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Beacon Staff

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Across Campus

Dance Team Showcase
NW’s Dance Team eagerly prepares to take over the spotlight and own the dancefloor as their showcase performance draws near. Come see the ladies’ hard work and skill pay off!
Monday, Feb. 28
7:15 p.m.
Bultman Gym
Cost is $1 for NWC Students and Staff

Student Recital
The musical duo of junior Courtney Davis and senior Chelsea Stanton will perform a selection of pieces Sunday, Feb. 27, at 3 p.m. in Christ Chapel. Come support our very own exemplary musicians.

Campus Prayer
NW provides the opportunity to come into spiritual community. Before Praise & Worship every Sunday night at 8:30 p.m., all-campus prayer will be held in the choir room.

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

Chapel:

Cont. on pg. 6

There’s no stopping this brain

Blood vessels.

Devon is incredibly grateful to his surgeon, Dr. Asforia. Not only did Dr. Asforia perform the surgery successfully, he also preserved important aspects of Devon’s brain.

Friends and peers are overjoyed and relieved to see junior Devon Cadwell back on campus after he spent a semester away to have brain surgery for his condition.

BY ANNA HENKE
STAFF WRITER

“Sometimes, when I go to sleep it’s a blank slate,” said junior Devon Cadwell. “Hence, I didn’t remember to meet you. I put the sticky note on my desk and forgot all about it until you texted me.”

It started out similar to an intense migraine but quickly spiraled into a life-altering condition for Devon. The West Hall resident had major brain surgery in October of last year but is now back at Northwestern, alive and regaining his short-term memory. The night last semester was not Devon’s first incident with these severe headaches. One of the first occurred last summer when he was returning to Iowa with fellow Northwestern students Joel Koster, Aaron Bauer, Jennifer Carlson and John Hellenga. Devon pinpointed the headache to right behind his eyes and explained that it was accompanied by acute nausea. He described the pain as horrible—beyond any migraine imaginable. Following the incident this summer, Devon returned home to Springfield, SD, and the headache passed.

When school started several weeks later, he felt ready to tackle his third year at Northwestern. From then he’s learned how quickly things can change. Just a few weeks into the fall semester, the headache returned in full force. He went to the hospital and was diagnosed with the flu, but because he was in such extreme pain, he went to stay with a family in Orange City, where his condition continued to decline. “Luckily, they took me back to the hospital. If they hadn’t have done that, I wouldn’t be here.”

When a CAT scan revealed a mass in his brain, Devon was transferred by ambulance to Sioux Falls. The doctors had found an arterial venous malformation and emergency surgery was needed to relieve the swelling and remove the mass of blood vessels.

When Hummel has sat in the balcony, he said he can “get a good view of the students,” thanks to the design and angle of the seating. He notices more studying and more chatter up there than in other areas of the chapel.

“I refuse to sit up there,” said sophomore Logan Smith. “A lot of the students up there are disrespectful.”

Staff and students still believe that those who choose to sit up there should be able to do so quietly.

“Even if you disagree with the speaker, you can show some respect and show you value each other,” Monsma said. “You can sit quietly for 25 minutes.”

Most would agree that even having the need for any type of “chapel patrol” is somewhat sad.

“I would hate for Patrick and Brogan to have to be there,” Monsma said. “They’re great people and shouldn’t have to have that job.”

“I don’t think a chapel patrol should be necessary,” said Langley. “It’s half-an-hour. Even I can sit still for that long.”

Hummel does not want his role as an inherently negative role for those who choose to sit up there.

“My hope is that those who choose to sit up there should be able to do so quietly,” said Monsma.

“I don’t think a chapel patrol should be necessary,” said Langley. “It’s half-an-hour. Even I can sit still for that long.”

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Indian cooking
Pinching the mustard seeds from its bag,
She throws them into the pan with hot oil...
Siiizziizziillle... the seeds jumped with joy,
As they break and fill the kitchen with their aroma.
Opening the cabinet marked with spices,
She reached in and took out the motherboard.
Gently placing it in the pan, it starts to fry,
creating an electric sensation around the room.
The electricity slowly moved up
The spatula she held in her hand
Causing her to jump like the mustard seeds
And making her excited for the dish she was preparing...
A pinch of giga bytes, with a spoon full of chilli
The mother board marinates in the oil.

Bear love
There he sits, faking,
All sad and lonely,
Waiting, hoping
And longing for embrace.
But, it’s a lie,
’Cause he knows
It will buy.
Those big brown eyes
Will change,
And capture the biggest range.
Of beings who
Will love and cuddle,
This big fluffy bubble.
There he sits, longing,
Those big brown eyes
But, wait! — There she comes.

Springtime comes to the Orange City (finally)
Last week, I felt my toes for the first time in four months. It was wonderful. Most of us are now waiting in eager expectation for the arrival of spring. Only at Northwestern does Hell, in fact, freeze over. As if that wasn’t bad enough.

In fairness, we should be thankful that we live in northwest Iowa and not somewhere even colder, say the vacuum of space or North Dakota. Plus, huddling together for warmth builds community.

Even so, I’m still anxious for the weather to reach more livable conditions.

Officially, the spring season doesn’t begin until the vernal equinox on March 20 when the Earth’s celestial equator is lined up perfectly with the solar ecliptic. More practically, it starts the moment I can wear shorts without icicles forming on my leg hairs.

Fortunately, spring is just around the corner, for Punxsutawney Phil said so.
Now, for those of you unfamiliar with Punxsutawney Phil and the Groundhog Day lore surrounding him, allow me to explain. It is a day in which Americans proudly abdicate our meteorological destinies to the prognostications of a large rodent from Pennsylvania. This may not make much sense at first blush, but then again neither does LOST, Paris Hilton’s status, or her life.

Yes. That’s the catch: if Phil sees his shadow, he scurries back into his hibernation and we can all go back to thanking God that we do not live in Fern. That’s the catch: if Phil sees his shadow, he scurries back into his hibernation and we can all go back to thanking God that we do not live in Fern.

Fortunately, not only did we escape the infinite time loop of Groundhog Day (if you don’t understand that reference, your movie history is deeply impoverished), but Phil also did not see his shadow, then spring has begun and we can all go back to thanking God that we do not live in Fern.

So take heart, Northwestern. Punxsutawney Phil has only been wrong 61 percent of the time, which makes him three times as accurate as the average weatherman. We’re almost there!
A fair warning to caffeine consumers

It was not until my sophomore year of college that I experienced the rush of the all-night study session fueled by caffeine. I started studying late the night before a test that was worth 25 percent of my grade. I was petrified.

It seemed only natural to hop myself up with caffeine. Of course, I took my caffeine in its most natural form: coffee. Tea just wasn’t cutting it, and I refused to drink those nasty energy drinks.

What I didn’t realize then was the form of caffeine matters very little to your body. In fact, eight ounces of Red Bull contains nearly the same amount of caffeine as eightounces of coffee (and that’s just the generic stuff).

I never thought about where the caffeine is coming from, but how much we college students are consuming on a daily basis. Even if it is only a one-time thing — for example: consuming lots of coffee for 3-4 days during finals week — drinking this much could cause withdrawal symptoms. That’s right, withdrawal. It’s addictive. One study showed these symptoms occurring only after three days of “abuse.”

What exactly is “abuse”? According to Mayo Clinic, an “overdose” of caffeine is 500-600 milligram a day, or 4-7 cups of coffee (depending on the brew). Symptoms of withdrawal include:

- irritability, nervousness, restlessness
- dizziness, nausea or other gastrointestinal problems, fast or irregular heartbeat
- muscle tremors, headaches and anxiety.

During finals week when student after student downs Red Bull, Rock Star or Starbucks, all we are doing is building up our tolerance in our body for a drug. Essentially, the more coffee we drink, the more likely we are to feel tired, which was certainly not my goal during my all-night studies.

At 9 a.m. when that energy drink starts to wear off and your body is deprived of sleep and hydration, your body will still need more caffeine. You’ll sit down for your morning coffee and be anxious, tired and jittery, just because of adrenaline, but because of the caffeine that you’ve pumped into your body in one way or another. Later, you will find yourself with a headache, pop an Excedrin, and when peering at the bottle, you’ll notice there’s another 130 milligrams of caffeine per dose.

How many college students have experienced so many of the symptoms that we attribute to “stress” or “busyness”? Most of these could be avoided if we just ate right and got enough sleep instead of trying to compensate with stimulants.

So am I a hater of energy drinks? Probably. They taste disgusting and are filled full of lots of things that are, in general, really not that good for you. Coffee and tea are natural and yummy, and yet I have to judge coffee with the same perspective that I would a Rock Star, since both contain that addictive dose of caffeine.

Is coffee “safer” than an energy drink? Probably. They taste disgusting and are filled full of lots of things that are, in general, really not that good for you. Coffee and tea are natural and yummy, and yet I have to judge coffee with the same perspective that I would a Rock Star, since both contain that addictive dose of caffeine.

I refuse to drink those nasty energy drinks. I found my all-night studies. Of course, I didn’t leave before doing a little sand boarding. The boards were all the way down at the foot of a giant dune. Rascal, Meerkat and I decided to make a run down the dune for them.

We discussed strategies to keep from falling before beginning this endeavor. I have seen this done in the movies a thousand times. One foot in front of the other, kick the knees to keep from tripping in the loose sand — no big deal.

Well, halfway down, my feet began to slow, and my head began to hurt. I felt the face plant quickly approaching. My glasses were exchanged for the fine, dusty sand.

I pulled myself together and finished the descent, only to start the killer hike back up with my board. Nevertheless, a face full of sand and burning thighs were only small prices to pay for a chance to our moves.

I felt a special connection with where I was that night. Things seemed to be right. Enjoying the company of friends, sitting under the Omani desert’s peaceful full moon with Arabian music in the background made for a settling experience. It felt right to be in Oman.

When you don’t wake up in the morning feeling like P. Diddy

Before I get started, let me give a little disclaimer. Yes, I understand that there are sometimes mysterious ingredients in energy drinks. Yes, I understand that you should use them with caution. Yes, I understand that the majority of their statements are not approved by the Food and Drug Administration. I’m not blindly advocating for something rad.

But let’s be honest, there are times when we do not wake up in the morning feeling like P. Diddy. Even the most chipper of us have felt groggy due to a poor night of sleep, whether that was our own fault or someone else’s because they accidentally set off the fire alarm. Unless you’re the shameless type that couldn’t care less about falling asleep during class, you’re bound to try to find a quick fix for your predicament.

The most common caffeine fix for many comes from coffee. If that works for you, I’m proud of you for stepping up and out into the adult world. As for me, coffee only tastes good when added to creamer.

How do you wake yourself up? Without aiming to turn this into an advertisement, let me suggest energy drinks. The most common caffeine fix for many comes from coffee. If that works for you, I’m proud of you for stepping up and out into the adult world. As for me, coffee only tastes good when added to creamer.

I was working a construction job and putting in approximately 10-hour days. We were to meet at the shop at 5:30 a.m. each day. Does this not make you tired just thinking about being conscious at that unholy hour? It seriously hampered my ability to think of each summer night as a party. I wasn’t the only one looking forward to the energy I could hold in my hand: almost every one of my co-workers arrived each morning with a can or two of energy drinks.

Another argument in favor of energy drinks is the positive use of these drinks to replace consuming alcohol. Picture this: it’s a Friday night and you’re jacked about getting a tough week out of the way. Instead of hiding in your room watching Jersey Shore, you and your friends want to do something crazy, like go party in Granville. Except you’d like to avoid the alcohol and/or being in Granville. Can I suggest that you and your friends grab some energy drinks and strut your stuff down the aisles of Wal-Mart? It’s unbelievable how fun the clearance aisle will seem when you’re on a caffeine high.

I will admit that I’m not an energy drink junkie. I don’t have my mini-fridge stocked with one for every morning or weekend night, nor would I recommend that you use your own fridge this way. Read all the labels, be smart and make good decisions with the brain God gave you.

Have fun and drink responsibly.
How to: be a successful people-watcher

1. Decide the parameters of your people-watching. It doesn’t have to be creeper-ish. People-watching can help pass the time when you’re alone or with a group of people that don’t interest you as much. It can be informative, restore a sense of wonder or inspire you.

2. Practice naturalistic observation - not intrusive nosiness. To be a successful people-watcher, you can’t be noticed. Allow the person or people you are watching to go about their activities without feeling watched. The moment you become noticed, you’ve become a creeper.

3. Remain unobtrusive. In order to do this, you need to appear occupied. Have a book or laptop propped open or sip slowly on a cappuccino or other socially-approved caffeinated drink. If you are people-watching outside, it would be a good idea to wear sunglasses so it’s hard to determine exactly where you are looking.

4. Watch with good intent. People-watching is an art that can be used to better yourself. Don’t watch to judge your subject; instead, take note of what you can learn from them.

5. Know how to react if the observed observes back. The last thing you want to do is reveal yourself if you’ve been caught. If this does happen, however, it may be best to own up to your stares. Smile, shrug and look away.

With tips from Nathan Mastbergen

Buy a large or medium pizza
Add a 2 liter and a family order of breadsticks for only $5

Order on the web: www.pizzahut.com
Orange City, IA 712-737-3630

PHOTO BY BOB LATCHAW
After stopping by the soft-serve ice cream machine, sophomore Nathan Mastbergen took a walk around the cafeteria, pausing only briefly to have a short chat with sophomore Lindsey Geels.
I never was a coffee snob, but now I’m really spoiled.

By Emily Gowing

Features Editor

Community. Conversation. Inspiration.

The vision behind the Old Factory Coffee Shop was to provide students with a place to relax and study, to develop relationships and to enjoy good coffee. In the nine months that it’s been open, owner Richard Sowienski sees how that vision has changed — but changed for the better.

Richard and his wife, Rola, moved to Orange City in the summer of 2009. Like so many other lovers of coffee, they’d always thought it would be fun to own a coffee shop, but the thought never progressed further than that.

As they began looking for housing, they noticed the Old Factory was up for sale. “It was a really cool building,” Richard said. “We thought about converting the upstairs for our living space and using the downstairs for a coffee shop.” He soon came to find out that keeping it simple was beyond the realm of possibility. “There is no simple. If you try to run a simple business, you’re not going to have a business.”

So, when the Sowienskis made the decision to purchase the Old Factory, they knew they were taking on a massive project. Just how massive it was, however, was something they’d learn in the process. “I love what we have,” Richard said, “but it’s been a bigger strain and bigger drain of resources and time than we ever imagined. It was far more than we expected.”

Their original target audience was college students. They wanted their coffee shop to be a casual atmosphere for students to gather with friends. “I’ve gotten to know a lot of students that I’ve never had in class and even to know my students better. They won’t come to my office,” Richard joked, “but they’ll come here. It gives me an opportunity to talk about class or about what’s going on in their lives. If they’re former students, they really become friends. That’s the best part.”

He admitted that, although there is a core group of students that is always at the shop, “the vast majority of students have never come. You would think that two blocks are two miles.” Because students often don’t make the effort to get off campus, Richard was surprised to admit that “the community has been more supportive than the students.”

In the first few months after the Old Factory Coffee Shop opened, students would drop by and talk about their own visions for the shop during the school year. “They wanted us open until 3 a.m., saying ‘We’ll just fill the place!’” When September came, Richard adapted his hours to best fit the wants of Northwestern students. “I started opening at 7 a.m. and staying open until midnight. But no one came at 7 – or 8. No one came at 11 p.m. – or even 10! I put coupons in the welcome packets, but apparently students don’t use coupons either. That’s when I started getting a little worried about student patronage.”

Mulder has to put in the demand of the bakery. “The Mulders owned it would make the community’s favorite treats. Many students and local residents agree with the fact that the bakery was visually pleasing. Mulder spends his free time making the community’s favorite treats.

“Every day when I make myself a cup of coffee, I take a sip and say, ‘Oh, that’s so good.’”

PHOTO BY EMILY GOWING

Pastries have become his passion

“I’ve gotten to know a lot of students that I’ve never had in class and even to know my students better.” Their original target audience was college students. They wanted their coffee shop to be a casual atmosphere for students to gather with friends. “I’ve gotten to know a lot of students that I’ve never had in class and even to know my students better. They won’t come to my office,” Richard joked, “but they’ll come here. It gives me an opportunity to talk about class or about what’s going on in their lives. If they’re former students, they really become friends. That’s the best part.”

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PHOTO BY EMILY GOWING

It was during that time, however, that community members began frequenting the coffee shop each morning for conversation or evening for group Bible studies. “People come in who don’t know each other and they get to talking; you see things happening and people clicking and connections being made.” To Richard, connections like that capture what he envisioned from the start – even if it is with a different generation than he’d expected.

Because the Old Factory’s pour-over option (the way the coffee is brewed) takes longer than most other coffee shops, Richard has enjoyed using that extra time to get to know his customers on a more personal level. “I start asking questions and get to meet people I never would have met. It’s a wonderful experience to develop these relationships with people and share in their personal story.”

Though he was initially afraid that no one else in Orange City would like coffee the way he likes it – strong and full-bodied – it’s through his love and passion for quality coffee that Richard has found his place in the community. “I overheard three different people last week say, ‘This is the best coffee I’ve ever had.’ I just love that people appreciate the quality of drink we offer. It’s gratifying to have a quality product and have people recognize it.”

Cont’d from pg.4

all the walls,” explained Mulder. Remodeling the storefront was one of the biggest and most noticeable changes. “We wanted to make it more welcoming,” Mulder said. Many students and local residents who remember the bakery before the Mulders owned it would agree with the fact that the bakery is now a lot more welcoming and visually pleasing.

Starting the business was not the only hard part of running the bakery. Mulder has to put in ridiculous hours in order to meet the demand of the bakery. “The other day I came in at 9 p.m. and did not go home until 5 p.m. the next day,” Mulder admitted. Last year during the Tulip Festival, Mulder did not go home once. When and if he slept, he did it right there in the bakery, and then got up and kept baking.

“Every day when I make myself a cup of coffee, I take a sip and say, ‘Oh, that’s so good.’”

PHOTO BY EMILY GOWING

Pastries have become his passion

“‘It’s whatever the job takes,’” he said. Loren and Kathy Mulder’s daughter, Marji, is a senior at Northwestern.

“He just doesn’t need the sleep, I guess,” she said of her dad’s few hours of rest. Loren and his family understand how hard it is to make a goal and a dream come true, but it is something that they seek to attain anyway, despite all of the hardships.

The Dutch Bakery produces on average 400-550 doughnuts a regular weekday and 850-950 doughnuts on a Saturday. This does not include cookies and other treats that the bakery has to offer. Doughnuts are by far the most popular item that the bakery sells, with cream-filled, chocolate-covered, and other goodies. It is open every day of the week except Sunday and welcomes college students to come in and grab a bite to eat and get some homework done in a relaxing environment.

PHOTO BY HOLLY STEWART

PHOTO BY EMILY GOWING
What’s the deal with that extra day?

BY ALYSSA CURRIER
CONTRIBUTING WRITER

Orange City youth pastor Rob Vande Lune was hired at Trinity Reformed Church when he was just six years old.

Sort of.

Born on Feb. 29, Vande Lune is one in a million – or more like one in four million. Four million global citizens can celebrate their actual birthdays only once every four years.

So what’s the deal with the leap year?

What is known as a “common year” has 365 days – a leap year has 366 days with the extra, or intercalary, day designated as Feb. 29. A leap year occurs every four years to help synchronize the calendar year with the solar year, or the length of time it takes the earth to complete its orbit about the sun, which is about 365 ¼ days.

The length of the solaryear, however, is slightly less than 365 ¼ days – by about 11 minutes. To compensate for this discrepancy, the leap year is omitted three times every four hundred years.

Instead of observing an extremely short Dec. 32 every year, an extra day is added to the calendar every four years. Without this practice, we’d be about eleven minutes. To compensate 365 ¼ days – by about 11 minutes. To compensate for this discrepancy, the leap year is omitted three times every four hundred years.

For people like Vande Lune who are born on Feb. 29, there are a few birthday issues to work out. “When my wife and I had just started dating, she waited until March first to tell me happy birthday and I told her she’d missed it,” Vande Lune joked.

He described his experience growing up with this unique birthday as “always kind of fun,” and recalled sharing the date with his kindergarten teacher. “It’s always interesting to meet other people with leapyearbirthdays.”

Vande Lune’s favorite birthday was when he turned 16. “It was actually a leap year that year so that was a big deal. Some of my friends teased me that I shouldn’t be allowed to get my driver’s license until I’m 16 in leap years, which would make me 64.”

Driver’s license and other legal documents can cause problems for those born on Feb. 29. According to Time and Date.com, some people have to wait months to receive their licenses due to computer glitches caused by the unrecognized date.

In other cases, leap year drivers have their perks because extended licenses don’t expire in non-leap years. Most states have legal guidelines for dealing with the driving age, drinking age, and marriage eligibility of those born on Feb. 29.

Most years that can be divided evenly by four are leap years but century years are not leap years unless they can be evenly divided by 400. Thus 1700, 1800, and 1900 were not leap years, but 1600, 2000, and 2400 are leap years.

Next week we’ll jump directly from Feb. 28 to March 1 but Vande Lune and the four million other leap day babies will get to celebrate their birthdays in a short 365 days from now.

Likewise, Devon is glad to be back with his friends.

‘By the grace of God...’

Cont’d from pg. 1

By choosing memory. By choosing to damage Devon’s short-term memory, Dr. Astoria was able to preserve Devon’s long-term memory and save the artistic programming of his brain. This operation was more difficult and certainly more dangerous, but it enabled Devon to retain his childhood memories and his knowledge of music and poetry.

“By the grace of God, Dr. Astoria was a classical guitarist so he operated in a way that would not damage my ability to play guitar,” Devon said.

Devon’s memory is hazy when it comes to his time in the hospital, but his recovery is remarkable. His doctors predicted that he would be hospitalized until March after such a surgery. After intensive rehab, however, he has learned to cope with his memory loss and managed to return to college in a matter of months.

Devon described his regained memories as being “triggered.” For example, he knew that he played the guitar, but had no memories of doing so. The memories did not come back to him until he was holding a guitar again.

One day he was watching the rain and it triggered memories of his knowledge of music and poetry.

Devon believes that working in hospice care this past summer really helped prepare him for this experience. Watching people “actively dying” gave him courage and strength when he faced the experience. Watching people “actively dying” gave him courage and strength when he faced the experience. Watching people “actively dying” gave him courage and strength when he faced the experience. Watching people “actively dying” gave him courage and strength when he faced the experience. Watching people “actively dying” gave him courage and strength when he faced the experience. Watching people “actively dying” gave him courage and strength when he faced the experience. Watching people “actively dying” gave him courage and strength when he faced the experience. Watching people “actively dying” gave him courage and strength when he faced the experience.

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By the grace of God, Dr. Astoria was able to preserve Devon’s long-term memory and save the artistic programming of his brain. This operation was more difficult and certainly more dangerous, but it enabled Devon to retain his childhood memories and his knowledge of music and poetry.

“By the grace of God, Dr. Astoria was a classical guitarist so he operated in a way that would not damage my ability to play guitar,” Devon said.

Devon described his regained memories as being “triggered.” For example, he knew that he played the guitar, but had no memories of doing so. The memories did not come back to him until he was holding a guitar again.

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There’s something about that kid
BY LISA WALTERS
CONTRIBUTING WRITER

It was almost three years ago. I made a trip to Stratford, Canada for a Shakespeare festival, like any other normal high school senior would do. I was just about to enter the theater to see a showing of “The Taming of The Shrew” when I heard a voice for which I had to stop.

There, right in front of me, was a boy playing his guitar for a small crowd of about 15 people. It was a good thing I made it to the theater early, because I found myself listening for a good amount of time. After about five minutes, a lady behind me whispered, “You should ask him to play ‘I’ll Be.’” So what did I do? Of course I asked him to play it. He smiled, and obediently played the song, wonderfully I might add. After finishing he added, “By the way, that is my mom behind you.”

I turned around to her and immediately complimented her on her son’s musical ability. She humbly thanked me, smiled and casually added, “Yeah, he just signed with Usher. We are moving down to Atlanta next week.”

I recorded a few videos, made some small talk and asked if I could take a picture with him, then made my way into the theater. No big deal.

Three years later, Justin Bieber no longer finds himself playing in front of theaters but rather inside them. I was just about to enter the theater when I heard a voice for “The Shrew” when I heard a voice for the song, wonderfully I might add.

I was just about to enter the theater early, because I found myself looking for a good amount of time. After about five minutes, a lady behind me whispered, “You should ask him to play ‘I’ll Be.’” So what did I do? Of course I asked him to play it. He smiled, and obediently played the song, wonderfully I might add. After finishing he added, “By the way, that is my mom behind you.”

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Three years later, Justin Bieber no longer finds himself playing in front of theaters but rather inside them.

My initial reaction when I was asked to write a review of Bieber’s new movie Never Say Never, was that I was happy to have an excuse to see it. I wasn’t expecting a whole lot from the movie, but I was thrilled that some scenes from his days in Stratford made into the trailer. So, I guess that made me all the more excited to see the film.

It was a bit humiliating to enter the theater saying I was there to see the Justin Bieber film, but it helped a little when I added, “I have to see this film, because I am writing for the Beacon.” When I asked the guys working the counter if they had seen the film, one responded by saying, “No, I am staying away from that one.” While the other added, “Definitely not.” I tried to act cool by saying something like, “Yeah, there are other movies I would much rather see.” Nope, I was there to see that movie and that one only.

After having seen the movie, if I could pick one word to describe it, it would be “capturing.” I wasn’t expecting to enjoy it as much as I did.

Okay, please don’t stop reading now. I’m sure you all have your opinions about Justin Bieber, and it is unlikely that this article will change your mind, but please continue reading.

I wouldn’t consider myself a crazy fan of the Beibs. I don’t think I see myself suffering from the “Bieberfever” either; however, there are many things that I can appreciate about him—a lot of which I found out about in this film.

Many people may think that Justin Bieber is nothing more than a young teenybopper heartthrob. However, this film does a great job to get you to look past that, and to see him for just what he is: an amazingly talented 16-year-old kid.

Like I said before, think what you may, but don’t look past this film so quickly. The Biebs has come a long way even since just last year, and his story is pretty amazing. The film ultimately tells the story of his road from playing on the streets of Stratford to playing at Madison Square Garden. He worked hard to get to where he is today, and if you are looking for an inspirational story, you should most definitely see this film.

Would that be embarrassing for me to admit even shed a few tears? Yeah? Okay, well good thing that totally didn’t happen.

So, never say you will never see this movie, because you may be disappointed you didn’t.
Beauty has never sounded so angry, so wonderful

BY ANDREW LOVGREN
EDITOR-IN-CHIEF

Acknowledging my own brokenness has never been so encouraging and melodic.

With their third album, “Until We Have Faces,” “Red” has added to the success of their previous albums with an even strong journey into the mixture of ballads and hard rock.

For those of you who have never heard of “Red,” you are missing out on one of the best modern bands Christian rock has to offer. Their 2006 debut album “The End of Silence” came out of nowhere to become one of the best albums that the Christian music scene had to offer that year. “Already Over” and “Break Through” has never been heard of “Red,” you are missing out on one of the best albums that the Christian music scene had to offer that year. “Already Over” and “Break Through.

Later in the album, “Not Alone” tells everyone just that. The beautiful vocals cry out time and time again that “I am with you / I will carry you through it all / I will catch you.”

Meanwhile, the strongest rock song on the album, “Faceless,” makes me stare into myself, view my own inadequacies in ways that tear down and build up at the same instance. The lyrics, “I’m not myself / Feel like I’m someone else / Fallen and faceless /So hollow, hollow inside,” call for an infusion of Christ into an otherwise hollow inside, “call for an infusion of Christ into

In their third album since the band’s 2006 debut, “Red” continues the Christian rock band’s success with the same, hard rock mixed with well-crafted lyrics. Despite their intimidating appearance, the groups most popular songs have traditionally been their solid ballads, both acoustic and otherwise.

“Children 18:3” brought me back into the Outer Rim territories of the genre, but I may dare to admit that my interest has returned. Underneath all of the underachieving, “Hawk Nelson’

Piercings transcend social stereotypes and expectations

BY GREA FLODING
CONTRIBUTING WRITER

Not a day goes by that I don’t notice at least one facial piercing or accessory or tattoo (not including my own). The cashier at the grocery store had two, that freshman girl down the hall just got one, and the hostess at the Famous Dave’s barbecue place had at least five. It was that hostess who sparked the realization that I am not alone in my need to be an individual.

“Why are you not turned on?”
- Senior Brian Brandau, after speaking sentences in German.

“I have a huge crush on the news. If the news was a woman, I’d make a pass.”
- Professor of English Weston Catter in News Editing class.

“I feel like parading around in my underwear and singing, ‘I have issues.’”
- Hollyann Elton, on being a senior this year.

I would say that part of this trend started with the punk scene. Image was everything and all you needed to start a band was the knowledge of three or four chords. (I’m not knocking it, it’s just true. I took a class.) Safety pin sales at the time probably went through the roof. Piercings were a shock factor. It was the new way to publicly announce that you didn’t care.

This and other influences have been picked up and then trickled through a filter of social media and fashion magazines resulting in a cultural phenomenon that has touched even the population of Northwestern College.

We have all seen piercings done terribly and thought things like, “Mother of all that is holy—what were you thinking?” So how does one go about it in the right way? Getting expert advice on this subject was a bit difficult since Internet research only revealed opinions such as, “They’re hot,” or “That is the nastiest idea ever.” To try to make sense of it, I’m going with an analogy.

Decorating your face is an art form, so the question you have to ask yourself is: Do you want to resemble a Rembrandt or the works of Thomas Kinkade?”

The jewelry you get will help with this. There are many different colors/shapes/whatever that you can choose. Figure out your skin tone and go with something that contrasts nicely. For instance, if you have “cooler” tones in your skin and hair, gold probably wouldn’t be the best. Your face is a palette of colors, so choose a color that is within the palette or one that will complement.

The beautiful vocals cry out time and time again that “I am with you / I will catch you.”

“Until We Have Faces” has added a bit of faith for the ability for bands to meld the Christian ethics with strong music. Last year, a glorious new CD from “House of Heroes” and a second attempt by personal favorite

Children 18:3” brought me back into the Outer Rim territories of the genre, but I may dare to admit that my interest has returned. Underneath all of the underachieving, "Hawk Nelson’s that the Christian music industry has to offer, it would appear that there is some depth mixed in with the eternally powerful meaning. I wouldn’t go so far as to say that this third album is better than their debut effort. It may perhaps not even be as good as their sophomore attempt, “Innocence & Instinct.”

Yet, “Until We Have Faces” gives at least one reason for listeners to stick with Christian music and is a must own for those of us who don’t listen to 96.5.
Tunic wearing hero is still adventure king 25 years later

BY ANDREW LOVGREN
EDITOR-IN-CHIEF

Back before the days of in-car DVD players and MP3 players, my state-of-the-art Game Boy Color and Sony CD player were my best two companions on long car trips.

My love of reading did not carry over well into a vehicle moving through the winding hills of Missouri. What I did have, until that blasted red eye next to the screen lit up, was the company of Link. While earlier my obsession with Pokémon had taken over on any given road trip, the bulk of my memories, both joys and frustrations, come from "Zelda: Oracle of Seasons."

The hours I spent in the Kingdom of Hyrule were absolutely not limited to that one game, as my school work and chores fell in priority to a new adventure time and time again. For 25 years, this past Monday, Link has been a cultural icon that is synonymous with adventure gaming for every Nintendo system.

But what makes the Zelda series so popular two-and-a-half decades later is not the adapted game play for each new system but what stayed the same through the years. The characters and events that carry Link from dungeon to dungeon and puzzle to puzzle are memorable, all of which somehow impact your game play.

This even goes for the stoic guard who watches you break jars in "Ocarina of Time" while hoping to go outside. What would be an insignificant character becomes a part of the fabric of the game, adding flair through rewardless conversations that other games find unneeded.

It’s a fortunate effort that I loved the characters because otherwise every pounding headache brought along by the endless number of rooms (i.e. Water Temple). Each area in each game contains thought and planning that modern games lay at your feet with a ribbon on top. Without the aid of any number of online walkthroughs, such a game is far more substantive and fulfilling, not to mention fun, when compared to a game where you run down a straight line.

This challenging, fun-loving style of game play is what has allowed the franchise to interest each new age of gamers. Even some that are called "failures" ("Zelda II: The Adventure of Link" for one) are loved by young and old as a unique installations. The style of play and intricacy of subject matter transcends trends while implementing modern gaming where possible. Think "Call of Duty" will be played in 20 years?

Unlike most of the mass market games, none of the Zelda games have a complex leveling system or quests with remarkable rewards. In fact, you may open a treasure chest and find 20 rupees that you can’t even hold. As any Zelda fan knows, that level 50 sword with super advanced lightning power isn’t nearly as important when compared to the priceless find of an empty bottle.

With such a strong focus on intuition and thumb-dexterity, Zelda games have added stress to my life that has been unequaled by any other video game. Each and every time, I have still found the desire to complete each task set before me, amid the near controller-throwing levels of confusion.

Despite the frustrating aspects, Zelda is the third largest game seller with 59 million total copies sold, behind only Mario himself and Pokémon. That’s twice what gamers and why I still own an N64.

If you don’t own a Nintendo, my condolences for your loss. No, I’m not one of those Wii-loving, strong graphics hating hipsters, in fact, there are many modern games that I wish my visually wimpy system could handle. Exclusive titles are what have made Nintendo the king of gaming and the reason old systems are sought after constantly by gamers and why I still own an N64.

I’m not saying my childhood was better than yours, but, at the least, my long family car trips were probably more fun.

New film offers little when compared to actor’s past success

BY ANDREW LOVGREN
EDITOR-IN-CHIEF

When a freak accident in Berlin puts a man in a come for four days, he remembers only who he is and why he’s there. No one else does.

Liam Neeson’s latest film, Unknown, is frustratingly enjoyable.

Despite a contrived plot with less than convincing conspiracy theories, Neeson’s acting and a fantastic script lead to a fun, fast-paced film.

Without diving too much into the twists of the plot, more than the over-revealing trailer already has, the circumstances before and after his accident remain foggy to the audience. Furthermore, the consequences of said events create several odd personality shifts that stretch beyond illogical.

Such an oddly constructed plot would have surely destroyed the movie, perhaps before the car even managed to get off the road, if it wasn’t for Neeson’s intimidating acting and a strong supporting cast.

His carried over confidence and depth from Taken adds a spark of life and intrigue that lacked in the confusing premise of the film. Supporting actress Diane Kruger (Inglorius Basterds, National Treasure) shows the diversity of her voice palate with a Bosnian accent in her connecting role as the leading lady. Bruno Ganz, who starred as Hitler in 2004’s Downfall, plays a minor, but convincing role as an investigative reporter.

One entertaining trick that can turn an non-sensical plot into an entertaining flick. Putting aside the fact that the entire plot is based off of what appears to be a series of very strange coincidences that must be solved through a series of overly spelled out situations, the film is a thriller that will entertain.

However, be prepared to leave the theater with a perpetual feeling of uncertainty.
Hurley, Raiders explode in top-ranked match-up

THE SPORTS EDITOR

The No. 2 Northwestern Lady Raiders (27-1, 18-0) provided perhaps their most impressive blowout of the year after overpowering No. 4 Sioux Falls (24-4, 14-4) 109-64 Saturday night. After NW scored 67 points in the first half, it was all smooth sailing for the win and a fitting result for three seniors on the squad: Becca Hurley, Allison Hulst and Kristen Neih.

The first eight minutes of the contest seemed to suggest a grudge match would ensue between the two nationally respected programs. Up only 17-15, the Raiders put on a run to increase their lead to 28-15, and from that point on, NW put on a clinic for the home court fans. Hurley put in 27 of her 32 points in the first half. NW played incredibly well on a fast-break very effectively, which lead to easy lay-ups all around. Excellent ball movement opened up the three-point line for the Raider shooters. They shot 67 percent from the field and a gaudy 79 percent from behind the arc. The score going into the locker room was a ridiculous 67-24.

The second half was more of the same, even though the Raiders took off their press and slowed down their offensive tempo. Every one of the Lady Raiders got at least six minutes of playing time, and the final buzzer ran to a large ovation for the 109-64 win.

The statistics on the game were staggering. NW shot 57 percent on the game, 68 from downtown. The team dished out 27 assists, ripped down 43 rebounds, and totaled 13 steals. On the other hand, USF shot 34.26 percent, respectively. They were also forced into 26 turnovers and could only muster 52 rebounds.

Hurley had a game to remember, collecting 32 points, eight boards, six assists and three assists in only 18 minutes of play. Sophomore Kendra De Jong dropped 17 points of her own and also collected eight boards. Junior Kami Kuhlmann scored 12 points in 13 minutes of action. Sophomore Mel Babcock blocked two shots and Hulst handed out four key assists.

Women’s Basketball

March 7-12 NAIA Tourney

Tennis women start play again

THE SPORTS EDITOR

The Northwestern women’s tennis team will get back into action as they travel to Minn. to face off against non-conference opponents. They will compete against Bethany Lutheran College in Mankato on Friday, and Northwestern in Minneapolis on Saturday.

The Lady Raiders last played in September, and these will be their only matches before the heart of their season starts in April.

The wide-age range roster consists of freshmen Rachel Nysetvedt, Missy Yorchak, sophomore 2010 All-GPAC Honorable Mention Kellie Korver, junior Julie Mineart, and seniors Laura Starr, Nessa Summers and Kate Mannenbach.

The ladies are coached by Jeff Guthmiller, who has been at the head coaching position since 2009, when NW restarted its program after not offering the sport following the 2002 season. Guthmiller coached the team from 2000-2002.

In 2001 and 2002, Guthmiller’s squads finished second in the GPAC and reached the regional qualifier both years.

The program received more good news throughout the month of February when Kisa Benzel (San Dimas, Calif.) and Hannah Stark (New Ulm, Minn.) signed letters of intent to come play for the Raiders next year, providing more depth to an already fast-improving roster.

Raiders deliver at Conference Championships

NATASHA FERNANDO

Senior Charity Miles and freshman Dawn Gildersleeve led the Raider track and field teams with individual championships and records at the GPAC Indoor Championships held last Saturday in Lincoln, Neb. Miles won two individual championships and set meet records in both her events, while Gildersleeve set a school record and won an individual championship. Out of 12 teams, the Lady Raiders finished in sixth place totaling 52 points. The men placed seventh of 12 teams with 37 points.

In the 3000-meter, Miles finished first and set the new meet and school records and placed in an individual championship. Out of 12 teams, the Lady Raiders finished in sixth place totaling 52 points. The men placed seventh of 12 teams with 37 points.

In the 5000-meter race, setting the meet records in both her events, with a time of 17:23.02. with less than a one second margin against Breanna Mathes of Morningside College, Gildersleeve captured the GPAC Championship in the 1000-meter, setting a school record of 2:57.87. In the 60-meter, freshman Aubrey Lindgren set the school record with a time 8.2 seconds and a 14th-place finish. Among the other women, the Raiders had 7 other top finishes.

For the men, sprinters sophomore Brandon Hammmack and freshman Jeriah Dunk took the lead for the men’s team with a pair of all-conference performances. Hammack finished sixth in the 200-meter with a time of 22.32 seconds and also placed seventh in the 60-meter with a time of 7.03 seconds. Dunk set school records and placed in both events, finishing fourth in the 60-meter (6.93 seconds) and fifth in the 200-meter (22.29 seconds).

For the other top men’s finishers who earned all-conference honors were freshman Austin King (600-meter) and junior Mark Mineart (high jump) and the 4x400 team (Hammack, King, Dunk and Heidebrink).

The NAIA Indoor National Championships are to be held Thursday, March 3 in Geneva, Ohio. Qualifying for this meet are Miles, Gildersleeve, Hess, Heidebrink and Murra, along with junior Dani Fry, senior Kara Den Herder and junior Stacey Dietrich.

Scoreboard

Baseball

Feb. 17 @ Doane - L 17-9

Coming Up
Feb. 27 & 28 @ Joplin, Mo.
March 7-12 @ Tuscon, Ariz.

Men’s Basketball

Feb. 19 vs. Sioux Falls - L 75-71
Feb. 24 vs. Mt. Marty - W 93-70

Coming Up
Feb. 26 vs. Briar Cliff at 2 p.m.
March 1 vs. TBD
March 7-12 NAIA Tourney

Women’s Basketball

Feb. 19 vs. Sioux Falls - W 109-64
Feb. 24 vs. Concordia - W 72-66

Coming Up
Feb. 26 vs. Dordt at 4 p.m.
March 1 vs. TBD
March 7-12 NAIA Tourney

Wrestling

Feb. 19 @ North Qualifier

Coming Up
March 3 @ NAIA Nationals

Track & Field

Feb. 18-19 GPAC Indoor

Coming Up
March 3 @ NAIA Nationals
Evjen, Flores battle to qualifier wins

NATASHA FERNANDO
CONTRIBUTING WRITER

Senior Luke Evjen and sophomore Jerod Flores both won their respective weight classes at the NAIAs Northern Qualifier held in Orange City last Saturday. Flores was the No. 1 seed at 149 pounds, while Evjen was the No. 2 seed at 184 pounds. Both wrestlers also won the GPAC Championships earlier this month.

The host team fought hard enough to capture fifth place out of the 10 teams competing. They posted a score of 76 on the day, which was the third best showing by a GPAC school at the qualifier. Next up for Raider wrestling are the GPAC Championships in Cedar Rapids, Iowa on March 3.

Men drop regular season finale, but win first round

MICHAEL SIMMELINK
SPORTS EDITOR

No. 10 Northwestern couldn’t overcome poor shooting in the second half, and dropped their last regular season game to No. 20 Sioux Falls, 71-75 on Saturday night. Though the Raiders had clinched the GPAC Championship after their win over Morningside on Feb. 9, the men were hoping to send seniors Ryan Hoogeveen, Brent Dunkelberger and manager Andrew Ulbarri out with a win on Senior Night.

This USF squad looked very different from the two teams’ first meeting, with their top two scorers suspended three weeks earlier. It looked as though the Cougars couldn’t find a way to replace them as the Raiders took control of the contest early and held a 12-point lead with seven minutes to go in the game. The advantage was 38-28 contest early and held a 12-point lead with seven minutes to go in the game.

The second half saw the Lancers make a run at the NW lead, but the defense and rebounding in the paint by the Raider post players held the counter-attack off. The big lead provided by the starting lineup allowed every player in a Raider uniform to get at least four minutes of playing time. Van Kalsbeek and Hoogeveen scored 15 points apiece, while Miller and Seim added 13 points each. Junior Ryan Stock came off the bench to drop 12. Van Kalsbeek grabbed 11 boards to match his own.

The Northwestern baseball team fell to Doane by a score of 17-9. Though the Raiders played the majority of the game well defensively, the Tigers found a way to pound out 17 hits and score just as many runs. The Raiders put more men on the bags throughout the game, but couldn’t capitalize as they left 11 runners on base.

Both teams’ pitchers tried to shake off the rust of the winter layover. Junior Mike Zoelnier started off on the bump for NW, and went three innings, giving up only one run.

The Blake Griffin effect

TOM WESTERHOLM
CONTRIBUTING WRITER

I recently witnessed Blake Griffin for the first time, and afterward I was feeling mildly heretical.

I watched the Clippers play the Timberwolves, and I went in expecting to witness inhuman acts I had never seen before. Having watched the majority of his games on League Pass, I had heard all the comparisons, a combination of Malone, Kemp and Barkley.

I was sincerely let down afterward. Blake was clearly a young player. He seemed much too interested in dunks. On too many possessions, he pointed to the rim, asking for an alley oop. On offense, he seemed disinterested in running around setting screens, doing the things that post players do. His defense seemed suspect. He complained to the refs. A lot. When players do this, I get ulcers.

But the more I thought about the actual game, the more I was impressed. Griffin demanded the team’s best defender at all times while he was on the court. Not just any defender, but a post defender, usually 7’2” Darko Milicic, a big guy who is supposed to be tiring up the lane from wing slashers. Griffin punished him by downsing jumper after jumper, shooting a thunderous dunk, but he proved clearly that defenders should respect his jumps as much as his post game. Griffin also demonstrated excellent court awareness for a big man, consistently making the right pass. He wound up with five assists and eight rebounds to match his 29 points.

The Clippers are a good young team, whose record is not indicative of their talent level. They clearly enjoy playing together. They’re getting lots of national TV coverage next year, thanks almost entirely to the Blake Show.

Baseball falls in first spring game

MICHAEL SIMMELINK
SPORTS EDITOR

The Northwestern baseball team dropped its spring season opener at Doane by a score of 17-9. Though the Raiders played the majority of the game well defensively, the Tigers found a way to pound out 17 hits and score just as many runs. The Raiders put more men on the bags throughout the game, but couldn’t capitalize as they left 11 runners on base.

Both teams’ pitchers tried to shake off the rust of the winter layover. Junior Mike Zoelnier started off on the bump for NW, and went three innings, giving up only one run.

Lady Raiders win first tourney game

MICHAELE SIMMELINK
SPORTS EDITOR

Thursday night’s match-up against Concordia was not the offensive explosion that many were expecting, but the Lady Raiders still picked up a 72-66 victory to advance one win closer to the GPAC postseason crown. Northwestern relied heavily on their two leading scorers, senior Becca Hurley and sophomore Kendra De Jong.

The game was a constant battle as the Bulldogs tried to extend their post-season against the Raiders. Throughout the first half, both teams did not do enough to secure momentum or control, and the contest was a NW 34-28 lead at half.

It was Concordia who came out of the locker room playing better, and slowly fought to dig into the Raider lead. With two minutes left in the game, Concordia took the lead 64-63. Two free throws by Kami Kuhlmann on the next possession a thunderous rejection by sophomore Mel Babcock helped NW pull away for the victory.

Hurley had a truly gutsy performance of 31 points in 25 minutes while playing with a bruised thigh. Sophomore Kendra De Jong provided the biggest boost for the Raiders, dropping 17 points but also ripping down a staggering 22 boards. Junior Val Kleijn led the team with four assists.

The Raiders will be hoping to improve on their 47 percent shooting and 18 turnovers when they take on Briar Cliff at 2 p.m. on Saturday.
Unattainable Beauty

BY KATE WALLIN
CONTRIBUTING WRITER

Without her packed bookshelf, freshman Alena Schuessler wouldn’t feel at home in her dorm room. Each book nestled there holds “sentimental significance,” and she remembers the day she got every one.

For Schuessler, books are more than reading material. The smell of the pages, the design on the cover and the texture of the paper are all part of her “romantic” idea of reading.

Schuessler’s face wore a different expression, though, when she remarked that printed books are apparently losing the battle for consumers to e-books. Over the last three months of 2010, e-book downloads outsold paperback books for the first time on Amazon, the online retailer announced. Over the entire year, Amazon sold 115 e-books for every 100 paperbacks.

“It’s the direction our culture is headed,” Schuessler said. “I accept that. It’s just kind of sad.”

On the other hand, Natalia Mueller couldn’t help smiling when she discovered e-books’ increasing popularity. Mueller, a junior at NW, noticed many students beginning to use e-readers after Christmas break.

Some faculty have begun experimenting with e-readers in their classrooms. Sociology professor Dr. Scott Monsma refers to lecture notes on his e-reader because he “can wander around the classroom.”

Others, such as English professor Dr. Westerholm, would rather do without e-books. Westerholm called the devices “detrimental” to English classes because they “imply one-way exchange” when English students need to develop relationships with the texts they are studying.

“For me,” Westerholm said, “reading a great novel on an e-reader would be unsatisfactory because reading those works is a conversation, not just collecting data. I need paper to take part in that conversation.”

“I’ve been reading and loving books for half a century,” he said, lounging beside his floor-to-ceiling bookshelf overflowing with worn novels. “I’ve established a relationship with them. I can’t imagine doing that with e-readers.”

Anita Vogel, Senior Reference Librarian, prefers printed books but has kept her mind open.

“I like the feel of books, but down the road, I could change my mind,” Vogel said. “It’s kind of neat to think that you can have a whole library in one little device.”

While many librarians fear that e-readers will obsolesce libraries, Vogel doesn’t see any cause for alarm. She predicted that libraries may supply patrons with e-readers, similar to how they provide computer access today.

“However, “the printed page still carries an allure that cannot easily be met by an electronic device,” Tim Schlack, Director of the Library said.

E-books: Virtual text threatens print

BY TYLER LEHMANN
CONTRIBUTING WRITER

Mueller purchased her e-reader last fall, and she uses it for assignments, pleasure reading and deviations.

“Surprisingly, it’s not hard to read on,” Mueller said. “It’s really looks like paper. It’s like I’m reading a [print] book.” Mueller said her experience reading one of her favorite book series remained unchanged when she switched from printed versions to e-books.

For Schuessler, however, the difference is night and day.

“I really, really like the tactile experience with a book. You don’t get that with an e-reader,” she said. “I enjoy turning pages more than clicking buttons.”

In opposition to Mueller, Schuessler described progressing through a book as “the comforting heat in your hands that shifts slowly and gradually as you coax the weight from one hand to another.”

Somewhat have begun experimenting with e-readers in their classrooms. Sociology professor Dr. Scott Monsma refers to lecture notes on his e-reader because he “can wander around the classroom.”

Others, such as English professor Dr. Westerholm, would rather do without e-books. Westerholm called the devices “detrimental” to English classes because they “imply one-way exchange” when English students need to develop relationships with the texts they are studying.

“For me,” Westerholm said, “reading a great novel on an e-reader would be unsatisfactory because reading those works is a conversation, not just collecting data. I need paper to take part in that conversation.”

“I’ve been reading and loving books for half a century,” he said, lounging beside his floor-to-ceiling bookshelf overflowing with worn novels. “I’ve established a relationship with them. I can’t imagine doing that with e-readers.”

Anita Vogel, Senior Reference Librarian, prefers printed books but has kept her mind open.

“I like the feel of books, but down the road, I could change my mind,” Vogel said. “It’s kind of neat to think that you can have a whole library in one little device.”

While many librarians fear that e-readers will obsolesce libraries, Vogel doesn’t see any cause for alarm. She predicted that libraries may supply patrons with e-readers, similar to how they provide computer access today.

“However, “the printed page still carries an allure that cannot easily be met by an electronic device,” Tim Schlack, Director of the Library said.

Energy drinks boost health concerns, risks

BY JULIA LANTZ
CONTRIBUTING WRITER

Heart rates and batters boom as the energy drink industry is expected to top sales of $9 billion in 2011.

Energy drinks have become the fastest growing beverage market in the U.S., according to the Associated Press earlier this month.

One in three consumers of these is a teen or young adult, which brings a higher level of concern to pediatricians. National attention to the surrounding health concerns is pushing for more in-depth research on the under-studied product.

In an issue of the University of Miami’s Pediatrics, researchers said, “The known and unknown pharmacology of agents included in such drinks, combined with reports of toxicity, raises concern for potentially serious adverse effects in association with energy-drink use.”

Popular energy drinks such as Red Bull, Rock Star and Monster, often marketed as “energy boosters,” contain stimulants such as caffeine and herbal supplements.

The FDA limits the amount of caffeine in a soda to 71 milligrams per 12-ounce serving. Energy drinks have so far eluded such restrictions, because they are classified as dietary supplements.

Research shows the ingredients in these drinks can boost heart rate, raise blood pressure, cause dehydration, prevention of sleep, anxiety and irritability. In more severe cases, potential harms include heart palpitations, seizures, strokes and sudden death.

In response to criticism, the energy-drink industry has received on serious health threats resulting from overconsumption, companies are saying that the amount of caffeine in their products is comparable to a cup of coffee. An 8.3-ounce can of Red Bull contains 76 milligrams of caffeine, while an 8-ounce cup of coffee can contain between 95 to 200 milligrams of caffeine.

According to Dr. Dean Calsbeek, a kinesiology professor, caffeine could have a severe effect on the body because it is diuretic. “It could, in certain forms, cause dehydration that could cause those symptoms or conditions.”

Caffeine in moderation can provide benefits that include enhanced cognition, attention and physical endurance. Dr. Calsbeek added, “Caffeine can amplify the body’s sympathetic response, such as the fight-or-flight response, our automatic way to respond to certain situations.”

In response to all of the potential harms energy drinks possess, Senior TJ Noble stated, “I do not drink them often, nor do I drink them for the temporary ‘high,’ so I’m not too concerned with my consumption.”

A few other students approve of an occasional liquid boost. “I drink them mostly because I have a late night ahead of me or have a huge athletic competition I need to be energized for,” said Jennifer Vander Veen.

Due to taste preference, Vander Veen enjoys a healthier alternative called XS Energy Drink, only 100 calories, full of vitamins with no carbs or caffeine and minimal sugar.

Whether for an occasional jolt to get through class or athletic kick, Dr. Calsbeek stated, “Caffeine is not an essential nutrient.” Caffeine can provide temporary benefits, but an excess can disrupt the body.