Annual festival celebrates theatre

STUDENTS RECEIVE AWARDS, SHARE WORK
 CHRISTOPHER MIKSCHE 
EXERCISE SCIENCE

The Kennedy Center American College Theatre Festival (KCACTF) is a gathering of schools, their theater departments and students from all around the country. Northwestern is part of the Midwest region and participates in this weeklong annual festival.

This monthful of an organization invites collegiate-level theater students and participants of the fine arts to their geographic region where students and professors get to share work from their theater and celebrate with people in all walks of theater. This work can range from designs in lighting, sound, costumes, makeup, stage, projections, props and more. Students can enter their designs in a contest at the festival and thus show their work to many theatre lovers. There are even opportunities to enter an entire show into the festival, where it would all be showcased like a performance at their own college.

"They describe [KCACTF] as a week of summer camp for theater kids in the middle of winter," said senior theatre major Beeky Ochoa.

Junior Randy Lynn Getz actively participates in theater as an actor, designer and crew member along with Ochoa. Getz is going to KCACTF specifically for the acting portion. The festival features acting awards called Irene Ryan nominations, named in honor of the actress who played Granny on the "Beverly Hillbillies" television show. Actors are recommended by theater professors at each school and by a respondent who is an administrative member of KCACTF.

Respondents go to shows and give brief critiques. There are usually two nominations given out for each show performed.

Getz received the award for her role as a child fox in "Fantastic Mr. Fox" by Roald Dahl.

"I enjoy acting because you get to step into someone else's life and express your person through your own interpretation," Getz said.

CONTINUED ON PAGE 5

Art exhibit honors late NW professor

RETROSPECTIVE SHOW DISPLAYS PRINTS, DRAWINGS

BLAKE MULDER 
THEATRE

This month, Northwestern's Te Pase Gallery will hold a retrospective art exhibit, featuring works from the late John Kaescher, a longtime NW professor. The show includes prints and drawings produced by Kaescher during his time at NW.

"This retrospective honors John's contributions to NW as both an artist and faculty member," said associate professor of art and director of the gallery Emily Stoke. "His work shows how much he loved the process of creating, whether with gestural strokes of charcoal or etching needles and rouletteurs."

In addition to NW's gallery, Kaescher has had his work displayed at galleries in both the U.S. and the Netherlands and has been featured in over 30 solo exhibitions as well as 115 group exhibitions.

"John specialized in intaglio printmaking, which includes etching and aquatint processes, and drawing," Stokes said. "As a printmaker, I appreciate the intensity that comes through in John's intaglio prints. He revised his copper plates constantly, and the resulting impressions reveal that history. His drawings are fresh and decisive, very gestural."

CONTINUED ON PAGE 3

INSIDE
2 | "Jumanji" Review
3 | Art Exhibit
4 | "Passion" Series
5 | Campus Retreats
6 | Indoor Track
7 | Mental Health
8 | Outdoor Track
"Jumanji" exceeds expectations

MOVIE REVIEW
PG-13.
119 MINUTES
JAYCEE VANDER BERG
CRIMINAL JUSTICE

Board games are out and video games are in—and that's the concept the new "Jumanji" takes into consideration. When four teenagers discover an old game console, they are mysteriously swallowed into the game, becoming avatars in the jungle. Their new characters take over from theirs with several well-known comedians playing the roles that keep the quest alive. The kids must work together to finish a task—and only have three lives to do so. If they fail, they will stay in the game forever.

While the movie makes certain references and connections to the original "Jumanji," it doesn't overdo it—and perhaps this is a good thing. The movie becomes its own, not a sequel that must live up to the original. It does have one similarity to the original, beyond kids being trapped in a game with someone who has been stuck inside it much longer. The teens end up discovering more about who they are and their inner strengths. While self-empowerment is not the purpose of the movie, it is still a subconsciously satisfying addition.

The characters are well-developed and humor is what primarily takes over as the entertainment factor. Each student is a stereotype of the typical high school cliques, and nearly every character ends up being a character in the game that is exactly opposite of who they are. While The Rock, Kevin Hart and even Nick Jonas are at their best throughout the movie, Jack Black perhaps gets the most laughs. He portrays the stereotypical "stuck-up beautiful high school girl" but does not overdo the role. The entire movie is full of laughs and it keeps the audience engaged.

It is reasonable to acknowledge the setting of the movie as another aspect to appreciate. The movie was primarily filmed in Hawaii, and the beautiful landscape speaks for itself. It provides a colorful backdrop for all the action in the movie—which is a main factor—being that there are many threats within the jungle and the game levels combined.

Whether you are nervous about this movie living up to the first or were not a fan of the original, the movie is still worth a watch. Many who were unsure were pleasantly surprised, and those who were excited ended up content. While it's no priority, the movie is definitely a must-see at some point.

Cabello brings fresh new flavor

MUSIC REVIEW

ABBIE SLATTERY
WRITING & RHETORIC

Camila Cabello recently released her debut solo album, Camila, but has already been making waves in the music world for a while. Her hit single "Havana" is played on the radio so often that there is a 75% chance if you turn your radio on right now, you will hear it. Though Cabello may get pigeonholed as a typical Top 40 artist because of this hit, the rest of her album shows surprising range that proves she has the prowess to be a new kind of pop star.

Cabello experiments musically in the album as she finds the right solo sound. It is clear from "Havana" that Cabello is interested in tying in her Cuban roots with her sound, but that Latin feel does not translate into many other tracks. Bright, bouncy and at times sultry sounds act as the background to her more upbeat songs—but these are surprisingly few and far between.

Luckily, Cabello shines the most is not when she deploys catchy rhythms but when she lets her vocals stand out. Stripped-down songs like the ballad "Consequences" and the acoustic-heavy "Real Friends" allow Cabello to showcase the emotion of her vocal delivery. She might not have the strongest voice in the music business, but she brings a unique tone to her songs that make them seem like more than just a recycled Top 40 rhythm. Similar to Selena Gomez's style, she combines an airy voice with a basal, sultry swagger.

And it seems that artists like Gomez and Cabello may be ushering in a new form of pop music. Instead of relying on heavily manufactured beats, stripped-down darker tones with a more subtle build are taking over. Gone are the bass drops of the past. If you were to dance to most of the songs on the album, it would be more of a like, a weird swaying instead.

For all of the talent that Cabello brings to her vocals, the lyrics in the album are still made up of the typical cliché pop tropes. She doesn't explore any real issues besides finding love, losing love and empowering yourself. These aren't bad things, just unoriginal.

Both vocally and musically, the standout tracks on Cabello's album are easily "Consequences" and "Real Friends," but do not discount "In The Dark" either. It is easy to brush Cabello off as just another manufactured pop star, but these tracks give evidence that she has a lot more talent to offer in the music industry. [5 stars]
Retrospective exhibit featured

CONTINUED FROM PAGE 1

Kaericher passed away on May 31, 2017, at the age of 80 after a long fight with cancer. He had been a professor at Northwestern for 42 years, joining the art faculty in 1963 after earning a Master of Fine Arts degree in printmaking from the University of Iowa.

During his time at NW, Kaericher developed the art major, founded the permanent fine arts collection and art gallery and brought numerous visiting artists to campus. "We received many prints and drawings from John's collection over the summer, and so this seemed like an opportune time to honor his contributions to NWC," Stokes said on the decision to hold the exhibit now.

The retrospective exhibit will run for over a month, from Jan. 9 through Feb. 23, in the Te Paske Gallery and is open to the public for viewing during that time.

PHOTO BY: MATTHEW SHUKA
The exhibit features a number of Kaericher's works.

2017 review: ranking the top albums

A COMPREHENSIVE LOOK AT SOME OF THE BEST MUSIC OF LAST YEAR

BRANT VERMEER
POLITICAL SCIENCE

10. Brick Body Kid Still Daydream - Open Mike Eagle
Open Mike Eagle is a hip-hop artist from Chicago who has been known for writing lower-intensity music with clever lyrics. On his latest record, he reflects on the building projects in which he grew up being destroyed and tackles topics like nostalgia, gentrification and feeling like the past is being taken away.

9. Lake Of The Woods - Lorde
On her second major record, Lorde uses bright synth and personal lyrics to tackle topics like coming of age in today's society, relationships and the pitfalls of party culture. What is ultimately most impressive about this project is the maturity she displays throughout the record, often completely out-classing her pop contemporaries.

8. Awaken My Love - Childish Gambino
This album was a change of pace for Gambino, transitioning from rap to a soulful sound. He brings his hip-hop influences along but creates a unique sound that mixes a bit of funk, soul and gospel to invent something fresh. The project also boasts one of the best singles of the year with the Grammy-nominated "This Is America.

7. Greatest Hits - Remo Drive
Remo Drive is a garage band from Minnesota, but their first record shows impressive production considering the relatively small budget. Their music is best described as punk, although it does not fit this description perfectly. Their sound contains a real energy, and their music captures teenage angst.

6. Rocket - (Sandy) Alex G
Rocket is unlike anything else released in 2017. I hesitate to put it into a genre, but its sound most similarly resembles folk. Throughout the record, we hear about subjects like justice, honesty and deeply personal stories from the artist. The diversity of sound offers a musically impressive journey.

5. No Shape - Perfume Genius
This record is a personal, intimate look at Mike Hadreas' emotions. It may also be the mostbeautifully produced record of 2017. The music offered is deeply personal and tackles doubts about being able to be yourself, being adequate and being accepted for who you are.

4. Saturation I, II, and III - Brockhampton
Brockhampton is one of the most unique stories in music from 2017. The group met over a Kanye West fan forum and decided to move to LA to live together and create music. They released three of the best rap records of 2017 in the span of six months and show no signs of slowing down. Their diverse rap music is a breath of fresh air in the rap game.

3. Bravado - Kirin J. Callinan
Kirin J. Callinan is an Australian pop artist, but his music would not be recognized as pop by many listeners. His sound is eclectic and all over the place in an intricate and deliberate way, from house dance beats to soft rock guitar. Simultaneously tragic and humorous, Bravado will keep listeners on their toes.

2. Flower Boy - Tyler the Creator
Tyler the Creator's most recent project is the best rap album of the year. His production contains impeccable attention to detail and beautiful orchestral sections unique to hip-hop. Each song provides a stunning or intense instrumental sound and contributes to Tyler's message for the listener. Tyler showcases his maturity through his completion of this project and his approach to topics of sexuality, consumerism, fame and especially feelings of longing.

1. A Crow Looked At Me - Mount Eerie
Phil Evermore delivers the most emotionally charged piece of music I have ever listened to through this emotional outpouring in the wake of his wife's death to cancer. Musically, the tracks are sparse and are typically just Phil's vocals with subtle guitar in the background. It is at once depressing and hopeful in a poetically emotive way. This album is meant to be listened to alone, preferrably without distraction, all the way through. For those that seek to feel emotion through music, A Crow Looked At Me is the ultimate empathetic journey.

PHOTO COURTESY OF: GOOGLE IMAGES
NEW SERIES EXPLORES STUDENT PASSIONS

LUCAS SANDER
WRITINGS & RHETORIC

Campus dining has its ups and downs, but when given the chance to try cooking for ourselves, most of us would be afraid to strike out on our own in the kitchen. This fear does not affect Will Browning.

“I always cooked with my family when I was little,” Browning, who eventually took on much of his family’s cooking and meal planning, said. “When I left for college, I thought, ‘What do I do with all my free time now?’

Browning’s thoughts quickly turned to cooking as the solution, and now he frequently makes large batches of food to distribute so that students can get a taste of home cooking.

“It started freshman year. I first made cinnamon rolls in the lobby of Hesperus. I had a huge table, rolled them out, and baked four hours in order to get them all cooked.”

Browning appreciated that, even during his first year, this helped him break the ice and talk with people.

“Food brings everyone together,” Browning said.

Browning’s love for cooking has grown out of family traditions, such as making a new foreign dish every Christmas. Though he has made some of those dishes here, like tamales, Browning said they are not as easy to pull off in a dorm and they can take a lot more time. He has also treated friends to roast and fried chicken – a project which nearly resulted in a grease fire once.

“I was making fried chicken at 2 a.m. and the grease bubbled over,” Browning said. Fortunately, he was able to keep it under control.

“The chicken was fine, and it didn’t set off the alarm, which is key. Smoke alarms are the worst,” he said.

Grease fires aren’t the only obstacle to cooking in a dorm kitchen, however. Browning admitted that “it’s difficult, working in the [Hesperus’ basement kitchen]. Everything is kinda spread out, there’s not really places to set things and I have to haul everything I need down the stairs.”

He does not let that stop him, though, and even if it might not be in his immediate plans, sharing his cooking is something he would like to continue to do someday.

“In the future, if I ever found the time, I would love to have a nice little restaurant,” Browning said. “I think that keeping variety in food is important, so I would have a different style of food every other day.”

Browning also had some tips for those who want to try cooking for themselves.

“Start with a recipe,” Browning said. “Start out slow and do things that are either simple or that you’re sorta familiar with.”

He admitted that it is sometimes necessary to go back to the source, saying, “I will always call my mom or my dad if I don’t know how to cook something that I know they’ve cooked before.” Browning then pointed out that no matter what, “there’s always the Caf if things go horribly wrong.”

Cooking isn’t always just about the food, either. Browning said because of that first experience as a freshman, he “got to see people, talk to people, and… break that awkward barrier.” Food does indeed bring everyone together.

PHOTO BY: MATT RICH BULGE
Will Browning enjoys sharing his cooking creations with friends in Hesperus.

PHOTO BY: CHERISH HENRY

KIND RED SPIRITS
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Spiritual retreats impact students

Providing Time Off-Campus

Lizzy Johnston
Public Relations

Many unique experiences are offered to students on and off campus at Northwestern, and there are many opportunities for spiritual growth.

Every winter, there are men's and women's retreats hosted somewhere off campus, and students are able to sign up and attend for a weekend. There are around 50 spots for each retreat and the trips usually get filled.

The retreats present an opportunity for students to return from Christmas Break and spend time bonding with their fellow students after a few weeks apart.

The men's retreat took place Jan. 12-14 in Okoboji. The retreat consisted of a combination of messages from the main speaker, Dave Bray, individual reflection and devotion time and free time for the men to bond.

Bray focused mainly on the Gospel of Mark, concentrating on practical application for everyday faith and prayer life.

"Spiritually, I think the coolest thing I learned was just that we need to be living our spiritual life out every day faithfully and publicly," senior Brian Follett said. "I was challenged by that idea, and I think living out my faith more publicly is something I want to make a priority in my life."

The men on the retreat also took advantage of the frozen lake in Okoboji.

"On Saturday, some of us went to the lake and played broomball, which was probably my favorite part," Follett said.

Resident director of Hopkins Hall Michael Simmelink also attended the retreat. In particular, he hoped the guys could take away lasting memories and connections with each other from the retreat.

"The men's retreat is a chance for like-minded dudes to gather in a place off-campus and share in an experience," Simmelink said. "We hope and expect that relationships are formed that provide inspiration for impact in men's lives on campus."

The women's retreat will be happening Jan. 19-20, at President Greg Christy's home in Orange City. The topic of the retreat, "Brave," was inspired by "I Corinthians 16:13-14 which reads 'Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love.'"

Resident director of Fern Smith Hall Lindsay Hubbell was part of the topic choice.

"We chose "Brave" as our topic in order to help empower and encourage the women of NW to be unstoppable forces for the sake of the Kingdom," Hubbell said. "Each day the media highlights new things to fear, and obeying God is fundamentally the same thing as being shamed to a dying religion."

Assistant pastor of Living Springs Riverdals Church in Chicago Reverend Ann Bilbrew will be the main speaker for the retreat. Bilbrew pastors a church in a south suburb of Chicago and works as a social worker for the Cook County court system.

The retreat will consist of sessions taught by Bilbrew, small group discussions, individual devotions and a panel with NW faculty and staff, as well as free time consisting of games and movies.

Theater festival offers many opportunities

FROM PAGE 1

As an actor, Getz had the opportunity to select a partner for competition at the festival, and she chose Ochoa. Ochoa loves acting and designing for the theater. In fact, Ochoa entered her costume designs from the comedy "Musical" by Tina Howe and is anxious to present her work at the festival.

There are many different workshops in the realm of theater that take place during the festival, but different students prefer different ones.

"I like being able to verbally process the art with my friends," Getz said.

Getz enjoys analyzing different designs and performances she sees and discussing how the artists justify their works.

Ochoa also enjoys the analytical aspect of the festival. She appreciates that KCACTF has opportunities for every realm of theater.

"I think every part of the production is important in its own way," Ochoa said. "We need to encompass all of the work in the theater into one show. Whether that would be scenic, costume, lighting or sound.

They all need to work together to create a beautiful, whole production."

The 20 students and three faculty members going to KCACTF will be leaving for Des Moines, Iowa, on Sunday, and staying there for the week.

Prepping for competition, Randyl Lynn Getz and Becky Ochoa practice their scene together. Both have been to KCACTF before, and are looking forward to going back. The acting competition is just one of the many activities at the festival.

Maverick Raley and Carrie Hayes also have been practicing their competition scenes lately, including a Shakespearean piece. The pair are anxious to show off their hard work at the festival.
Grammys more like shammys

BRANT VERMEER
POLITICAL SCIENCE

I get very frustrated when things aren't as great as they could be. Whether it's an institution, activity or piece of work, I think we should take every opportunity to make things as great as they can be. The Grammys provide an excellent example of an institution that fails to capitalize on the potential music awards process.

Compare and contrast the Grammys and the Academy Awards for film. The Grammys typically nominate musicians everyone knows about, usually ones who have spent significant time on the Top 100 Billboard charts. The Academy Awards are radically different. Nominees for best picture are sometimes massive commercial successes but sometimes are indie films that received massive critical acclaim.

The Grammys nominees, for the most part, familiar names: Bruno Mars, Kendrick Lamar, Lorde, Jay-Z, Justin Bieber, Cardi B and Ed Sheeran, among others. Imagine for a moment that the Academy Awards operated in the same way. Nominees for Best Picture in 2017 would likely be Star Wars, Guardians of the Galaxy, the recent Fast and Furious iteration and other box office hits. Almost all serious film critics would scoff at these nominees as the best picture of the year.

The Grammys ultimately boil down to an industry popularity contest. Artists everyone already knows about are rewarded for songs we have all heard on the radio a few too many times. In theory, the Academy Awards are supposed to give an award to the popular music of the day. Giving awards to popular artists can increase viewership. However, a prestigious award should be more than a popularity contest.

A majority of music critics recognize that Grammy-nominated music is not the best music released that year. Popular music today is analogous to the box office thrillers of the movie industry. Nearly all critics would not give a Transformers movie an Oscar; similarly most music critics would not give a serious music award to many of the popular musicians today.

Why should we care about the Grammys being a popularity contest? If people enjoy it, why should it change? All awards shows have the opportunity before them. They have the opportunity to put a spotlight on the greatest artists from the last year. The Oscars take full advantage of this opportunity. Oscar nominees like Moonlight, Boyhood, Spotlight, Whiplash and others have benefited from the publicity the award nomination garnered them.

Without an Oscar nomination, many great films would never be seen by wide audiences. The Grammys have the same opportunity to highlight the truly great artists, but somehow instead choose to double-down on industry hits. The Grammys as a popularity contest squanders this opportunity, and it prevents people from discovering some of the truly great modern music.

The problem with resolutions

BEN PATZLAF
YOUTH MINISTRY

This is the time of year when many people are starting to question and fail at their recently formulated New Year's resolutions. I, for one, have always found these resolutions a source of humor rather than one of change. It always seems that people either make them so vague that it is almost impossible to fail them (i.e. "eat more vegetables in 2018" - something not actually trackable) or they are so daunting that people will undoubtedly fail and then forgo the resolution altogether.

I believe this toxic cycle of resolutions has made it more difficult for individuals to be successful with changes they want to make in their lives, and it is because of these preconceived notions that come with resolutions as well as the language used to make them.

Accompanying the aforementioned negative aspects of resolutions is the feeling of anxiety that accompanies the failure of achieving the set task. As a result, our sense of self-worth is lowered in response to not changing this characteristic that was supposed to be transformed. One cause of this is the language of absolutes.

The use of these statements that vow that they will always do something sets up the individual for certain failure. There are too many aspects that are out of our control to speak in absolutes. Even though you resolve to always go to the gym and work out three times a week, a bout of the flu or a particularly hectic schedule can easily derail this resolution.

Another problem with the language of resolutions is that it is often negative and is not focused on the process of achieving the resolution. If a person is using a resolution to change something negative in their life, it often can be one of the most difficult things. They are considering an aspect of themselves as negative when it is not necessarily negative in the first place, but the world around them has convinced them it is negative. Otherwise, this negative attribute is consuming them and they will constantly be focused on removing the negative rather than focusing on the positives that slowly come from removing that negative aspect of their lives. Both will often result in failure at their resolution.

For these reasons, I would propose that one should focus on goals and the language used in this context rather than resolutions. This may seem insignificant, but I believe it has the potential to change one's perspective as well as the success rate of one's goals. A goal is something that should be measurable rather than something vague and unattainable. If there is an aspect of the goal that you can track, keeping a measurable record can spur one on in one's endeavor.

One can also use these measurable aspects to make smaller goals and milestones while working toward a larger goal. Goals often have room for setbacks and adjustments, which allows for temporary failure. With this grace, a small failure while pursuing a goal will not completely derail someone. Goals are also something one should be comfortable with discussing with friends while having accountability at the same time. This can motivate individuals to stick with their goals in response to a friend keeping them accountable.

In the end, people inevitably want to be successful at changing different parts of their lives. So why not set oneself up for success rather than failure?
SPORTS

Indoor season starts on high note

NW TOTAL 49
TOP 10 FINISHES
BRIAN FOLETT
SPORTS EDITOR

The Raider track team traveled to Sioux Center last weekend and competed in the Dordt Open, which was the first indoor meet of the season. There were six Raiders that won their events during the meet, three on the men’s side and three on the women’s.

The men totaled 24 top 10 finishes Saturday, but a few men had stand-out performances. Senior Tim Rose won the 1000m with a personal best time of 2:30.48. That time is first in the GPAC and is the second fastest in the NAIA. With that time, Rose automatically qualified for nationals.

Sophomore Calvin Kerker took home the gold in high jump. He also had a personal best clearing 6-08.5. That is the new NAIA record for Kerker in the NAIA this season. With that jump, Kerker also qualified for nationals.

Senior Aaron Lemon was the third male to win his event. Lemon took the 6700m win with a time of 1:23.35. Junior Peter Hollinger was another stand-out as he earned two top five finishes. Hollinger took fifth in the 6000m (1:26.3) and fourth in the 100m (2:33.8).

The female Raiders also finished with some fantastic results as they earned 35 top 10 finishes. Senior Katia Bosch finished second in the 1000m race with a time of 2:37.83 and met the automatic qualifying mark for nationals. Bosch earned All-American status last year at nationals in the 1000m and is looking to repeat that as she currently has the second fastest time in the NAIA and first in the GPAC.

Senior Katie Landbois finished first in the 600m with a time of 1:28.3, which is currently the fastest in the GPAC and third fastest in the NAIA. With that finish, Landbois met the provisional mark for nationals.

Sophomore Anna Hennessey claimed a victory in the 200m race winning by just .01 seconds with a time of 27.17. Junior Rebekah Mullenburg had the last place finish as she won the 800m event with a time of 2:23. Mullenburg was seven seconds faster than her Morganside competitor who placed second.

The NW track team is looking to continue its momentum as it heads to Brookings, SD, to compete in the SDSU D-II Open this weekend.

Six and counting

WOMEN KEEP ROLLING IN GPAC PLAY

KENDRA MCGINNIS
PUBLIC RELATIONS

The Red Raiders women’s basketball team has scored another victory at home, winning their sixth game in a row. On Saturday, Jan. 13, Northwestern hosted the Hastings College Broncos, which ended in a victory for the women’s basketball team 68-53.

The game started with Hastings winning the tip-off, but NW was the first team to score. NW kept the lead throughout most of the first quarter, only changing leads with Hastings once. Fast ball movement gave the Raiders a lot of opportunities at scoring and kept the Hastings defense continually on the move. The first quarter ended with the Raiders leading Hastings 25-22.

The second quarter of play was a close scoring game between both teams. The lead changed hands three times throughout the 10 minutes of play. The Hastings offense was a dominant presence during the second quarter, scoring several points off jumpers from inside the paint. NW had a lot of scoring opportunities but was unable to capitalize on them as the ball just didn’t seem to want to fall for the Raiders. Despite this, however, the first half of play would end with NW holding a one-point lead over Hastings, 68-53.

After halftime, the Raiders came out ready to play. The third quarter started off with a short-lived Hastings lead. By three minutes of play, NW was back on top and it would stay that way for the rest of the third quarter and into the fourth. Strong scoring for the Raiders by everyone on the court resulted in a third quarter finish with a 14-point lead over the Broncos (53-39).

NW control of the game continued into the fourth quarter as the lead continued to hold, resulting in a Red Raider victory 68-53. Freshman Anna Kiel, junior Haley Birks and junior Kaisidy De Jong scored in the double digits. De Jong also managed her first double-double of the season with 11 rebounds. NW is currently 14-5 overall on the season (9-2 in GPAC play).

The Saturday matchup against Hastings was the second time this season that the two teams have played each other. In their last match up in November, NW came out on top 70-63. This coming week NW women’s basketball will play away against Briar Cliff, at 2 p.m. on Saturday, Jan. 20, and will host Morganside at 6 p.m. on Wednesday, Jan. 24.

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Raiders drop tough game

DESPITE LOSS WEDEL HAS STANDOUT NIGHT
CONNER UBBEN
ADVERTISING EDITOR

Northwestern College came up on the short end of a 106-94 decision to Hastings College last Saturday evening. The loss snaps the Red Raiders’ eight-game winning streak and drops them to 7-3 in GPAC play and 17-3 overall.

Nathan Wedel led the Raider offense with a game-high 39 points, the second highest total of his career, while shooting an impressive 57% from the field and adding 10 rebounds. Colton Kooma added 15 points and six assists while Parker Mulder brought in 13 points off the bench.

The visiting Broncos shot better than 60% in each of the two halves, 64% for the game, and 44% (17/40) from beyond the arc. They also outrebounded NW 39-32, including 10 on the offensive end. Bart Hiscock was among five Broncos players to score in double figures with 24.

Down by three at the half, a three-pointer by Kooma, followed by a basket by Riley Francis, put NW in front for the final 49-47, in the opening moments of the second half. The Broncos then proceeded to outscore the hosts 17-4 over the next five minutes, taking the lead for good, 64-53. The teams traded baskets over the next seven minutes, and NW made one final charge to get as close as eight. Hastings put the game away in the end to snap the Red Raiders’ win streak.

The Raiders’ next game will be this Saturday at Briar Cliff starting at 4 p.m., proceeded by the women at 2 p.m. This is a pivotal matchup in the GPAC standings for both men’s and women’s teams.
Counselor to speak on campus

A Certified during Facilitator Consultant (CDWT-C), Shornack helps couples and individuals understand the operation of shame in their lives and how to move through it toward wholehearted living. Additionally, Shornack trains and mentors other counseling professionals.

During her NED Talk, Shornack plans to show shame resiliency through a personal story.

"My goal is to provide a basic understanding of shame as the fear of disconnection and loss of love and belonging," Shornack said. "I will also identify common strategies of self-protection and explore how we collaborate with God to quiet shame and be our most authentic selves in relationships with others.

The topic of shame will be further explored in chapel.

"I will explore how shame shows up in the Garden of Eden and creates fear, blame and disconnection, and how Jesus shows up with courage, compassion and connection to give back dignity," she said.

Pursuing a career in psychology and counseling, Shornack obtained a B.A. in psychology from Central College and a Master’s degree in biblical counseling from Colorado Christian University. She is now a Licensed Mental Health Counselor (LMHC) in the state of Iowa and has over 30 years of counseling experience.

Together, she and her husband own Second Journey Counseling in Johnston, Iowa, where Shornack regularly counsels adults, individuals and couples.

"My main career focus," Shornack said, "is supporting clients and helping them gain emotional, spiritual and relational well-being."

The NED Talk will take place at 11:05 a.m. on chapel will take place at its regular time of 10:05 a.m.

Annual event gets the school year rolling

As an added bonus to the Giant Beach Volleyball event, the team who is best dressed to fit their theme will be awarded a prize. Student Activities director Aaron Beadner, explained that two prizes will be presented at the end of the tournament. The team winning best dressed will be awarded a gift card to a local restaurant, and the team winning the tournament overall will be awarded another gift certificate.

Veterans of the game don’t need to worry about the rules — they haven’t changed from previous years. Each team is allowed three hits to get the ball over the net. Both a male and a female member of the team must hit the ball before it can go over to the other side, unless the ball makes it over with just one hit. Additionally, a block does not count as a hit.

One of two things must take place for the game to end: a team must make it to 15 points or 15 minutes of game time must go by.

When asked what students enjoy most about the event, Rinehart only had one answer.

“It’s basically the community. Giant Beach Volleyball is a great competitive or low competitive activity where the whole campus can come together to play and have fun.”

On top of that, Beadner added that the games are an "opportunity to meet new people and are a great social mixer because both males and females are on each team."

Student Activities extends an invitation for every student to come to this fun event. “Come play and have fun with friends,” Rinehart encouraged.

Giant Beach Volleyball will take place in the RSC basketball court area with open play on January 22 and then a bracket round on the 23rd.

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TOURNEMENT HELD SINCE 2012

ALYSYN EVERSMA

BIOLOGY, ECO. SCIENCE

Northwestern’s Student Activities is organizing the annual Giant Beach Volleyball tournament to be held on Monday and Tuesday next week. The event, which first began in 2012, puts a twist on the familiar volleyball sport by making everything bigger.

As in years past, Student Activities leaders hope to pair brother and sister wings together to form teams for the games. There is no limit to the number of players who can be on the court at one time. Every team is allowed to be on the court during the entire course of the match. In a combined effort, the teams will have to work to soar the forty-inch inflatable ball over the net.

To add some difficulty and creativity to the tournament, each team is encouraged to dress up to match a specific theme.

"There will be an option for the teams to choose their own school-appropriate theme for the games," said member of Student Activities Aaron Rinehart.

"But we will also have an overall theme for the teams to dress as.

All proceeds support Bible placement in Haiti.

FOCUS ON SHAME AND FEAR

EMILY RAPER

UNDECIDED

Northwestern will welcome Nancy Shornack, mental health counselor, to campus Jan. 25 - 26. During her time on campus, Shornack will speak at the NED Talk on Thursday and chapel on Friday.

The main focus for her NED Talk is shame resiliency. While in chapel, she will primarily focus on the topic of trusting and walking with God through shame.

"Shame plays a sneaky, insidious, albeit dominating role in the stories of our lives," Shornack said. "It is a terribly unpleasant experience, but even more it is a destructive 'not enough' story, wided by evil to chain us into some state of living small, or pulled up — robbing us from living as our truest selves who reflect the 'enough' image of God in us."

WHAT’S UP THIS WEEK

• Jan. 19 - Women’s Retreat

• Jan. 19 - Wrestling at Missouri Valley

• Jan. 20 - Family Foud

• Jan. 24 - Called Out Series: Barb Dewald

• Jan. 24 - Summer Camp Day

• Jan. 25 - NED Talk: Nancy Shornack

• Jan. 25 - Ngage: Mental Illness Panel

• Jan. 26 - Chapel: Nancy Shornack

PHOTO COURTESY OF GOOGLE

Shornack is the owner of Second Journey Counseling.

PHOTO COURTESY NWC PUBLIC RELATIONS

Tournament scheduled for Jan. 22 and 23.