments that the composers have shared through the music.

Katie plans to share her musical gifts outside of college by being a music or choir teacher after graduation. She also hopes to continue to sing at the First Reformed Church in town on the praise team.

Katie looks back on her time as a music major at NW fondly. She has been in the A cappella Choir and Heritage Singers and has had fun touring, creating and singing in college. She says that vocal lessons and sleep deprived study sessions in the music building are something that she looks back on fondly.

For Clare's half of the recital, she will be performing "Concerto No. 1 in G Major" by Mozart, "Concertino" by Cecile Chaminade and "Rain Dance" by Mark Phillips. Clare will be performing on flute, her main instrument.

Clare has been playing flute since 5th grade, said that music is such a powerful thing that transcends beyond the notes

on the page and she hopes that the performance resonates with the audience. Clare sees the music as a conversation or a story that she gets to share with the audience through her performance.

Clare plans to use her musical gifts outside of college by teaching either middle school or high school band after graduation. She is currently giving private flute lessons and performs at church services.

In college, Clare's music career at NW has been busy and challenging, but very worthwhile. One of Clare's favorite things about the music department is the outings the department does each year to go see an orchestra performance. She loves to see the fantastic ensembles perform live and realizes that this is a highlight of her time at NW. Clare also enjoys being in the Symphonic Band and being a TA for Dr. Holt.



PHOTO BY JADEYN SJAARDA

Katie and Clare practice for their recital this weekend.



NW Staff shares knowledge through publications

NW STAFF PUBLICATIONS

NICHOLE HANSEN
PUBLIC RELATIONS

Over the past several years, the professors on Northwestern's campus have worked extremely hard to not only give the students what they need, but also make a name for themselves. Though their classes may be hard at times, there are several things we can appreciate about them and all that they have done. One of these many things we can always appreciate is the number of staff publications our campus hosts.

While doing research on the campus website, one can see that there are more than twelve staff members who have either written a part of a book or article that has been published or has written a published work themselves. Keep in mind, most of them did this all while teaching students or even attending school still, which can be a lot

on its own. Some professors published things that were not a book or article. For example, Dr. Holm, the head of the music department for NWChas published several works of vocal music, too. When talking to him about which one was his favorite, he expressed that he loved them all. "That is like asking me to pick a favorite child!" he exclaimed hysterically.

Though Dr. Holm's works are truly a masterpiece to listen to, there are other staff members that seem to have blown it out of the water with their publications. Dr. Grace, associate professor of physics, has an impressive list of research studies, magazine articles and personal writings that have been published. One of her favorites was an article she wrote for the magazine company, Firebrand, which described just how powerful God is in our everyday lives. "God used me in my younger years even though I was broken," she explained. "He

simply put something in my heart that needed to be said, and I put it to writing." Dr. Grace has also done amazing academic research on dark matter. "I wrote an article that proved what another article was saying, and it was published! It's a great feeling."

Another talented writer that works on campus is Dr. Jongerius, the head of the math department. She has a long list of writings that took her years to write and publish. Though many other professors with published works wrote about the subject they teach to students on campus, Jongerius wrote a number of works that were not involved with math. "It's hard to say what my favorite work was—I enjoyed all of it!" she said. "The CS Lewis work was particularly cool because it brought together math and literature, both of which I love." She then went on to explain how her writings have brought her closer to other people such as



PHOTO BY JADEYN SJAARDA
Dr. Keith Fynaardt has several publications and presentations under his name.

her co-author, Rob Meyers. She described how well they worked together, even when it was hard.

Though only a few professors may have been mentioned, it is still

amazing to see all of what our professors can do. Sometimes, it can be hard to see a professor as more than a teacher, but when looking into something as simple as pieces they have written in their past,

we can find a whole story of excellence and strength within them.

Native American Month campus activities

FROM PAGE 1

"The Thanksgiving Play" is a satirical comedy about a group of four eccentric people trying to create a politically correct play about the first Thanksgiving for Native American History month. "It is a genius play because it gets a more serious undertone through humor, so it is not just preaching to the audience," Tumbleson said.

Tumbleson hopes "The Thanksgiving Play" can help people understand what it is like to be a Native person in the arts today. She also hopes people can reflect on

their knowledge of Native Americans and take away something new.

November can be a month to learn the history of Native American culture and what it looks like to celebrate that culture today. Through the events the Bridge Center has planned and Tumbleson's upcoming play, students can expand their knowledge and understanding. "I hope we can learn what it looks like to be Native today and celebrate and uplift those voices as well," Simon said.



PHOTO BY SIERRA TUMBLESON
Students Emma Geary, Kaylee Maasdam, Mark Cooley and Liam Nibbelink rehearse for the Thanksgiving Play.

How to stay healthy on campus

PHYSICAL, MENTAL AND SPIRITUAL

HOPE WALLACE
PUBLIC RELATIONS

Let's be honest, maintaining a healthy lifestyle is something everyone strives to do, or at least likes the idea. While this may look different from person to person, the undeniable truth is that happiness often derives from choosing to take care of and honor the bodies Christ gave us. In order to maintain a healthy lifestyle, one must take into consideration not only their physical health, but also their emotional and spiritual health. As students at Northwestern, there are countless resources available which are able to help with the enhancement of our health. NW's students are thankful for these resources and continue to put them into use, as seen below.

First is the element of physical

health. It is no secret that NW's athletic facilities are some of the nicest around. The Rowenhorst Student Center (RSC) features quality equipment to train with, coaches who go above and beyond to help students reach their goals and adequate space to practice and perform in.

NW freshman Brynn Nelson shares how her experiences at the RSC have helped her to stay physically healthy. "I like going to the gym at the RSC because it has flexible hours so I can always find a time to go that works with my schedule," Nelson said. Nelson also mentioned how the RSC is convenient because it is free for students, and it is a good option for when it gets too cold to go on a walk outside.

The next aspect of health is emotional health. Sophomore Marissa Leraas described how she maintains her emotional health as follows: "I think it's important to prioritize what you need. Sometimes this

may mean participating in campus activities, and other times it may mean taking a nap." Junior Talea Errington finds her emotional health to be at its best either when she is hanging out with friends or when she takes time for herself to rest. Junior Jillian Simon also finds that the best way for her to stay emotionally healthy is to spend time with her friends. "I am a huge extrovert. I pretty much need to constantly be with my friends; I can last maybe an hour without social interaction," Simon said.

The last, but certainly not least, element of health is spiritual health. Being a Christian college, NW has a lot to offer to help students grow in their faith. One of the favorite ways for students to maintain their spiritual health is by attending events such as chapel, Praise and Worship and Discipleship Groups. Along with campus - lead activities,



PHOTO COURTESY OF NW MARCOMM
The RSC has wonderful opportunities for students to stay healthy,

there are ways for students to grow in their relationship with Christ on their own time.

Nelson practices this by attending a weekly Bible study. "It's a really good group of girls who are all wise and it's encouraging to know that they all want to be there," Nelson said.

While doing your best to

maintain a healthy lifestyle, students are encouraged to take advantage of the resources at their disposal. Do not only act upon obvious entities such as the RSC or the chapel but spend time with people who will build you up with their wisdom and encouragement, improving every area of your health. Be mindful of the decisions you

make based on what your body needs in every given situation. When students take care of the bodies God has gifted us, we give Him the glory.

Honoring those who serve

FROM PAGE 1

"I am so grateful for the military and feel responsible to uphold the ideals that they sacrificed for - things like freedom, the right to have a voice in our nation and protection of the innocent."

Even here on campus we have students, faculty and staff who have served in the military. One of these people is freshman graphic design major Anika Snow. Snow currently serves in the Air National Guard where she originally

enlisted her senior year of high school. Snow choose to enlist in the Air National Guard for the opportunity to work for something bigger than herself. Snow recalls her time served so far and is grateful in many ways "For me, I think it was very wise to take a year off and be taught by higher-ranking individuals so as to help me later in life as I pursue a civilian job," Snow said. Snow has currently served a year and a half out of her six-year contract.

This Friday, make sure to

stop, take a moment and be grateful. Be grateful for those who have served, for those who have lost their lives and for those who come back different than when they left. Remember those who have served and give thanks, in whatever way that may be.



PHOTO BY ALLISON HAVERDINK
Freshman Annika Snow currently serves on the Air National Guard.



Show your college ID for a discount on the buffet!

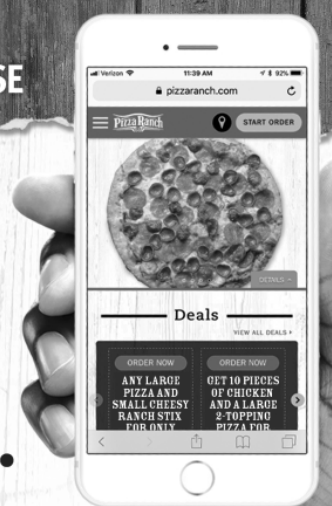
BUFFET HOURS:
Mon-Sat: 11am-1:30pm & 5-8pm



ORANGE CITY
712-737-3711 • 1505 8TH ST. SE

ORDER ONLINE
pizzaranch.com

Easy.
Fast.
Fresh.



HOT TAKES

WHICH IS THE BEST HOGWARTS HOUSE AND WHY?

“Hufflepuff, they’re the hottest (I’m hufflepuff) (please don’t use this).”

“Gryffindor because they are relentlessly themselves.”

“Hufflepuff has the lowest percentage of dark wizards and is the next to the kitchens.”

“Jillian Simon is a Slytherin, so Slytherin.”

WHAT’S THE BEST BRANCH OF THE MILITARY AND WHY?

“The navy because of sailors.”

“Air Force, planes duh.”

“Navy, TOP GUN.”

“Navy because pirates, am I right.”

“Air Force, big ole planes.”

“Navy because they can talk to the fish.”

The quotes expressed in these polls represent student opinion and is no way intended to indicate particular perspectives or beliefs of the beacon staff.

Be sure to follow the Beacon on Instagram to submit your own HOT TAKES!

It’s Time for a CUPgrade



Amelia Holt
Psychology

“Make the switch!” Many people in recent years have heard this type of peer pressure to make the change from pads and tampons to a menstrual cup. And this peer pressure? Completely valid.

While there is nothing wrong with sticking to traditional menstrual products, these little, reusable, silicone cups change lives. As someone with menstrual health issues, the cup has taken away any thought or energy I used to put towards taking care of my menstrual flow when I need to put all my energy into managing my other symptoms. I know it can be scary to try something new, especially when it comes to taking care of your body. You may have a lot of hesitations, but this leap of faith is 100% worth it. The first cycle or two with a cup is all about trial and error, but once you figure it out, you’re set for

life (or, at least until your late 40’s).

Like tampons, menstrual cups are designed to be inserted into the vagina to collect menstrual fluid. However, they can be left in for up to 12 hours, rather than just eight. A menstrual cup ensures a good night’s rest and sometimes relieves cramps. Additionally, menstrual cups offer a feeling of cleanliness throughout a day of use. After using a cup for a year and a half, Allison Sjaarda says, “I get the ick from using tampons now,” let alone pads. Many cup users find it so comfortable, dry and clean that they forget they have one in.

After 8-12 hours, the cup can be emptied into a toilet or shower, rinsed in a sink, and reinserted. This makes a menstrual cup the most environmentally friendly and cost-effective menstrual product. It prevents the average 5,000-15,000 tampons and pads that one person uses in a lifetime from becoming plastic waste in landfills. Two years ago, I bought a set of two menstrual cups for \$12, and I won’t have to buy a menstrual product for another six to eight years.

Another great benefit of a cup is the variety of choices available. All these options may be overwhelming, but there are questionnaires online to help you find the perfect cup for you. No matter what, don’t spend more than \$15 by

going for a main brand.

Another common concern is emptying a cup in public or in communal living spaces. The first time emptying a cup might make you feel like you’re in a crime scene, but that feeling won’t last long. If needed, menstrual wipes can be used to clean a cup without leaving a stall, but I believe that reduces several benefits of the cup. Most importantly, freely rinsing a cup at a sink in public helps break period stigma. In addition, menstrual fluid is not a biohazard to be worried about.

My top tip for first time users is to just hop in the shower the first few times you try to insert and empty your cup. This allows you to get in whatever position you need to make the cup comfortable and not worry about any mess. Beforehand, remember to read the instructions, boil or steam the cup, wash your hands and look up different ways to fold the cup. Being relaxed is key, so if you get stressed, take a break and try again later. It takes patience and just a bit of technique.

Not every vagina is fit for a menstrual cup, so the switch may not be for you. However, don’t let fear stop you from trying. It might be one of the best decisions you could make for yourself.

Coffee Order and Personality



Alyssa Glanz
Spanish

Drip: If you order a drip coffee, you are a consistent individual that lives a simple, quiet life. Your favorite class in college was probably a philosophy course, and speaking from experience, you are an angel in the eyes of baristas on a busy Saturday morning!

Latte: If you order a latte without any added flavors, you have probably ordered lattes of every flavor in the past, but have come to the conclusion that just plain coffee is the best. You are a very reliable person, and you probably wash your sheets every two weeks (as you should).

Espresso: If you order straight shots of espresso, you are considering selling all your belongings and renovating a bus to live out of. You probably

want to travel the world and are extremely emotionally unavailable. You should consider scheduling a therapy appointment and reaching out to a cardiologist.

Frappuccino: If you order a frappuccino, you don’t want the coffee, you just want the sugar high. You always come in five minutes before closing, but you also always say “thank you” a thousand times before walking out.

Macchiato: If you order a traditional macchiato, you either know nothing about coffee or everything about coffee. The former tend to be upset that their drink is so small and the latter have everything else in their life figured out (i.e. they have their bills on autopay).

Iced Caramel Macchiato: If you order an iced caramel macchiato, you panic at the counter and get the same thing every time. However, you’re confused about what you want in life because, in case you were unaware, caramel macchiatos actually don’t even have caramel flavored syrup in them. It’s vanilla, babes. It’s an iced vanilla latte with caramel drizzle.

Cortado: If you order a cortado, you are an intellectual if one ever

walked this earth. You read every night before bed and definitely voted on Tuesday. You also show up to your appointments 15 minutes early (as is recommended).

Mocha: If you order a mocha, you enjoy the small things in life, like the perfect balance of the bitter taste of coffee and sweet taste of chocolate. You are a very well-rounded individual and your instagram aesthetic is most likely unmatched.

Hot chocolate: If you order a hot chocolate, you have the heart and taste buds of a twelve-year-old.

*Disclaimer: There are so many coffee orders (and milk types) that I was unable to include due to article length restrictions, but if you don’t see yours listed, feel free to reach out and we can decide together what your coffee order says about you!

P.S. Since I’m making these claims, it’s only fair that I disclose my typical coffee order and let you all decide what it says about me. My go-to coffee order is always a brown sugar and honey latte with oat milk!

Editor’s Note

The opinions published both in print and online are the opinions of the authors only. Beacon staff members do not necessarily support the opinions expressed in this section. Research and editing (other than formatting) of articles is the responsibility of the authors rather than the editors.

Respectfully,
the Beacon staff

Get wealthy

off your words...
With the new Beacon pay scale

Write 1-4 stories = \$10 each | 5-8 stories = \$15 each | 9+ stories = \$20 each

NW Athletic Band is the Real Champion

TRUMPETS CAN BE ELITE TOO

EMMA WILSON
MATHEMATICS

When envisioning a college sporting event, what do you see? Things come to mind like talented teams, screaming fans and the smell of popcorn. What else adds to that atmosphere?

That's right, the band. They play out familiar tunes that electrify the field or court. Northwestern College's very own Athletic Band continues this tradition of bringing energy and joy to those around them.

The band has an effect on players, fans, coaches and the band members themselves. For members, it is a place to relax, get away and have some fun.

For players and coaches, it brings energy to their games and to pump them up. Director Steve Connell tells of several encounters with players, coaches and fans who have

thanked him profusely for the band.

The band is a tribute to the college that has even caused other schools such as Dordt and Morningside to instate pep band programs.

"We started with 15 members. Since there hadn't been a pep band in several years, we started from square one and were just trying to figure out how it was going to work," Connell said.

Former band member Hadyn Lee commented: "My first year was only the second year of the athletic band's existence so we didn't really have a set idea of what to do all the time, where we were supposed to be, what songs people liked, etc."

By the end of his time at NW, the band was completely ingrained into the athletic traditions and confident in what they did. The band is in its sixth year and boasts over 50 members.

Athletic band is a special place for a lot of people. No

auditions are held, which creates a mix of people from all corners of the NW campus.

Lee was one such member and expressed how thankful he was for the band. "[it] allowed me to connect with other students during my time at NW. I got to spend time with students and have fun playing music, even though I was not involved in our music department," Lee said.

Others heavily involved in the music department simply want to have some fun and relax. This allows unlikely friendships to form between people with varying majors, backgrounds, and extracurriculars, which creates a certain beauty that one only finds at a place like NW.

Athletic band is a program unlike any other that knits together several aspects of the NW community. Through music, relationships and energy, it creates an atmosphere where anyone from fans to players to members can feel like they belong.



Photo by Amelia Holt
Athletic Band waltzes onto the field with gusto.

Men's Basketball Escapes Mayville State

BALL BRINGS JOY TO WINTER

COLLIN VERSCHOOR
ENGLISH TEACHING

November means it is time to start new sports seasons, and for a select few, this means men's basketball. The Red Raiders men's basketball team kicked off their season at the end of October with a loss to Valley City State (ND).

Coming off this loss it did not take long for the Raiders to find their footing with a solid win over Mayville State (ND) on Oct. 29. The win was snatched at the Lewey Lee Fieldhouse, home of the Mayville Comets.

This was no easy game. At the half our beloved Raiders fell behind as the Comets dominated with a 46-28 lead. Sophomore guard Connor Geddes had plenty to say about the game going

into the half. "During the Mayville game, emotions were kind of all over the place. We didn't have the first half that we would like to have so going into the locker room at half-time, we were pretty disappointed but still confident in our ability to fight back and have a big second half," Geddes said.

This confidence is what helped bring them back from their 18-point deficit. Whatever was said in the locker room at halftime lit a fire underneath the men's team.

When they returned to the court, the team was electric, scoring 51 points in just the second half. The team ended the game with an impressive comeback win of 79-75. The Raiders updated their record to 1-1 for the season.

Junior forward Alex Van Kalsbeek had a terrific game leading both scoring and rebounding with 25 points and 14 rebounds. Van Kalsbeek has recorded a double-double in both

games that have been played this season.

The team atmosphere is what helped lead the Raiders to the comeback win. "We have a great team atmosphere and culture here. We all get along and have each other's backs. It is exciting to compete with these guys," said senior guard Dillon.

The Raiders are optimistic for this season; junior forward Matt Onken holds the team to elevated expectations. "Hopes and goals are to go undefeated at home, win GPAC regular season and tournament championship and make a push to Kansas City in nationals," Onken said.

You can catch the Red Raiders Friday, Nov. 11th against the Red Wolves from Indiana University East, and Nov. 12th against the V-Hawks from Viterbo (WI.).



Courtesy of Raider Athletics
Van Kalsbeek extends for a shot.

Raiders at Nationals: The Volleyball Odyssey Sequel

TO VOLLEYBALL AND BEYOND

STEPHANIE DAVIS
NURSING

On Saturday, October 29, the No. 6 Northwestern College Raider volleyball team faced off against the No. 22 Dordt University Defenders for their second-to-last game of the regular season.

Due to NW and Dordt's long history of sports rivalry, the stands were packed with students, family and friends of the volleyball players and community members, creating a fun, loud and competitive atmosphere.

"It just makes the game

10 times more fun when you know you have a supportive fanbase that always cheers you on...I think the Dordt game was one of the most fun atmospheres I have ever competed in," said freshman Liv Reitsma. The setter tallied 30 assists in the thrilling game.

"Our team played a great match against Dordt," said head coach Kyle Van Den Bosch. Van Den Bosch explained that each player performed their role very well, which resulted in NW's sweep over Dordt.

The stats support Van Den Bosch's assessment of NW's three straight set victory over Dordt

(25-15, 25-19, 25-21). Among other highlights – including Jaidyn Teske's kick save in the 3rd set are NW's 39 kills, 8 blocks, 7 aces, 35 assists and 56 digs. NW's team had more kills, blocks, aces, assists and digs, and fewer errors than Dordt, resulting in their 20th win.

Sophomore Alysen Dexter and Senior Bekah Horstman teamed up in the first set and claimed five and three kills, respectively. The second set proved more productive despite a hesitant beginning. Jazlin De Haan put an end to Dordt's efforts with a brutal block, allowing the Raiders to climb to an 18-

15 lead. A nerve-racking final set oscillated between Dordt momentum and NWC defense. Freshman Jaidyn Teske uses a kick save to propel the Raiders into a creative finale.

With their regular season wrapped up with a win against Briar Cliff, the team prepares for Nationals, which will take place on Saturday. The Raiders are ranked No. 8 in the NAIA heading into the tournament.

The NW volleyball team has had a great regular season this year, and Coach Van Den Bosch believes the team's best volleyball is still to be seen at Nationals.



Courtesy of Raider Athletics
Volleyball squad sweeps the Defenders off their feet.

Beacon Staff

Aaron Eckmann
Co-Editor-in-Chief

Kamryn Howell
Co-Editor-in-Chief

Madie Harre
Arts & Culture Editor

Kaylee Bandstra
Features Editor

Jillian Simon
Opinions Editor

Clara Pahl
Sports Editor

Bailey Brown
News Editor

Jadeyn Veltkamp Sjaarda
Photo Editor

Collin Verschoor
Copy Editor

Riley Rasmussen
Advertising Manager

The editorial staff reserves the right to edit submissions for style, clarity and length. For advertising rates and submissions, email Advertising Manager Riley Rasmussen at riley.rasmussen@nwciowa.edu.

Triwizard tournament commences

NW HOSTS FIRST COURSE

ELENA LEE
HISTORY

In case you've been hiding in the basement of Coly, Northwestern's Student Activities Council is putting on a friendly competition with Dordt and Briar Cliff called the Triwizard Tournament. Each school chooses a representative that competes in various tasks and challenges with the ultimate goal of winning honor and glory for their school, along with a \$1,000 prize for themselves. The three Triwizard Champions - Cade Pedersen from NW, Lydia Herman from Dordt, and Conor Ryan from Briar Cliff - participated in their first challenge last Saturday, Nov. 5th. This was the first time the champions competed head-to-head. While they may have speculated about what the challenge entailed, they truly had no idea what they were getting themselves into.

Chess games, trolls and potions awaited the three representatives as they raced across the NW green in as little time as possible

while solving puzzles and completing tasks along the way. Mimicking events from the first Harry Potter book, the tasks were designed to test the champions' athletic and intellectual abilities. The course opened with a "three-headed dog," which featured NW's favorite dorm dogs: Ozzy, Oakley and Ivy. The next section of the course involved an inflatable obstacle course, real-life Where's Waldo and a brutal chess game against NW computer science instructor, Landon Van Berkum. After wrestling a troll, the three champions were probably reconsidering what they signed up for, but nevertheless they persisted to the next obstacle, a logic puzzle involving potions and poisons. Each drink had the potential to benefit or harm the champions, both in terms of time penalties and awful flavors. Finally, still enjoying the delightful taste of Worcestershire sauce, the weary contestants made it to the last obstacle: a final showdown with Voldemort, represented by none other than Gideon Fynaardt. Sprinting across the green, the timer stopped for each contestant once Fynaardt was ultimately



PHOTO BY AMELIA HOLT
Dordt champion Lydia Herman faced Landon Van Berkum in a competitive game of chess.

tagged by the Sorcerer's Stone and defeated.

Once each contestant completed the course and time penalties were accounted for, the rankings were finalized with Conor Ryan in first place, Lydia Herman in second and Cade Pederson in third. Fear not NW students as this is only the first task, and Pedersen still has the chance to improve his standing over the next two tasks. In Pedersen's

own words, he is "hoping to have a major bounce back performance in February." Despite being a competitive arena, the contestants overall spoke of camaraderie and friendly interactions. Herman described the Tournament as "super fun! Cade and Conor are both great and I was happy to meet them." Pedersen echoed this sentiment, saying that "It was awesome getting to know Conner and Lydia! I

can't wait to get to know them more in February."

Even though there was only one winner, the event was a major success and enjoyable for everyone involved. The tournament will continue on Feb. 25 at Briar Cliff, so get ready for a road trip to see more friendly, collegiate competition.

Republicans sweep Iowa, Biden still celebrates

2022 MIDTERM ELECTION RESULTS

KAELIN ALONS
PUBLIC RELATIONS

Since the election on Tuesday, Nov. 8, the power has once again changed hands in Congress. Republicans are on track to win both the House and the Senate, but not by as big of a majority as predicted.

Representing Iowa in the Senate, Chuck Grassley beat Mike Franken 56.1% to 43.9%. This was Grassley's narrowest victory since first taking office in 1980 after defeating John Culver 53.5% to 45.5%. Grassley will be joining Republican Joni Ernst, who has been in that office since the 2014 election.

Representing Iowa in the U.S. House, Republicans once again swept the offices after defeating the lone Democrat representative from District 3. Representing District 1, Mariannette Miller-Meeke defeated Christina Bohannon 53.5% to 46.5%. From District 2, Ashley Hinson defeated Liz Mathis 54.1% to 45.9%. Representing District 3, Zach Nunn defeated incumbent Cindy Axne 50.3% to 49.7%. Finally, from Sioux County's district, District 4, Randy Feenstra defended his position after defeating

Ryan Melton 67.4% to 30.4%.

Governor Kim Reynolds kept her position after defeating Deidra DeJear 58.1% to 39.5%. Overall, U.S. elections have shown Republicans to be taking far fewer seats than initially projected. At the time of this article, there are four more seats to be called in the Senate, and Republicans lead Democrats 48-46. In Georgia, a runoff is scheduled on Dec. 6 for the second straight cycle. Nevada, Alaska and Arizona have yet to be called. Nevada and Alaska are leaning red while Arizona is projected to go blue. Another important result occurred in Pennsylvania where John Fetterman defeated Mehmet Oz 50.8% to 46.8%.

In the House, there are 37 seats left to be called, and Republicans are leading Democrats 209 - 189. The New York Times, among other newspapers, projected a "Red Wave," a term used when the opposing party takes significant seats from the president's party during the midterm election. "Blue Wave" is used for the same purpose when a Republican is in the presidency. It was projected that Republicans would take 40-50 seats in the House, but current results project that Republicans may only win 15-20 seats for a total of 224 seats. This would be the weakest performance by an



COURTESY OF ELEMENTS DIGITAL ON UNSPLASH
NW students and staff took to the polls on election day to do their civic duty.

opposing party in a midterm election since 2002.

Theorists have predicted a few reasons why the Red Wave is not proving to be as successful as originally

projected. First, many of Donald Trump's endorsed candidates lost, leading some to believe that the public may want to move on from Trump. Second, some are sick of candidates

running on denying the 2020 election results. Finally, the public may stress social issues more than the economy, which was a top Republican issue during this cycle.