Royalty among us?
NW male to be crowned tomorrow evening

BY TEDI SWANSON
STAFF WRITER
Two proud men stand in the center of the stage. The audience is motionless, awaiting a verdict. A spotlight narrows in on one smiling face. The host of the evening steps up to crown the 2008 Mr. Red Raider while the crowd burst into cheers.

Spotlights and crowns aside, this Saturday, Jan. 26, a competition involving talent, formalwear, swimwear and a surprise category will appear at Christ Chapel for the first time in several years.

The men who are chosen to be contestants will not only compete in the previously mentioned categories and answer Northwestern trivia questions throughout the evening, but they will also be subjected to the evening of the competition.

“That way we have some student input on the decision,” said sophomore Elizabeth Buchan.

Along with enjoying the experience, there are benefits for the Mr. Red Raider contestants. Out of the original group of men, two will be chosen to go on to a final round. From there, one man will be crowned and will receive $200 and bragging rights. The runner-up will receive $75.

“It’ll be really interesting to see who’s going to take the crown,” said sophomore Elizabeth Buchan.

Buchan’s curiosity is not something she stands alone on; whispers of the competition and its possible contestants could be heard on campus throughout the entire week. Needless to say, the hype should not be misleading about the fun the competition will hold. According to Shiflett, there are several reasons students should attend the competition.

“Men in crazy outfits doing crazy things—what could be better? And you could get chosen to be a judge,” Shiflett said.

Packed full of entertainment, the competition will start at 9 p.m. and should be worth scheduling into your weekend plans. After all, you may get to hear a contestant’s view on how to properly apply mascara.

Be a hero: take part in the blood drive and save lives

BY RENEE NYHOF
ASSISTANT NEWS EDITOR

Accidents, injuries and surgeries happen. If people lose blood during these events or their bodies cannot produce enough blood on its own, the hospital must turn to local blood banks and volunteer blood donors for support because there is no substitute for blood. However, only about 37 percent of the population is eligible to donate blood; therefore, there is an urgent need for all blood types at this time.

Northwestern’s Students for Life club is cooperating with Siouxland Community Blood Bank to sponsor a blood drive on Wednesday, Jan. 20 and Thursday, Jan. 21 in the Bultman Center lobby from 10 a.m. to 4 p.m. This provides an opportunity for NW to be part of a dependable blood supply to fulfill the blood needs of the hospitals in the tri-state area.

The Siouxland Community Blood Bank assures that donating blood is 100 percent safe. However, as an added incentive for the community to donate blood, everyone who registers to donate blood during the month of January will be entered into a drawing for a trip for two to Denver. Rules for the drawing can be found at http://www.siouxlandbloodbank.org/frontier-rules.pdf.

Everyone in good health, over 17 years of age, weighs over 110 pounds and has not donated whole blood in the past 56 days or double red cells in the past 112 days are highly encouraged to donate blood. Appointments must be made at www.donorsaves.org.

A photo ID is required at the time of registration. All donors will need to be able to provide a list of medications they are currently taking as well as locations and dates that they have traveled outside the United States according to www.siouxlandbloodbank.org. Eating a good meal before donating is highly recommended.

The Siouxland Community Blood Bank is the exclusive provider of blood and blood products for 36 Siouxland area hospitals. They are also a member of the America’s Blood Centers, which collect over half of the United States blood supply.
It was dark and snowy on the evening of January 20, 2008. The wind howled and temperatures slid down the thermometer like vehicles on ice. Yet, over the wind, one distinct sound wound its way around campus, bringing with it distress.

Do you know the sound I am talking about? No fire alarms went off around campus this past Sunday night, so if that was your guess, you will have to try again. Here’s a clue: driving around the parking lots late at night creates this sound.

If you answered was the sound of crunching snow, you have thought correctly. However, many of you might be wondering why the sound of crunching snow is distressing. Hearing tires trying to keep their traction as they slowly rotate around campus brings distress because, not only is the time late, but also these vehicles are looking for parking spots.

As Perry Krosschell informed us near the end of last semester, to help local help snow removal crews, vehicles cannot park on the streets during the winter months. Therefore, more students find themselves driving around in a desperate search for a closer spot to park only to drive from one gravel lot to the next and see the spaces in between each parked vehicle increase.

Distressing thoughts may rotate around those drivers’ minds: “There is a 15-inch gap. OK, that is reasonable.”

“But it is 24 inches. They could have parked just a little closer.”

“A 3-foot gap is in sight; those vehicle owners really could have parked closer.”

“Am I really seeing a 4-foot gap between those two vehicles?”

“Stop…Is that vehicle parked crooked?”

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“How much of an impact wastes a great deal of food, but is it really a problem? Is there anything we can do about it? It took little more than a general observation to see that food was being wasted. Every day produced a new playground for excess food to pile up: whole hamburgers sat next to rows of half finished glasses of milk; brownies and rolls sat next to chicken patties and piles of pasta, rice and cereal, all of it bound, not to mention the countless amounts of cheese, crates of orange, and cups of coffee sat soaked full with leftover milk and juice. Our food gets our attention, not to mention the fact that it rests but also takes up valuable space that could be used for farming. Growth of any landfill is an environmental issue.

So there it is: we waste a lot of food and it’s a problem. It harms our environment. But if you’re like me that isn’t enough to keep you from throwing away entire slices of pie. How about another issue? The implication of what it means to waste good food in a world where a child dies of hunger every three seconds is enormous. Can we in good conscience send a piece of pie to the local landfill when thousands of people across the globe are literally dying for want of just one bite of it? Is it certain that we cannot go abroad in the future, but right now you have the fleeting freedom you need to spend significant time in a foreign country. Whether you choose a summer study abroad or a whole semester abroad, you will gain an experience that you absolutely will not regret. Study abroad is an ideal way to become a better global citizen and broaden your understanding of the world.

Applications for Fall 2008 and Spring 2008 study abroad programs are due in the Career Development Center by February 11.
Hollywood writers declare: STRIKE!

BY RACHEL RIETSEMA
CONTRIBUTING WRITER

What’s going to become of Serena Van Der Woodsen and George O’Malley? Right now we are left in the lurch and it’s as if we are in a TV drought. Faithful viewers are put to the test as the writer’s strike continues. TV and award shows both suffer from the strike. As a result of this strike’s longevity, the Golden Globes ceremony was cancelled and became a news conference where the Hollywood Foreign Press Associated announced the winners. Interestingly, the Academy became another one of the strike’s victims, the Oscars will air on February 24 with or without writers. Gil Cates, the producer of the Oscar broadcast, says he can’t relay any details on how they will overcome the setback because he doesn’t want anyone “to deal with the elaboration in a way that might impact its success.”

This past week, the two opposing parties seemed to make some progress. There are hopes of an interim deal being made between the Writers Guild and Lionsgate. If this agreement is successful, then this will be the tenth independent production company to follow David Letterman’s successful negotiations. The outlook for a resolution looks better due to some other positive accomplishments as of late. Some of these factors include the fact that both sides are becoming more amicable towards one another and the guild’s promise to keep the signs hidden at the Grammy awards.

However, a negative result of the strike is that many industry workers have been left unemployed. Movie productions have also suffered as well as the ratings of TV shows. Some positive news, though, is that many late night shows have decided to follow David Letterman in his return to the air. Jay Leno, Conan O’Brien and Jimmy Kimmel followed suit, but will not have help with their jokes. The future is looking less bleak these days, but the tables could soon turn. Let’s hope they realize that the writers are not only important to the show’s survival, but also that they are a piece of the puzzle that must be put back into place.

Dear Dr. Bast

BY JAMES BIERLY
CONTRIBUTING WRITER

Dear Dr. Bast,

My theology class is so confusing! My friends and I stayed up late last night arguing about the doctrine of the elect. Need to know the answer! Dr. Bast, do you think about predestination?

— Sick of Thinking

Well, scholars have debated this for centuries and have yet to reach a definite conclusion, but I’d have to say that all the evidence at this point would suggest that predestination is a lie of Satan because it starts with the letter “P” which all educated people know is the devil’s letter.

Dear Dr. Bast, Will you be endorsing anyone in the presidential primaries?

— Curious Voter

Well, I think there are some amazing campaigns being run right now. If I were planning on running a presidential campaign (a notion which I will neither confirm nor deny), I’d definitely want my campaign to have Barack Obama’s logo, Ron Paul’s haircut, John Edwards’ haircut, John McCain’s shoes and Hillary Clinton’s husband. But if I absolutely had to pick one candidate, I’d have to go with Mike Huckabee because his message really speaks to me, and he can relate to the American people. Take this quote for example: “I liked gravy poured on top of a big glob of mashed potatoes, I liked biscuits a lot, and a lot of them. I liked going to the state fair and having a fried Twinkie.”

What American doesn’t experience a surge of patriotism and national pride at the thought of a fried Twinkie?

Dear Dr. Bast, How can I find true happiness in life?

— Unhappy in New Jersey

True happiness can be found within. Search your dreams to find the things that truly matter to you and then pursue those goals. I have always had a dream about flying to the moon like Superman and then discovering that it is made of rocky road ice cream. To further this goal, I have set up the Dr. Bast Foundation for Moon Research to determine the probability that the moon may indeed actually be made of ice cream, and if the probability is low, what we can do to transform the substance of the moon into something more edible. It’s about the time the moon was put to some good use for humanity besides just hanging up there in the sky causing tides and werewolves.

Dear Dr. Bast, I have been thinking a lot lately about why none of my relationships work out. I think it’s because I am attracted to the wrong kind of people. What kinds of qualities are you looking for in a woman?

— Currently Dating Britney Spears

Well, I consider myself a highly rational and modern man. If I were ever to take a life partner, I would have to be sure that we would be absolute equals. We would need to be the same weight, the same height and the same IQ (although I have yet to find anyone who can match mine). The person I marry must enjoy Pinochle and long walks through the history of science. Also, we should be the same ethnicity, and should probably be the same sex, to minimize misunderstanding. In fact, the more I think about it, the only person who could really be a suitable mate for me would be me. And I happen to be in a rather serious relationship with myself. I think I’ll go down to the courthouse tomorrow and make it official.

Word on the street:

What do you think about the writer’s strike?

Kyle Ochsner

“I can see where they are coming from, but I think that it’s hopeless unless broadcast companies start charging for online viewing... I like watching the episodes I miss online for free.”

Betsy Haas

“The companies make billions of dollars each year due to the creativity of the writers, so if I were a writer I would be mad, too.”

Tiffany Vermeer

“I think it’s sad they can’t give them the extra two cents they are asking for. I think the writers deserve a raise, after all, without them, there won’t be anything to watch but reality shows.”

T.J. Noble

“Writers create the characters and the dialogue people fall in love with. Yes, actors and actresses are crucial, but a writer is equally important.”

Campus Quotes

“Our young people are in a confused state right now about how they want to use marijuana. They should be able to make their own decisions about this.”

- Professor Eric Elden discussing demand curves

“I actually enjoy reading the Beacon each week — even if it features Joanna Trapp in the campus quotes more than me.”

- Professor Scott Monama expressing his love for the Beacon

“Blessed are the meek, eh?”

- Junior Ben Bees imitating a Canadian Jesus

“Be my partner. Dance with me!”

- Professor Thomas Holm inviting the choir to make music
FEATURES

Will you be my virtual friend?

BY AMANDA KUEHN

“I joined several years ago because students were using it, and I like to find ways to try and understand where the students are,” said Scott Monksa, associate professor of sociology. “I’m not entirely sure—I think it was peer pressure,” recalls David Arnett, associate professor of chemistry. “I was held hostage by a mob of angry students demanding that more professors get a life,” reported Rod Spidahl, associate professor of religions. Michael Kensek, associate professor of English and modern foreign languages, disclosed, “I joined in order to throw sheep at my wife while she is recovering from her broken ankle.”

Though their personal reasons for joining an online community vary, a number of Northwestern professors have entered the world of Facebook. It seems that this virtual land of friends, groups, applications, messages and wall posts was too much for students to keep to themselves.

Some professors delight in utilizing the form of communication, while others find it a waste of time. Marc Wooldridge, former associate professor of music at NW, finds Facebook “a good way to keep in touch with current and former students and keep informed about important events in their lives.” He also hears from a number of faculty members.

Carl Vandermeulen, professor of English and communications, feels that “much of the time, I’d be better off reading a good book than wandering through the catacombs of Facebook.” Joenna Trapp, associate professor of English, agrees, “I find it bit annoying—I’d rather just e-mail.”

Some profs check their profiles daily, others only twice a month or so. Kensak checks his “whenever class gets boring.” Monksa gets all he can out of the medium, going so far as to use it in explaining a theory about the social construction of reality. Wooldridge enjoys having access to student photos of trips or events that they participated in together.

Most professors who have employed it feel that being “on Facebook” makes it that much easier for students to contact them. “I think Facebook makes professors seem more accessible,” said Kensek, “especially frowzy, gore-spattering ones like myself.”

Often students are the reason that professors join Facebook in the first place. Bob Winn, assistant professor of history, was brought on by a set of history majors. Wooldridge was on tour with NW’s percussion ensemble when they insisted he join. “I didn’t know much about it so they helped me get signed up,” he said.

Professors differ as to how much information they put on their profiles. Typically they list the basics. “It’s a way for a professor to give students access to some personal information, which can humanize us,” explains Randy Jensen, associate professor of philosophy.

Monksa enjoys sharing a bit of himself with his students via his profile, though remarks he is “quite careful with what I put on Facebook...my profile may be ‘accurate’ but somewhat vague on some details.”

Though they don’t grab their rosters and scour cyberspace hoping to make students their new Facebook friends, most will confirm the electronic relationships. “I don’t really see a reason not to,” said Jensen. Vandermeulen, on the other hand, refrains from electronically befriending current students. “I don’t want other students to wonder if some special privileges or favoritism might go to those so listed,” he explained. Spidahl shows a little less caution: “whosoever will, let them come.”

As with Facebook friendships, many professors will readily respond to Facebook messages and posts, but seldom take initiative themselves, at least where current students are concerned. A good number of professors would rather see students come in for a face-to-face conversation than receive a wall post, but are open to new means of communication.

Occasionally professors will find each other on Facebook. They are more likely to use it as a means of distraction, than as a form of serious conversation among colleagues. Jensen uses it “mostly to extend birthday wishes or to make some stupid or witty remark.” “I have communicated with some professors via Facebook,” says Monksa. “but not often unless it is to pun or to give Joenna Trapp a hard time.”

Even if they don’t frequently use it for vital communication, a good number of professors do activate a few of the hundreds of optional features on Facebook. “I do join some groups (not many) and I have created a few,” said Monksa. “The group ‘Joona Trapp for NWC president’ was one I created.” I might have [joined Facebook groups],” I don’t really know,” said Arnett. “It feels sort of like I’m back at a high school dance. I keep asking ‘what do I do now?’”

The most common reason professors give for their use of Facebook is keeping in touch with family, friends and former students scattered across the country. “Since joining, I have enjoyed demonstrating my students, both present and past,” Kensak commented. Monksa appreciates the connection to former students: “I do enjoy hearing about their lives once they are gone.” Deb Menning, instructor in English agrees: “I’m simply happy to have access to people who have graduated from NW and are now living far away.”

The general opinion of professors concerning Facebook is that it is a good tool when used correctly and in moderation. “It’s a welcome and handy tool, but I think people should use it wisely,” said Menning. “I know some people worry that things like Facebook make us less personal and less able or inclined to enter into face-to-face relationships, but I’m skeptical of that,” said Jensen.

Trapp still feels that “community is sweeter in person.” “I prefer face to face conversations,” agreed Monksa. When such conversations cannot happen, however, Facebook is a good alternative as a means of communication. “And if I can have another place to write horrible puns—what is not to like about it?”
Northwestern’s jean scene

BY KRISTI KORVER

There is no denying that jeans are the most common pant worn on Northwestern’s campus. They can be seen with a baseball cap and sweatshirt in class, a warm coat and boots on the way to the caf or a dress shirt on a Friday night. The denim blue jean has become an American trademark and has the unique ability to sweep across gender, economic, racial and cultural lines.

May 20, 1873, is considered to be the birthday of blue jeans. It was then that the riveted blue pants we wear today were co-patented by Levi Strauss and David Jacobs. Copper rivets were first put into jeans to provide extra strength for miners during the California gold rush. Years later, during the 1950s, the denim blue jean became popular for its look more than strength. The jean has stuck around as a fashion staple ever since.

There is something about a favorite pair of jeans. They are like a trusty friend. Junior Josh Kuipers has eight patches on his favorite pair. He proudly claims, “I’ve even put patches on my patches.” Jeans are arguably one of the hardest clothing items to shop for. Senior Jon Jansen has never liked jeans because “they don’t fit me properly; I am too tall.” Finding that perfect fit is a challenge, perhaps that is why NW students wear some variation of the boot cut jean. Females might go with a small flare leg, and males tend to choose a more baggy fit, though those are certainly not the only styles gracing our campus green.

The most popular (and most recent) jean trend at NW is the wide leg trouser. This jean fits snugly around the hips but then billows out from the thigh creating the wide leg effect that the name suggests. They look great in dark denim with a slight heel. Junior Jenna Boote worries, however, that “they might be too much denim at once.” Some stores that sell the wide leg trouser are New York & Company, Express and Target.

Earlier this fall a mass of NW men sported the manpri—a capri for men. It can either be cut or rolled just below the knee. They are more popular in warmer European countries, offering nice airflow to the calf on a hot day. Interestingly, only the people who wear the manpri seem to like it. Most females gave the style a rather low rank. An anonymous individual claimed, “The last person who looked good in the manpri was Huck Finn.”

One of the most shocking jean trends in the last couple years is the skinny jean. Prior to the emo scene, skinny jeans could only be found in thrift stores or at 80s roller skating. Now they are everywhere, for both men and women. The skinny jean generally has a tight straight leg that tapers at the ankle. This bold shape draws attention to both hips and feet. Not everyone is a fan of the trend. Junior Joel Dykstra says, “My girlfriend loves skinny jeans, but I hate them.” Guys typically wear skinny jeans with some kind of sneaker, while girls can wear them with a ballet flat or tucked into a boot.

Though fashion trends continue to change, the denim blue jean remains a favorite, giving you the freedom to love the jeans you’re in, no matter what style they happen to be.

FEA TURES

Service learning: Proving the relevance of your classroom experience

BY KILEY SELIGMAN

Do you ever feel like your classroom education isn’t relevant to what you’re going to do with your life? Sometimes we sit in class, pencils scratching, cramming our brains with information we think will never be used in our daily lives.

However, Northwestern is stepping up the use of service learning to show students that “learning isn’t just theoretical knowledge, but can be applied in real, practical ways to make a difference in the community,” according to Marlon Haverdink.

Haverdink is NW’s new director of Service Learning. Taking over where Dave Nommemaer left off, Haverdink will continue to assist professors in designing service learning experiences for their classes. By connecting classroom learning with service, he hopes to enliven curiosity, compassion and commitment of students in their fields of study.

Service learning has been a large movement in higher education for the last ten years or so. The majority of college campuses now have service learning or civic engagement departments. NW saw the trend and service learning’s value as an instructional model and decided to take part.

NW has practiced service learning for years, and each year the program grows as more professors take part, adding service learning to their curricula.

Professors are annually offered the chance to add service learning to any of their classes. If they decide to participate, they receive monetary compensation and assistance in setting up the projects and finding contacts. Over twenty professors have implemented service learning in the past or are currently using the program.

Service learning, however, does not fit into every class. Sometimes, it is too much of a stretch to make service seem relevant to a classroom experience. The service must have meaning and connection to what the students are learning.

Academically-based service learning has many benefits, according to research. It has a positive impact on personal development of sense of identity, ability to work well with others, leadership and communication skills. It helps reduce stereotypes and fosters cultural and racial understanding.

Participants in service learning also develop habits of reflecting on their experiences. They are more curious and motivated to learn when they see a real life application for learning. They show more sensitivity to how decisions are made and how those decisions affect people’s lives. They also learn how to work collaboratively with others on real problems.

So far, response from professors has been positive. They continue to come up with new ways to integrate service learning and are excited and willing to work.

Service learning helps students become excited to learn. Though it can become something else to add to students’ busy schedules, some professors reduce the other classroom work to balance out the load.

Haverdink says, “I believe service learning can help students answer the question: Education to what end? Education by itself can obviously be beneficial, but it can also be incomplete.”

“You can know the rules of chess, but if you never play the game, something about your knowledge is limited,” he adds. “Service learning can help connect theory with practice in a way that makes both more whole. It is an effective tool that can help our students fulfill our mission to be more active participants in God’s redemptive work in the world.”
**SPORTS**

**Five records broken at first indoor meet**

**BY BETH MOUW**

SPORTS EDITOR

Five school records were broken and three women ran national-qualifying times at the Bill Hillenbrand Open in Vermillion, S.D. on Saturday, Jan. 19. The meet was Northwestern’s first indoor competition of the season.

Freshmen Olivia Johnson, Charity Miles and Angela Wiersma were among those to best the times set down by former NW alumni. Johnson took first in the mile run with a time of 5:06.6. Miles grabbed a second-place finish in the 3000-meter run, boasting a time of 10:29.1, while Wiersma set a new distance of 31-09.5 in the triple jump.

Johnson and Miles were also among those who ran national-qualifying times in the day. Senior Laura Jacobson joined them, taking second in the 800-meter run with a time of 2:19.9.

The pole vault and weight throw records were also smashed by sophomore Halee Wilken and senior Rae Taylor, respectively.

Taylor claimed, “I’m super excited for this season, from my senior girls that have been with me all the way to the amazing freshmen that have come in. I see success in our future.”

On the men’s side, spirits were just as high. Junior Daniel Walhof said, “It was a good opening meet for the men’s team overall. We are fairly young, but we are learning to work together. With hard work, we can be a very good team. It looks to be an exciting season!”

Walhof took third in the mile run and eighth in the 3000-meter. Junior Ben Brown grabbed ninth in the 800-meter run with freshman Kevin Krueger coming in close behind him in eleventh. Freshman Logan Ogden also made a good showing, taking seventh in the shot put.

The Raider’s next meet will be the Buena Vista Invitational on Saturday, Jan. 26, in Storm Lake.

**Raider men rally back to grab GPAC win**

**BY JONATHAN MEERDINK**

STAFF WRITER

It was a tale of two halves at the Bultman Center on the night of Jan. 23 as the 12th ranked Northwestern Red Raiders defeated Mount Marty in GPAC play 81-70.

A lackluster first period saw the Raiders fall behind early to the visiting Lancers. Relying on solid shooting and second chance points, Mount Marty held the home team at bay for the majority of the half, allowing star player Pat Anderson to score 16 of his 22 points before the break. The Lancers built their lead to six with just over five minutes to go, but the Red Raiders rallied back to within one on a Curt Schilling jump shot with eight seconds to go before halftime.

The Raiders would build on the momentum they had established by opening the second period on a 15-6 run and never trailing after the 17 minute mark. The home team shot better than 60 percent from the floor after the break and erased the rebounding deficit from the first half, pulling down 32 rebounds to top Mount Marty’s 30 for the game.

Head Coach Kris Korver cited NW’s dictation of tempo in the second half as a key to their victory. “Mount Marty is a really disciplined team, and they’re very good at dictating their own tempo,” he said. “When we dictated the tempo and focused on not letting their best player beat us, we did fine.”

Senior Chad Schuiteman echoed these sentiments, saying, “dictating what [we] did instead of [Mount Marty] dictating what [we] did was very successful.”

“When we dictated the tempo and focused on not letting their best player beat us, we did fine…” — Coach Korver

“Mount Marty dictated what they did” was elemental to the victory Wednesday night. “Getting back on defense was the main thing,” Schuiteman added, also stating that “putting more pressure on the ball and making the extra pass on offense” were important to the second half rebounding.

A career night from senior Mark DeYounge also helped the Raiders to victory. DeYounge led all scorers with 23 points. Schilling contributed 18 points, while Schuiteman and junior Andrew Stimson both chipped in 10. Schuiteman also pulled down 14 rebounds and dished out seven assists.

On Jan. 16, NW will travel to Crete, Neb., to take on the Doane Tigers in conference play. Tip-off is scheduled for 4 p.m.

**Wrestling beats Morningside**

**BY BETH MOUW**

SPORTS EDITOR

The Northwestern wrestling team continued their regular season meets this week in Sioux City on Tuesday, Jan. 22, facing both Morningside and Buena Vista. They also hosted the Paul Bartlett Invitational on Saturday, Jan. 19, finishing third behind Augsburg and Missouri Valley.

Five wrestlers grabbed individual wins against Morningside, helping the team to the overall victory of 22-21: juniors Levi Price, Enoch Francois and Tom Eaton, as well as sophomores D.J. Jackson and Lamar Reed. Jackson and Francois were the only Raiders to defeat their Buena Vista opponents, triumphing 7-6 and 3-2, respectively.

Head Coach John Petty commented, “We still need to continue to improve in order to reach our season goals, but we are headed in the right direction.”

The team also made a good showing against the eight other teams they hosted at the Paul Bartlett Invitational. Eaton and Francois were declared co-champions at the 174 weight class, while teammates Jackson (157) and junior Cole Spree (184) took third. Price (149), freshman David Carter (165) and sophomore Martin Beeler (197) each grabbed a fourth-place finish.

Jackson attributed the team’s success to their work ethic. He said, “Everyone in the practice room has been doing everything possible to help their brother out. From the wrestlers who have been hurt and cannot finish out the season to the wrestlers who have not missed a practice, everyone has been giving it all their all and putting the team first, ahead of themselves.”

Petty added, “The team has continued to work hard to best represent NW and it would be great to have the student body come out and support them at our next few home events.”

The Raiders would be hosting Waldorf, William Penn and GPAC rival USF tonight in the Bultman Center starting at 6 p.m.
NW women come from behind to defeat Lancers

The Northwestern women’s basketball team captured their seventh straight win Wednesday night, defeating Mount Marty 85-77. The win brings their overall record to 19-1, 9-0 in the GPAC.

**NW 85, Mount Marty 77**

Neither the Raiders nor the Lancers had complete control of the first half of the game as the lead changed between the teams 11 times. The Lancers managed to break away right before the half with an 18-11 run, earning a 44-37 lead.

“They came out and played well right away, made some plays and hit a lot of shots,” said senior Deb Remmerde. “We, on the other hand, did not have a good start.”

However, the Raiders gained momentum in the second half. Remmerde attributes this to the defensive effort. “It started with our defense. We started playing solid, fundamental defense. Along with that, we started clicking offensively.” NW battled back to tie the score at 56. After that, the Raiders outscored Mount Marty 17-4 and kept control of the game to finish with an 85-77 victory.

Remmerde led the Raiders scoring effort with 31 points, and senior Amy Larson added 18 points. Sophomore Randa Hulstein added 13 points and seven rebounds, while senior Miranda Boekhout had 10 points, four rebounds, six assists, and three blocked shots.

**NW 105, Midland Lutheran 57**

NW defeated Midland Lutheran 105-57 in a make-up game held Monday night.

Boekhout had 10 points, four rebounds, and seven rebounds, while senior Miranda Boekhout had 10 points, four rebounds, six assists, and three blocked shots.

The Raiders continued to dominate the second half and led by 55 at one time before closing the game 105-57.

NW shot 57 percent from the field, while the Warriors shot only 32 percent. Four Raiders scored in double figures, led by Remmerde with 29 points. Freshman Becca Hurley scored 18 points to tie her career high, while Larson added 16 points and Hulstein added 15 points and six rebounds. Senior Crystal Algood led from the glass with 12 rebounds, while Boekhout chipped in with 11 assists, three steals and two blocks.

NW will travel to Blair, Neb., on Saturday to play a GPAC conference game against Dana College at 2 p.m.
Stillness retreat this weekend

BY KEVIN WALLACE
STAFF WRITER

Today a group of Northwestern students will head for the Broomtree Retreat Center in Irene, S.D. They are heading to the retreat center for a break from the daily grind of college life. Jackie Smallbones, associate professor of religion, will be facilitating the event.

“It’s very calming and also very difficult,” said senior Alyssa Bruecken, who has attended the event in the past. “It’s difficult because it takes a lot of focus to meditate for that long.”

Bruecken is not alone in saying how calming and difficult it is. Senior Brandon Garner added, “I liked it a lot. It was peaceful and relaxing but challenging at the same time.”

NW students spend almost all of the time in silent meditation called Lectiodivina, which is very similar to centering prayer.

To go along with the meditations, the stations of the cross are set up for the students so they can be in a better mindset for the experience.

When asked why she attended the stillness retreat, Bruecken said, “The idea of silence appealed to me. And I wanted to get away from all the busyness.” Garner said, “I was told it was a good experience; it most certainly was.”

Fortunately, students don’t have to stay awake and be silent the whole time. Part of their $10 fee covers the cost of lodging them in cabins for the night; it also covers the cost of meals.

Students aren’t allowed to have cell phones with them during the retreat. This allows them to focus on the reason they came on the retreat and also it lets them get away from the drama of college life.

If students wanted to go on the retreat but were unable to attend, they are encouraged to take some time out of the weekend and spend it in silence.

The group will return on Saturday at about 4 p.m.